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Effect of obesity on sympathovagal activities in hypertensive indian population**Mamatha S. D.***Mandya Institute of Medical Sciences., India.*

Decreased physical activity, increased psychosocial stress and work stress have contributed to the increased prevalence of obesity and Hypertension (HTN). Autonomic nervous system (ANS) plays important role in maintaining homeostasis, as it regulates most of the visceral functions in the body through its two major divisions, sympathetic and parasympathetic nervous system. Irrespective of the aetiology, sympathetic over activity has been recognized as the main pathophysiologic mechanism in the genesis of obesity and HTN. Sympathovagal imbalance or dysregulation of autonomic functions owing to sympathetic over activity and vagal withdrawal is reported to be the basis of many clinical disorders. Obesity, hypertension and diabetes mellitus are known to be associated with dysregulation of autonomic functions independently. Heart Rate Variability (HRV) has emerged as a practical, non-invasive tool to quantitatively investigate cardiac autonomic dysregulation. The present study was undertaken to ascertain whether obesity has any effect on further disruption of autonomic functions particularly in hypertensive patients. A total of 96 male and female adults aged between 40-50 years visiting the Primary Health Centre, Yelwala, Mysuru district, India were recruited for this study. They were grouped in to 3 (n=32) as Groups I (Obese hypertensive), II (non-obese hypertensive) and III (non-obese normotensive, control), HRV was determined using the One minute during deep breathing method. Data were presented as Mean \pm SD, inferential statistics was by One Way ANOVA and Tukey's Post Hoc test p value.

Biography

Mamatha is working as a doctor in Physiology in Mandya Institute of Medical Sciences in India