IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 14, May 2026
Impact Factor: 8.2

Non-Invasive Genetic Biomarkers for Early Detection of Hereditary Cardiomyopathies in Indian Cohorts: A Review

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Abstract: *The genetic cardiomyopathies are inherited disorders associated with myocardium abnormalities, causing heart failure, cardiac arrhythmia, and death. The problem in early diagnosis is the fact that there are many individuals with genetic mutations that have no clinical manifestation until their myocardium begins to change anatomically. Recent discoveries in cardiovascular genomics reveal that non-invasive markers of genes, including cell-free DNA, microRNAs, exosomal nucleic acids, and long noncoding RNAs, can be used for the detection of early stages of heart diseases. Liquid biopsy in combination with these markers will help to identify asymptomatic patients, perform family screening, evaluate disease progression, and patient risk stratification. India carries a significant genetic load of heart diseases and genetic variation, including MYBPC3 deletion, that necessitates the development of non-invasive tests. In this paper, we describe recent discoveries in the area of genetic biomarkers of hereditary cardiomyopathies in the Indian population. We discuss new advancements in genomics medicine, possible applications, opportunities, issues, and future perspectives of personalized cardiology.*

Keywords: Hereditary cardiomyopathy; Genetic biomarker; MicroRNA; Cell-free DNA; Liquid biopsy; Indian population..

I. INTRODUCTION

Hereditary cardiomyopathies refer to a group of heart diseases associated with abnormalities of the myocardium independent of coronary heart disease, hypertension, and congenital heart disease. Some of the typical types of hereditary cardiomyopathies are hypertrophic cardiomyopathy, dilated cardiomyopathy, arrhythmogenic cardiomyopathy, and restrictive cardiomyopathy. In recent years, there has been an increasing number of reports showing the importance of mutations in proteins such as sarcomere proteins, cytoskeletal proteins, ion channel proteins, and desmosomal proteins in the pathogenesis of cardiomyopathies (Burke et al., 2016; McNally et al., 2017). Inheriting cardiomyopathies is a serious health issue around the world due to its association with heart failure, lethal arrhythmias, thromboembolic conditions, and even early mortality among young patients. For instance, hypertrophic cardiomyopathy affects approximately one in every 500 individuals worldwide, making it one of the most common inherited cardiovascular diseases (Maron & Maron, 2016). Likewise, familial dilated cardiomyopathy causes heart failure in a significant proportion of patients with this disease, which does not arise from any ischemic condition; moreover, incomplete penetrance and variable phenotypes are usually observed in these patients (Hershberger et al., 2015). Early diagnosis is challenging, even through advanced techniques of heart imaging and molecular diagnostics, due to the fact that there are no symptoms in patients.

The standard approach in the disease diagnosis includes electrocardiography, echocardiography, cardiac MRI, and invasive myocardium assessment, among other steps. Despite being very efficient, these methods often fail as patients

DOI: 10.48175/IJARSCT-36185

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with diseases get diagnosed once myocardium dysfunction or remodeling takes place. For this reason, scientists have devoted much effort to identifying novel non-invasive markers for early diagnosis of hereditary cardiomyopathies. The circulating genomic biomarkers have revolutionized precision cardiology. There has been a significant improvement in molecular medicine with regard to the possibilities of applying cell-free DNA, microRNAs, exosomal cargo molecules, long noncoding RNA, and epigenetics as a marker of chronic myocardial injury and genetic anomalies before the clinical symptoms appear. It has been found that the aforementioned biomarkers proved themselves very effective for differential diagnosing and predicting the course of cardiomyopathies and identifying carriers of silent mutations (Chiti et al., 2021; Carabetta et al., 2024).

