

## 5 minutes heart rate variability test (Cardiac Vagal Imbalance test)

### Subject details

Name: **Shubham Dhoundiyal**

Gender: **Male**

Age: **24**

### Conclusions

PR: **346 ms**

QRS: **91 ms**

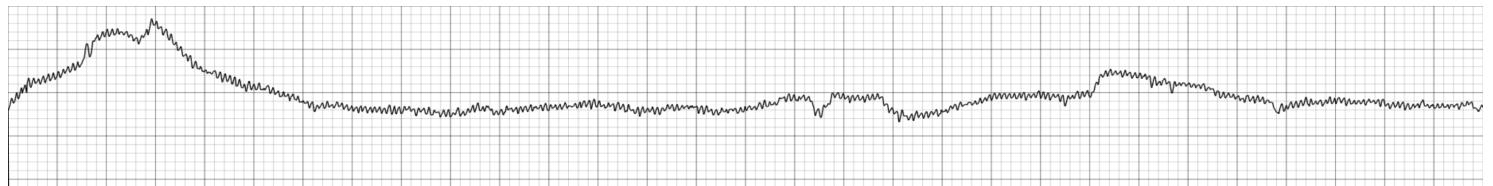
QT: **787 ms**

QTc: **587.88 ms**

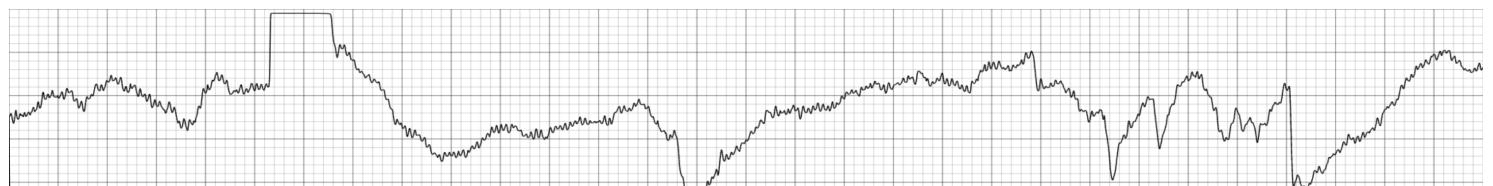
Heart rate: **26 BPM**

Lead II (First minute)

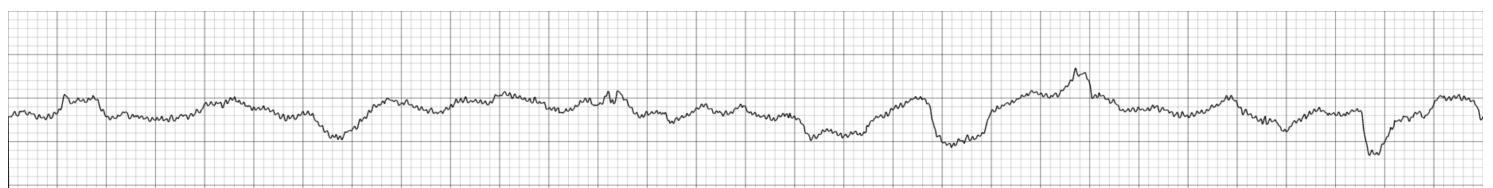
**Scale:** X: 25mm/sec Y: 10mm/mV



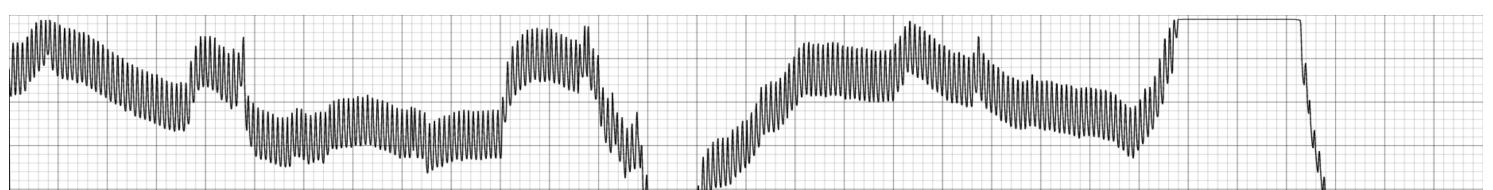
Lead II (Second minute)



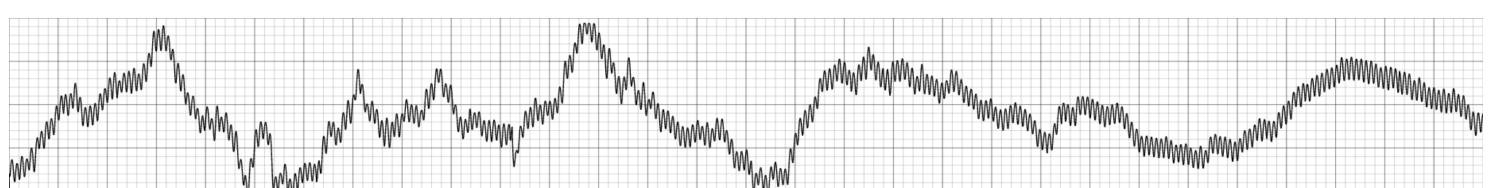
Lead II (Third minute)



Lead II (Fourth minute)



Lead II (Fifth minute)



## HRV Statistical Analysis (HRV test)

, : ..

