Research Article

Journal of Medical Reviews

ISSN(Online): 2589-9074, ISSN(Print): 2589-9066

www.medicalreviews.info

Recevied Article: 08-03-2019 **Accepted Article: 12-03-2019**

Influence of Blood Pressure on Noodle Delineation

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Abstract

The basic purpose of the current study is to check the consequences of blood pressure on noodle delineation. When the heart pumps the blood, pressure is exerted on the arteries and blood vessels due to the flow of blood which is the systolic blood pressure. While when the heart fills with the blood and is at rest in between the two heart beats it is the diastolic blood pressure. The normal blood pressure is 120/80. Noodle is a nutritional food which may be made up of wheat, egg/lyewater, rice, starch and oat. It is a handy meal and is cooked within five minutes. Everybody prefers to eat it as it is cooked within no time and also different types of flavors and sauces are available according to the taste of consumer. It is present either in extruded, peeled, pulled, kneaded, flicked and cut form. The outcome of the present study was that subjects with higher blood pressure are noodle depicted while subjects with lower blood pressure are not much noodle delineated.

Keywords*:* Blood pressure, systolic and diastolic blood pressure, its effect on noodle depiction

Introduction

When the heart pumps the blood, pressure is exerted on the arteries and blood vessels due to the flow of blood which is the systolic blood pressure. While when the heart fills with the blood and is at rest in between the two heart beats it is the diastolic blood pressure. The normal blood pressure is 120/80. While the elevated blood pressure are 120-129 systolic blood pressure and less than 80 diastolic blood pressures. The high blood pressure is 130-139/80-89. In hypertension, the systolic blood pressure is 140 or higher and diastolic B.P is 90 or higher. During hypertensive crisis, the systolic B.P is higher than 180 and diastolic B.P is higher than 120.

Noodle is a nutritional food which may be made up of wheat, egg/lyewater, rice, starch and oat. It is a handy meal and is cooked within five minutes. Everybody prefers to eat it as it is cooked within no time and also different types of flavors and sauces are available according to the taste of consumer. It is present either in extruded, peeled, pulled, kneaded, flicked and cut form. Cat's ear, cold noodles. Dao Xiao main, lamian, yakamein, yet ca mein, misua are some type of noodles made up of wheat. An instant noodle carries different types of nutrients which fulfils the need of the children's body.(1-2)

Materials and Methods

The 200 postgraduate students participated in the current study and answered the questionnaire according to their knowledge and interest.

Measurement of Blood Pressure

Blood pressure was measured through an instrument known as sphygmomanometer which may contain mercury, aneroid or may be of digital type. The simplest method to measure the blood pressure is to wrap the cuff's bladder around the upper arm (the cuff's bladder should be of properly sized or use the larger cuff bladder) and the cuff was wrapped one inch above the antecubital fossa. The subject should be

seated in relaxed position. Systolic blood pressure comes first while the diastolic comes after it. 120/80 is the normal blood pressure. It can also be measured through a small gauge attached to an inflated cuff. Wrapped or tighten the cuff around the arm then inflate the cuff , release it as the cuff deflates through stethoscope the first sound which heard is of systolic blood pressure and the sound was like whooshing noise when this noise goes away marked the diastolic B.P. It is simple, indirect, non.invasive and painless method.

Project design

Different types of questions were prepared which was answered by the participants according to their knowledge and interest.

Statistical Analysis

The statistical analysis was performed by using SASS and student *T*.test was done to analyze the probability value.

Result and Discussion

The outcome of the present study is that noodle delineated subjects have high systolic and diastolic B.P and their average and standard deviation is 119.5±14.24 and 73.93.±12.02 respectively while the ones who does not liked to eat much noodles have average and standard deviation of systolic and diastolic blood pressure is 117.05.±13.84 and 73.4.±8.5 respectively. Student *t*.test was done on SASS. The probability value less than 0.05 is considered as significant but as the *p*>0.05 so it is not significant.