There exist numerous reasons that make cardiogenetics particularly important for Indians. One of these is that there has been quite a lot of genetic diversity in Indians due to the endogamous nature of the marriage practices that have been in place in India for quite a long time. Apart from this, several mutation variants have been discovered to be common among Indians, including the deletion of the 25-base pair of the MYBPC3 gene responsible for cardiomyopathy among South Asians (Dhar & Chakrabarti, 2021). Unfortunately, the Indian population has not been extensively studied in relation to genomics. Considering the increased cases of heart disease in India, it becomes necessary for cost-effective and efficient methods to be adopted for their early detection. Some of the hindrances to this include delayed diagnosis, poor awareness, lack of genetic screening opportunities, and lack of a genomic registry. This calls for the investigation of the potential of applying non-invasive genetic markers among Indians to achieve personalized cardiology. This paper aims to conduct a review of the literature regarding the application of non-invasive genetic biomarkers in detecting hereditary cardiomyopathies, with a particular focus on India.

II. TYPES OF HEREDITARY CARDIOMYOPATHIES

2.1 Hypertrophic Cardiomyopathy

The condition represents a pathological process characterized by an unexplained increase in the hypertrophy of the left ventricle, fibrosis, disarray in myocytes, and diastolic dysfunction. It is primarily a heritable condition that can be traced to mutations in the genes encoding sarcomeric proteins like MYH7 and MYBPC3 (Alcalai et al., 2017). The condition is highly heterogeneous in its manifestation, presenting either asymptomatically, with heart failure, or even as a cause of sudden death. The pathophysiology of the condition includes changes in metabolism and energy production, alongside the calcium balance with regard to contractile proteins. Some of the complications resulting from the condition include maladaptive hypertrophy, myocardial fibrosis, and remodelling. New studies suggest that circulating microRNAs and cell-free DNA could help detect these changes prior to left ventricular hypertrophy (Ho et al., 2018).

2.2 Dilated Cardiomyopathy

Definition of Dilated Cardiomyopathy: Dilated cardiomyopathy refers to an abnormal enlargement of the heart muscle without the presence of ischemia or valvular heart disease. Genetic contribution accounts for 30-50% of the cases of dilated cardiomyopathy, where there are mutations that occur in the genes known as TTN, LMNA, DSP, BAG3, and FLNC. It manifests with high variability of symptoms and increases the risk of advanced heart failure. Increasing attention has been put on the roles played by inflammatory processes, mitochondrial dysfunction, oxidative stress, and epigenetics. Biomarkers like miR-21, miR-133, and inflammation-exosome biomarkers play key roles in diagnosing dilated cardiomyopathy via myocardial remodeling.

2.3 Arrhythmogenic Cardiomyopathy

Arrhythmogenic cardiomyopathy is a genetic disease with a pathology associated with replacement of myocardium cells with fat and fibrotic tissues, along with arrhythmias and sudden deaths due to heart disease. The mutations affecting PKP2, DSG2, DSP, and JUP proteins are rather frequent (Towbin et al., 2019). This disease typically affects the right ventricle; however, the other forms of arrhythmogenic cardiomyopathy are being diagnosed more frequently. What concerns the discovery of markers that would be able to diagnose myocardial injury and fibrosis in arrhythmogenic cardiomyopathy, one can suggest extracellular vesicles and microRNAs involved in myocardial fibrosis.

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2.4 Restrictive Cardiomyopathy

Restrictive cardiomyopathy involves inadequate filling of the ventricles as a result of myocardial stiffening without compromising the contractility of the cardiac muscle. This type of cardiomyopathy is relatively less common than hypertrophic and dilated cardiomyopathy; however, this may happen because of the presence of genetic mutations, infiltration, or metabolic disorders. Symptoms associated with restrictive cardiomyopathy include lack of tolerance for physical activity, atrial enlargement, pulmonary hypertension, and heart failure. Restrictive cardiomyopathy, being relatively rare and diverse, the identification of its biomarkers has proved to be rather difficult. However, genomic and epigenomic testing may aid in this regard.

Table 1. Hereditary Cardiomyopathies and Genes Involved

Cardiomyopathy Type	Common Genes	Primary Pathology	Primary Pathology
Hypertrophic Cardiomyopathy	MYH7, MYBPC3, TNNT2	Sarcomeric dysfunction	Ventricular hypertrophy, arrhythmia
Dilated Cardiomyopathy	TTN, LMNA, DSP, FLNC	Ventricular dilation	Heart failure, reduced EF
Arrhythmogenic Cardiomyopathy	PKP2, DSP, DSG2	Fibrofatty replacement	Ventricular arrhythmias
Restrictive Cardiomyopathy	TNNI3, DES	Diastolic dysfunction	Impaired ventricular filling

Note. Compiled by the author from Alcalai et al. (2017), McNally et al. (2017), Hershberger et al. (2018), and Towbin et al. (2019).

