



## Association of Normal Breathing Rate with Mouth Shape

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### Abstract

The objective of present survey was to find any association between the breathing and the shape of mouth. Almost 200 persons were participated in the current survey. For the measurement of breathing rate, every person who contributed in the current survey, count their breathing rate for one minute and mention their breathing rate on the questionnaire which we provided them. A questionnaire was set to find any interaction between the breathing and the shape of mouth. We found from the present survey that the normal breathing rate had scientific interaction with mouth shape because the value of p is lower than 0.1 that's why the result considered as significant.

**Keywords:** Association; Breathing; Mouth

### Introduction

Breathing referred to the process of taking air in and out of the lungs in order to serve the exchange of gases with the inner environment. In this process an individual take oxygen in to the lungs and expel carbon di oxide out of the lungs to complete the process of breathing. It is an repetitive phenomena of life and is very essential for the life. If you are feeling stress then do breathing exercise for the relief and for calmness. Every segment of human body unable to survive without oxygen brain, heart, lungs etc. each and every part of human body need oxygen for the survival.

The topic of my discussion is relation of breathing with the shape of mouth so first of all we take some idea about the shape of mouth. There are many forms of mouth shape like pearl in the sea shaped mouth, they have certain features like they are extremely dangerous and play tricks behind. Lined shaped mouth, the person with lined shaped mouth have poor relations with people and are prone to dangerous things. Blow fire mouth, the person with blow fire mouth have bad luck for their family. Round shaped mouth, the person with round shaped mouth have poor communication with the opposite sex and they remain self-willed.

The objective of present survey was to find any association between the breathing and the shape of mouth.

### Material and Method

- Almost 200 persons were participated in the current survey
- For the measurement of breathing rate, every person who contributed in the current survey, count their breathing rate for one minute and mention their breathing rate on the questionnaire which we provided them.
- A questionnaire was set to check any association between the breathing rate and the mouth shape

### Statistical analysis

Statistical examination was done with the help of t-Test and SAS (Statistical Analysis Software).

### Result and Discussion

Association between the normal breathing rate with the shape of mouth is listed in Table 1. Table 1 clarify that there is scientific association between the normal breathing rate with the shape of

mouth because the value of  $p$  is less than 0.1 that's why the result considered as significant.

Gender	Round shape mouth	Oval shape mouth	$p$ -VALUE
Male	23.93 ± 5.11	19.85 ± 2.60	0.01*
Female	19.86 ± 4.12	20.82 ± 6.87	0.43
Combined	21.91 ± 2.89	20.35 ± 0.68	0.31

**Table 1:** Regular Breathing Rate In Respect with The Shape of Mouth (Mean ± SD).

(\* $p < 0.1$  hence  $p$  considered as significant)

An investigation was set in order to check any association between the normal breathing rate and the mouth shape [1-7].

## Conclusion

We found from the present survey that the normal breathing rate had scientific interaction with mouth shape because the value of  $p$  is lower than 0.1 that's why the result considered as significant.

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