

# How Falooda Ice Cream likeliness Relevance with Blood in Urine?

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## Abstract

Kidneys in our body perform important function that filter the blood and other liquid materials but due to improper function of kidneys, it may lead to many diseases. Smoking, deficiency of water and drinking too much alcohol are main causes of kidneys failure due to which leakage of glucose, protein and blood can be found in urine. By eating too much sugar containing food like falooda ice cream and by drinking healthy juice which also contain sugar lead to kidney damage. People should eat fresh vegetables and fruits and drink 8 to 10 glass of water so that kidneys performs function properly. But falooda ice cream contain healthy ingredients that are necessary for our health. Materials that are used during urine tests include containers, dipstick strips, urine samples and gloves. So falooda ice cream should eat in limited amount by eating too much it can cause diabetes and has bad effect on kidney due to too much sugar and dairy product. The conclusion from the present study that there is no relation between blood in urine and falooda ice cream loving.

**Keywords :** Cytoscopy, Hematuria, Urinalysis

## Introduction

It is defined as the presence of red blood cells in the urine is called hematuria, it may be microscopic or macroscopic and colour of urine becomes red or brownish due to presence of red blood cells. Microscopic hematuria is a condition in which urine is shown normal in colour but blood is found on chemical analysis or microscopic evaluation. Macroscopic hematuria is a condition in which colour of urine turned into red or brown and there is no need of chemical analysis. Hematuria is a serious condition, so patients suffering from this disease should not be ignored. Hematuria might come from bladder, urethra and ureters. It can also come from kidneys. There are symptoms that related to hematuria such as colour of urine may be pink, brownish red, red or tea coloured. Other symptoms are pelvic pain, body swelling, weakness and flank pain. Similarly, there are many causes of hematuria which include: kidneys stones, enlarged prostate, tumour in the bladder and vigorous exercise. Some medications such as aspirin, pencillin, and heparin are main causes of hematuria. Foods that cause blood in urine such as beets, rhubarb, and berries when people eat such foods these turn urine colour into reddish. To stop blood in urine, people should drink plenty of water, urinate suddenly after sexual intercourse and avoid excess of salt. To prevent from hematuria people should drink 8 to 10 glasses of water daily, avoid smoking cigarettes. There are many urine tests that check sample of urine such as CT scan, cytoscopy, and urine culture.

Falooda ice cream is very popular in India, Pakistan and in others countries due to its sweet and delicious taste and cooling properties. Mostly people eat falooda ice cream during hot days because it keeps cool our body and brain due to present of basil seeds. Basil seeds are very beneficial for our health and skin they also improve our hair and help in lowering the blood pressure. The main ingredients of falooda ice cream are basil seeds, ice cream, dairy products, rooh afza and dry fruits. Falooda ice cream give strengthen to the bones and help in boosting the mentality power due to presence of dairy product in which vitamins and minerals contains that are very essential for our health. By eating the falooda ice cream three to four times per week improve health and prevent us from different disease because basil seeds are also used in different medicine due to cooling properties. But it contains too much sugar so it can be harmful for the diabetes type 1 and type 2 patients and it has also bad effect on the kidney function so due to which due to improper function of kidney it leads to many diseases one is blood in urine or high level of sugar in the urine. So, people should avoid by eating too much and should also eat during hot days. Falooda ice cream is made in tall glass with different layers such first layer falooda after that ice cream, basil seeds, rooh afza and in the last dry fruits which give a beautiful looking to this dish.

The objective of present study was to find any possible correlation between falooda ice cream and blood in urine.

## MATERIALS AND METHODS

### Protocol to Measure the Blood Urine

Materials that are used during urine tests include containers, dipstick strips, urine samples and gloves. Urine tests are important for monitoring and diagnosis of different diseases. Urine tests also used to check blood in urine. Before urine tests doctor will give clean and empty container in which sample of urine should be filled. After filling the container with sample cover it with lid and wash hands. Then dip the strip into the urine sample for 2 to 3 seconds and after one-minute, notable colour change according to the levels of many substance in sample of urine was noted. In the last measured the strip against colour chart to observe the blood in urine.

### Project Design

Total out of 110 students who have participated in this survey. When they asked about the falooda ice cream they said, that they liked it because this is a sweet and delicious drink which keeps cool to body and mind. But some students said, that this can be harmful for health because of too much vitamins and sugar present in it.

## RESULTS AND DISCUSSION

**Table 1:** Relation of blood in urine with falooda ice cream loving.

People loving with falooda ice cream		Haemolytic values			Non-haemolytic values		
Gender	Negative hematuria	10	50	250	10	50	250
Male	20%	0%	1%	0%	1%	0%	0%
Female	30%	2%	1%	1%	2%	1%	0%

**Table 1** shows that there are three values haemolytic values, non-haemolytic values and negative values. There were many subjects that said that they like falooda ice cream. Some people have negative values that means they have no blood in urine. Some people have non-haemolytic values and some have haemolytic values of hematuria. These values are 10, 50, 250 for both genders. Male have 20 % negative values of blood in urine which loved falooda ice cream loving. Females have more values of negative % which loved falooda ice cream. Falooda ice cream due to its cooling properties is very popular in different countries. Due to presence of sabja seed it improves the skin and hair. Nadir shah was the first person who brought it in the India. By eating falooda ice cream people can get energy because it contains vitamins and minerals.

**Table 2:** Relation of blood in urine with not falooda ice cream loving

People not loving falooda ice cream		Haemolytic values			Non-haemolytic values		
Gender	Negative % hematuria	10	50	250	10	50	250
Male	2%	1%	1%	1%	2%	0%	1%
Female	25%	1%	0%	2%	1%	3%	1%

**Table 2** shows the different values of non-haemolytic, non-haemolytic and negative values. Males which have 2 % negative values not loving falooda ice cream. Males those have non-haemolytic values 2% for people having values 10 and 0% for values 50 and 1 % for values 250 that were not loving falooda ice cream. Similarly, females have 25 % negative values they are not loving falooda ice cream. Haemolytic values and non-haemolytic values of females are very less which are not loving falooda ice cream. People should drink plenty of water and eat fresh fruits and vegetables so that kidneys perform its function properly so that, avoid by hematuria.

### Conclusion

It was concluded from the present study that there is no relation between blood in urine and falooda ice cream likeliness.

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