III. GENETICS OF HEREDITARY CARDIOMYOPATHIES

Genetic sequencing and analysis have become an important consideration in hereditary cardiomyopathies. The technology has significantly advanced the study of molecular genetics. Over a hundred different genes have been identified that cause hereditary cardiomyopathies. Genes lead to pathogenic effects on the sarcomere, cytoskeleton, ion channels, mitochondria, and nuclei (Seidman & Seidman, 2016). Mutations in the genetic sequence of genes related to the sarcomere have been of concern as they cause hypertrophic cardiomyopathies. A mutation in the MYH7 gene causes disruption in the formation of the beta-myosin heavy chain, hence interfering with the interaction between actin and myosin. Furthermore, a mutation in the MYBPC3 gene reduces its ability to regulate the contraction process. A few studies have noted that the MYBPC3 gene mutation is common among South Asians, especially where there is a deletion in the MYBPC3 gene (Dhar & Chakrabarti, 2021).

Moreover, there is a large number of different mechanisms responsible for the development of DCM. Mutations in the titin molecule resulting in truncation of the protein take place predominantly in patients with familial dilated cardiomyopathy and are associated with impaired elasticity and mechanotransduction in the sarcomere. In addition, the mutations in the LMNA gene lead to arrhythmia and increase the likelihood of sudden cardiac death, while mutations in the FLNC and DSP genes cause myocardial fibrosis and conduction defects. Thanks to the emergence of novel technologies in detecting genetic abnormalities, it became possible to find rare mutations in hereditary cardiomyopathies and define their phenotypes. However, in many cases, there is evidence of incomplete penetrance and phenotypic variability of the genetic mutations in heart diseases. Thus, there is a necessity to create markers indicating disease progression. One more significant issue in studying the etiology of inherited heart diseases includes the epigenome role. It should be noted that DNA methylation, histone modifications, and chromatin remodeling are important factors in the regulation of gene expression and contribute to the heterogeneous nature of heart diseases. It can be influenced by such extrinsic factors as hypertension, obesity, diabetes mellitus, and oxidative stress.

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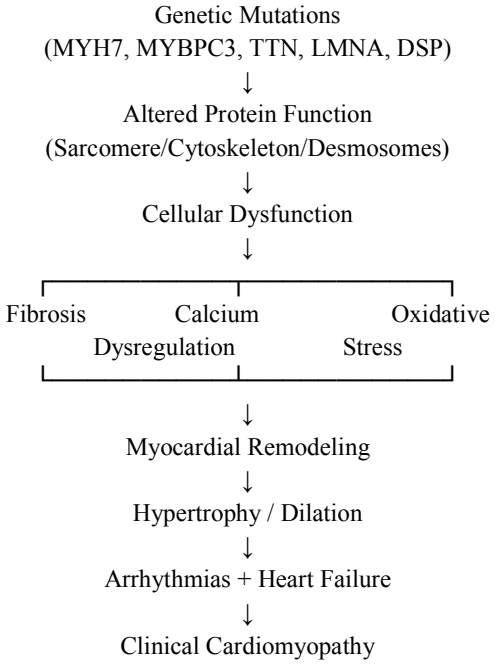

Figure 1. Molecular Mechanisms Involved in the Development of Hereditary Cardiomyopathies.
Developed by the author from Seidman and Seidman (2016), Burke et al. (2016), McNally et al. (2017), and Mukhopadhyay et al. (2024).

