

## Relevancy of Normal Blood Oxygen with the Falooda Ice Cream loving

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### Abstract

Blood oxygen level of person indicates that how body distributes oxygen from the lungs to every cells in our body. Because oxygen is necessary for the proper function of cell in our body. Maintaining the balance of oxygen saturated blood in body is important to health. People that have chronic health should monitor their blood oxygen level. An arterial blood gas test measured blood oxygen level. This test is very accurate and measured the level of other gases in the blood. Pulse oximeter is also used to measure the level of oxygen in the blood. Normal level of oxygen in the blood is between 80 to 100 mm Hg. If this value decreased below 70 this condition is called hypoxemia if this value increased above 120 mm Hg this condition is called hyperxemia. Falooda ice due to its cooling properties is very popular in every countries especially during summer. It has many beneficial properties like give us energy, makes the bones strong due to vitamins and minerals in it.

**Keywords :** Pulse oximeter, Sabja seeds, Vitamins. Heart disease

### Introduction

The amount of oxygen circulating in the blood is called normal blood oxygen. Red blood cells in our body carry out most of oxygen which collect it from the lungs. We can check the level of oxygen in the blood using pulse oximeter. Normal value of oxygen in the blood is considered to be 70 to 100 millimetres of mmHg, pulse oximeter that measure the level of oxygen in the blood can read the range of oxygen from 94 to 100 percent. Below 80 percent considered to be low which termed as hypoxemia which mean low level of oxygen in the blood. There are some causes of hypoxemia such as asthma, heart disease, and also include high altitude. Poisonous gaseous also leads to the hypoxemia. When level of oxygen in the blood is low that lead to confusion, headache, shortbreathing, and restlessness. There are some other causes of hypoxemia such as Anemia, clotting of blood in an artery. Without oxygen your brain and other parts of body may be damage. If value of oxygen in blood increased above 120 mmHg this condition is called hyperxemia. The patient should go to the hospital and checked the level of oxygen and wear inhaler so that get enough oxygen. How to we improve the level of oxygen in the blood because it is very necessary for survival and parts of our body. You can also increase the level of oxygen in the blood by eating fruits and vegetables such as carrots, banana, garlic, dates, avocado and apple. Because foods that contain best oxygen have properties of antioxidant that regulate your blood pressure. Person should drink plenty of water and should takes fresh air to maintain balance of oxygen. Because it is very important to take fresh oxygen to maintain normal function of cells. Cells perform their

function using proper amount of oxygen without it cells can not perform function.

Faluda ice cream is a sweet food which present in the jelly like form, that originally originates from the India subcontinents. Some people say that king Nader shah came to India and he brought it with him in India. When we mixed sweet basils seeds, vermicelli, syrup of rose, milk with pieces of jelly often delivered with ice cream then it is made. There are many flavours of faluda like mango faluda , pista faluda, royal faluda, fruit faluda, Rabdi faluda and butter scotch faluda. This is delicious and good food in which sabja seeds are present that also called Tukmaria or sweet basil seeds that makes the faluda ice cream cold. You can also make it at your home. First of all, boiled the milk until its amount become reduce after boiling chilled it and used then adding 1 scoop of ice cream in each glass after that mixed rose syrup and pieces of jelly. Faluda ice cream has many health benefits because it contains milk which rich in vitamins, minerals and protein that are necessary for your body and brain. It also contains basil seeds that help in weight loss, it also contain protein and iron that make your hair healthy and shiny. Basil seeds have cooling properties it reduces the acidity from your body. By eating faluda ice cream rich in basil seeds you can avoid stress, digestion problems and respiratory disorder. But there are some health problems that related to faluda ice cream because it rich in sugar and energy due to vitamins and minerals and basil seeds so by taking every day it can increased level of blood triglycerides, weight gain and patients of diabetes should

avoid it by eating daily.

The objective of present study was to correlate the normal blood oxygen with falooda ice cream loving.

## MATERIAL AND METHODS

### Protocol to measure the oxygen blood level

First of all, we took a pulse oximeter that is used to measure the normal oxygen level in the blood. Then we asked the subjects to measure their oxygen level in blood by oximeter. Then we asked them whether they like falooda ice cream or not. Then we made a list to evaluate the relation between normal blood oxygen level and falooda ice cream likeliness. About 200 subjects take part in this activity. All the subjects were the students of Bahauddin Zakariya University, Multan, Pakistan.

### Statistical Analysis

Statistical analysis was done by Microsoft Excel and T-test was used to evaluate the results.

## RESULT AND DISCUSSIONS

**Table 1:** Relevancy of normal blood oxygen with the falooda ice cream loving

Gender	Falooda ice cream lover	Not lover of falooda ice cream	p-value
males	98±0.09	96±1.03	0.09
females	96±0.06	92±0.08	0.07
Combined	97±0.07	90±1.00	0.08

( $p > 0.05$  hence it is non-significant.)

From the table 1, males that have average blood oxygen level 98 like the falooda ice cream and female of 96 are more liker of falooda ice cream. Males having slightly less blood oxygen level 96 are not lover of ice cream and similar for females of 92 are not lover of falooda ice cream. P value is higher than normal that shows us the non-significant relation between falooda ice cream loving and normal blood oxygen level.

## Conclusion

It is concluded from the present survey that p value is greater than normal so the relation between falooda ice cream and normal blood oxygen level is non-significant.

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