

Correlation of Normal Peripheral Oxygen Saturation with Tea Likeliness

Muhammad Imran Qadir and Iqra Rafique*

Institute of Molecular Biology and Biotechnology, Pakistan

*Corresponding author: Iqra Rafique, Institute of Molecular Biology and Biotechnology, Pakistan



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ABSTRACT

Summary

The Aim of the present study was to correlate the blood oxygen with Tea likeliness. Blood oxygen level represents the fraction of oxygen i.e. saturation or unsaturation in haemoglobin of Erythrocytes. About 200 subjects took part in this study and Blood oxygen level of every subject was checked by using Oximeter. The normal oxygen level in blood of human beings should be 97 percent and it can fluctuate during exercise. Questionnaire was prepared to estimate the likeliness and Dislikeliness among subjects. To analyze the results, *t-Test* was done, and p-value was observed by considering $p < 0.05$ as significant value. By Statistical Analysis, it was interpreted from the recent study that Peripheral Oxygen Saturation with Tea likeliness does not correlate.

Keywords: Blood Oxygen Level; Peripheral Oxygen Saturation; Tea Likeliness

Introduction

Blood oxygen level represents the fraction of oxygen i.e. saturation or unsaturation in haemoglobin of Erythrocytes. Blood should maintain normal levels of oxygen for aerobic metabolism which helps in Breathing. Human body needs specific oxygen level in blood and normal oxygen level in blood of human beings should be 97 percent and it can fluctuate during exercise. Haemoglobin of red blood cells collects oxygen in the lungs by using respiratory system and distributes it to the whole body. Oxygen level below 90 percent (low partial pressures of oxygen) leads to hypoxemia because hemoglobin is deoxygenated. The symptoms of low blood oxygen level include changes in the color of nails and skin i.e. bluish color appears. Blood oxygen level below 40 percent leads to compromise the function of Brain and Heart and Blood oxygen level below 20 percent leads to comma and ultimately, it causes death. Continue low levels of Blood oxygen causes many serious problems like cardiac, respiratory and neurological problems. A pulse Oximeter is an instrument which indicates the oxygen level in our blood. Oxygen therapy can be used to raise blood oxygen levels.

In ancient years, Tea was used as an aromatic beverage for many medicinal problems because it helps in improving our health i.e. it

contains a chemical known as Nicotine. Now a days, Tea is also used to regulate the blood level of human beings because it has boosting antioxidants like catechins and ingredients which helps in the activation of human Brain and releases tension of the persons. Tea is simply prepared by the addition of teabags and milk in kettles of boiling water with a bit sugar according to one's taste. It is considered as White tea and it is the simplest tea. Tea is also considered as a lifestyle for the present generation. Many types of tea have been discovered yet i.e. White tea, Black tea, Green tea and Kashmiri tea etc. Black tea is considered as a strong tea because it contains potential ingredients in it and it is taken mostly in Europe. Green tea has its own great importance because it is taken as a diet tea i.e. it is helpful in the dieting. Kashmiri tea is used mainly in gatherings and it is used as a trend in Asian countries to serve Kashmiri chaye to guests. In short, Different types of tea have different nutritional and health values. By addition of Fruit flavors to the tea, we can get natural health benefits. We can also add the flavors of different things like chocolate. Tea has given us many benefits like it can reduce cancer related diseases and heart diseases. Furthermore, it gives us energy and refreshes our mind but excess of everything is bad. Therefore, we should not take more than 4 cups of tea per day.

The aim of the recent study was to interlink the Blood oxygen level with Tea likeliness [1-5].

Materials and Methods

Approximately 200 participants took part in this research and Blood oxygen level of every participant was checked by using Oximeter. To interlink Peripheral oxygen saturation with Tea likeliness, Questionnaire was prepared to estimate the likeliness and Dislikeliness among participants.

Estimation of Blood Oxygen Level

Peripheral Oxygen Saturation represents the oxygen levels in blood, and it can be measured by using a device named Pulse Oximeter which clips to the finger or earlobe, light sensitive sensors in the device measure absorption of red and infrared light and it calculates the Blood Oxygen Level by finding the difference between oxygenated and deoxygenated hemoglobin levels in blood. By using a Formula, we can calculate the Blood Oxygen Level with Pulse Oximeter as follows:

$$SpO_2 = HbO_2 / HbO_2 + Hb$$

Where HbO_2 = Oxygenated Hemoglobin

Hb = Deoxygenated Hemoglobin

Statistical Analysis

Statistical Analysis was done by using state software. To analyze the results, *t-Test* was done, and p-value was observed by considering $p < 0.05$ as significant value.

Results and Discussion

t-Test was used to analyze the Correlation of peripheral oxygen saturation with Tea likeliness. In Table 1, Correlation of Peripheral Oxygen Saturation (Mean±SD) with Tea likeliness among males, females and Both (Males and Females) is given as follows in which p-value is calculated by *t-Test* is greater than 0.05 i.e. it is non-significant (p-value smaller than 0.05 is referred as significant while p-value larger than 0.05 is referred as non-significant) and it means that there is no correlation of Peripheral Oxygen saturation with Tea likeliness [6-8]. This Questionnaire based studies will

give great importance to the latest researches because no research has done before this about correlation of normal blood oxygen level with Tea likeliness. Such type of researches show advancement in the scientific era and give us broad idea to relate different variables with different Blood factors. In this way, we can also know about the diagnosis of different diseases related to human beings.

Table 1: Co-rrrelation of Peripheral Oxygen Saturation (Mean±SD) with Tea likeliness among Males, Females and Both (Males and Females).

Gender	Tea likeliness	Tea Dislikeliness	P-value
Males	96.76±4.56	94.11±6.60	0.14
Females	95.62±7.27	95.15±6.07	0.74
Combined	95.96±6.58	94.92±6.12	0.36

Note: Results were non-significant ($p < 0.05$).

Conclusion

By Statistical Analysis, it was interpreted from the recent research that Peripheral Oxygen Saturation with Tea likeliness does not correlate in human beings because p-value was larger than significant value which was calculated by using *t-Test* ($p < 0.05$).

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Iqra Rafique. Biomed J Sci & Tech Res



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