

**RESEARCH ARTICLE****Connection of blood pressure with potato loving**

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Blood pressure is actually the circulating of blood on blood vessels wall. Work is done by heart and blood is pumped through circulatory system. Blood pressure is actually systolic (this is maximum during one heartbeat) and diastolic pressure (it is maximum between two heartbeats) and measured in millimeters. Blood pressure is sign along with the heart rate, respiratory rate, body temperature and oxygen saturation. Measurement of blood pressure is done in a mercury tube sphygmomanometer. Blood pressure is effected by cardiac output, peripheral resistance, arterial stiffness and this all depends upon the emotions, live activity and relative health. Potato is a staple food in many parts of the world. Potatoes are rich in carbohydrates, proteins and vitamins. Potato is tuberous and starchy crop. All over the world it has importance as most consumed food in Asia and Europe.

**Keywords:** Potato, Blood, Pressure**INTRODUCTION**

Blood pressure is a term which is widely used in the medical industry. Arteries carry blood from the human heart. Blood is moved from artery to another it passes away against the walls of the arteries. Blood pressure in the human body measures how hard the blood is pushing against the wall of a single artery. There are two types of blood pressure. One is systolic, it is when our heart muscle contracts. It is the amount of pressure when heartbeats. The systolic pressure refers to the high number. When muscles are between beats, it refers to the lowest number. This refers to the diastolic pressure when heart rest between beats. Normal blood pressure ranges below 120/80 mmHg. High blood pressure usually ranges above 130 or higher. Blood pressure is important because if we have normal blood pressure, we will not have to face any symptoms and if we have higher blood pressure, the health risk increases day by day, and

it results in nose bleed, headache and dizziness, fatigue, chest pain, and difficulty in breathing. If blood pressure remains normal, it is sign of good health. Blood pressure could be lowered by walk, exercise daily, eating healthy foods, and more protein rich food which is full of carbohydrates, fiber, vitamins, and other minerals.<sup>[1]</sup>

The potato is a tuberous and starchy crop. Potato is the staple food in many parts of the world. Potatoes are believed to be domesticated food. From 7000 to 10,000 years ago, potato was domesticated. Potato has importance as a food source. It is considered as essential food source in Europe and Asia and many other parts of the world. The plant of the potato is herbaceous and it consists of leaves, flower, fruiting, and tuber formation. Potato flower consists of many beautiful colors white, pink, purple, red, and blue. There are many varieties of potato and the most cultivated variety worldwide is *Solanum tuberosum*. The genome of the potato consists of 12 number of chromosomes. Potato needs moist and cool environment and its productivity is increased. First, potato was domesticated in the region of Peru. In China and Europe, the production of the

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**Table 1**

Systolic	Diastolic
120.49±96.37	117.62±96.37
92.80±96.37	75.31±96.37
43.96	43.96

The average value for both the systolic and diastolic is 43.96

potato is high. Potato is a source of carbohydrates, vitamins, starch, fiber, and minerals. Some potato also contains toxic compounds. Potato is grown mainly from seed potato. Potatoes are used widely, besides eating as they are best source for livestock, starch of potato is used in industries, the skin of potato along with honey is used and used in plant research.<sup>[2]</sup>

The objective of the present study is to analyze and correlate the association of human blood pressure and potato loving.<sup>[3-5]</sup>

## MATERIALS AND METHODS

Blood pressure in the human body is pressure of the blood in the circulatory system. Human blood pressure is closely related to the heartbeat and flexibility of arterial walls. In simple words, there are two types of blood pressure. The upper pressure is known as systolic and down pressure is diastolic.<sup>[6-10]</sup> A total number of 200 students of Bahaudin Zakariya University, Multan, Pakistan take place in this project. Blood pressure of all the students was examined. Blood pressure was measured by sphygmomanometer. Some of the students have low blood pressure and some of them have high. The average of the systolic was 120.49 and 72.80 and the average of the diastolic was 117.26 and 75.31. The standard deviation (SD) value for both systolic and diastolic was 96.37 and the average for both the systolic and diastolic was 43.96.

Association of normal blood pressure (Mean ± SD) with potato likeliness and potato dislikeliness is given in Table 1.

### Project design

A questionnaire was prepared in association with the potato likeness in which the likeness of potato

to blood pressure was examined by blood pressure of the male and female.

### Statistical analysis

Advanced software is used named as SPSS. A test known as student *t*-test was used for the analysis for measuring the result.

## CONCLUSION

It was examined from the survey designed that different students including male and female took part in this project. Blood pressure was examined of both the male and female. We concluded the average of both the systolic and diastolic and SD values. Some have high or low systolic and some have high or low diastolic. Its main conclusion was that there was no link between potato likeness and blood pressure.

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