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How Pulse Rate Can Be Related With Hair Growth?

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ABSTRACT

The objective of this present study was to find that how pulse rate is related with hair growth. 200 students joined in this recent study that was performed at Bahauddin Zakariya University. Pulse is generated by the dilation of artery that occurs when aortic valve is opened and closed in heart. And the rate of dilation is called as pulse rate. It is also an important parameter to measure human physiology in recent medicine. Most common points to measure pulse rate are neck, elbow and wrist. Pulse rate can be measure by placing two fingers on point where skin is near to pulse. Normal pulse rate for women is 78-82 and for men is 70-72. Pulse rate is also related to rate of metabolism in body. The pulse rated depends on size of body, age, exercise or condition of heart. Fingers were placed just below the thumb. Once the pulse was found, it was counted that how many times it beats. The beats were counted for 60 seconds and it was called heart rate.

Keywords: Physiology, Parameters, Dilation.

INTRODUCTION

In ancient Egypt, pulse rate was thought to be related with heart's actions. They used to think that it tells about body fitness and cardiac conditions. It is also an important parameter to measure human physiology in recent medicine. For example increased and decreased pulse rate than normal is sign of heart failure. Increased pulse rate, that is called tachycardia, indicates the cardiac diseases or innocuous fever. Decreased pulse rate that is called bradycardia is caused by an injury of head. Pulse rate is also considered to be related with stress, increased level of excretion or dehydration. The signs of abnormal pulse rate are fainting, difficulty in breathing, weakness and dizziness. Pulse is generated by the dilation of artery that occurs when aortic valve is opened and closed in heart. And the rate of dilation is called as pulse rate. Most common points to measure pulse rate are neck, elbow and wrist. Pulse rate can be measure by placing two fingers on point where skin is near to pulse. Normal pulse rate for women is 78-82 and for men is 70-72. Pulse rate is also related to rate of metabolism in body. The pulse rated depends on size of body, age, exercise or condition of heart. Emotions also have an effect on pulse rate for example increase and decrease in pulse when a person is excited or scared. When a person is not exercising then the heart pumps low amount of blood and it is called resting heart rate.

Hair growth occurs on most of the body parts except for some specific areas. Hair growth is completed in 3 stages. Each new strand is formed by completing these three stages. In first stage called anagen, the follicles of hair grow for a period of seven year. Next is transitional period called catagen that lasts for ten days. Last is resting period

called telogen in which hair will fall away. The hair strand starts to grow from bottom of follicle. And blood feeds the hair roots which results in more hair growth. Hair comes out of skin and oil is added to make it shiny and soft. When it completes its life span then it becomes dead and new strand becomes to form. Speed of growth is 1.25cm in a month or 15cm in a year. In some people, the hair growth is inhibited due to some abnormalities which results in unusual hair growth. Hair growth also depends on age, hair type and heath conditions.

MATERIALS AND METHODS

200 students joined in this recent study that was performed at Bahauddin Zakariya University.

Pulse rate measuring method:

Most common points to measure pulse rate are neck, elbow and wrist. To measure the heart rate, middle fingers and pointer was placed on opposite wrist. Fingers were placed just below the thumb. Once the pulse was found, it was counted that how many times it beats. The beats were counted for 60 seconds and it was called heart rate.

Project designing:

A questionnaire was prepared to study that how pulse rate can be related with hair growth. Total 200 subjects joined the recent study that was performed at Bahauddin Zakariya University.

STATISTICAL ANALYSIS

Statistical analysis were done by using statistix software, MS excel and *t*-Test to estimate the results. And *p* values should be less than 0.05.

RESULT AND DISCUSSION

How does pulse rate can be related with hair growth is given in Table 1, Table 2 and Table 3.

The male subjects those had average pulse rate of 79.39 ± 9.24 had fast hair growth and those that had average pulse rate of 76.15 ± 7.41 had slow hair growth. The value for *t*-Test was 0.18. The female subjects those had average pulse rate of 80.27 ± 12.48 had fast hair growth and those that had average pulse rate of 77.95 ± 11.26 had slow hair growth. The value for *t*-Test was 0.21. So, the subjects with overall average pulse rate of 70.09 ± 11.01 had fast hair growth and the subjects with average pulse rate of 78.11 ± 10.84 had slow hair growth. The value for *t*-Test was 0.25.

Table 1: how does pulse rate in females can be related with hair growth?

Male (YES)	Male (NO)
79.39 ± 9.24	76.15 ± 7.41

P* < 0.18

Table 2: how does pulse rate in females can be related with hair growth?

Female (YES)	Female (NO)
80.27 ± 12.48	77.95 ± 11.26

P* < 0.21

Table 3: how does pulse rate can be related with hair growth?

Hair growth (YES)	Hair growth (NO)
79.09 ± 11.01	78.11 ± 10.84

P* > 0.25

CONCLUSION

It was finally concluded that results were non-significant.

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