

RESEARCH ARTICLE**What are the effects of normal pulse rate on skimmed milk likeliness?**

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*Department of Medical Science, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan***Received on: 30 July 2019; Revised on: 01 August 2019; Accepted on: 01 October 2019****ABSTRACT**

The objective of the present study was to correlate skimmed milk likeliness with the pulse rate. A total of 200 subjects were participated in the present study. The subjects were the students of Bahauddin Zakariya University, Multan, Pakistan. We checked the pulse rate of all the participants in this project and studied their opinion regarding the likeliness of the skimmed milk. The students having a pulse rate was normal, liked skimmed milk.

Keywords: Pulse rate, Skimmed milk, Likeliness, *t*-test**INTRODUCTION**

The rate at which the heart beats in 1 min is known as your pulse rate.^[1] Pulse rate is different from one person to other. When we are at rest, then our pulse rate is slow and increases when we exercise. The age factor also influences the rate of pulse. The trained hand feels the exact heartbeat in 1 min from the palm side of wrist. We also use stethoscope to check heartbeat in medicinal field. There are two types of blood pressure that is systolic and diastolic. We determined the pulse from systolic pressure but diastolic is not measurable.

Skimmed milk is that from which the fat has been removed. It is obtained by centrifugation of milk and as a result of the cream going to the top of the mil, and then it is removed. It also contains a large quantity of protein and calcium which is responsible for better growth of teeth and bones. It also contains more potassium which is responsible for maintaining the normal blood pressure and magnesium present in it helps in proper functioning of heart and immune system.

It is high in protein content, which works for build, repair and proper functioning of muscle. It is lowering in cholesterol content and high cholesterol causes heart diseases. It decreases the hotness of stomach. It helps in lowering the risk of cancer.

The objective of the present study was to correlate skimmed milk likeliness with the pulse rate.

MATERIALS AND METHODS

A total of 200 subjects were participated in the present study. The subjects were the students of Bahauddin Zakariya University, Multan, Pakistan.

Before checking the pulse rate,^[2] we asked the patient whether he has climbed or running in the past 20 min. If the answer was positive, then we wait for 20 min to take the readings. However, if the answer was negative then we checked it. It will help us to get accurate reading. We made sure that the patient was relaxed. We placed the tips of our first and second fingers on the inside of patient's wrist. We pressed it gently and noted the time through stopwatch. We counted the pulse rate with starting the stopwatch. After 1 min, the number of pulse was our pulse rate in 1 min and it is also called our heart rate in 1 min.

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Project design

A questionnaire was prepared regarding the skimmed milk likeliness. We checked the pulse rate of all the participants in this project and studied their opinions regarding the likeliness of the skimmed milk.

Statistical analysis

M. Stat was used for statistical analysis. $P = 0.05$ was considered as significant.

RESULTS AND DISCUSSION

There were 200 students participated in this project. Their pulse rate was measured and related to the skimmed milk likeliness. It was noticed that the students who possessed low pulse rate liked skimmed milk while with higher rate not liked. The significant value of this was 0.05. However, our value was 0.60 that was not significant. Hence, we concluded that pulse rate did not affect on skimmed milk. Questionnaire-based studies have been given important outcomes in current researches.^[3-10]

Impact of pulse rate on skimmed milk likeness (mean±SD)

Skimmed milk likeness	Skimmed milk dislikeness
78.44±10.77	79.43±10.17

$P > 0.05$

CONCLUSION

It was concluded from the present study that there was no scientific relation of skimmed milk with the pulse rate.

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