IV. NON-INVASIVE GENETIC BIOMARKER CONCEPT

A biomarker refers to biological markers used in detecting the existence of physiological and pathological processes in one's body. Considering non-invasive genetic biomarkers of hereditary cardiomyopathy, non-invasive genetic biomarkers refer to genetic or epigenetic molecules, extracellular vesicles, and nucleic acids which are able to be detected using liquid biopsy without performing a myocardial biopsy. The application of liquid biopsy in cancer diagnosis was adopted for detecting cardiovascular disorders. It makes the application of liquid biopsy more appropriate when diagnosing cardiac diseases since it is minimally invasive and relatively inexpensive. Moreover, non-invasive biomarkers are crucial as they would allow the timely diagnosis of a pathological condition. Some of the factors making a good biomarker include sensitivity, specificity, reproducibility, stability, and prognostic characteristics. In order for biomarkers to be useful in diagnosing inherited cardiomyopathy, they should be able to detect inherited cardiomyopathy at an earlier stage, identify mutation carriers, differentiate between various types of cardiomyopathies, predict inherited cardiomyopathy, and manage the illness appropriately. With the progress made in molecular biology, there have been significant improvements in detecting nucleic acids in circulation. Some of the components of the nucleic acids that have been identified include DNA from injured heart tissues, microRNAs regulating gene expression after transcription, and RNA from cardiac myocytes obtained from exosomes. In the context of India, it is important for the development of biomarkers to make significant strides in resolving some of the challenges related to the absence of modern diagnostic procedures. Genomic testing through blood can play a major role in this process.

V. CELL-FREE DNA CIRCULATION AS BIOMARKERS

Cell-free DNA refers to DNA molecules present in the bloodstream via processes such as apoptosis, necrosis, and secretion. The increased concentration of cell-free DNA in the bloodstream is seen in certain cardiovascular diseases.

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For instance, it can be observed in myocardial infarction, myocarditis, and cardiomyopathies of genetic origin. Studies have demonstrated that the methylation pattern unique to cardiomyocytes enables the distinction between cell-free DNA derived from heart cells and that derived from other cell types. It has greatly improved the performance of the technique in diagnosing cardiovascular disease. The increase in cell-free DNA is considered to be an indicator of heart muscle damage and fibrosis in cardiomyopathies. A cell-free DNA test will further help in discovering genetic mutations causing cardiomyopathy conditions through the use of digital polymerase chain reaction and next-generation sequencing techniques. This would enable the discovery of individuals who are carriers of certain genetic mutations but are asymptomatic. Some factors that determine the application of this technique include the following. One, the quantity of cell-free DNA is normally small, and its concentration varies depending on different factors such as age and physical activity.

VI. MICRORNAS AS BIOMARKERS IN DIAGNOSING CARDIOMYOPATHY

MicroRNAs refer to small RNAs that serve as post-translational regulators of gene expression by altering the stability of messenger RNAs and their translation. The misexpression of selected microRNAs has been associated with myocardial hypertrophy, myocardial fibrosis, inflammation, apoptosis, and electrical remodeling. Plasma microRNAs can function as potential biomarkers for inherited cardiomyopathies. MicroRNAs-1 and 133 are related to cardiac myogenesis and electrophysiology, while MicroRNA-21 relates to myocardial fibrosis and remodeling. The increased presence of microRNAs-208 and 499 is indicative of cardiomyocyte damage and heart failure (Condorelli et al., 2018). Studies conducted in hypertrophic cardiomyopathy patients have reported changes in the expression profile of microRNAs responsible for causing fibrosis and hypertrophy. Moreover, expression profiles of microRNAs related to inflammation have been reported in patients suffering from dilated cardiomyopathy and myocarditis. It is important to note that the stability of microRNAs in the plasma sample is high since microRNAs are stabilized against enzymatic degradation by being packaged in extracellular vesicles. Diagnostic methods that employ microRNAs can be implemented in India because of the affordability of blood-based diagnostic methods in high-risk populations in India. However, further research is necessary to validate such methods in India.

Table 2. Important MicroRNAs Associated with Hereditary Cardiomyopathies

MicroRNA	Associated Condition	Functional Role	Diagnostic Relevance
miR-1	HCM, arrhythmia	Electrical conduction	Early arrhythmogenic changes
miR-21	DCM, fibrosis	Fibrotic remodeling	Disease progression
miR-133	HCM	Muscle differentiation	Hypertrophic remodeling
miR-208	Heart failure	Cardiomyocyte injury	Prognostic marker
miR-499	Myocardial damage	Stress signaling	Severity assessment

Note. Data summarized from Chiti et al. (2021), Das and Upadhyay (2021), Bhattacharya and Aggarwal (2020), Sahni et al. (2022), Jain et al. (2021), and Nair and George (2023).