Table 01 consequences of blood pressure (average±STDEV) on noodle delineation

	Noodle delineated	Non. noodle delineated
Systolic blood pressure	119.5±14.24	117.05.±13.84
Diastolic blood pressure	73.93.±12.02	73.4.±8.5
Difference between systolic and diastolic B.P	44.54.±13.80	46.28.±13.69

(***p*** value is not significant)

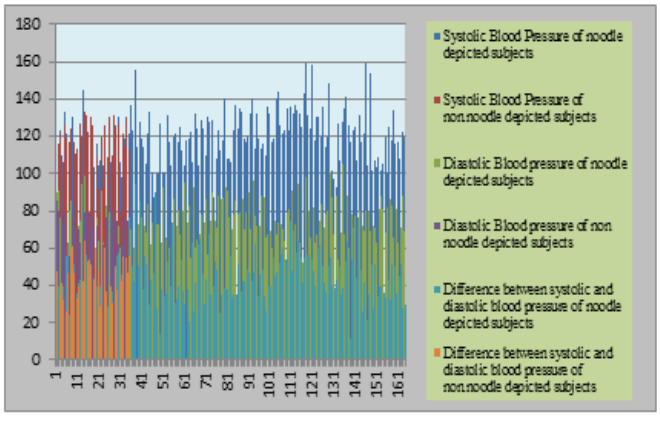

Figure 01 Impact of blood pressure on noodle delineation

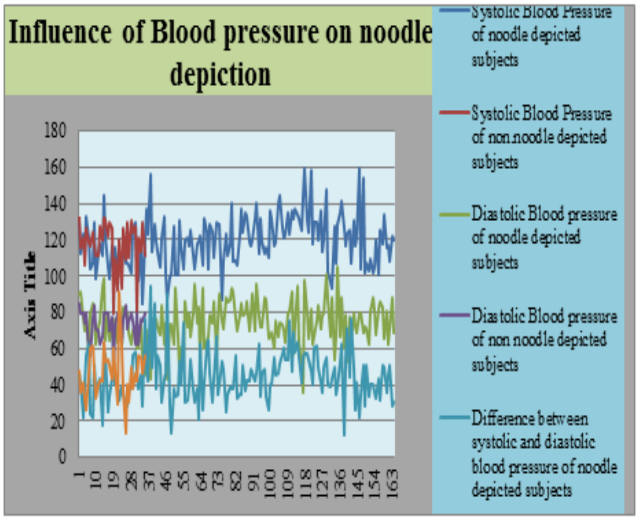

Figure 02 Impact of blood pressure on noodle delineation

This study has given significant outcomes. (3-10) Stevens reported that long term variability in blood pressure is associated with cardiovascular and mortality outcomes, over and above the effect of mean blood pressure. Associations are similar in magnitude to those of cholesterol measures with cardiovascular disease. Limited data for mid-term and short term variability showed similar associations. Future work should focus on the clinical implications of assessment of variability in blood pressure and avoid the common confounding pitfalls observed to date. (11) Kallem reported that Whether the Mobil-O-Graph was applied to the dominant or the nondominant arm, the ARV of mean systolic (P=0.003 nonrandomized; P=0.010 randomized) and PP (P=0.009 nonrandomized; P=0.005 randomized) remained significantly higher than the Spacelab's device, whereas the ARV of the mean arterial pressure was not significantly different. The average BP readings and ARVs for systolic blood pressure and PP obtained by the Mobil-O-Graph were considerably higher for the daytime than the night-time. Given the emerging interest in the effect of BP variability on health outcomes, the accuracy of its measurement is important. Our study raises concerns about the accuracy of pooling international ambulatory blood pressure monitoring variability data using different devices. (12)

Conclusion

It is concluded from the present study that subjects with higher blood pressure are noodle depicted while subjects with lower blood pressure are not much noodle delineated.

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