

## **Bioelectric impedance: Non-invasive method for assessing cell integrity**

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**Introduction:** Cellular integrity and health have been assessed using bioelectrical markers the tool Bioelectrical Impedance Analysis (BIA). Researchers have looked at the phase angle, which is expressed through bioelectrical impedance, as a predictive sign in a number of medical disorders. The question of whether bioelectrical impedance corresponds with cell integrity in the widest range of clinical circumstances still exists because this issue is still contentious. Therefore, this review aimed to understand the relationship between bioelectric impedance values and cell integrity.

**Results:** The bioelectrical measures Extra-Cellular Water (ECW), Phase Angle (PA), BIA Vector Analysis (BIVA), crude reactance data (Xc), Resistance (R) and ECW/BCM ratio that are directly related to cellular health and integrity. These parameters had a direct correlation with gender, age, level of athletic performance, modality and position in the game.

**Conclusion:** Bioelectric impedance can be a helpful tool for assessing cellular health and integrity.

**Keywords:** Bioelectrical Impedance Analysis (BIA), Phase angle, Cell integrity, Reactance data (Xc).

### **Biography**

Bushra Shaida have done her B.Sc. from AMU and Masters from Lucknow University and completed her PhD from Amity University. Her research area is Nutrition, Food Science and Public Health. She is working as Assistant Professor in Sharda University, Greater Noida from last 10 years.

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