

RESEARCH ARTICLE**Reverberation of respiratory rate on noodle delineation**

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*Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan***Received on: 30 August 2019; Revised on: 20 September 2019; Accepted on: 27 October 2019****ABSTRACT**

The objective of the present study was to correlated breathing rate with the likeliness of eating noodles. Breathing is a normal process in all living organisms. Different organisms have different methods of breathing. The normal breathing rate is 15–20/min. The increase in breath rate causes different disorders. The breathing rate is also called respiratory rate. The normal breathing rate for an infant is 44 breaths/min. Lungs play an important role in breathing. Breathing is most important factor in human life. The breathing rate changes when we walk, run, speech, and laugh. The intake of air during breathing is called inspiration and the air comes out of our lungs is called expiration. The breathing rate is also disturbed by increase of blood pressure. Noodles are a nutritional food containing different types of carbohydrates, vitamins, or fats. It is a renowned and staple food all over the world, especially in Asian and European culture. Chinese noodles may be boiled in soups, stir-fried as chow foon, or deep-fried into crunchy strips for chow mein and other dishes. Noodle is a nutritional food which is made from dough and is present in different forms such as plain, wavy, strings, and cut into different varieties of shape. Different varieties of noodles are wavy, helical, strings, or shells. Noodles are a convenient, easy, and handy meal. It is sometimes cooked in oil with different sauces or in boiling water. Students having low breathing rate are noodles delineated while subjects with high breathing rate are not noodles delineated.

Keywords: Respiratory rate, Noodle delineation, Effect of respiratory rate on noodle delineation**INTRODUCTION**

Breathing is a normal process in all living organisms. Different organisms have different methods of breathing. The normal breathing rate is 15–20/min. The increase in breath rate causes different disorders. The breathing rate is also called respiratory rate. The normal breathing rate for an infant is 44 breaths/min. Lungs play an important role in breathing. Breathing is most important factor in human life. The breathing rate changes when we walk, run, speech, and laugh. The intake of air during breathing is called inspiration and the air comes out of our lungs is called expiration. The breathing rate

is also disturbed by increase of blood pressure. The respiratory rate is the rate at which breathing occurs. This is usually measured in breaths per minute and is set and controlled by the respiratory center. The respiratory rate in humans is measured when a person is at rest and involves counting the number of breaths for 1 min by counting how many times the chest rises. When oxygen level is low in blood then the breathing rate is high and more carbon dioxide is released. Normal breath rate is 16–20/min. Breath rate measures when person is in rest. Normally, breath rate is high in females. When breathing rate increases or decreases from normal breathing rate, it indicates that some abnormality is occurring in normal functioning of body.. High breath rate causes fever, asthma, and lung cancer. Causes of low respiratory rate are alcohol, sleep apnea, and metabolic process. When carbon dioxide increases

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in body, then brain allows the body to breathe more and inhales more oxygen to normalize the body functions. A fiber-optic breath rate sensor can be used for monitoring patients during a magnetic resonance imaging scan. Respiration rates may increase with fever, illness, or other medical conditions.^[1]

Noodles are a nutritional food containing different types of carbohydrates, vitamins, or fats. It is a renowned and staple food all over the world, especially in Asian and European culture. Chinese noodles may be boiled in soups, stir-fried as chow foon, or deep-fried into crunchy strips for chow mein and other dishes. Noodle is a nutritional food which is made from dough and is present in different forms such as plain, wavy, strings, and cut into different varieties of shape. Different varieties of noodles are wavy, helical, strings, or shells. Noodles are a convenient, easy, and handy meal. It is sometimes cooked in oil with different sauces or in boiling water. Different flavors are available in noodles. It is a dietary fiber full of protein, nutrition, and vitamins. Noodles may be cooked with sundry vegetables and meat. Various dishes are constituted from noodles such as Nan gyi thohk, kinalas, baik kut kyee kaik, mie ayam, somen salad, mont di, jjolmyeon, khowsuey, thenthuk, ulmyeon, hoto, kyay oh, mee bandung muar, mikrop, mohinga, bunman, mee siam, and sara udon feu.^[2]

The objective of the present study was to correlated breathing rate with the likeliness of eating noodles.

METHODS AND MEASUREMENT

Questionnaire was prepared which was answered by the subjects according to their knowledge and interest. All subjects belong to the Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan. Their age ranges in between 18 and 22 years.

Measurement of respiratory rate

The respiratory rate in humans is measured when a person is at rest and involves counting the number of breaths for 1 min by counting how many times the chest rises. A fiber-optic breath rate sensor can be used for monitoring patients during a magnetic resonance imaging scan. Respiration rates may

increase with fever, illness, or other medical conditions. We can easily measure our breath rate by noting time of 1 min. This value tells us the number of oxygen inhale and the release of carbon dioxide.

Project design

Different types of questions were prepared regarding noodles depiction to find out the point of views of postgraduate biology students which were answered by them according to their interest.

Statistical analysis

Statistical analysis was prepared using SAS. Student's *t*-test was used to analyze the tests and its probability on noodle depiction.

