



How Falooda Ice Cream loving Affect The levels of Glucose in Urine?

Muhammad Imran Qadir, Zubair Saleem*

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

ABSTRACT: *Glucose that is necessary for giving the instant energy to our body and brain that is present in fruits and milk and other foods that we eat in our daily life. If value of glucose in urine is 0.6 mmol/L it may be considered normal. The main cause of glucose in urine is urinary infection which caused by the bacterial infection. Improper function of kidneys leads to leakage of glucose into urine the reason behind its failure of kidney by eating too much sugar or bacterial infection. High levels of glucose in blood is called hyperglycemia and in urine is glycosuria. The things that are required to performed the urine tests are gloves, strip, container, sample of urine and chart labelled with value of substances. It was deduced that falooda ice cream does not affect the level of glucose in urine.*

Keywords: *Glycosuria, hyperglycaemia, Trouble seeing, Basil seeds and diabetes.*

I. INTRODUCTION

Glucose is necessary for our body and brain function. Every cell of our body requires energy to perform function, so source of this energy is glucose. When eat sweet food or diets like dates, ice cream, sugar contain fruit and drink milk, fresh juices, and tea then we obtain a lot of sugar from them. There are two abnormal condition of glucose in our body one is hyperglycaemia in which too much glucose is present in our blood and second is hypoglycemia in which low levels of glucose is found in blood. Sugar or glucose also present in our urine at very small level. If level of glucose in urine is too much than normal value this condition is called glycosuria. When blood sugar pass into urine glycosuria happens. Kidneys in our body perform significant function such as they are responsible for filtering the toxic or waste materials and other harmful compounds or substrate that elevated during filtering. Proximal renal tubules present in our kidneys that reabsorb glucose and send back into body. This glucose is used in form of energy or fuel to perform many functions of body. Glucose elevated when level of blood glucose is normally high. The causes of glycosuria one is that, when levels of blood glucose are so high that tubules in kidneys unable to reabsorb it. Second, proximal tubules fail to perform function or reabsorb glucose, when they should be able to reabsorb glucose and other compounds. When proximal renal tubules fail to reabsorb glucose, a condition called renal glycosuria happens. There are many symptoms of glycosuria such as urinate more, fell hungry than normal, dehydrated, fatigue, trouble seeing, and weight loss. The normal amount of glucose in urine should be 0 to 0.7 mmol/L. There are many ways that one

can lower urine sugar quickly. Exercise regularly, by controlling stress levels, choose food with low glucose, drinking more water, and monitor blood sugar levels.

Falooda ice cream due to its cooling properties is very popular in Pakistan and other different countries. Semiya and basil seeds present in it give it cooling properties that is beneficial for our good health. The other main ingredients of its dairy products, dry fruits, ice cream and sugar. Falooda ice cream is made with different layers in tall glassin which dry fruits, rooh afza and cream also mixed. One should eat falooda ice cream 3 to 4 times per week because it contains 221 calories that are good source of energy for our body. Falooda ice cream contains too much glucose and vitamins by eating it too much it can cause hyperglycaemiaso; patients of diabetes should avoid by eating it. But by eating falooda ice cream in summers it can lower the blood pressure and reduce the stress. Basil seeds present in its good source of vitamin k that help in blood clotting basil seeds also improve the skin give strengthen to the hair. Sometime by overeating falooda ice cream it can cause failure of kidneys function due to presence of too much sugar and falooda which can cause leakage of sugar into urine.

The objective of present study was to correlate falooda ice cream with glucose in urine.

II. METHODS AND MATERIALS

The things that are required to performed the urine tests are gloves, strip, container, sample of urine and chart labelled with value of substances. Filled the empty container with sample of urine covered it with lid washed your hands. Then dip the strip into sample of urine for 4 to 6 second. Withdraw strip from the sample of urine dry it and matched the value of glucose according to the labelling chart negative value give normal result. If value is above 100 then consulted with doctor.

Project Design

Participant in this survey were the subjects of university of Multan that were 100 in numbers. When they asked about the cold drink or falooda ice cream that is most popular in summer. About 80% students agreed that falooda ice cream give many benefits and play important role in prevention of many diseases such as hypertension. But a few of people who disagreed said, that this cold drink or food can be harmful for health due to presence of sugar or high levels of glucose in it.

III. RESULTS AND DISCUSSION

Table 1. falooda ice cream affect the level of glucose in urine to the people that love falooda ice cream.

Loving with falooda ice cream	Males		Females	
	<i>Negative value</i>	<i>Positive value</i>	<i>Negative value</i>	<i>Positive value</i>
<i>Glucose in urine</i>	22%	8%	30%	11%

This table shows males having negative value of glucose in urine are 22% which loving falooda and those have value of glucose 50 in their urine are 8 % they are also ice cream loving. Similarly, females with negative value of glucose are 30% and those which have value 50 are 11% they like falooda ice cream.

Table 2. falooda ice cream affect the level of glucose to the people that do not love falooda ice cream.

Not loving falooda	Males		Females	
	<i>Negative value</i>	<i>Positive value</i>	<i>Negative value</i>	<i>Positive value</i>
<i>Glucose level in urine</i>	8%	5%	18%	7%

This table shows males having negative value are 50% which are not loving falooda and people which have value 50 are 5 % they also not liking falooda. Similarly, females which have negative value are 18 % and having value 50 are 7 % they do not like falooda ice cream

Conclusion

It was deduced that falooda ice cream loving do not affect the level of glucose in urine.

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