### Subject details

Name: **Shubham Dhoundiyal**  
Gender: **Male**  
Age: **24**

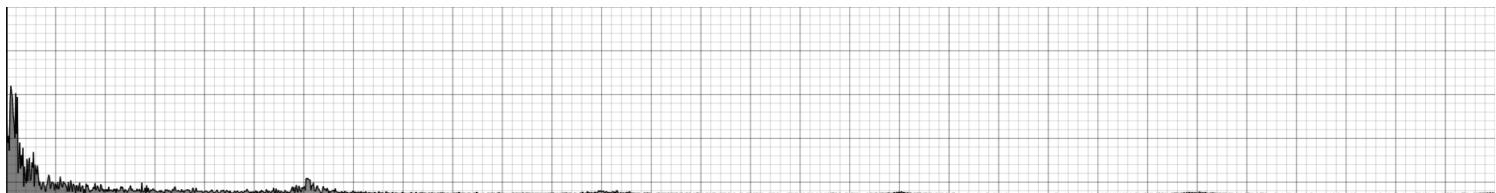
### Frequency Domain Analysis

X: 1 Big Box: 1Hz  
Scale: Y: Min: 0ms<sup>2</sup> Max: 10 ms<sup>2</sup>

LF: **3408.98 ms<sup>2</sup>**

HF: **785.08 ms<sup>2</sup>**

LF/HF: **1.30**



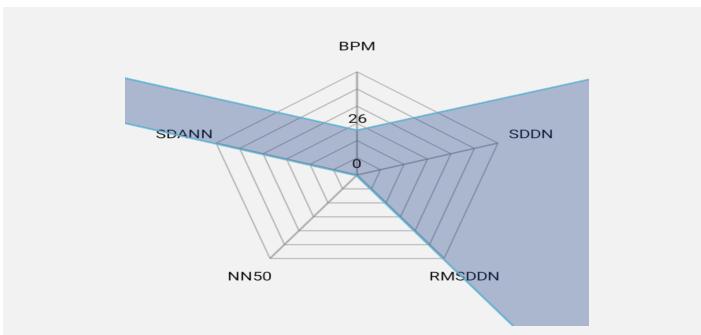
### Time Domain Analysis

SDANN: **10543.92**

SDDN: **2592.36**

RMSDDN: **2749.05**

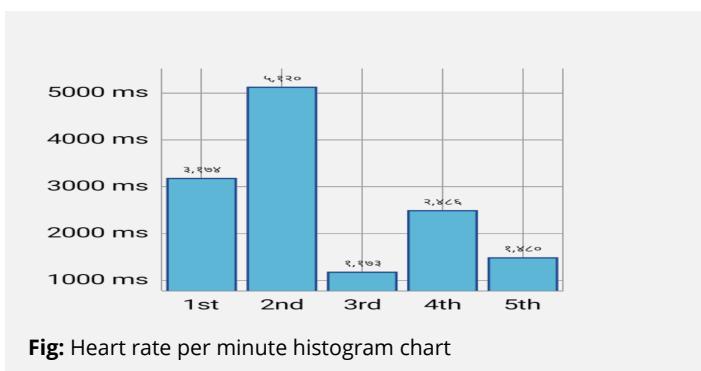
NN50: **0.42**



**Fig:** Radar chart of RMSDDN, SDDN, Heart rate, NN50, SDANN



**Fig:** RR interval per minute histogram chart



**Fig:** Heart rate per minute histogram chart

## Trends and Conclusions

, : ..

### Subject details

Name: **Shubham Dhoundiyal**

Gender: **Male**

Age: **24**

### Heart Health Analysis

LF and HF are withing normal limits, Bradycardia, If you are the individual who exercise regularly, no need to worry. Hypothyroid or Hypothermia, Functional/ Anatomical heart problem

### Stress Coping Ability Analysis

High normal ANS's regulating function and stress coping ability is good

### HRV Test Analysis

Normal HRV

### Heart Electrical Stability Test Analysis

Your heart is electrically stable

### Average Breath per minute

Shortness of Breath (average 1.4 breath(s) per minute)