RESULTS AND DISCUSSION

Out of 123 students, only 85 students were noodles delineated while 38 students were not noodles delineated. The average value of persons who were noodles delineated was 19.24 and their standard deviation was 6.01 and the average values of persons which were not noodle delineated were 19.60 and their standard deviation was 6.22. Twenty-five males were present in this project, in which 16 were noodles delineated and 9 were not noodles delineated. The average value of males who were noodles depicted was 19.31 and their standard deviation was 4.40 and the average value of persons which were not noodles delineated was 21.21 and their standard deviation was 10.5. Ninety-eight females were present in this project, in which 69 were noodles delineated and 29 were not noodles delineated. The average value of males who were noodles delineated was 19.31 and their standard deviation was 6.44 and the average values of persons which were not noodles delineated were 19.27 and their standard deviation was 6.76. Ninety-eight males were present in this project, in which 69 were noodles delineated and 29 were not noodles delineated. The average value of males who were noodles delineated was 19.31 and their standard deviation was 6.44 and the average values of persons which do not noodles delineated were 19.27 and their standard deviation was 6.76 [Figures 1-4].

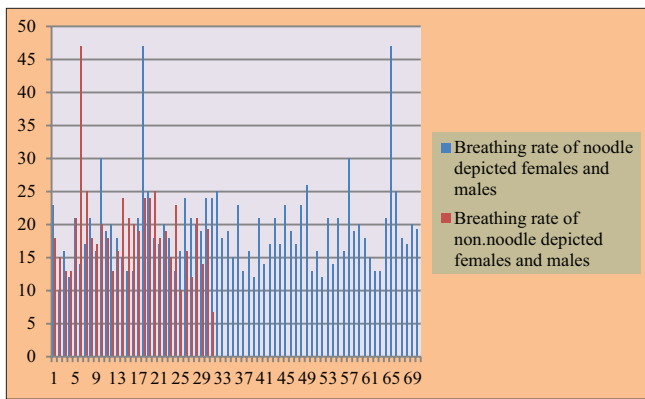


Figure 1: Reverberation of respiratory rate on noodle delineation

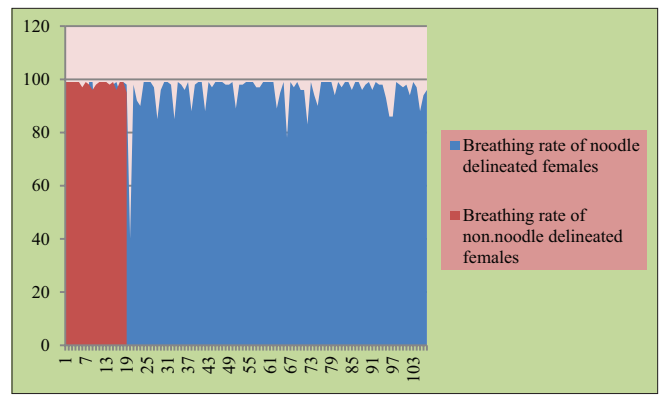


Figure 3: Reverberation of respiratory rate on noodle delineation

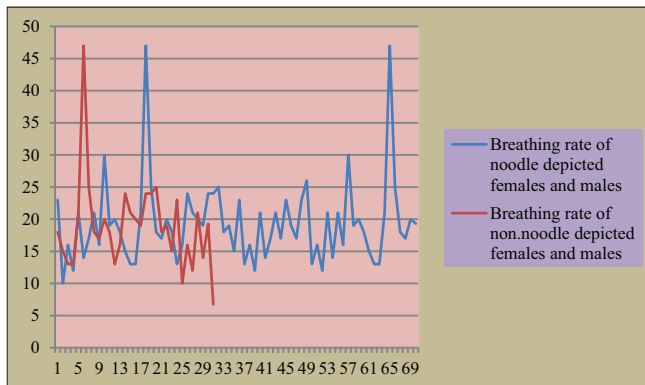


Figure 2: Reverberation of respiratory rate on noodle delineation

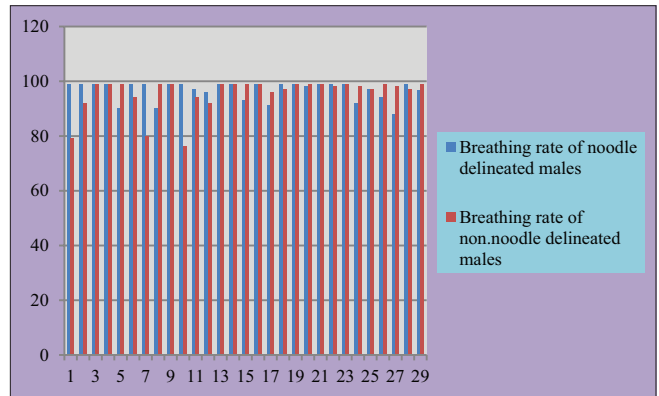


Figure 4: Reverberation of respiratory rate on noodle delineation

Questionnaire-based study has given significant outcomes.^[3-10] McGrath *et al.* reported that continuous respiratory rate monitoring can be successfully added to a pulse oximetry-based surveillance system without significant technical, logistical, or workflow issues and is moderately well tolerated by patients. Respiratory rate sensor alarms did not significantly impact overall system alarm burden. Respiratory rate and oxygen saturation distributions suggest adding continuous respiratory rate monitoring to a pulse oximetry-based surveillance system may not significantly improve patient deterioration detection.^[11] Bergese *et al.* reported that these data demonstrate the performance of the Medtronic Nellcor Respiration Rate Software in healthy subjects and patients hospitalized in a low-acuity care setting when compared with clinician-reviewed capnography. The observed performance of this technology suggests that it may be a useful adjunct to continuous pulse oximetry monitoring by providing continuous respiratory rate measurements. The

potential patient safety benefit of using combined continuous pulse oximetry and respiratory rate monitoring warrants assessment.^[12]

CONCLUSION

Students having low breathing rate are noodles delineated while subjects with high breathing rate are not noodles delineated.

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