VII. EXOSOME-BASED BIOMARKERS AND EXTRACELLULAR VESICLES

The exosomes represent small vesicles that can be produced by cardiomyocytes, fibroblasts, endothelial cells, immune cells, and others. These nanoparticles consist of different molecules such as proteins, lipids, mRNA, miRNA, etc., which reflect the state of physiological conditions within these cells. As for inherited cardiomyopathies, the major role in this case belongs to exosomes, as they can affect the cell signaling and myocardial remodeling, i.e., fibrosis-related miRNAs help form the extracellular matrix and cause myocardial stiffening, while in inflammatory dilated cardiomyopathy, the inflammatory exosomes can contribute to the progression of the disease. As for the advantages of using vesicles for the transportation of biomarkers as compared with circulating free biomarkers, they include the provision of stability and protection from enzymatic degradation of nucleic acids. Nonetheless, owing to the technological advances such as nanoparticle tracking analysis, flow cytometry, and high-throughput sequencing, we

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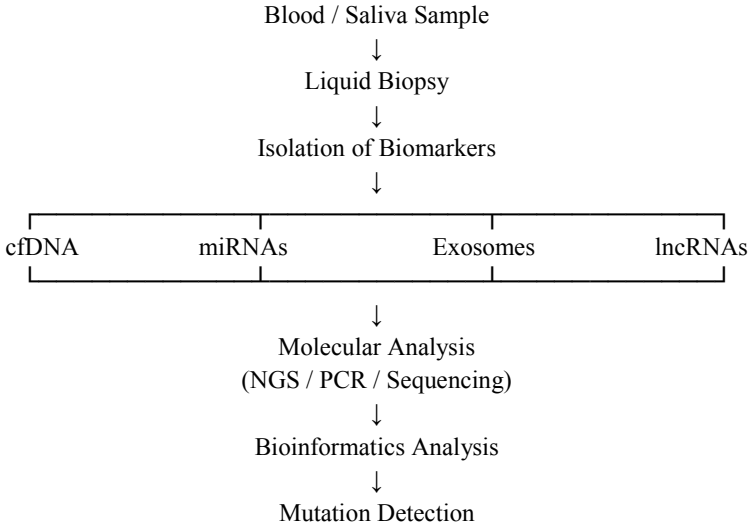
have gained much knowledge concerning exosomes. Yet, there is still much work to be done as far as exosomes are concerned.

VIII. BIOMARKERS OF CARDIOMYOPATHIES WITH EPIGENETICS AND LONG NON-CODING RNAS

The definition of epigenetics can be described as the alteration of gene expression, which is not brought about by any changes in the genetic makeup. There are four forms of epigenetic alterations, namely: DNA methylation, histone modification, chromatin modification, and RNA. All these are important because of their involvement in the development of cardiomyopathy through genetics. Numerous long non-coding RNAs serve in the regulation of transcription, chromatin organization, and cell signaling pathways. Many long non-coding RNAs have been known to be dysregulated in hypertrophic as well as dilated cardiomyopathy. The studies conducted based on the DNA methylation showed different methylation patterns relating to fibrosis, hypertrophy, and inflammation. Modifications in histones affect the genes associated with calcium, oxidative stress, and myocardial contraction. The reversibility in epigenetics makes them appropriate for treatments in the future. The combination of epigenetics, genome sequencing, and biomarkers will assist in predictions.

