

# EXTRASYSTOLES AND ALLIED ARRHYTHMIAS

BY

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# TO OUR WIVES

So nun die ding sichtlich werden müssen und one dise sichtbarkeit ist der Artzet nit gantz, Nun müss die natur dohin gebracht werden dass sie sich selbst beweisst.

Paracelsus, Das Buch Paramirum, 1565

One lesson learnt long ago is that of my own ignorance. The older I grow, the more ignorant I feel, because I am continually learning how much there is yet for me to learn.

Theodore Taylor, aged 100 The Spectator, 4th August, 1950

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### **PREFACE**

WITH the possible exception of some processes in the central nervous system as shown in the electroencephalogram there is no other common disorder of a biological function in man caused by the abnormal behaviour of a small number of cells, possibly of only one cell, which lends itself so readily and so well to detailed analysis as do disturbances of cardiac rhythm due to extrasystoles and allied arrhythmias.

At first sight this topic may appear to be a very limited one, but closer study proves this view to be erroneous and reveals not only its considerable scope and complexity, but also the numerous links which relate it to other biological problems, physiological as well as clinical.

Even taken by itself the physiological and clinical implications of such disturbances of rhythm are great. Experimentally such arrhythmias can be produced by numerous and diverse means with a varying degree of ease, yet many fundamental aspects are still imperfectly understood or altogether obscure. Moreover, since Marey's and Engelmann's pioneer work the "method of extrasystoles" has been an important tool in the investigations of manifold problems of cardiac physiology.

Equally great is the clinical range of such irregularities of cardiac rhythm. There is hardly a human being who at one time or other has not had extrasystoles. Their clinical significance extends through the whole spectrum from the entirely harmless occasional "missed beat" of the healthy subject to the ominous ectopic beats heralding fatal ventricular fibrillation. And the variety and severity of symptoms mirror that of the prognostic significance: at one end of the scale the accidentally discovered asymptomatic extrasystole, at the other seemingly identical disturbances of rhythm giving rise to truly agonizing pain and distress.

Our interest in these problems was aroused nearly thirty years ago by Prof. Wenckebach to whose hospital we were attached at that time and we should like to put on record our gratitude to him as well as to Prof. Rothberger for the encouragement they gave us in our early studies. For the last three decades we have collected observations and data, and have formulated ideas about extrasystolic and allied disturbances of rhythm and their various aspects. By 1939 we thought that the progress made in this subject warranted a review in a comprehensive manner, but owing to the war we were not able to start before 1945.

We were encouraged to undertake this venture by various considerations. With the exception of von Skramlik's monograph published in 1932 and limited to certain physiological aspects no book devoted to this problem had appeared, and Léon Gallavardin's monograph, subsequently published in 1946, is confined to a description of the purely clinical aspects of auricular extrasystoles. In textbooks on cardiology, electrocardiography or physiology extrasystolic arrhythmias are of necessity not treated in a detailed, let alone exhaustive, manner. On the other hand, more recent advances in electrocardiography and physiology, particularly neurophysiology, have thrown much light on this problem and have made it possible to form more detailed views about some of its aspects than was possible some time ago.

It seems to us then that these considerations justify an attempt at a comprehensive review of such disturbances of cardiac rhythm; and in the pages that follow we endeavour to give a

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description of the subject in its general biological context which we trust will also bring out its close relation to numerous allied and some seemingly unrelated phenomena. Though we are well aware of the gaps in our knowledge and of many shortcomings of our presentation we hope that this book will be of interest not only to cardiologists, but also to those who are engaged in the study of physiological and clinical problems which centre round the initiation and propagation of impulses.

New York and London.

D. S.

January 1953

A.S.

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### INTRODUCTION

Opto magis sentire compunctionem quam scire eius definitionem. I had rather feel compunction than understand the definition thereof.

Thomas à Kempis, *Imitatio Christi*, ch. I, § iii

When trying to define the meaning of "extrasystole" and to determine the scope of this book, some difficulties were encountered.

