Galvanic skin response and serum orexin-A levels in humans increase during aerobic exercise

Messina G1,2, Moscatelli F2, Messina A1, Valenzano A2, Lonigro A, Monda V1, Chieffi S2, Cibelli G2 and Monda M1

1Seconda Università degli Studi di Napoli, Italy
2University of Foggia, Italy

Introduction: Orexin-A is a hypothalamic neuropeptide produced in the dorsal and lateral hypothalamus and orexin-producing cells have widespread anatomical projections within the central nervous system. Orexin-A is involved in multiple physiological functions, including eating behavior, thermoregulation and sleep-regulation.

Aim: As the exercise elicits stimulation of the sympathetic activity and temperature rise, the purpose of this experiment is to reveal possible association between exercise and plasmatic concentration of orexin-A which is a peptide involved in the sympathetic and thermogenic reactions.

Materials & Methods: Blood samples were collected from participants (men, n=20) before (times 0 and 15 min.) and after (times 30, 45, 60 min.) a cycle ergometer exercise at 75 W for 15 min. Also heart rate, galvanic skin response and rectal temperature were monitored.

Results: The exercise induced a significant increase (p<0.01) in plasmatic orexin A with a peak at 30 min after the exercise bout in association with an increase of the other three monitored variables: HR (p<0.01), GSR (p<0.05) and rectal temperature (p<0.01).

Conclusion: These findings are the first demonstration which indicates that plasmatic orexin-A, heart rate, galvanic skin response and rectal temperature is involved in the reactions to aerobic exercise.

Biography
Messina Giovanni has a degree in Medicine and Surgery, specialized in Nutrition and Sports Medicine, has a PhD in Food and Health at the Second University of Naples, Italy; He is Assistant Professor of Physiology and Human Nutrition at the Department of Clinical and Experimental Medicine - University of Foggia.

giovanni.messina@unifg.it