



Is there any Correlation between Breathing Rate and Premature Greying of Hair?

Muhammad Imran Qadir and Bushra Rao*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

***Corresponding Author:** Bushra Rao, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan.

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Abstract

Breathing rate is also known as the respiratory rate of human body. It is referred as the total number of breathing in 60 seconds. It can be measured in terms of breath per minute. It is essential to control the normal range but many factors can influence on the respiratory rates. As brain stroke is the major reason of lowering the breathing rate. Respiratory tract infections can result in the difficulty of breathing and cause cough. Premature greying of hair occurs in early ages usually before the age of 30 years. The defect in keratin or melanin pigments leads to white hair. To avoid such problem, it is essential to take healthy or quality food. This research was conducted to establish a relation between breathing rate and premature greying of hair. The breathing rate of university students was checked and compared with the whitening of hair. It was observed that those students who were facing premature greying have abnormal respiratory rate as compared to those who were not having white hair. This research proved that there is no relation between whitening of hair and respiratory rate.

Keywords: Breathing Rate; Premature Greying

Introduction

Breathing rate is actually the count of breath in one minute. The normal breathing rate in adults is approximately 12 to 16 bpm [1]. If breathing rate divert from normal range it indicates the dysfunction of central nervous system. Respiratory rate varies due to physical fitness, internal body temperature, emotional stress or any other factor [2]. Normally taking drugs, alcohol, brain issues or stroke, sleep apnea and metabolic condition lower the breathing rate. If breathing rate is too much low it will leads to respiratory failure or low blood oxygen or acidosis. While fever, asthma, respiratory infection, chronic bronchitis upraised the breathing rate [3].

Usually growth of hair followed by three stages that termed as Anagen, the first phase in which melanocytes generates melanin pigment. The second phase is Catagen, in which keratin is produced. The third phase is telogen in which melanin and keratin moves to hair shaft to provide natural hair color. In this way hair gets its natural pigmentation. With the passage of time in old ages hair get to be white but, in some cases many persons face early whitening of hair before the age of 25. There may be several factors that cause premature greying. These factors may include environmental as well as genetic imbalance. To cure white hair different hair dyes, oral supplements, topical melatonin pigment can be use [4].

Study Objectives

The goal of this study is to discover the relation between breathing rate and premature greying.

Materials and Methods

1. Students of university were selected to check their respiratory rate. it was done in three steps.
2. A timer was set up.
3. Students allowed to free themselves and avoid any activity.
4. Start to count the number of breaths in one minute.
5. Record was saved in order to find out the relation.

Results and Discussion

The results show that there were almost 39% students that were facing premature greying and have abnormal breathing rate above from the normal range. While 61% students do not have early whitening but having respiratory rate above from normal. This indicates that there is precise relation between premature greying of hair and abnormal breathing rate.

Gender	Premature greying of hair	NO Premature Greying of Hair	
	Mean \pm SD	Mean \pm SD	P value
Female	19.9 \pm 5.76	20.8 \pm 4.7	0.51
Male	18.93 \pm 6.04	19.4 \pm 4.00	0.78
Both	18.1 \pm 6.00	19.3 \pm 4.1	

Table 1: Relation of breathing rate and premature greying of hair.

Conclusion

There is no significant relation between the variable of premature whitening of hair and breathing rate of individuals.

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