



# Asian Journal of Research in Biological and Pharmaceutical Sciences

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## RELATION OF PULSE RATE WITH FRECKLES

Aqsa Asghar\*<sup>1</sup> and Muhammad Imran Qadir<sup>1</sup>

<sup>1</sup>Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan.

### ABSTRACT

The purpose of the existing study was to correlate normal pulse rate with freckles. There are 200 students participated in the present study. And they belong to Bahauddin Zakariya University, Multan, Pakistan. We calculated the pulse rate of different students and calculated its average value and standard deviation. We find out the probability factor. We made the questionnaire to connect the pulse rate with freckles.

### KEYWORDS

Pulse rate, Relation and Dark spots.

### Author for Correspondence:

Aqsa Asghar,

Institute of Molecular Biology and Biotechnology,

Bahauddin Zakariya University,

Multan, Pakistan.

**Email:** [aqsaasghar595@gmail.com](mailto:aqsaasghar595@gmail.com)

### INTRODUCTON

Pulse rate is explained in this article. Measurement, classification, and its variability are some topic that is related to pulse rate. Pulse rate is your heartbeat rate. When you are in rest pulse rate is lower and when you are in working your pulse rate is increased. The pressure wave that is caused by the shrinking of the heart and proceeds through the arterial system is called a pulse. In order to pump blood throughout the body an electrical signal increase across the heart and shrink with each heartbeat. The pulses occur at which the rate is called pulse rate. Measurement of pulse rate a standard clinical procedure. Pulse rate is a vital sign. The average number of pulses is typically measured by a standard clinical procedure that occurs per minute. Pulse per minute is the unit of average pulse rate. Pulse rate variability is measured by the standard deviation however beat to beat variations pulse rate is usually regular in nature.

Beat to beat variation is expressed as a percentage of PRA.

Freckles are small brown spots related to pulse rate. Freckles also cause malignant skin cancer some time. Most of the freckles are in different colours like radish, yellow, tan, light brown, brown or black.

## MATERIAL AND METHODS

### Protocol

Heart forces the blood to flow in the arteries. You feel the heart beats when you pressing the arteries with your fingers and that is present on the surface of the skin at various parts of the body. There are many parts on the body for checking your pulse rate like on the side of neck, elbow or wrist. Mostly we check pulse rate by wrist because it is easy.

For examine pulse rate with your fingers. Firstly placed the finger on the arteries you will feel a pulse.

Set up the stopwatch and count the pulse for one minute and stop it when the clock is at 12. In the duration of the count, the pulse does not watch the clock concentrate on your heartbeat. You also count your pulse with the help of another person.

### Statistical Analysis

The M state software was used to perform the statistical analysis. We used T-test to analyze the  $p < 0.05$  was considered as significant.

## RESULT AND DISCUSSION

Relation of freckles with pulse rate is given in the table.

$p > 0.05$  The result is non-significant.

YES	NO
80.6±11.5	80.3±12.5

## CONCLUSION

It was concluded that the results are non-significant and there is no relationship between pulse rate and freckles.

## ACKNOWLEDGMENT

The authors wish to express their sincere gratitude to Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan for providing necessary facilities to carry out this research work.

## CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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**Please cite this article in press as:** Aqsa Asghar and Muhammad Imran Qadir. Relation of pulse rate with freckles, *Asian Journal of Research in Biological and Pharmaceutical Sciences*, 7(2), 2019, 27-28.