

Overview on Abnormal Heart Rhythms

Lina Marcela*

Department of Cardiology, University of Medicine, United Kingdom

Introduction

When your heart beats too quickly, too slowly, or irregularly, you have an abnormal heart rhythm. This is also known as an arrhythmia. A complex system of valves, nodes, and chambers within the heart controls how and when blood is pumped. If the functions of this vital system are disrupted, damaged, or compromised, the pattern in which your heart beats can change. Arrhythmias can be asymptomatic or cause discomfort, fluttering, pain, or pounding in the chest. Not all arrhythmias are life-threatening or cause serious health problems. However, to be on the safe side, you should notify your doctor of any abnormal heart rhythm [1-3].

Tachycardia is characterised by an abnormally rapid heartbeat. Adults, for example, have a normal heart rate of 60 to 100 beats per minute. Tachycardia is defined as a resting heart rate of more than 100 Beats per Minute (BPM). Tachycardia is classified into three types. Supraventricular tachycardia occurs in your heart's upper chambers, known as the atria. Ventricular tachycardia occurs in the ventricles, which are the lower chambers of the heart. Sinus tachycardia is a normal increase in heart rate that can happen when you're sick or excited. When you recover from sinus tachycardia, your heart rate returns to normal.

About the Study

This disordered heart rhythm occurs in the heart's upper chambers. It is the most common type of arrhythmia. Atrial fibrillation or occurs when many unstable electrical impulses misfire, causing the atria to quiver uncontrollably. The heart rate rises and becomes erratic as a result of. It can raise your heart rate to 100 to 200 beats per minute, which is much faster than the normal 60 to 100 beats per minute [4,5]. An atrial flutter (AFL) usually occurs in the right atrium, one of the heart's two upper chambers. It may, however, occur in the left atrium as well. A single electrical impulse that travels quickly in the affected atrium causes the condition. This frequently causes a rapid heart rate, but it is a more regular rhythm.

Future Perspective

You have a slow heart rate if you are bradycardic (less than 60 BPM). Bradycardia occurs when the electrical signals from the atria to the ventricles are disrupted. Some athletes have slower heart rates because they are in excellent physical condition, which is not always the result of a heart problem.

Ventricular fibrillation (VF) can cause cardiac arrest by stopping the heart from beating. It happens in the ventricles, which are unable to pump blood from your heart to your body and brain because of the irregular heartbeat. VF is a serious condition that, if not treated promptly, can result in death. When the pulse is taken in the wrist or chest during most premature contractions, the heart appears to skip a beat. The skipped beat is so weak or inaudible that it is not heard or felt.

Extra beats and early beats are two other types of premature contractions. All three types can occur in either the upper or lower chambers of the heart. Normally, the heart beats at a rate of 60 to 100 beats per minute. And the pulse (which can be felt at the wrist, neck, or elsewhere) corresponds to the contractions of the heart's two powerful lower chambers, known as the ventricles. The two upper chambers of the heart, known as the atria, also contract to help fill the ventricles. This milder contraction, however, occurs just before the ventricles contract and is not detected by the pulse. Heart rhythm disorders come in a variety of forms. Some occur in the upper chambers of the heart (the atria), while others occur in the lower chambers (the ventricles).

Conflict of Interest

None.

Acknowledgement

None.

References

1. Park, Jinho, Sangwook Lee and Moongu Jeon. "Atrial fibrillation detection by heart rate variability in Poincare plot." *Biomed Eng Online* 8 (2009): 1-12.
2. Antink, Christoph Hoog, Hanno Gao and Christoph Brüser, et al. "Beat-to-beat heart rate estimation fusing multimodal video and sensor data." *Biomed Opt Exp* 6 (2015): 2895-2907.
3. Mallick, Bandana and Ajit Kumar Patro. "Heart rate monitoring system using finger tip through arduino and processing software." *Int J Sci Eng Technol Res* 5 (2016): 84-89.
4. De Haan, Gerard and Arno Van Leest. "Improved motion robustness of remote-PPG by using the blood volume pulse signature." *Physiol Meas* 35 (2014): 1913.
5. Hertzman, Alrick B. and John B. Dillon. "Applications of photoelectric plethysmography in peripheral vascular disease." *Am Heart J* 20 (1940): 750-761.

How to cite this article: Marcela, Lina. "Overview on Abnormal Heart Rhythms." *J Coron Heart Dis* 6 (2022): 136.

*Address for Correspondence: Lina Marcela, Department of Cardiology, University of Medicine, United Kingdom, E-mail: LinaMarcela25@gmail.com

Copyright: © 2022 Marcela L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 02-Mar-2022, Manuscript No. Jchd-22-62868; **Editor assigned**: 04-Mar-2022, PreQC No. P- 62868; **Reviewed**: 18-Mar-2022, QC No. Q-62868; **Revised**: 23-Mar-2022, Manuscript No. R-62868; **Published**: 30-Mar-2022, DOI: 10.37421/jchd.2022.6.136.