

# Is there any Type of Affiliation of Falooda Ice Cream loving with Specific Gravity of Urine?



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## Abstract

Measurement the density of dissolved particles or measures the concentration of solute in urine is a specific gravity of urine. It may be decreased by drinking plenty of water and increased by dehydration. Normal range of specific gravity is between 1.001 and 1.020. Urine specific gravity test allows the person to see the concentration of particles in urine. Sometime, by eating too much sweet foods or falooda ice cream it may be increased. There are many methods that measure the specific gravity of urine but refractometer is the best and quick method that give accurate value..

**Keywords:** Semiya seeds; Refractometry; Ice cream; Specific gravity; Diabetes insipidus; Glucose; Proteins; White or red blood cells; Salt water; Falooda; Semiya; Rooh afza; Dry fruits

## Introduction

Urine is a semifluid substance containing 95% water and other 5 % are waste products such as ammonia, urea, uric acid. Urine is elevated through urethra and stored in bladder. Specific gravity measured the ability of kidneys to concentrate urine. Water is less dense than urine because urine is composed of water and many solutes. Specific gravity is affected by number of solute particle present. Normal values of specific gravity are between 1.003 and 1.036. There are some conditions that cause low specific gravity such as kidneys failure, diabetes insipidus, drinking too much fluid. Low specific gravity indicates that urine is not concentrated. Similarly, there are also some conditions that cause high specific gravity. Such as dehydration, diarrhoea, congestive heart failure and shock. High specific gravity indicates that urine is concentrated. If some substances such as glucose, proteins, white or red blood cells, bacteria are found in urine make the urine too much concentrated. Hydrometric, reagent strips and refractometry are used to measure specific gravity of urine. There is no unit of specific gravity it is dimensionless. People who drank 70 ml of salt water their specific gravity increased. While people who drank 700 to 800 ml of water, wine, had a decreased specific gravity. Increased in specific gravity of urine may be related with emesis, urinary bladder infection, glucosuria and renal artery stenosis. If a person intakes low water, then its urine specific gravity increased. Specific gravity of urine depends upon ability of kidneys to concentrate urine and hydration status. The best method to measure specific gravity of urine is refractometer because this is a quick and easy method [1,2].

Falooda ice cream is the most popular drink or dish of summers because it has cooling properties due to presence of basil seeds in it falooda ice cream is popular in India. People like it very much because it contains dairy products and cream which makes it sweet and delicious. Semiya, basil seeds, cream, falooda, almond and rooh afza, dry fruits are the ingredients of falooda ice cream. Falooda ice cream is made in tall glass with different layers. Due to presence of dairy products it has many health benefits and lowering the blood pressure. By eating falooda ice cream your hair and skin can be improving because it contains basil seeds which have cooling properties. People can be prepared it at home if all ingredients are available easily. Put basil seeds, milk into blender then blend well after that put almonds. Then put this mixture into tall glass add falooda, semiya, rooh afza, dry fruits and in the last vanilla ice cream and served it immediately. Nadar shah was the first person who invented falooda ice cream in Indian subcontinents. But by eating too much falooda ice cream it can cause many diseases such as heart disease, cough. One glass of falooda ice cream contains 220 calories which is enough to give instant energy to the body and brain. The objective of the present study was to correlate the falooda ice cream with specific gravity of urine [3,4].

## Materials and Method

Urine specific gravity test is performed to obtain information that how well or best kidneys concentrate urine. Before the test person should wear gloves and take an empty and clean container.

Filled it with urine sample and dipped a new strip into container and stirred it for 2 or 3 seconds. After that extract the strip and matched the colour of strip against the given values on labelling chart and note value of specific gravity [5].

### Project Design

There were total out of 100 participants in this survey, the main intent of this survey was to obtained the opinions of students about the falooda ice cream how this has beneficial effects or harmful effects on health and we also asked them whether they liked it or not. About more than half students said, that patients of hypertension should drink or eat it 3 to 4 times per week. Because

it lowers the high blood pressure and also improve the skin and hair because of sabja seeds present in it. But there were a few of students about their opinions patients of diabetes should avoid by eating it [6].

### Results

This table 1 shows values of specific gravity of urine in males and females that are falooda ice cream loving. The people having value of specific gravity 1.010 and 1.030 are 17% and 40% these are the people that love falooda ice cream. And other that have value 1.030 -1.040 are total 5% these are the people that have not normal value [7].

**Table 1:** Affiliation of Falooda Ice Cream with Specific Gravity of Urine to the People that Love Falooda Ice Cream.

People Who Love the Falooda Ice Cream	Values of Specific Gravity of Urine	
	Normal Values (1.010 - 1.030)	Not Normal (1.030 - 1.040)
Males	17%	1%
Females	41%	4%

This table 2 reveals that specific gravity of urine in males and females that do not like falooda ice cream. Males having values value 1.010 -1.030 are 6% these are the people that have normal

value and those having value 1.030 and 1.040 not have normal value. While females have value 1.010 have normal values and other that have 1.030 do not have normal value [8,9].

**Table 2:** Affiliation of Falooda Ice Cream with Specific Gravity of Urine to the People that do not Love the Falooda Ice Cream.

People Who Do Not Love Falooda Ice Cream	Values of Specific Gravity of Urine	
	Normal Values (1.010 - 1.030)	Not Normal (1.030 - 1.040)
Males	6%	2%
Females	28%	1%

### Conclusion

This was concluded that there is no affiliation between specific gravity of urine and falooda ice cream.

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