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Abstract

An electrocardiography (ECG) recording is not only an information source of heart electrical and mechanical functions, but also a source of information about cardiac autonomic functions. The latter, can be analyzed by various methods, including by performing a heart rate interval analysis, termed as heart rate variability (HRV), from a short or long term ECG recording. This paper highlights the methods how to do analyses, the physiological relevance in understanding HRV, and various factors may interfere HRV in normal subjects. Prolonged activation of sympathetic activities is correlated with bad prognosis, whereas chronic parasympathetic dominance has been considered cardioprotective. Indicating the dominance of either sympathetic or parasympathetic tones, HRV may act as a remarkable prognostic determining tool, especially in association with cardiovascular issues.

Keyword : heart, rate, variability, autonomic, function, sympathovagal, balance,

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7. D Ewing, (1991). Twenty four hour heart rate variability: effects of posture sleep and time of day in healthy controls and comparison with bedside tests of autonomic function in diabetic patients. no info : Br Heart J