Originally the word "extrasystole" was used by Engelmann in his physiological work in which, extending Marey's studies, he investigated the effect upon cardiac rhythm of artificial—extra—stimuli, thereby laying the foundation for the subsequent clarification of the nature of many varieties of irregular heart action in man. It was later contended, however, that in the description of the common clinical arrhythmias the term extrasystole should be abandoned as the disturbance is not produced by an "extra" systole in the sense of an additional contraction, but the abnormal contraction usually only replaces a normal one. It was held that the term "extrasystole" is strictly applicable only to interpolated ones, in which case there is one supernumerary systole. Others were in favour of keeping this time-honoured word, pointing out that "extra" should be understood as meaning: originating outside the normal area of impulse formation, that is, synonymous with ectopic. This definition, however, excludes sinus extrasystoles which, arising in or near the normal pacemaker, are not ectopic. "Extra" could also refer to a different mechanism of origin, namely, heterogenetic, but our limited knowledge of normal, let alone abnormal, impulse formation precludes a classification of any group of arrhythmias based on differences in the mechanism of impulse formation. Others again preferred to speak of "premature contractions". While it is true that the great majority of such contractions are premature, this too is not entirely satisfactory as a basis for definition, as extrasystoles need not be premature. In cases of sinus arrhythmia an extrasystole may occur at a time when a normal contraction may well be expected, and apart from such cases electrocardiographic records have demonstrated that extrasystoles which occur at about the time of a normal systole may result in a contraction which is due to both the normal and the abnormal stimulus. As far as extrasystoles in auricular fibrillation are concerned the term "premature boats" would be altogether unacceptable.

It is therefore clear that neither the ectopic origin alone nor the prematurity alone can be considered adequate criteria for defining extrasystoles. We believe the most important feature of extrasystoles and allied arrhythmias to be the fact that, in all such cases, a dominant rhythm is interfered with, or replaced by, contractions due to abnormal impulses. The essential characteristic of this group of disturbances of cardiac rhythm is, therefore, the abnormality of impulse formation; and this feature separates it from those in which the fundamental or primary disturbance is one of conduction of normal impulses, even if this be associated with beats originating at abnormal sites, for example complete A-V block, or some varieties of S-A block.

The group of arrhythmias which are discussed in this book could be defined as contractions of the whole heart, or parts of the heart, due to impulses which are abnormal, either regarding their site of origin—ectopic—or their time of occurrence—premature—or both, interfering with, or replacing a dominant rhythm.

In the vast majority of instances such impulses are ectopic in origin.

Simple sinus tachycardia as well as sinus arrhythmias other than sinus extrasystoles are not included as they are solely due to variations in rate of an otherwise normal cardiac mechanism. The dividing line between normal and abnormal is but vaguely defined in these conditions which do not present any special problems either physiological or clinical.

Within the above great group of arrhythmias, abnormal beats following the preceding beat at a constant interval—that is having accurate coupling—command a special place, not only because this type of irregular heart action is very common clinically, but also because we believe that in this type of arrhythmia the abnormal beats are due to a mechanism different from that underlying the other varieties of disturbances of cardiac rhythm covered by the above definition. With the exception of the exceedingly rare sinus extrasystoles, in this group too the abnormal beats with accurate coupling are ectopic in origin. It is this group of arrhythmia to which, in our opinion, the term extrasystolic should alone be applied.

For the purposes of this book we therefore define **extrasystoles** as contractions of the whole heart, or parts of the heart, due to impulses which are abnormal, either regarding their site of origin—ectopic—or their time of occurrence—premature—or both, interfering with, or replacing a dominant rhythm, whereby in the electrocardiogram the abnormal beats are accurately coupled to the preceding beat and in many though by no means all cases have constant shape.

Instances will be discussed in this book in which ectopic beats with accurate coupling have varying shapes in the electrocardiogram, but which, because of their accurate coupling, we believe to have the same mode of origin as those with constant shape, and which, for this reason, we include in the group of extrasystoles in the strict sense of the term. The very rare observations of cases with certain types of systematic changes in the coupling of ectopic beats, in which we believe the underlying mechanism to be the same as in those of extrasystoles with accurate coupling and which we therefore include in this category, do not invalidate the above definition.

