

# How normal body temperature relevance with falooda ice cream loving?

## Abstract

Normal body temperature also called normothermia its normal range in humans is 37 degrees celsius. If its valued increased above 43 degrees celsius this condition is called hyperthermia, similarly if decreased below 30 degrees celsius this is called hypothermia. Body temperature depends upon the physical activities, sex, age of individual. Body temperature is measured by the thermometer. The most excellent and accurate thermometer is Temporal artery thermometer which measured exact reading. Falooda ice cream contains sabja seeds, semiya, sugar and diary products that gives us energy. This is healthy drink because it reduced blood pressure or decreased the body temperature during hot days. First of all, it was originated from the India subcontinents and Nadar shah was the first person who brought it in India with him.

**Keywords:** rectal, semiya, sabja seeds, exertion and rose syrup

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Muhammad Imran Qadir, Zubair Saleem

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Pakistan

**Correspondence:** Zubair Saleem, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan, Email [zubairsaleem038@gmail.com](mailto:zubairsaleem038@gmail.com)

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## Introduction

The word or name for normal body temperature is also called eutheria or normothermia. A doctor from German whose name was wunderlich found that range of normal body temperature is 37degrees celsius. Temperature of body depends upon the following factors such as exertion, sex, age of individual and infection. This also depends upon time of day and weather condition in hot days it goes to high range but in winter it becomes low. There are two types or condition of body temperature one is hyperthermia and other is hypothermia. In hyperthermia temperature of body increased and person may be suffer in diseases such as brain damage, vomiting, high blood pressure and headache. Hypothermia is a condition in which temperature of body fall down or becomes low. Following symptoms that occur in hypothermia such as grayness of skin, intense shivering, loss of movement of fingers and slow heart beat. In the morning and during sleeping range of body temperature falls down. In the day during physical activities its value becomes high. An area of brain that regulates the temperature of body called hypothalamus. If temperature of body too high then hypothalamus sends signal to body so sweating from body begins. If temperature of body is too low then hypothalamus sends messages and condition of shivering happen. If temperature of body reaches to 100.6 forenheit then it considered to be condition of fever. There are following symptoms of fever such as chills, irritability, muscle aches and appetite loss. There are different parts of body from where reading of temperature may be taken such as Rectal, armpit and oral. Higher range of reading occurs in Rectal.

Falooda ice cream is considered to be delicious, sweet and cold dessert that regulates the temperature of our body. Mostly people like it because this is healthy summer drink for summers. There are following ingredients that are necessary for falooda ice cream. Basil seeds, ice cream, sugar, semiya and sliced dry fruits are required to make falooda ice cream. This is most popular drink in India because it originates from India. It is said that Nader Shah was the first person who brought it with him in India first time. Falooda ice cream has very cooling properties because it contains sabja seeds. Falooda ice cream is made in tall glass with several layers such as ice cream, rose syrup, sabja seeds, falooda, semiya and sliced dry fruits. There is relation between falooda ice cream and normal body temperature because by

eating it during hot days temperature of body becomes low. There are many health benefits of eating falooda ice cream because it contains healthy ingredients. Falooda ice cream gives us energy because it contains vitamins and minerals. keep us cool decreased tension, stress and confusion. It is considered that falooda ice cream reduced the blood pressure. People prefer it during hot days because it maintains body temperature. Some people made falooda ice cream at home. First of all, soaked sabja seeds in fresh water for 30 minutes after that boiled semiya for 40 minutes after boiling semiya washed them with cold or fresh water. In the next step add saffron into milk boil them untill saffron mixed with milk or colour becomes orange. Then add them step by step in tall glass and also add ice cream and falooda and refrigerate it. Now falooda ice cream is ready enjoy it. The objective of this study was to harmonize falooda ice cream loving with normal body temperature.

## Materials and method

There are many parts of body from where body temperature can be checked such as Rectal, armpit and oral. The instrument that is used to measure body temperature is called thermometer. Thermometer gives range or value of body temperature in degrees celsius or Fahrenheit. Take thermometer place back side of it into mouth after that press the button of thermometer after 5 seconds reading will be shown. If reading is 37 degree celsius or 98 Fahrenheit then it is normal. There are different types of thermometer but most excellent and accurate thermometer is Temporal Artery Thermometer.<sup>1-10</sup>

## Project design

I assent or consent the subjects whether they love falooda ice cream or not. Mostly students said that they love the falooda ice cream because this contains vitamins and basil seeds. But there were a few of students that not love the falooda ice cream because this increased blood glucose level this contains too much sugar or glucose. Student's participation was from Baha uddin Zakariya University, Multan.

## Statistical analysis

Statistical analysis was performed utilizing Microsoft excel or spread sheet software.

## Result and discussion

From the below Table 1 this shows males that have normal body temperature 97.6fahrenheit love the falooda ice cream while those males that have normal body temperature 96.4 do not love the falooda ice cream. Similarly females that have normal body temperature

98.2fahrenheit love the falooda ice cream while females with normal body temperature 97.6fahrenheit do not love falooda ice cream. So this concluded that having high temperature males and females love the falooda ice cream and those their body temperature is less than those have high normal body temperature do not love falooda ice cream.

**Table 1** It shows the normal body temperature relevance with falooda ice cream loving?

Gender	Loving falooda ice cream	Not loving	P-value
For males	97.6±2.96	96.4±0.5	0.34
For females	98.2±2.76	97.6±2.34	0.21
For males and females	96.9±1.0	98±1.12	0.001

P<0.1 so relation is significant.

## Conclusion

This was concluded that there is relevance between normal body temperature and falooda ice loving.

## Acknowledgments

None.

## Conflicts of interest

Author declares that there are no conflicts.

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