The blood pressure for the children is different from the adults and factors like sex and age, also affect the blood pressure of the persons. Other conditions like noise, temperature, emotional stress etc. Blood pressure also fluctuates in the morning and low in the night. Blood pressure also varies according to the states and depends on the situation. It is different in every state like in normal state the blood pressure is lower due to the height. The changes in the normal blood pressure are important. The blood pressure changes between the systolic and diastolic pressure in each heartbeat. The blood pressure is actually due to the heart pumping.

Ladyfinger is a green vegetable. It is called as Bhindi. In the ladyfinger, nutrients are present which includes vitamin B, folic acid and many dietary fibers. The ladyfinger is the vegetable of summer season. Ladyfinger has the capacity to control the blood pressure. It also has the ability to control the cholesterol level and constipation. It has a good taste and fat free. It is the perennial plant which grows up to the length of two metres. It is usually grown in the warm areas. In the lady finger many dietary fibers, proteins, carbohydrates, water, zinc, calcium, magnesium and many more are present. Ladyfinger is named as so because its shape is like the finger of woman.

Goal and the intension of the recent course were to show the connectivity between the blood pressure and ladyfinger likeness.
**Project Design**
During the sampling, we made a Performa about the connectivity of blood pressure and ladyfinger likeness. Gross of 188 colleagues were involved in this Performa study to which we questioned about their blood pressure. These colleagues are the undergraduate students of Bahauddin Zakariya University.

**Statistical Analysis**
M state is the software by which we carried out the statistical analysis. T-test was utilized to obtain the result. P<0.05 was said to be significant.

**Result and Discussion**

Affinity of systolic pressure (mean±SD) with ladyfinger likeness was given in table 1.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Ladyfinger likeness</th>
<th>Ladyfinger dislikeness</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>131.33±12.36</td>
<td>112.38±12.01</td>
<td>0.002</td>
</tr>
<tr>
<td>Female</td>
<td>115.57±13.30</td>
<td>121.83±12.35</td>
<td>0.03</td>
</tr>
<tr>
<td>both</td>
<td>119.87±14.80</td>
<td>119.47±12.77</td>
<td>0.88</td>
</tr>
</tbody>
</table>

The table expresses that the males who like ladyfinger have mean value of 131.33 with standard deviation of 12.36 and those males who do not like ladyfinger have mean 112.38 with standard deviation of 12.01. The p value we obtained from this is 0.002 which is considered to be significant as it is less than 0.05. While the females who are ladyfinger lovers have mean value 115.57 with the standard deviation of 13.30 and those females who dislike ladyfinger have mean value of 121.83 with standard deviation 12.35. The p value we got from this is 0.03 which is said to be significant as it is also less than 0.05. Both males and females who are ladyfinger lovers have mean value 119.87 with standard deviation 14.80 and those who dislike ladyfinger have mean value 119.47 with standard deviation 12.77. The p value we obtained is 0.88 which is not significant because it is greater than 0.05. From the whole discussion it implies that in case of systolic blood pressure there is a connection between the blood pressure and ladyfinger likeness.

Affinity of diastolic pressure (mean±SD) with ladyfinger likeness was given in table 2.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Ladyfinger likeness</th>
<th>Ladyfinger dislikeness</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>74.95±11.59</td>
<td>65.88±13.67</td>
<td>0.11</td>
</tr>
<tr>
<td>Female</td>
<td>74.09±11.93</td>
<td>76.54±12.15</td>
<td>0.37</td>
</tr>
<tr>
<td>both</td>
<td>74.32±11.81</td>
<td>73.88±13.18</td>
<td>0.86</td>
</tr>
</tbody>
</table>

The table 2 indicates that the males who like ladyfinger have blood pressure of 74.95 with standard deviation 11.59 and those who dislike have blood pressure of 65.88 with 13.67 standard deviation. The p value is 0.11 which is greater than 0.05 and the result is non-significant. The females who are ladyfinger lovers have the blood pressure 74.09 with the standard deviation of 11.93 and those females who do not like the ladyfinger have the diastolic blood pressure of 76.54 with the standard deviation of 12.15. The p value is 0.37 which is more than 0.05 and the result is not significant. In case of both males and females, those who like ladyfinger have the diastolic blood pressure of 74.32 with the standard deviation 11.81 and those who dislike have the diastolic blood pressure of 73.88 with standard deviation 13.18. The p value for this case is 0.86 which is not significant as it is greater than the 0.05. From this discussion we obtained that in case of diastolic blood pressure there is no connection between the blood pressure and ladyfinger likeness.

**Conclusion**
It was concluded that the males who like ladyfinger have higher blood pressure and the females who dislike ladyfinger also have the high blood pressure.

**References**