It will have become apparent that, in a book having a scope as defined, we are not describing one entity, but that disturbances of rhythm of widely varying types and mechanisms are included. Thus, there are good reasons to assume that active formation of automatic impulses is likely to be the mechanism in parasystole, whereas in the commonest form of extrasystolic arrhythmias, namely those caused by ectopic beats with accurate coupling and constant shape in the electrocardiogram, the extrasystolic stimulus should be considered to be a more passive phenomenon, dependent upon, and precipitated by, the preceding beat. This distinction will be discussed in detail.

The above definition of the scope of this book includes paroxysmal tachycardia as well as auricular flutter and fibrillation. The close relation of paroxysmal tachycardia to extrasystoles is universally recognized. Not only is paroxysmal tachycardia regarded as a series of extrasystoles occurring in succession, but also the accurate coupling of the first ectopic beat of such paroxysms is a further and important link between this paroxysmal disorder of rhythm and true extrasystoles; the occurrence between attacks of isolated extrasystoles of the same shape and coupling in the electrocardiogram is an additional observation pointing in the same direction. Flutter and fibrillation being due, in our opinion, not to a circus movement, but to frequent impulses originating in a circumscribed focus, or foci, are more closely allied to extrasystoles than commonly assumed. While their nature and mechapism will be discussed in some detail, from a clinical point of view they form distinct entities and, except for some remarks on differential diagnosis, the clinical aspects of auricular flutter and fibrillation and their ventricular counterparts will not be considered as they are fully discussed in current cardiological textbooks.

Other arrhythmias which would not usually be termed extrasystolic are included for a variety of reasons. For instance, without detailed analysis dissociation with interference

cannot be distinguished from the common varieties of extrasystoles and for this reason alone had to be discussed in detail. Moreover, it can well be argued that, in dissociation with interference, the interfering sinus beats, even though they occur according to an undisturbed sinus rhythm, are premature in the sequence of the otherwise regular dominant A-V rhythm and that this arrhythmia thus presents a disorder of rhythm which falls within the scope of this book as defined. Alternans is included for entirely different reasons, namely for historical ones and because of the effect of extrasystoles on alternation.

We propose to use the term "extrasystole" as defined above, but also to employ the terms "premature beat" and "premature contraction" where applicable. As far as beats which we do not consider to be extrasystoles are concerned the terms "ectopic", "heterotopic" and "automatic" will be used. The first two denote only impulse formation at an abnormal site, without any implication as to the presumed mode of origin. The reasons for our contention that automatic beats should be separated from extrasystoles will, we trust, become clear and acceptable in the course of this book.

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#### CHAPTER I

#### HISTORICAL REMARKS

It is safe to assume that from time immemorial the rhythmic pulsations of arteries have aroused the curiosity of man and that irregularities of the pulse have puzzled the physicians as much as they have alarmed the patients. Some 3,500 years ago, some connexion was thought to exist between the pulse and the heart: "In the heart are the vessels to the whole of the body. As to these every physician, every sextet-priest, every magician, will feel them when he lays his fingers on the head, on the back of the head, on the hands, on the stomach (? heart) region "and "he will make examination of the heart on account of its vessels for every member" is stated in the *Papyrus Ebers* (Dawson; Bryan).

In ancient China, the beginnings of the art of pulse feeling seem to be lost in the mists of antiquity, but certainly date from about 500 B.C. (Read). Some records of the observation of intermittences of the pulse appear to go back to the sixth century B.C. and are contained in the Difficult Chapters of Medicine by Pien Ch'io (edited by Wei Yuan 1693) (Hübotter). Intermittence of one pulse in fifty was thought to be compatible with health, but with intermittences of one in forty, thirty, twenty and ten beats, one, two, three or four organs respectively were considered diseased and death expected to occur in four, three, two and one year respectively. Intermittence of one pulse in every three or four meant death within six to seven days and with every other pulse failing to appear the patient had only three or four days to live; no mistake about the prognosis was considered possible so long as such rules were observed (Hübotter). In view of the fantastic ideas in ancient China about the importance of the pulse—it was believed that the site and nature of all diseases could be diagnosed from the pulse alone—it is not surprising that various kinds of intermittency, which were thought to denote various and definite diseases, were described in detail. In the Pen tsao, or System of Medicine, which it took Li Shi-chen about thirty years to compile in the sixteenth century A.D., the chieh pulse is defined as "intermittent, slow, with occasional missing beats", the tai pulse as "irregular, tremulous, beats occur at irregular intervals", and the tsu pulse as "running, rapid, with occasional missing beats" (Wang). When such distinctions originated does not seem to be known with any degree of certainty; a Pulse Classic of ten volumes existed about A.D. 280. Some of these ideas can still be traced in the eighteenth century (see below).

