

Pulse Rate: A Parameter of Good Health Correlates with Physical Activity

Sabeeha Naaz*

Department of Chemistry, Dr. Ambedkar Govt. P. G. College Unchahar-Raebareli (UP)

Abstract – One of the 'vital signs' or essential health markers of the human body, is the rate of the heart or pulse. It tracks the time the heart beats or pumps every minute. Generally, a lower rating (LR) suggests a greater efficiency of coronary activity, a higher rating of cardiac incidents like stroke and heart attacks, and study has associated higher rating of cardiac events. Sport forces the heart to pump enough blood into the lungs and muscles to satisfy demand and eventually learn to pump enough blood with less beats over a period of time. Flexibility workouts make good musculoskeletal base which helps to do the aerobic exercises like brisk walking, running, swimming etc. that strengthens the cardiac muscles and improve cardiac output. The more you exercise, the harder you train, the lower your resting heart rate which often cited as a good measure of how fit a person is.

Key Words: Resting Heart Rate, Flexibility Workouts, Cardiac Output.

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INTRODUCTION

Muscle is a fibrous substance and is going. The human body is comprised of three forms of muscle tissue: skeletal, cardiac and smooth.

Heart or myocardial tissue is a particular form of muscle tissue which makes up the heart's bulk. It is highly organised and contains several cell types that carry out highly coordinated actions to ensure a circulation of the heart and the blood throughout the body.

The moves which heart muscle tissue creates are spontaneous, unlike skeletal muscle tissue, such as in the arms and legs. They're automatic and can't be managed by a person[1].

Core muscle cells contract and relax as a result of nervous system electrical impulses. The cardiac cells work together to produce the rhythmic, wave-like contractions and relaxation which is known as heart beat or heart rate that determine how fast the heart pumps blood.

The pulse is frequently mistaken with the heart velocity but rather corresponds to how often every minute the beating action of the heart extends and contracts.

The pulse rate is exactly the same as heart rate, because the heart contractions trigger blood pressure rises in the arteries which lead to a visible

pulse. Therefore, the heartbeat takes the heart rhythm directly.

One of the 'life signs' or essential health markers of the human body is the rate of the heart or heartbeat. The amount of times a minute the heart contracts or beats is measured ^[1,2]. With every pumping action the circulatory blood carries with it the required oxygen and nutrients to different parts of the body to fulfill the demands.

To measure your heart rate, simply check your pulse. Place your index on the side of the windpipe and your third fingers on your stomach. In order to measure the pulsation at your forearm, put the radial artery on the thumb side of your cuff with two fingers between the bone and the tendon. Count the numbers of beats in 15 seconds while you sense your heartbeat. To measure the beats per minute, multiply this amount by four [3]. Fitness bands and clever watches are also used for heart rate tracking.

The easiest time to monitor the heart rate is the morning when you wake up, "Both adjustments can influence the heart rates through the day. The shifts in the degree of your movement, your body shape.

VARIABILITY OF HEART RATE

When you sit quietly or lay back, you get a restful heart rhythm. For an adult there must be 60 to 100 rhythms per minute for a person to rest. But a heart

rate lower than 60 bpm is not necessarily a bad thing, athletes and very fit people can have resting heart rate as low as 40 bpm. This is because their heart is very strong and can pump blood throughout the body with fewer beats.

During workout, the heart accelerates. The optimum heart rhythm is prescribed that ranges due to the individual's age. Increased cardiac rate during exercise

Your heart is also working very hard to pump the blood efficiently enough to fulfill these needs[4], and this pressure is intensified by your demand for cardiovascular structures.

It is critical not only the rhythm of the heart rate. The pulse rhythm is also critical and an erratic heartbeat may be an indication of serious health conditions.

The heart which is basically a muscular organ of a size of a clenched fist, containing four chambers, two atria and two ventricles, the heart's two upper chambers (atria) beat chaotically and irregularly, out of coordination with the two lower chambers (ventricles). The uncoordinated pulse created in your heart allows your heart pump less powerful than usual with the test fibrillation. The effect is that the heart sends for every beat fewer blood into your body. This may induce a range of symptoms such as low blood pressure, mild headaches, breath weakness, stroke, etc.

RESTING HEART RATE: A MEASURE OF FITNESS

In general, a lower rest heart rate (RC) suggests improved cardiovascular function and further evidence links a higher rest heart rate with higher incidence of heart problems, such as stroke.

For one person, several variables impact what is natural. Genetics, age and ethnicity both influence your HR basics and add to the determination of your daily range. They're not factors you should necessarily alter, but you can have one factor: your fitness level^[4].

EXERCISE THAT BOOST HEART HEALTH

Your heart must really labour hard to pump your lungs and tissues with enough blood to fulfil its demands while executing. When you consistently feel the tension over time, it steadily improves and will gradually circulate sufficiently blood with less beatings (by actually rising and strengthening). The same behaviours are less painful since you are more trained to cope with your cardiovascular system. This is the very explanation why you will work at a higher intensity (with your HR in a convenient location) overtime than when you first began When you do things like working.

Aerobics, such as **fast walking**, biking, swimming, riding, tennis and jumping, increase breathing, contribute to reduced blood pressure and cardiac speeds, and improve cardiac function (how good the heart pumps are). Aerobics often lowers the likelihood of type 2 diabetes and lets you regulate your blood glucose if you do have diabetes [5]

Resistance training, such as free weight training (e.g., weight, buckling etc), resistance bands or body-resistance movements such as push-ups, squats or chin-ups. resistance training. Investigations demonstrate that a mixture of aerobic workout and resistance will lead to increased HDL (good) and lower LDL (bad) cholesterol.

Flexibility workout, for example stretching, and balancing, does not lead specifically to cardiac wellbeing. They gain from musculoskeletal fitness, which helps you to remain flexible and free from knee discomfort, cramping and other muscle problems. This versatility is necessary to sustain cardiovascular activities and training in resistance. A strong musculoskeletal foundation helps you to do the workouts that support your pulse, flexibility and balance help to maintain equilibrium and avoid slips, which can trigger harm that limits other forms of workouts.

CONCLUSION

A major step in achieving good heart health is physically active. This is one of the strongest methods to improve the heart muscle. The more you work out and the more you exercise, the lower your heart rate, "Which is the explanation that a person's health is referred to as a restful heart rate. Although the normal heart rate is very large, it may indicate an unusually high or low heart rate. In particular, consult your doctor if you experience other symptoms, such as weakness, dizziness or shortness of breath.

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Corresponding Author

Sabeeha Naaz*

Department of Chemistry, Dr. Ambedkar Govt. P. G.
College Unchahar-Raebareli (UP)

nsabeeha11@rediffmail.com