

Interlink Between the Blood Pressure and Ladyfinger Likeness

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Abstract

Goal and the intension of the recent course were to show the connectivity between the blood pressure and ladyfinger likeness. Blood pressure or BP is the pressure exerted on the walls of the blood vessels when the blood circulates. Blood pressure is measured by the device called sphygmomanometer. The normal range of the blood pressure is 80mmHg to 120mmHg. The first is the diastolic blood pressure and the later is systolic blood pressure. Ladyfinger is the green vegetable which helps in controlling the blood pressure. During the sampling, we made a Performa about the connectivity of blood pressure and ladyfinger likeness. Gross of 188 colleagues were involved in this Performa study to which we questioned about their blood pressure. These colleagues are the undergraduate students of Bahauddin Zakariya University. It was concluded that the males who like ladyfinger have higher blood pressure and the females who dislike ladyfinger also have the high blood pressure.

Keywords: Blood Pressure, Systolic, Diastolic, Sphygmomanometer, Ladyfinger, Likeness

Introduction

Blood pressure or BP is the pressure exerted on the walls of the blood vessels when the blood circulates. This pressure is exerted when the heart done some work. Blood pressure is often showed in terms of “systolic pressure” to the “diastolic pressure”. Systolic pressure is the maximum pressure which is exerted in one heartbeat while the diastolic pressure is the minimum pressure which is exerted between the two heartbeats. Blood pressure is expressed in millimeters of mercury (mmHg). The normal blood pressure in the adults is about 120 mmHg systolic and 80 mmHg diastolic. Blood pressure is measured by the device called “sphygmomanometer”. Blood pressure varies according to the states and depends on the situation. It is different in every state like in normal state the blood pressure is normal while in emotional stress the blood pressure may be low or high. When we do exercise our blood pressure also increased or decreased. The condition when the blood pressure is higher than the normal, it is called hypertension. And the situation when the blood pressure is lower than the normal, it is said to be hypotension. There are many causes for these conditions and the duration may be short or long. When the blood pressure is high for a long period then it may cause many diseases like kidney failure, heart disease and stroke. The stroke is the condition in which the blood flow to the brain is very poor and as a result death of the cells occurs. Hypertension condition is more common than the hypotension. Blood pressure changes in every minute. The blood pressure reading is often high in the morning and low in the night. Blood pressure also fluctuates in other conditions like noise, temperature, emotional stress etc. Other factors like sex and age, also affect the blood pressure of the persons. The blood pressure for the children is different from the adults and

usually the normal ranges of blood pressure for the children are lower due to the height. The changes in the normal blood pressure are important. The blood pressure changes between the systolic and diastolic pressure in each heartbeat. The blood pressure is actually due to the heart pumping.

Ladyfinger is a green vegetable. It is called as Bhindi. In the ladyfinger, nutrients are present which includes vitamin B, folic acid and many dietary fibers. The ladyfinger is the vegetable of summer season. Ladyfinger has the capacity to control the blood pressure. It also has the ability to control the cholesterol level and constipation. It has a good taste and fat free. It is the perennial plant which grows up to the length of two metres. It is usually grown in the warm areas. In the lady finger many dietary fibers, proteins, carbohydrates, water, zinc, calcium, magnesium and many more are present. Ladyfinger is named as so because its shape is like the finger of woman.

Goal and the intension of the recent course were to show the connectivity between the blood pressure and ladyfinger likeness.

Material and Method

First we placed the device in front of us. Then the cuff was bound around the arm and pumped up with the pump until the circulation was ceased. Then we opened the small valves until all the pressure was released and measured the blood pressure with the stethoscope. The stethoscope was placed on the arm to listen the sound of the blood pulsing moving through the arteries. The first sound we heard was the systolic pressure and when the sound was faded, the second digit showed the diastolic pressure. Blood pressure was expressed in millimeters of mercury (mmHg). The systolic pressure was listed on the upper and the diastolic pressure was listed below it.

Project Design

During the sampling, we made a Performa about the connectivity of blood pressure and ladyfinger likeness. Gross of 188 colleagues were involved in this Performa study to which we questioned about their blood pressure. These colleagues are the undergraduate students of Bahauddin Zakariya University.

Statistical Analysis

M state is the software by which we carried out the statistical analysis. T-test was utilized to obtain the result. $P < 0.05$ was said to be significant.

Result and Discussion

Affinity of systolic pressure (mean \pm SD) with ladyfinger likeness was given in table 1.

Gender	Ladyfinger likeness	Ladyfinger dislikeness	<i>p</i> -value
Male	131.33 \pm 12.36	112.38 \pm 12.01	0.002
Female	115.57 \pm 13.30	121.83 \pm 12.35	0.03
both	119.87 \pm 14.80	119.47 \pm 12.77	0.88

The table expresses that the males who like ladyfinger have mean value of 131.33 with standard deviation of 12.36 and those males who do not like ladyfinger have mean 112.38 with standard deviation of 12.01. The *p* value we obtained from this is 0.002 which is considered to be significant as it is less than 0.05. While the females who are ladyfinger lovers have mean value 115.57 with the standard deviation of 13.30 and those females who dislike ladyfinger have mean value of 121.83 with standard deviation 12.35. The *p* value we got from this is 0.03 which is said to be significant as it is also less than 0.05. Both males and females who are ladyfinger lovers have mean value 119.87 with standard deviation 14.80 and those who dislike ladyfinger have mean value 119.47 with standard deviation 12.77. The *p* value we obtained is 0.88 which is not significant because it is greater than 0.05. From the whole discussion it implies that in case of systolic blood pressure there is a connection between the blood pressure and ladyfinger likeness.

Affinity of diastolic pressure (mean \pm SD) with ladyfinger likeness was given in table 2.

Gender	Ladyfinger likeness	Ladyfinger dislikeness	<i>p</i> -value
Male	74.95 \pm 11.59	65.88 \pm 13.67	0.11
Female	74.09 \pm 11.93	76.54 \pm 12.15	0.37
both	74.32 \pm 11.81	73.88 \pm 13.18	0.86

The table 2 indicates that the males who like ladyfinger have blood pressure of 74.95 with standard deviation 11.59 and those who dislike have blood pressure of 65.88 with 13.67 standard deviation. The *p* value is 0.11 which is greater than 0.05 and the result is non-significant. The females who are ladyfinger lovers have the blood pressure 74.09 with the standard deviation of 11.93 and those females who do not like the ladyfinger have the diastolic blood pressure of 76.54 with the standard deviation of 12.15. The *p* value is 0.37 which is more than 0.05 and the result is not significant. In case of both males and females, those who like ladyfinger have the diastolic blood pressure of 74.32 with the standard deviation

11.81 and those who dislike have the diastolic blood pressure of 73.88 with standard deviation 13.18. The *p* value for this case is 0.86 which is not significant as it is greater than the 0.05. From this discussion we obtained that in case of diastolic blood pressure there is no connection between the blood pressure and ladyfinger likeness.

Conclusion

It was concluded that the males who like ladyfinger have higher blood pressure and the females who dislike ladyfinger also have the high blood pressure.

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