

Relation of Falooda Ice Cream Loving with Bilirubin in Urine

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ABSTRACT

The breakdown of red blood cells produced bilirubin that is elevated in bile. Abnormal levels of bilirubin in urine indicate the disease of liver. Children with high levels of bilirubin are jaundice. There are some symptoms of high levels of bilirubin such as dark urine, weakness, yellowish of skin, there are some drugs that cause high levels of bilirubin such as fluconazole and valporic acid. Falooda ice cream can be beneficial in treating the hypertension at the same time cause diabetes if eat too much. There are things that are required for urinalysis such as fresh urine, empty container, new dipstick strip, gloves. This was concluded that falooda ice cream affect the level of bilirubin in urine.

Keywords: Bilirubin, Ciprofloxacin, Dark urine, Ziziphus

INTRODUCTION

Bilirubin is an orange-yellow pigment or compound that is produced from the breakdown of red blood cells that is elevated or excreted in bile. When bilirubin accumulates in the tissues of body produce jaundice. This is a disease of liver in which color of skin becomes yellow due to presence of too much bilirubin in body tissues. A normal level of bilirubin is from 0.2 to 1.3 mg/dL. Above this level it is considered high. High bilirubin levels are a liver disease due to deficiency of enzyme that break down bilirubin. So due to damage of liver it elevated in the urine and cause urinary tract infections. The condition in which bilirubin levels is too high due to liver disease called hyperbillirubinemia. Babies that are born with high levels of bilirubin called new born jaundice. There are many symptoms that indicate high levels of bilirubin in the body such as chill, nausea, vomiting, chest pain, weakness, dark urine and abdominal pain. There are many causes of bilirubin such as hemolytic anemia in which red blood cells of body break down, non-alcoholic fatty liver disease, cirrhosis, deficiency of digestive bacteria and genetic disorders. Moreover, there are some drugs that can induce high levels of bilirubin in the body such as amoxicillin, ciprofloxacin, fluconazole and valporic acid. High levels of bilirubin can be treated by the following ways such as patient should be receiving direct sunlight because sun's rays help in reducing levels of bilirubin in the body. Patient should eat *Ziziphus jujuba* fruit, carrot, spinach and also should drink sugar cane juice, wheat grass juice. Some people use sun lamp therapy for new born baby in which keep the baby under this lamp [1-3].

Everyone wants to keep the body and mind cool during summers, so falooda ice cream is one of the most cold and sweet drink. There are different flavors of falooda ice cream but people like the vanilla ice cream. There are many ingredients that give the falooda ice cream dessert shape and yummy taste. Such as basil seeds, semiya, milk, sugar, cream and falooda. Basil seeds have cooling properties and give the body and mind cooling effects and energy. Basil seeds play an important role in the improvement of skin and hair. Falooda ice cream is very beneficial for the patients that have high blood pressure. But it could be harmful for the diabetes patients. Falooda ice cream can be easily made at home. Soaked basil seeds, wash with fresh water and dry them. Boiled milk, cooled it then pour milk into tall glass add semiya, sabja seeds, falooda, rooh afza and in the last add cream. Falooda ice cream contains many layers which give it beautiful shape and sweet and yummy taste. Falooda ice cream is a source of energy because many healthful ingredients are present in it. But by eating too much falooda ice cream it can cause heart disease, diabetes and other cardiovascular diseases. There are near about 216 Cal in one

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glass of falooda due to milk and dry fruits. Nadar Shah invented falooda ice cream in India. Falooda ice cream is very good for pregnant ladies because it contains vitamins and minerals. Sabja seeds contain iron, protein and vitamin k that help in blood clotting [4-7].

The objective of present study was to correlate the falooda ice cream with urine bilirubin [8].

MATERIALS AND METHODS

There are following things that are required for urinalysis such as fresh urine, empty container, new dipstick strip, gloves. For less than 2 s dip the strip into container in which urine is present. When strip become wet then draw out strip container or sample of urine and matched it with labeling chart to check the levels of bilirubin in urine.

PROJECT DESIGN

There were 110 students who have participated in this survey that were from university of Multan Baha-uddin Zakariya. Mostly students said that, falooda ice cream is

very essential for health because of too much healthy ingredients means they loved the falooda ice cream. But a few of people said that by eating falooda ice cream they may be suffering in diabetes because of too much glucose.

RESULTS AND DISCUSSION

The **Table 1** shows that percentage of people with falooda ice cream loving. Males having negative value are 3% and those males that have positive value (10) are 15% and having value (50) are only 0%. Similarly, females that have negative value are 15% while those having positive value (10) and (50) are 14% and 1%, respectively. These males and females are those which are falooda ice cream loving. When they asked about the falooda ice cream loving they said, that falooda ice cream is a cold drink that give instant energy and keeps mind and body cool during hot days. Mostly people prefer it during summer days due to its cooling properties.

Table 1. Relation of bilirubin in urine to the people that love falooda ice cream.

People loving falooda ice cream	Males			Females		
	Negative Results	Positive Results (10)	Positive Results (50)	Negative Results	Positive Results (10)	Positive Results (50)
Percentage	3%	15%	0%	15%	14%	1%

The **Table 2** shows the percentage of those females and males that do not like the falooda ice cream. Males that have negative value are 6% and those having positive (10) are only 2% while those male that have value (50) are 0%. Similarly females that have negative values are 24% and

those females that have positive value 10 and 50 are 20%, 0% respectively. All these are no falooda ice cream loving. They said falooda ice cream due to fatty nature and containing high amount of glucose and sugar can cause obesity and other disease such as heart disease.

Table 2. Falooda ice cream affects the range of leukocytes to the people that do not love the falooda ice cream.

People not loving falooda ice cream	Males			Females		
	Negative Results	Positive Results (10)	Positive Results (50)	Negative Results	Positive Results (10)	Positive Results (50)
Percentage	6%	2%	0%	24%	20%	0%

CONCLUSION

This was concluded that there is a significant relation between falooda ice cream loving and bilirubin in urine [9].

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