

Association of Normal Breathing with Body Sweating

Muhammad Imran Qadir and Muhammad Asad*

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

*Corresponding author

Muhammad Asad, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan. E-mail: m.asadali2497@gmail.com

Submitted: 03 Apr 2019; Accepted: 15 May 2019; Published: 27 May 2019

Abstract

The reason why we done this work was to associate body sweating with normal breathing. A questionnaire was prepared to associate breathing with sweating of body. We used respirometer to measure normal breathing rate. We calculated breathing rate through. We observed normal breathing rate of subjects from Bahauddin Zakariya University Multan, Pakistan. Subjects were questioned that "Does their body sweats or not"? The conclusion was that breathing had no scientific association with sweating of body.

Keywords: Association, Body Sweating, Normal Breathing

Introduction

The procedure of conversation of gases by moving air into or outside lungs mostly by taking oxygen in and blushing carbon dioxide out is "Breathing". Diffusion takes place in exchanging of gases in alveoli. The air we take in covers most of nitrogen and oxygen plus carbon dioxide in minute amount. We can control our breath for about 1-2 minutes. Breathing is done by nose and mouse. Breathing services in relaxing, in controlling stress. It also lowers our heart beat and blood pressure. It is better to exhale through nose instead of mouth. Workout increase the breathing frequency. Breathing rate of children is faster than adults. Inhaling contracts diaphragm and exhaling expands diaphragm. Breathing is an involuntary process but we can regulate if we want to sweating in body is usual process. Human is the sweatiest innate on planet. Our body sweats to take trauma and ward off fears. Each person sweats differently. Sweating is done by sweat glands of body. Eccrine and apocrine glands supports in body sweating. High sweating rate is ailment i.e. hyperhidrosis, results in thyroid problems. Thin people sweat less than fat ones [1-11]. The reason why we done this work was to associate body sweating with normal breathing

Methods and Materials

Almost 200 subjects took part in this study. We used respirometer to measure normal breathing rate. We calculated breathing rate through. We observed normal breathing rate of subjects from Bahauddin Zakariya University Multan, Pakistan. Subjects were questioned that "Does their body sweats or not"?

Statistical Analysis

We used Excel, t-test and SAS (Statistical analysis tool).

Results and Discussions

Association of normal breathing with body sweating is given below in table no. 1

Table 1: Normal breathing in association with body sweating (Average±S.D)

Gender	Body Sweating	No Body Sweating	p-value
Male	26.00±4.34	28.50±4.94	0.35
Female	19.35±3.15	19.84±5.88	0.76
Combined	22.67±4.70	24.17±6.12	0.66

($p < 0.1$ thus pis considered as non-significant)

We done this work to associate breathing with body sweating. A questionnaire was prepared to associate breathing with sweating of body.

Conclusion

The conclusion was that breathing had no scientific association with sweating of body .

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