

RESEARCH ARTICLE**Association of normal pulse rate with fruit chaat likeness**

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Introduction: The objective of the present study was to correlate about association of normal pulse rate with fruit chaat likeness. **Material and Method:** A questioner was prepared related to high or low pulse rate connection with fruit chaat likeness. **Result:** A total of 200 students of Bahauddin Zakariya University, Multan, were participated in the research. The students were about 18-22 years old. By pulse, we know that their heartbeat is regular or not. **Conclusion:** It was concluded from the present study that there was a scientific relationship between normal pulse rate and fruit chaat likeness.

Keywords: Pulse, Arteries, Skin, Heartbeat**INTRODUCTION**

In our body, where the arteries are present near the surface of the skin and then felt the arteries by trained fingers to know the heartbeat is known as pulse. By pulse, we know that our heartbeat is regular or not. Mainly pulse is present at the neck, wrist, etc. Using three fingers, we measured the radial pulse. A wise physician can measure the heart rate by pulse. First of all finds the pulse near the skin surface and then felt it. Calculate the heartbeats for 10 s and multiply it by six the real heart rate found by this process. Sphygmology means the study of pulse.^[1]

Different types of fruits, for example, apple, banana, anar, grapes, and dates, combine and make a dish known as fruit chaat. Fifty calories energy is given by fruit chaat. It is necessary for our health. People like to eat it. However, most people do not like it to eat.^[2]

The objective of the present study was to know association of normal pulse rate with fruit chaat likeness.

MATERIALS AND METHODS

A questionnaire was prepared that the people with high or low pulse rate most like the fruit chaat. A total of 200 students of Bahauddin Zakariya University, Multan, were participated in research. The students were 18–22 years old. Pulse rate is measured on body parts as blow the shoulder, inside the elbow, and side of the neck. To measure the pulse rate, put two fingers on these areas and count the number of pulse for a minute. Its best to measure your resting pulse rate is in before the morning. We get out of the bed, according to the reading as AHA. Some persons have lower pulse and some have higher pulse rate but mostly have normal pulse rate among students. Different methods used to measure the pulse rate. The project design liking of fruit chaat was to correlate to check the pulse rate. If the beats are 6 in 10 s, it shows that person have resting time these pulse rates. Pulse rate is measured using palpitation by wrist and carotid artery in line with index counted pulse number of beats is felt in 1 min and count it.

Statistical analysis

M state was used as statistical analysis. Student's *t*-test was performed.

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Table 1: Relation of normal pulse rate (mean±SD) with fruit chaat likeness

Fruit chaat likeness	Fruit chaat dislikeness
70.02±12.5	66.5±12.08

Significant (where $P > 0.05$), SD: Standard deviation

RESULTS AND DISCUSSION

The Student's *t*-test was used to observe the results. About 200 students participated in *t*-test and it relates with liking of fruit chaat and pulse rate. A questionnaire was prepared that impact of pulse rate on the liking of fruit chaat. $P = 0.05$ was considered statistically significant. Some questions were asked by the students and they answer as they in those that they like or not interested in eating fruit chaat or noted in their respective box. Some people have high pulse rate but most of the students have normal pulse rate. Some of them have low pulse rate and observe by according to pulse rate. Some people have different pulse rate according to their work. Some people have higher pulse rate in stress conditions. The people have liking or disliking of fruit chaat which relates with their pulse rate. In Table 1, we determined the average and standard deviation and also *t*-test value as $P = 0.05$ is statistically significant.

CONCLUSION

It was concluded from the present study that there was a scientific relationship between normal pulse rate and fruit chaat likeness.^[3-10]

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