

## Connection of dimples to normal pulse rate

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### Abstract

The objective of the present study was to check interaction between dimples and pulse rate in humans. Pulse rate is actually the heart rate. It is the number heart beats in a minute. To know your exact pulse rate press lightly your finger over pulse until you feel the blood pulsing. Then count the number of beats for one minute. Dimple is a small cavity on our body mostly shown on our cheeks and chin when we make a facial expression. The occurrence of dimple is due to the presence of dominant dimple genes. There is 50% chance of dimples in offspring if both of the parents have dimples. Total 198 subjects were participated in this activity. The subjects were students in Bahauddin Zkariya University Multan, Pakistan. A questionnaire was prepared to check the connection of dimples to normal pulse rate and we calculate average and standard deviation of the data and find p value by t tests. It was concluded from the present study that there is no relation between dimples and pulse rate because p is greater than 0.05 so result is non-significant.

**Key Words:** Pulse rate per minute, Dimples, Dimples and pulse rate

### Introduction

Pulse rate is actually the heart rate. It is the number heart beats in a minute. It varies from person to person. As a person grows old his pulse rate is changed on the basis of heart condition and body size. Pulse rate decreases during rest and increases during exercise. Best places to find your pulse are wrists, side of your neck, top of the foot and inside your elbow. To know your exact pulse rate press lightly your finger over pulse until you feel the blood pulsing. Then count the number of beats for 10 seconds. Now multiply it with six to get pulse rate per minute. Normal pulse rate is about 60 to 100 beats per minute in adults and 70 to 100 beats per minute in children during rest. There are different factors that affect pulse rate like body position, emotions (during stress your pulse rate is increased), body size or medicines (beta blockers that slow your pulse rate). Those people having a lot of physical activity usually have pulse rate lower than 60 because their heart muscles are in better condition. But lazy persons have higher heart rate because their

heart muscles have to work hard to maintain the body functions. A dangerous pulse rate is below 60 or above 100 during rest. Pulse rate below 60 is called bradycardia or above 100 is called tachycardia. Arrhythmia is defined as irregular beating of heart. You have to call for a doctor if you face these abnormal conditions. Dimple is a small cavity on our body mostly shown on our cheeks and chin when we make a facial expression. Dimples have two types on the basis of their presence on cheeks and chin. Cheek dimples appear when we make some facial expressions like smiling. Chin dimple appear without any expression. Dimples increase our beauty and make us attractive. It is a genetic trait which is transferred from parents to offspring. Some scientists said that it is a dominant trait and some told that dimple is a genetic defect. They are formed by structural variation in zygomaticus major muscle during embryonic development. If double zygomaticus major appear then they form cheek dimples. The occurrence of dimple is due to the

presence of dominant dimple genes. There is 50% chance of dimples in offspring if both of the parents have dimples. During embryonic development dimples are actually the irregular growth of facial muscles. Many people wish that they could have dimples because they are very attractive. Dimples either appear or disappear with the passage of time. There are many ways to reduce their size of but we cannot remove them permanently.

The objective of the present study was to check interaction between dimples and pulse rate in humans.

## Material and Methods

Project designing

## Result and Discussion

**Table 1:** Pulse rate in respect to dimples (Average+SD).

There would be more chances of having dimples if pulse rate is 78 or less than 78 and there would be less chance of dimples if pulse rate is 80 or more than 80. The result of t test is more than 0.05 which means it is non-significant.

Dimples	Pulse rate
Yes	78±11.2
No	80±12.9

( $P > 0.05$  hence p considered as non-significant)

A questionnaire was prepared to check the connection of dimples to normal pulse rate.

## Conclusion

It was concluded from the present study that there is no relation between dimples and pulse rate because p is greater than 0.05 so result is non-significant.

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