

How eyesight is associated to pulse rate?

Abstract

Objective of present study was to link pulse rate with eyesight. Human pulse rate is different for different individuals. It is related to the physiology of the human body. Pulse is dilation of an artery rhythmically. Pulse rate shows the heart beats per minute. Eyesight is the range of sight at which human can see clearly. The normal human eye can see clearly at a distance of 20feet. Far-sightedness and near-sightedness is a common disease related to eyesight. 255subjects gave their consent to participate in this project. Pulse rate was checked and related question was asked. Total subjects data analysis was done without discrimination of gender. Results showed that subjects having higher pulse rate had eyesight between -2 to -1 while lower pulse rate had eyesight between -3 to -2. The t-test was done. It was concluded from the result that pulse rate and eyesight relation is non-significant. Pulse rate has no relation with eyesight.

Keywords: eyesight, pulse rate, research, myopia

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Introduction

Human pulse rate is different for different individual. It is related to the physiology of the human body. Pulse is dilation of an artery rhythmically. A normal pulse rate in adult is 60-100pulses per minute. A physician in old times used to check the pulse by pressing two fingers on carotid artery located in the neck or the radial artery present in the wrist. With different emotions, human pulse increases or falls. When human feel joy or fear, pulse increases with joy and anxiety. Sometimes with shock, it falls. Some physicians were trained to tell the disease by checking the pulse rate. Every pulse rate tells about the human condition. Fast pulse rate indicates to cardiac disease and slow rate points out brain injury to check it, two fingers are placed near the artery and dilation of an artery can be felt. Pulse rate shows the heart beats per minute. When a person visits the doctor, he first checks the pulse rate to check whether it is normal or not. If pulse rate is irregular and dizziness is felt by the person, he should tell it to his doctor.

Eyesight is the range of sight at which human can see clearly. The normal human eye can see clearly at a distance of 20 feet. Having normal eyesight is a blessing. Eyesight is also referred as vision. Having a poor vision or eyesight is a common problem. Poor vision is transferred genetically or with age eyes also lose their capacity to have good vision. Poor vision runs in families from parents to the child. With age, poor circulation and damage to the optic nerves lead to poor vision. Farsightedness and near-sightedness is a common disease related to eyesight. Farsightedness, also known as hyperopia, common in old people have blurry vision near the objects but can see it clearly from far away. While near-sightedness is a common vision problem in which a person cannot see far objects clearly while having a clear vision of near objects. Near-sightedness is also called myopia and it is a refractive error of eyes. Healthy eyes with proper vision can be attained with good diet and caring. Poor vision can also be improved with proper good and healthy diet. Objective of present study was to link pulse rate with eyesight.

Materials and methods

Project designing

255subjects gave their consent to participate in this project. The

subjects were students from Bahauddin Zakariya University, Multan, Pakistan. The consent was taken from them before checking their pulse. The pulse was checked individually. At rest state, two fingers were put along the base of thumb of left hand of subjects. That point is called Radial point. Stopwatch was on and pulse rate was felt and counted for one minute. Pulse rate was written down and question related to the project was asked. Question was ‘What is your eyesight?’. Under the respective eyesight option, pulse rate of that subject was entered. The data was organized and analysis was done.

Statistical analysis:MS-Excel was used to do statistical analysis. Average, standard deviation and *t*-test functions were applied using data in MS-Excel. *p* values less than 0.05 is considered significant.

Results and discussion

Result is shown in table 1. Form table 1, result was analysed that male subjects with eyesight between -2 and -1 had high pulse rate while with eyesight between -3 to -2 had low pulse rate. However, in female subjects pulse rate was higher with visual acuity from -1 to 0. Like male subjects, female subjects had lower pulse rate with visual acuity from -3 to 2. When total subjects data analysis was done without discrimination of gender, results showed that subjects with higher pulse rate had eyesight between-2 to -1 while lower pulse rate had eyesight between -3 to -2. The *t*-test was also applied. The *p* should be less than 0.05. But none of the *t*-test showed value less than 0.05. Thus, it was come to an end that eyesight has no relation with pulse rate. Pulse rate don't affect eyesight. The relation between pulse rate and eyesight was non-significant.

Table 1 Data analysis of pulse rate (Mean±SD) and eyesight relation

Visual Acuity	-1 to 0	-2 to -1	-3 to -2	-4 to -3
Male	81.46±9.30	83.64±12.37	65	-
Female	78.63±10.54	78.57±12.75	77.92±13.32	78.22±9.60
Total	79.18±10.34	79.38±12.74	77.4±13.30	78.22±9.60

Non-significant (*p*>0.05)

Conclusion

It was concluded from the result that pulse rate and eyesight relation is non-significant. Pulse rate has no relation with eyesight.

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Conflicts of interest

Author declares there is no conflict of interest

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