

GRAPES LIKELINESS IN REFERENCE TO NORMAL BLOOD PRESSURE

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ABSTRACT

The purpose of present study was to check the relation between liking grapes and normal blood pressure. Sphygmomanometer is used to measure the blood pressure .Wrapped the cuff of sphygmomanometer around the upper arm and pushed the rubber band to swell the cuff. Sphygmomanometer gave the value of blood pressure. Sphygmomanometer is used to measure the blood pressure. If hypertension continues long lived then it can cause many diseases such as heart diseases, default of kidney and stroke. Long lived hypertension is more usual than long lived hypotension which is diagnosed by the symptoms. It was concluded that there is no scientific relation between liking of grapes, disliking of grapes and normal blood pressure.

Keywords: Normal blood pressure, Liking grapes, Sphygmomanometer

No: of Tables: 2
10

No: of References:



INTRODUCTION

Blood pressure is the pressure that is applied the on the walls of the blood vessels and particularly arteries. This pressure may be different with different muscular heart efficiency, blood volume, different age and different health of individual. Blood pressure is due to blood circulation that is pumped by the heart. Systolic pressure and diastolic pressure are used to define the blood pressure. Blood pressure is measured in mmHg. Systolic pressure is highest of blood throughout the one heartbeat and diastolic pressure is smallest pressure of the blood throughout the one heart beat. In adult normal blood pressure is about 120 millimeters systolic and 80 millimeters of diastolic and presented as 120/80 mmHg. The maximum blood pressure in an individual is recorded that is 311/284 mmHg. High blood pressure can cause nosebleeds, laziness and constant headaches. Sphygmomanometer is used to measure the blood pressure. If blood pressure is very high then it is known as hypertension. If hypertension continues long lived then it can cause many diseases such as heart diseases, default of kidney and stroke. Long lived hypertension is more usual than long lived hypotension which is diagnosed by the symptoms.

Grapes have smooth skin and present in green, red, and purple and used to produce the wine. Grapes contains .There are several essential nutrient and strong plant compounds in the grapes that are beneficial for human health. Grapes contain sugar and smallest amount of

glycemic index and it does not raise the blood sugar level. Grapes also contain antioxidants for example resveratrol that can decreases inflammation and protect us from different diseases such as cancer, diabetes and heart diseases. Grapes are easily too used whether they are in fresh form, frozen as a juice and wine. Grapes contain plant compounds that play an essential role in increasing lifetime and reduce the aging process. There are also essential compound in the grapes that play an important role against viruses such as herpes virus and chicken pox .Grapes contain essential minerals such as calcium,magnesium,vitamin k ,manganese and potassium that are necessary for bone health. Grapes are not excessive used during pregnancy and breast feeding stage. Grapes contain essential nutrient that are beneficial for active brain and increase our memory .Grapes also save us from blue light because they contain antioxidant such as lutein and zeaxanthin. Grapes also protect us from accumulation of cholesterol because several compound in grapes that prevent from cholesterol absorption. Grapes play an important role in in repairing of damage cells.

The purpose of present study was to check the relation between liking grapes and normal blood pressure.

Materials and methods

Measurement of blood pressure

Sphygmomanometer is used to measure the blood pressure .Wrapped the cuff of sphygmomanometer around the upper arm and pushed the rubber band to swell the cuff. Sphygmomanometer gave the value of blood pressure.

A questionnaire organized to study how blood pressure affects the grapes likeliness

Project design;

There are 191 participants that taken part in the current project. These participants that

were taken part in the project were belongs to Bahauddin Zakariya University. A questionnaire-based performa was provided to each of students and measured their blood pressure. We collected the information and analyzed.

Statistical analysis;

Statistical analysis carried out with the use MS excel and $p < 0.05$ value was taken as significant.

RESULTS

Table1: Interaction of normal systolic blood pressure (Mean ±SD) with liking grapes

Gender	Liking grapes	Disliking grapes	p value
Male	127.41±16.35	120.33±13.20	0.45
Female	116.34±13.69	117.14±9.82	0.84
Combined	73.98±12.39	118.1±10.26	0.73

$p^* < 0.05$ was taken as significant

Table2: Interaction of normal diastolic blood pressure (Mean ±SD) with liking grapes.

Gender	Liking grapes	Disliking grapes	p value
Male	119.28±15.21	118.1±10.26	0.7373
Female	74.23±12.68	73.8±7.40	0.86
Combined	74.23±12.68	73.8±7.40	0.86

$p^* < 0.05$ was taken as significant

It was confirmed that p value of both tables 1 and 2 is greater than $p^* < 0.05$ that is regarded as significant. Normal blood pressure and liking of grapes has no scientific interaction.

Conclusion

Results of this project showed that liking of grapes, disliking of grapes and normal blood pressure has no scientific relation.

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