

Impact of pulse rate on hair texture

Abstract

The objective of present study was to check the influence of pulse rate on hair texture. Heartbeat is the speed of heartbeats measured by heart per minutes. Tachycardia is a condition in which heart rate is very fast, occasionally at rest it is more than 100bpm. While when heart rate is slow and at rest it is below 60bpm then condition is called bradycardia. When the heartbeat is not regular, this condition is called an arrhythmia. Heartbeat has influence on hair texture. Hair is made up of keratin proteins, which usually originate from follicle. These proteins are the part of the hair shaft containing sulfur atoms. All hair either straight or curly has two crucial elements. One is shaft and other is follicle. The shafts can be seen as flowing stands on head while follicle lies within the dermis or skin of scalp. Both of these elements play an important role in determining the shape of hair. Pulse rate could be determined by putting finger on our wrist and counting heartbeats per minutes. Stopwatch was use for determining time. Pulse rate could also determine by putting finger on artery in neck region and elbow for duration of 60 seconds. Results were non-significant because p value is greater than 0.05 and it was proved that there is no impact of pulse rate on hair texture.

Keywords: pulse rate, curly hair, straight hair, arrhythmia, bradycardia, tachycardia

Volume 12 Issue 2 - 2019

Muhammad Imran Qadir, Safia Bibi

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

Correspondence: Safia Bibi, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan, Email safiamalk58@gmail.com

Received: January 23, 2018 | **Published:** March 29, 2019

Introduction

Heartbeat is the speed of heartbeats measured by heart per minutes. Normal heart beat ranges from 60 to 80 beats per minutes in average adult human. It varies from individual to individual. Tachycardia is a condition in which heart rate is very fast, occasionally at rest it is more than 100bpm. While when heart rate is slow and at rest it is below 60bpm then condition is called bradycardia. However, during sleeping heartbeat rate is between 40–50 bpm and it is normal heart rate. When the heartbeat is not regular, this condition is called an arrhythmia. It is used to determine the fitness level and health problems. Different factors influence pulse rate, such as temperature, position of body, size of body and emotions. When temperature increases, pulse rate also increases because heart pumps a little bit more blood. When we are on rest, sitting or standing position at that time pulse rate is same. However, when we quickly stand up then pulse rate increase a little bit but after a short time, it settles down. Body size does not affect pulse rate but weight affect it. Obese may have more heart rate than non-obese person may. Similarly, when we are So much happy, sad, and anxious or stressed, our pulse rate may increases or decrease with our emotions.¹

Heartbeat has influence on hair texture. Hair is made up of keratin proteins, which usually originate from follicle. These proteins are the part of the hair shaft containing sulfur atoms. All hair either straight or curly has two crucial elements. One is shaft and other is follicle. The shafts can be seen as flowing stands on head while follicle lies within the dermis or skin of scalp. Both of these elements play an important role in determining the shape of hair. Two sulfur atoms bound together to form a disulfide bond. In the same protein when two sulfur atoms are far from each other, they make disulfide bond and curly hair are likely to form. Hair texture is either straight or curly hair. The exact amount of curls depends on the number of disulfide bonds, which are present between hair proteins in the hair shaft. The greater the number of bonds, curlier will be the hair. And if bonds are lesser then more will be the straight hair.² The objective of present study was to check the influence of pulse rate on hair texture.

Material and methods

Project designing

223 students took part in this survey. Students were from Bahauddin Zakariya University, Multan, Pakistan. We determined pulse rate by putting finger on our wrist and checked heartbeats per minutes. Stopwatch was use for determining time. Pulse rate was also determined by putting finger on artery in neck region and elbow for duration of 60 seconds. A survey was performed among university students in order to know their pulse rate according to their hair texture. Some individuals had straight hair but majority had curly hair. Different individuals had different pulse rate according to their hair texture. Normal pulse rate ranges from 60 to 80bpm.

Statistical analysis

Statistical analysis was conducted by using MS Excel and t-Test to examine the results (Table 1).

Table 1 Impact of pulse rate on hair texture

Curly hair	Straight hair
77.88±11.38	80.16±8.9

Results and discussion

142 Curly hair males and females had average pulse rate of 77.88 with standard deviation of 11.38. 81 students including males and females with straight hair had average pulse rate of 80.16 with standard deviation of 8.9. Probability value was 0.08, which was greater than 0.05. And we knew if p value is greater than 0.05 then results would be non-significant. Therefore, our results are also non-significant. Pulse rate has no influence on hair texture.

Question based studies gave important advancement in recent research. EL Tobinick -US Paten also did a little bit similar research.³⁻¹⁰

Conclusion

Results were non-significant because p value is greater than 0.05 and it was proved that there was no impact of pulse rate on hair texture.

Acknowledgments

None

Conflicts of interest

Author declares that there is no conflict of interest.

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