IX. CARDIOGENOMICS DIAGNOSTICS METHODS

Genomic technology innovations resulted in an alteration in the approach to diagnosing cardiomyopathy-related genetic changes. The application of next-generation sequencing facilitates the identification of many genes connected with cardiomyopathy, all at once. This is technology currently utilized extensively. The whole exome sequencing covers coding DNA parts, and it enables the identification of rare mutations. Whole genome sequencing means that the analysis is conducted on a considerably higher level with respect to the genomic field, since it includes non-coding regions as well. The most widespread method is the targeted gene panel due to its cost-efficiency and practicality. PCR technology (digital and quantitative) is extremely efficient in terms of detecting low levels of molecules such as microRNA or fragmented DNA. Liquid biopsy consists of various types of technologies related to molecular analysis and bioinformatic algorithms. Precision cardiology made an even more significant step forward with the introduction of artificial intelligence and machine learning by integrating genomic, transcriptomic, imaging, and clinical data to recognize mutation-carriers and create the appropriate therapy options. The use of genomic technology in India is rather limited due to expensive processes, inadequate infrastructure, poor genetic counseling facilities, and lack of data in databases. However, due to increasing emphasis on precision medicines and decreasing cost of sequencing, this situation may soon alter.



DOI: 10.48175/IJARSCT-36185

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↓
Risk Stratification
↓
Early Diagnosis & Personalized Medicine

Figure 2. Clinical Workflow for Non-Invasive Detection of Hereditary Cardiomyopathies.

Developed by the author from Parikh and Ashley (2017), Lewandowska et al. (2022), Dixit et al. (2022), Verma and Joshi (2023), and Choudhury and Singh (2023).

X. INDIAN COHORT STUDIES FOR CARDIOGENETICS

More work has been done recently on studying cardiogenetics in Indians during the past decade, but comparatively, much fewer studies have been carried out when compared to Western populations. There are certain genetic characteristics of Indian groups due to the genetic diversity of the population and founder mutations among certain populations of the country. Some of the common examples of cardiogenetics mutation in Indians include the MYBPC3 deletion mutation of 25 base pairs. It is said that the presence of the MYBPC3 mutation is associated with the higher prevalence of hypertrophic cardiomyopathy and heart failure cases in South Asians. It was also found that individuals with the mutation possessed an abnormal sarcomere and were prone to environmental stimuli. Some of the significant work carried out by institutions in various hospitals like AIIMS, SCTIMST, PGIMER, and Narayana Health was successful in their endeavors. However, there are relatively few works that have larger samples.

Recently, there have been conducted various studies in India regarding the role of miRNAs and inflammatory reactions in patients suffering from cardiomyopathy. Although progress in this field is limited at the moment, the difference in the expression levels of microRNA still offers potential for the differentiation between hypertrophic and dilated cardiomyopathy. Underdiagnosis and late referral to health care services are also other major issues. The patients tend to consult their physicians at the stage where the condition has already progressed to the point of heart failure or even arrhythmias. It is all the more necessary to perform non-invasive tests for early detection and management, especially among family members. Establishing a database in collaboration with biomarker testing would be important in understanding inherited forms of cardiomyopathy in India.

Table 3. Selected Indian Studies on Cardiogenetic Biomarkers

Study Focus	Population	Key Biomarker	Major Findings
MYBPC3 mutation analysis	| South Indian cohorts	MYBPC3 deletion	Increased HCM susceptibility
Familial DCM screening	North Indian families	TTN variants	Familial aggregation identified
Circulating miRNA analysis	HCM patients	miR-21, miR-133	Fibrosis-associated expression
Genomic sequencing studies	Multicenter cohorts	Multiple genes	Diverse mutation spectrum

Note. Information compiled from Roy and Banerjee (2021), Dixit et al. (2022), Sharma et al. (2023), Gupta et al. (2022), Verma and Joshi (2023), Choudhury and Singh (2023), and Patel and Dey (2021).

XI. CLINICAL APPLICATIONS OF NON-INVASIVE BIOMARKERS

Non-invasive genetic biomarkers represent a vast potential for patient care optimization in hereditary cardiomyopathies within various clinical settings. For example, the early recognition of asymptomatic mutation carriers in the absence of myocardial remodeling can be considered as one application that will contribute to the optimal treatment of this condition. In addition, one can mention familial assessment as another valuable application. The genetic analysis and biomarker detection will assist in identifying the family members at high risk of having this pathology in the future. It will be particularly beneficial in hypertrophic and arrhythmogenic cardiomyopathies when sudden death occurs without any symptoms. Moreover, genetic markers can make an immense contribution to disease prognosis. The increase in the concentration of miRNAs associated with fibrosis, exosomes involved in inflammation, and DNA released from the cell will indicate the rapid progression of pathology and a high risk of arrhythmias. These changes seen in the biomarkers may indicate whether the treatment is affecting the body, the worsening of fibrosis, or damage to the heart

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muscle. Future approaches to personalized medicine will rely on the use of biomarkers for pharmacological and even mechanical therapies. In countries that cannot afford advanced tests due to economic reasons, such as in many parts of India, blood test biomarkers would be a more preferable choice.