The first to describe what may have been extrasystoles was Herophilus (born 300 B.C.). According to Arcieri the term "dicrotic pulse" is due to him  $(\delta l \kappa \rho o \tau o s) = 0$  double beating) and he compared it to the jump of a goat, being accomplished in two actions. Hence the term *Pulsus caprizans*. Herophilus also recognized that the pulsations of the arteries are caused by the heart beat and that they are rhythmic and in relation to age and disease.

The term  $\delta i \kappa \rho \sigma \tau \sigma s$  in relation to pulse was also used in the second century A.D. by Archigenes, and by Rufus (see Appendix A) (Liddell and Scott).

At about that time Galen (132–201) published his ideas about the grave significance of the intermittent pulse, ideas which were to influence medical thought until the beginning of the twentieth century. Galen taught that of the irregularities the intermittent pulse was the most dangerous (9, 294); it may produce sudden death (9, 544), but there were many varieties the most serious of which were persistent and continuous intermissions (19, 584); if the second beat was more powerful than the first it was less serious than if the second beat

was weaker (9, 294). The intermittent pulse was considered by him to be particularly dangerous in adolescents, less so in old people and in children. In the aged the body was soft and its humours upset by smaller causes so that the body could rid itself more easily of the evil humours. In children there was, in addition, a more effective concoction of the normal humours which was a further point in assisting the elimination of the evil humours and their restoration to normal composition (9, 283).

If normal "proportions", that is time relations between arterial systole and diastole, obtain, the pulse was termed eurhythmus. (As Galen designated by diastole the expansion of the artery and by systole its contraction, his terminology is essentially the reverse of the modern one. This should also be borne in mind regarding the writings of Thomas Fienus, discussed below.) If such time relations were abnormal, the pulse was called arhythmus. Amongst arhythmic pulses three varieties were distinguished by Galen according to the degree of deviation from the eurhythmus, namely pararhythmus, heterorhythmus and ecrhythmus, in ascending order of abnormality. This classification warrants to be briefly mentioned since the term "pararrhythmia" has more recently been revived, though with a different and more specific connotation. While the terms heterorhythmus and ecrhythmus have become obsolete, the word heterotopic is often used as synonymous with ectopic. What Galen termed *intercidens pulsus* may perhaps have been interpolated extrasystoles. (8, 515; 19, 409, also 9, 471.)

Galen also distinguished between the *pulsus caprizans* and the *pulsus dicrotus*: whereas in the former there were several pulsations in one systole, in the latter there were only two (19, 640). For extracts from the original, *see* Appendix B.

That Galen's views held sway for many centuries is common knowledge; the extent to which his teaching about the pulse dominated medical thought until the seventeenth century and influenced it even later, and the difficulties with which his assertions were subsequently replaced by the result of observations is truly astounding.

A medieval reference to bigeminal pulse may have been contained in the consil. 266 of Bartollomeo Montagnana (senior), Professor of Medicine in Padua 1422–1441 (Fig. 1). His patient was a youth named "Federicus, of the famous city of Vicenza and the celebrated family of Verlactius". After tabulating the symptoms Montagnana goes on to explain them according to current theory, that is giving the "formal" (we say "scientific") explanation. The aerial spirits conveyed in the arteries are contaminated by evil vapours. The more the vapours accumulate, the more necessary it is that they be cleared, and the heart therefore works faster and faster in order to get rid of them. Then he continues: "But this is the 'formal' cause of the bigeminal pulse. Therefore the bigeminal pulse appears in this youth with a tremulous movement of the heart; as I have said." (See Appendix C.) In considering this to be a reference to bigeminal pulse we are in agreement with Herrick, who quoted Testa in this connexion, but Willius and Dry interpret this passage as possibly referring to the arrhythmia of auricular fibrillation.

