

RELATION OF RESPIRATORY RATE (BREATHING) WITH YOGURT

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ABSTRACT

The complete project was about the effect of yogurt on breathing. The study proved that the yogurt reduce the risk of asthma. 180 students participated in this project. Mostly student eat yogurt and the yogurt is a dairy product. It is a chief source of nutrients and vitamins.

Key words: asthma, yogurt.

No: of References: 10



INTRODUCTION

The respiratory system made up of organ and tissues that help us for breathing. The major parts of this system are the airways, lungs, and mussels. Airways also take gasses out of lungs. Lungs and connected blood vessels transport oxygen to your body and remove CO₂ in your body. A respiratory control center at the bases of your brain control breathing. The center sends current signals and the mussels involve in breathing. In people who have asthma, the sensors may cause the mussels around the airways in the lungs to contract and compose the airways smaller. The sensors may play a role in raising your breathing velocity when you're physically active. Movements of diaphragm are the important steps of breathing. This movement lets you breathe in and breathe out. Brain control this movement and damage nerves in your upper spinal card can cause breathing to stop and death occur. A Ventilator machine helps for breathing during this situation when spinal cords damage.

Yogurt is one of the best identified foods that contain probiotics. Yogurt is an excellence basis of calcium and phosphorus. Yogurt show positive effects control the blood pressure and maintain the breathing. It is full of nutrients and minerals. Yogurt reduced the risk of asthma in babies.

MATERIAL AND METHOD

There were 180 students participated in this development. These students belong to the Bahauddine Zakariya University, Multan, Pakistan. Respiratory rate is measured by counting the number of breaths in one minute, one by one examine the breathing rate of all participated. Mostly students told that the yogurt reduce the risk of asthma and maintain the breathing rate. The normal respiratory rate in a strong adult is between 12 and 16 per minute.

Project design

A questionnaire was prepared about the liking and disliking of yogurt and the study helped us to explain the effect of yogurt on breathing.

Statistical analysis

MS excel used in this project for statistical analysis. And the p value is 0.05. it is a significant value.

RESULT AND DISSCUSSION

There were 180 students participated in this project. There were 18.72±8.7 students liked yogurt and these students 16.06±4.03 do not like yogurt as a food. We used the t-test method for finding the p value. P value is 0.00 and this is the significant value. This study proved that majority of the students eating yogurt as a food.

Yogurt liking ratio	Disliking ratio
18.72±8.7	16.06±03

P-value: 0.00.

Conclusion

It was concluded that the effect of yogurt on breathing.

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