

Biomedicine

The Official Publication of Indian Association of Biomedical Scientist

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Editorial Office:

Department of Physiology,
Jawaharlal Institute of Postgraduate
Medical Education and Research
(JIPMER),
Puducherry - 605 006, India
Phone : 91-413-2272380 to 90 (11
lines) Ext : 3142
Cell : 093446 28827; 094434 59449
Email : editor@biomedicineonline.org
drqkpal@rediffmail.com ;
gopalpravati@sify.com

Editor-in-Chief: G. K. Pal

Editors: Dutta T. K.
Koner B. C.
Raveendran R.
Shanmugam J.

Managing Editor: Pravati Pal

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Contents

Topics and Authors

Page(s)

I. Editorial		
1. Need for clinical orientation in medical research		155
II. Review / Special Articles		
2. Functions of nitric oxide: revisited <i>D. Venkatesh and M. Prashanth Kumar</i>		156-162
3. Long term success of implant supported restorations <i>Manikandan Kumaraswamy, N. S. Azhagarasan and V. Anantharaman</i>		163-166
4. Role of pranayama in health promotion <i>G. K. Pal and Pravati Pal</i>		167-169
III. Full Research Papers		
5. Antioxidant activity of methanolic extract of <i>Citrus aurantifolia</i> fruits <i>T. S. Prakash Srinivasan</i>		170-174
6. Strain improvement strategies for enhanced tannase production from <i>Aspergillus foetidus</i> MTCC 6322 <i>Ramachandra B. Naidu, J. Geraldine S. Mala, Priya Glittus and Rengarajulu Puvanakrishnan</i>		175-180
7. Correlation of peak expiratory flow rate with physical parameters <i>D. Sendil Kumaran, G. Dayananda, N. Nagendra and R. D. Desai</i>		181-183
8. Effect of <i>Brassica oleracea var. gongylodes</i> on body weight and biochemical parameters in experimentally-induced diabetes in Wistar rat <i>H. Vimala¹, Prakash R. Naik and Vidya R. Chandavar</i>		184-189
9. Studies on the antibacterial activity of the extracts from <i>Tridax procumbens</i> L and <i>Ixora coccinea</i> L <i>A. Jayashree and S. Maneemegalai</i>		190-194
10. Chemotherapeutic effect of <i>Solanum trilobatum</i> along with cisplatin on lipid peroxidation and antioxidant system in experimental lung cancer <i>P. N. Venkatesan, P. Rajendran, G. Ekambaram and D. Sakthisekaran</i>		195-200
11. Effects of pranayama and asanas on pulmonary functions in patients with coronary artery disease <i>Savita Singh, R. K. Rolinda, K. P. Singh and O. P. Tandon</i>		201-204

Correlation of peak expiratory flow rate with physical parameters

D. Sendil Kumaran, G. Dayananda, N. Nagendra and R. D. Desai

Department of Physiology, Sree Siddhartha Medical College and Research Hospital, Tumkur – 572 107, Karnataka, India.

Corresponding Author:

Dr. G. Dayananda
E-mail: dr.day@rediffmail.com

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Abstract

Background & Objectives: Parameters of pulmonary function testing give information about the functional capability of the lungs in normal healthy persons that are affected by age, sex, size, race and physical training status. Peak expiratory flow rate (PEFR) measurement has gained popularity because of the simplicity of the manoeuvre, low cost and portable nature of the equipment used.

Methods: This study was conducted on 480 subjects (240 boys and 240 girls). The physical parameters such as means of age, height, weight, body surface area and body mass index were compared against the subjects' PEFR values and statistically analyzed.

Results: PEFR was positively correlated with age, height, weight, body surface area and body mass index ($p < 0.05$).

Interpretation & Conclusions: Availability of such information helps predict the normal range of PEFR values in a given individual and as a method for identification, assessment, rational therapy and follow up of patients with expiratory airway obstruction.

Key words: Age, Body mass index, Body surface area, Height, Peak expiratory flow rate, Weight.

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