ISSN 2581 – 4346

Available Online at www.ijms.co.in
Innovative Journal of Medical Sciences 2019; 3(3):17-19

RESEARCH ARTICLE

Connection of oxygen level with potato loving

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Received on: 25 April 2019; Revised on: 30 May 2019; Accepted on: 15 June 2019

ABSTRACT

Introduction: Oxygen level is the amount of oxygen-hemoglobin which is saturated and relative to the total amount of the hemoglobin in the blood. **Materials and Methods:** Peripheral oxygen saturation is the appropriate amount of oxygen in the body. It is measured with the pulse oximeter device. **Result:** Oxygen level of both male and female was measured by oximeter and oxygen level was different in both of them. **Conclusion:** It was concluded from the present study that different students take part in this project and each male and female have different oxygen level.

Keywords: Oxygen level, Potato, Oximeter

INTRODUCTION

Oxygen level is the amount of oxygen-hemoglobin which is saturated and relative to the total amount of the hemoglobin in the blood. Our body regulates very specific amount of oxygen in the blood. Normal oxygen level in the human body is about 95–100. If the level of oxygen is below than 90, then it is considered as low results in the hypoxemia. Our body maintains stable amount of oxygen level. The red blood cells in our body, especially hemoglobin, gather the oxygen and distribute it to whole body. If the oxygen concentration is more in our body, the pressure of oxygen in the body is increased and it is hyperoxia. It is also known as peripheral oxygen saturation. It also refers to the oxygenated blood present in the hemoglobin. If there is low blood oxygen level in the body, its symptom is shortness in breathing, headache, rapid breathing, and chest pain. We inhale oxygen and exhale carbon dioxide. The concentration of oxygen and carbon dioxide should be balanced.[1]

Potato is a root vegetable. The scientific name of the potato is *Solanum tuberosum*. Potato is a rich source of carbohydrates, starch, and protein. The skin of the potato is light brown and yellowish from the inside. The plant of the potato is grown in different parts of the world. People used potato for cooking in their own different styles either by boiling, roasting, frying, and baking. Potato is a major food crop in many parts of the world such as in Asia, Europe, America, and Africa. Tuber is the part of the potato which is grown under the ground and is eaten by humans. There are many different varieties of potato. It is a staple food and is grown with efforts. Potato also contains some of the toxic compounds. The yield of the potato is increasing in every year. Other than eating potato has many uses such as it is used as a food for livestock, for alcoholic beverages, the starch of potato is used in food industry, it is widely used in plant research and its skin is used for many human skin diagnoses. Potato is used as a cousin in different parts of the world. In 2014, potato was the largest food crop. There are also wild species of potato that is found in the America.[2]

The objective of the present study was to analyze and associating between the normal human blood oxygen level in the body and potato loving.[3-9]

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Table 1: Relation of normal blood oxygen level (Mean±SD) with potato likeliness. All the calculations are given in Table 1

Gender	Potato likeliness	Potato dislikeness	*P*-value
Male	96.52±15.59	93.83±15.59	0.3
Female	94.87±8.08	95.17±8.08	0.5
Both	95.33±7.47	94.82±7.47	0.4

P value is non-significant and is >0.05. SD: Standard deviation

MATERIALS AND METHODS

Peripheral oxygen saturation is the appropriate amount of oxygen in the body. It is measured with the pulse oximeter device. It also refers to the estimated amount of hemoglobin in the blood. A total number of 200 students aged from 20 to 22 of Bahauddin Zakariya University, Multan, Pakistan, took place in this project. Blood oxygen level of students was measured by oximeter. Different students have different oxygen level in their bodies. Some students have low oxygen level in their body and some students have high oxygen level.[7-10]

RESULTS AND DISCUSSION

Relation of normal human blood oxygen level (Mean ± standard deviation [SD]) with potato likeliness is discussed in Table 1. Oxygen level of both male and female was measured by oximeter and oxygen level was different in both of them. The male who likes potato has 96.52 average and the male who does not like potato has 93.83 average. The SD value was calculated for male and that was 15.59. $P = 0.3$ likewise the survey was done with the female. The female who likes potato has average 94.87 and the female who does not like potato their average was 95.17. The SD value for the female is 8.08. *P* value for female is 0.5.

We have also calculated the average, SD value, and *P* value for both the male and female who like potato and who do not like it. The average value for both the male and female who like potato is 95.33 and those who do not like have average value 94.82. The SD value for both male and female is 7.47 and *P* value is 0.40.

Project design

A questionnaire was prepared with reference to the potato loving, in which we tally with the likeliness of potato with human normal blood oxygen level by measuring the oxygen level of both the male and female.

Statistical analysis

An advanced software SPSS was used for statistical analysis, in which we indicate the likeliness of potato. A test is known as student's *t*-test is used for the analysis of the results.

CONCLUSION

It was concluded from the present study that different students take part in this project and each male and female have different oxygen level. Some male and female have high oxygen level and some of them have low oxygen level. It was concluded from the present study that there was no scientific relationship between human blood oxygen levels with potato.

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