

Connection of Pulse Rate with Depression

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ABSTRACT

The objective of present enquiry was to interlink the normal pulse rate with the depression. Physicians used to check the pulse rate by felting it through radial artery of wrist. The normal heartbeat rate in adults to seniors is about 60 to 99 BPM (beats per mint). Knowing the pulse rate is also helpful in checking the fitness level of a person and good health maintenance. Depression is the common alignment that affects the way of person's thinking and the way of acting negatively. It usually becomes genesis of sorrow, loss of interests in activities, regret and the negative thoughts about every situation. A total of 200 subjects took part in this study. Subjects were students of Bahauddin Zakariya University, Punjab Multan, Pakistan. It was concluded from the present study that there is no inter linkage of depression with pulse rate.

Keywords: *Pulse rate, depression, beats per minute, radial artery.*

INTRODUCTION

In ancient times, physicians used to diagnose diseases by checking the pulse or the rate of heart beat of a patient. They believed that variation in the pulse is related to a certain type of disease. Pulse is defined as the heart beat rate or the arterial palpation. The pulse may be felt in certain parts of body wrist, neck, groin, near eye, ankle joint, foot etc. The count of arterial pulse per mint is equivalent to the measuring of the heart rate. Pulse can be listened with the help of the stethoscope and can also be felt with the help of fingers on wrist or other certain parts of human body. The study of pulse is known as sphygmology.

The normal heartbeat rate in adults to seniors is about 60 to 99 BPM (beats per mint). Knowing the pulse rate is also helpful in checking the fitness level of a person and a good health maintenance. Low pulse is mainly a sign of weakness, drainage of power. People may check the pulse with fingers by counting the beats per minute by using a stopwatch or other means. Depression is the common alignment that affects the way of person's thinking and the way of acting negatively. It usually becomes genesis of sorrow, loss of interests in activities, regret and the negative thoughts about every situation. It may be elaborated as the loss of hope in life and feeling desperate about future or whatever the person is going through in life always.

The other origins of depression include the drug addiction, alcohol addiction and hormonal changes happening in body due to these sources also lead to depression. The giving up of smoking also lead to depression for some people because they no longer have a mood changer as depression is the severe alteration of mood from happy to unhappy even harsh. The average duration of depression is mainly some hours to 4-8 months. This time duration may be shortened with the help of diagnosis. The major treatments of depression include the usage of anti-depressants, daily exercise, lifestyle modification, good people company, talking about the situation or a particular thing which is irritating you with the friends or the family members, praying regularly, admiring and loving yourself etc. There are some types of the depression also on the basis of state of depression. It affects the patterns of victims sleeping, eating, working etc. They feel like scared, antisocial, judged, alone, worried, bored and tired etc. Much of the young generation is victim to depression.

The objective of present enquiry was to interlink the normal pulse rate with the depression.

MATERIALS AND METHOD

A total of 200 subjects took part in this study. Subjects were students of Bahauddin Zakariya University, Punjab Multan, Pakistan. Protocol of measuring of pulse rate was to check the pulse of patient from the wrist. In wrist of the hand there is the radial artery through pulse rate of the person can be felt. Put the index finger below and the thumb upward of the wrist so the pulse can be felt. Count the pulse for 15 seconds maximum and multiply it by the factor 4 so this was the actual pulse rate of the patient in beats per minute. A questionnaire was prepared to interlink the pulse rate with the depression. We asked the subjects that they were suffering from depression or not.

Statistical analysis

Statistical analyses were performed by using MS-Excel. *T* test of subjects were performed there. The result values should be < 0.05 were taken as significant values.

RESULTS AND DISCUSSION

Depression(male and female)	Pulse rate
Yes	76.02 \pm 11.64
No	74.75 \pm 9.99

Table no.1 Inter linkage of depression with pulse rate

The results are non-significant ($p < 0.05$)

CONCLUSION

There is no inter linkage of depression with pulse rate.

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