In the sixteenth century Galen's teaching seems to have been generally accepted and repeated without any questioning. An interesting discussion, held, between 1551 and 1554, entirely in accordance with Galenical views on what we would now regard as a case of extrasystolic arrhythmia following dysentery, has recently been published by Friedenwald. One of the earliest monographs on the pulse, Petropaulus Galea's *Tractatus de Pulsibus*, 1597, reiterated Galen's views.

A few examples taken from authors from the sixteenth to the eighteenth centuries may be quoted in some detail in order to show the hold of the Galenical teaching at that period and the way in which its value came to be doubted. The part played by humoral pathology will be noted.

Petrus Salius Diversus, in his *De febre pestilenti Tractatus*, etc. (1586) wrote that two signs indicated impending cardiac syncope and sudden death: first, a sensation of sudden

constriction of the heart associated with collapse, pallor and perspiration, and: "the second is that in these [patients] an intermittent pulse sometimes occurs; if the intermission extends beyond one pulse great danger threatens and it signifies that such syncope is

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modo se bris iter pulsatini z iecrigatinu victus.

(Et pulchte Anderadu ego in tali tremulo motu cordis no raro imo frequeter apparet mot bispulsates cu enim no raro into requieter apparet into apparet in corde auger friditas que vebilitat inatú calozé el ne cefle é multitudiné vapoz in corde ghari caugmétari que cefle é multitudiné vapoz in corde ghari caugmétari que incitant virtute ad sepe sistoladu gra mudificatiois predictoră. sed vius po debilitate cius no pot conenieter ap plicare otes artarie de circuferetia ad cetră. Ita vi tătă expellar de vapore quatu in co ogregatur.ergo citius in trugit filolādi neceffitas @ infingeret fi virtus maioze; faceret oftrictóem. Cu g vitus mouet arteria a termino a quo ad terminu ad que gra finis peceléz otimo augme terur neceffitas mūdificādi maioz a multitudie vapoz. g pui tpe mouebit arteria scom aliquas pres of coplear et" mor" a termino a quo ad terminii ad que fed ista é ro formalis pulsus bispulsantis igit appet in B innêculo cu

tremulo motu cordis pullus bilpullas að erat öclarádu (Et fi oliderator viligéter infriciat videbit motu quafi cófimilé i fiftole anbelit", pus eni tpe gi cópleat fiftoles anbelitus a termino a quo ad terminu ad que augmeta ta cótinua necitate mudificatióis neceffe è incitari virtu tem ad frequeter cóltringedu anbelitu ve ipla sufficieter allentet le cu mudificatione fumon i pectore cotentoris, fed bec e ro formatis ptialis anbelit ouplicati vel bifpul

fantio.igitur cetera.

(L' Etc B fiidaméto lubilir peépláti apparet of li viípoli-tio no curabif ab B innéculo i becus tpe multiplicato va pore enecitate ingaddina po extrumentidem vaporum g

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nő bebier regüf a virtute pat<sup>o</sup>é be tremulo motu cordia pmutari ad magnű pultű cordia pleueráté a minaf libi mozté lubitű. Ille eni a b5 motű tremulú cordia libi cótinun caucat ne fubita itercipiat morte.v: 3º pmi.cap. 8 bis q pnofticăt egritudines t.p.i tertu, caplo de tremo-re coadis vinali colligif. Clfi ex boc fudamento appet o fcom accides bac pispones aconstase nocuritu in anbe litu viinia nolandu z pprie cu oftrictioe anbelitus.

