Indian Journal of Basic and Applied Medical Research; December 2015: Vol.-5, Issue- 1, P. 196-197

**0riginal article**

**Study of relation of BMI with cardiovascular autonomic function**

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**Abstract**

**Background**-Chronic imbalance of the autonomic nervous system is a prevalent and potent risk factor for adverse cardiovascular events, including mortality. Although not widely recognized by clinician, this risk factor for adverse cardiovascular events, including mortality. Although not widely recognized by clinicians, this risk factor is easily accessed by measure such as resting and peak exercise rate, heart rate recovery rate variability.

**Aim-** The present study was done to establish the relation of BMI on cardiovascular autonomic functions. The present study was carried out among office staff in the age group [38-58] years in Gauhati medical college.

**Materials and method**-While selecting the cases only those cases were taken who were free from systemic disease. They were divided into four groups according to BMI,normal,moderately obese, obese and underweight.Various autonomic tests such as deep breadth and valsalva ratio for parasympathetic function, and hand grip test and orthostatic hypotension test for sympathetic function were performed.

**Statistical analysis**-The co-relation of BMI with autonomic function was established with the help of student’ t’ test.

**Key words** : Obesity , Autonomic functions , Sympathetic , Parasympathetic