

Original Article

Effect of Slow Breathing Exercise on Time Domain Heart Rate Variability in Transfusion Dependent Thalassemic Patients

KC Das¹, S Ferdousi², S.F.H. Urmi³, M Mostafa⁴, SF Tonni⁵

Abstract:

Time domain measure of heart rate variability (HRV) is a new system to seek out any alteration in cardiac autonomic nerve function (CANF) in transfusion dependent thalassemic (TDT) patients. Slow breathing exercise (SBE) plays important role in improvement of HRV in health and various diseases. This research aims to observe the effect of slow breathing exercise (SBE) on time domain measures of HRV in TDT patients. This prospective interventional study was done in the Department of Physiology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka in 2018 on 60 male TDT patients aged 15-30 years. Thirty patients received conventional treatment and 30 patients performed slow breathing exercise along with the conventional treatment for 3 months. Age and sex matched healthy control were taken to compare. All subjects were followed up at baseline and after 3 months. Time domain HRV parameters were recorded by Power Lab 8/35. For statistical analysis paired sample 't' test and independent sample 't' test were done. Mean RR interval, Mean SD, RMSSD and pRR50% were found significantly lower in TDT patients compared to healthy control at baseline and on the other hand mean heart rate was significantly higher in this group of patients. After 3 months of slow breathing exercise, significant decrement of mean heart rate and significant increment of others parameters occurred with trend of improvement in cardiac autonomic nerve function in TDT patients. In conclusion slow breathing exercise may improve cardiac autonomic nerve function and sympathovagal balance in transfusion dependent thalassemic patients.

Key words: Transfusion, Thalassemia, Heart Rate, Breathing Exercise.

Introduction:

Thalassemia is one of the commonest genetic blood diseases in the world. Worldwide, approximately 150 million people carry the thalassemia gene¹. Every year in Bangladesh among the born children nearly 6000 are affected with this inherited disease^{2,3}. Due to ineffective erythropoiesis and extramedullary hemolysis anemia remains the predominant clinical feature of thalassemic patients. These patients become transfusion dependent thalassemic patients (TDT) as they require regular blood transfusion to sustain their life^{4,5}. Repeated blood transfusion is the primary therapy, but this therapy causes the major problem iron overload in

patients⁶. Iron deposition in heart leads to cardiotoxicity that result in cardiomyopathy and becomes the main reason for death among these patients^{7,8}. Depressed heart rate variability (HRV) is linked to higher risk of arrhythmias after myocardial infarction and heart failure in TDT patients⁹. Some researchers assessed cardiac autonomic nerve function in thalassemic patient and found depressed HRV in them¹⁰.

HRV is a newer and broadly used method for evaluating cardiac autonomic tone in diabetes and other cardiovascular disease that records beat to beat variation of heart rate or RR interval¹¹⁻¹⁴.

Variability in heart rate is influenced by the parasympathetic nerves, which decrease heart rate and the sympathetic nerves, which accelerates it. Higher variability of HRV was observed in physically active young healthy subject whereas low variability was found in acute MI, Left ventricular hypertrophy due to hypertension or aortic valve disease which is linked to greater risk of adverse cardiac event & sudden death¹⁵⁻¹⁸. In addition, Low HRV is a strong and independent predictor of bad prognosis both in heart disease patients and general population¹⁹⁻²⁰.

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The Effect Of Time Upon Variability

Robert O. Schade, James L. Hassell



The Effect Of Time Upon Variability:

Whispering the Strategies of Language: An Psychological Journey through **The Effect Of Time Upon Variability**

In a digitally-driven world wherever screens reign great and instant transmission drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases frequently get unheard. However, set within the pages of **The Effect Of Time Upon Variability** a fascinating fictional prize pulsating with natural thoughts, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, this charming opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the emotional depths of this touching evaluation, we shall embark upon a sincere exploration of the book is primary styles, dissect its interesting writing style, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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