At vero iterii beclarari 03 banc frigidiratem o bumiditatë i capite e gerebeo b innéculi inalescere qo facile ex multis veclarari pot. ( prio que pres price e e friditatis qui ditatis augmér tu magis ofidut és alian qualitatu excessum. ( Scoo que itudo faciei semicacetica est ve sensus visus

ondit.e eni facies eins cu iflatioe reprefentata:qo gdem no pucit er nocumero eparis. Difauredo eni p figna oftë dentia laptii eparis no appet ipm eë lefum in oparionibë coibus:fufficiërer eni chilu trafmutat i buozalë maffam feqftrat ipm a fupfluis a velegat ei ptes ad loca gbo nã liter voputate (iit. Then et appet opar ee laptum i opatio nibus , ppups.fufficieter eni ips nutrimetu attrabit o re-tinet vigerit o expellit fupflua ei oli eni otinue macrefi endo peficeret. Lu itacp cacefie spes in facie bo innécuti appares a pfiltens no pueniat a nocumeto epatis vi arguti é legt o ops illius inenire câm vel câs pouctinas. Est igr modus imaginadi B talis nutrimetu eni of ferf ad cerebră v totă caput giu iplius no iufficierer pigerier pepurari pot a iupfluis pp friditatis v băiditatis augme tă i eo. v q. 15 nutriintă appoat cerebro v ptib capitl. ipș tri no inflicierervnië negi affimilat medzia illa. Li iraca verelingt a puenieti ope naca calore aliquali extraneo puertië i fumolitatea e vapozea q i pozia iubcutancia et venis capillaribo imerse tumoze i tota facie efficine ve i telligéri appet. vñ a fi nutrimétú fit cá bo cacefie remota vapoz vo er illa gñatus fit cá imediata: túc foztíoz va effe vapos vo ej tila gnatus tir ča imediaratir fozitovoje efte opinio tua ad zededži vapose ab fieriosibus pobibis ad caput eleuatú poste ce mālē cam b° caceste pisponist. Es miozi ent zueniešta mouet vas ad agedā in vapozē vež in obiecti no stip i posterionatú gia ad agedā in nutrimen ti sibi zueniešted no potreccisicare nutrimekti. igi nego potenti regere z rectificare vapoze qoerat vectaradi incu (CUI) es fudameto B appet o b'eccefie ouples affigna un că. (C-brima e mala complo frigi. b bu.cerebzi predis ctorii vapozii gifatiua. (Coche e malia ci coadiunatina a é multitudo yapon a toto corpore ad caput elenatoris, pp qo no raro etingit errare medicos in indicio can car cefie Amilia. Frequeter eni viindicat illina cacefie cas eè nocumetă epatis a no cit vep semp ve ecodeis appet. (Tertiu motinu ad poădă iteră cerebai cuns ee infrigi dată abumectată sumif a supstuitată inuentione, multiplicat eni cerebzii eius fupfluitates mucofas zaquofas tipicas eni cereorii enis ingrimitares mincolas e aquofas que qing per palatinon raro vero p nafirmes aliqii per oculos fenifibilizer efinidunt, afigi et infenifibilirer e oc-culte per venas e neruos a cerebro ad pectus multiplical tur e floritacii: e funt causa quarti accidentis flutim bela randifed barŭ materierii multiplicatio olo orguit excef fum burnidiesti e e frigiditatis, quare e e. 7. 176 curani bic adducere figna fumpta ab opationibus atalibus: ye a lo citudine e officilizas format seen (umpta o do occioulde). gitudine t pfuditate fomnt neg fumpta ab opationib fenfuum exteriop e interiorum effugiens magis prolixi tatem & ignozantiam.

2114 PCIIII accidens a perendum fatis qui pdictas pispositione concomitatur e tensio in regione media flomaci b'i iunementi cii voloze ibides (ab tè tactu illim loci multiplicata cintenfa;qui gdé voloz e Ispoterit et tempoze precedéa vilpolitionem pectuala

Fig. 1.—Page of Bartollomeo Montagnana, Consilia medica. Cons. 266. Venice, 1497.

imminent; which intermission, as well as the feeling of suffocation, originates nowhere else but from that amount of thickened blood which obstructs and impairs those vessels and internal parts." (See Appendix D.)