

## A brief note about arrhythmias.

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Accepted on December 11, 2021

### Description

Arrhythmia represents an irregular heartbeat. That means your heart is out of the normal rhythm. In this condition, the heartbeat of a person can be too fast, too slow, too fast, or with an irregular rhythm. In other words, it can also be described as a change in the normal sequence of electrical pulses. Pulse is your heart rate, the number of times your heart beats in a minute. The pulse rate varies from person to person. Heart rate increases with exercise because it is slow at rest and the body needs more oxygenated blood during exercise. People can measure their heart rate based on their pulse. It is a point where you can feel the heartbeat from your skin. The best parts of the body for this are the wrists, the inside of the elbows, the neck and the toes. The atria (upper chambers of heart) and the ventricles (lower chambers of heart) work together by alternating contractions and relaxations to pump blood around the heart.

Heart Rhythms on ECG is described as the electrical system of the heart that triggers the heartbeat. Each heartbeat is represented by a wave arm on an Electrocardiogram. The normal rhythm of the heart (normal sinus rhythm) indicates that the electrical activity of the heart follows a normal path. The rhythm is regular and the node is normal (about 50 to 100 beats per minute)

### Types of arrhythmia

Atrial Fibrillation: in which there is an irregular contraction of upper heart chambers.

Bradycardia: in which the heart rate is slow (less than 60 beats per minute)

Conduction Disorders: in which the heart beat is unusual.

Premature contraction: in which the heart beat is earlier.

Tachycardia: in which the heart rate is very fast (greater than 100 beats per minute)

Ventricular Fibrillation: in which the lower chambers of the heart has disorganized contraction.

### Symptoms of arrhythmia

An arrhythmia can be silent, which means you don't notice any symptoms. Your doctor may find an uneven heartbeat during a physical exam. If you have any symptoms, they may include: Palpitations (a feeling of skipped heartbeats, fluttering, or "flip-flops"), Pounding in your chest, Dizziness or feeling lightheaded, Fainting, Shortness of breath, Chest pain or tightness, Weakness or fatigue (feeling very tired), Anxiety, Blurry vision, Sweating.

**Citation:** Tripathi V. A brief note about arrhythmias. *J Cholest Heart Dis.* 2021; 5(2):8.

### Causes of arrhythmia

Even if your heart is healthy, it can cause arrhythmias. Or heart diseases, improper balance of electrolytes in the blood (such as sodium and potassium), damage to the heart, changes such as decreased blood flow and stiffness of the heart tissue, healing process after heart surgery, infections and fever, certain medications may also be the cause, problems with electrical signals in the heart, strong emotions, stress and surprise, daily life routine that includes alcohol, tobacco, caffeine, and heavy exercises, valve disorders, myocardial changes (cardiomyopathy), and hypertension.

### Treatment

Cardiac arrhythmias usually do not require treatment unless and until the patient's condition worsens or the symptoms are severe. The main goal of treatment is to control heart rate to normal, prevent the formation of blood clots in atrial fibrillation, and reduce risk factors.

Medications: The medications that doctors usually prescribe are antiarrhythmic medicines, calcium channel blockers, beta blockers, and anticoagulants. Patients should take all medications as per the prescription given by their doctor. It is important to consult your doctor to see what previous medications were used regularly to prevent drug interactions in-case of experiencing any side effects. One needs to monitor the pulse of the hand and count the beat for one minute. Monitor your pulse daily and make a note of it.

Lifestyle changes: People with arrhythmias need to change their lifestyles to prevent their arrhythmias from getting worse. Certain substances such as caffeine, alcohol and tobacco should be avoided. Enjoy regular exercise, reduce overweight and be aware of high blood pressure.

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