11.1 Early Disease Detection

Among the major strengths of non-invasive genetic biomarkers lies their capacity to determine hereditary cardiomyopathies before the manifestation of any morphological changes or clinical signs. Traditional diagnostic approaches, including echocardiography and cardiac MRI, frequently identify diseases once myocardial remodeling occurs. However, genetic biomarkers found in blood circulation can indicate molecular changes related to the onset of disease pathogenesis, thus making it possible to intervene at an earlier stage. Circulating microRNAs, cfDNA, lncRNAs, and exosomal RNA have been identified as potential biomarkers capable of detecting asymptomatic carriers with pathogenic gene variations. Studies show that there is a difference in microRNA expression levels among individuals with hypertrophic cardiomyopathy and dilated cardiomyopathy before the manifestation of myocardial dysfunction (Bhattacharya & Aggarwal, 2020; Das & Upadhyay, 2021; Nair & George, 2023). Similar results were obtained for plasma-derived microRNAs secreted in exosomes during the process of myocardial injury and remodeling related to hereditary cardiomyopathies (Sharma et al., 2023; Mitra et al., 2022).

Cell-free DNA testing has also provided new possibilities for early disease detection by facilitating the identification of disease-causing genetic abnormalities using minimally invasive techniques like blood sampling. Promising results have been observed in studies on the utilization of cfDNA to detect disease-causing genetic mutations for familial cardiomyopathy and its progression at a subclinical level in Indian and South Asian populations (Gupta et al., 2022; Rana & Sharma, 2021; Dixit et al., 2022). The combination of NGS with liquid biopsies has led to enhanced accuracy and sensitivity of genetic testing, facilitating early diagnosis among high-risk individuals (Verma & Joshi, 2023; Choudhury & Singh, 2023). In India, the need for early disease diagnosis is even more pronounced since many cases come to the attention of clinicians only after the development of symptoms related to heart failure or rhythm disturbances. Thus, the implementation of non-invasive screening methods that rely on biomarkers may significantly enhance early detection efforts (Patel & Dey, 2021; Singh & Srivastava, 2020).

11.2 Family Screening and Risk Stratification

Given the fact that the majority of hereditary cardiomyopathies tend to follow autosomal dominant inheritance models, family screening serves as an essential component in the prevention and treatment strategies for this group of disorders. Genetic biomarkers can be used as an effective tool in determining asymptomatic family members who are likely to develop the condition based on their possession of certain genetic mutations. Cascade testing involving genetic and biomarker screenings has shown considerable efficiency in recognizing mutation carriers before the onset of symptoms associated with the condition (Roy & Banerjee, 2021; Mehra & Pillai, 2021). Furthermore, circulating miRNAs and cfDNA analysis may supplement traditional genetic testing by revealing some new data related to the disease penetrance and heart tissue remodeling. Another crucial use of non-invasive biomarkers includes risk stratification. Different types of biomarker patterns are related to fibrosis, ventricular dysfunction, arrhythmogenesis, and poor patient outcomes. Increased concentrations of microRNAs involved in fibrosis, such as miR-21 and miR-133, have been associated with progressive myocardial remodeling and greater disease severity (Sahni et al., 2022; Reddy & Chatterjee, 2022). Likewise, exosomes can give useful information about the ongoing pathological process and allow for the detection of patients with increased risks of sudden cardiac death or heart failure deterioration (Mitra et al., 2022). Family screening is highly important in India due to some genetically linked mutations that are unique to the Indian subpopulation, such as the MYBPC3 25 base pair deletion, predisposing patients to cardiomyopathies. Screening programs will help detect such mutation carriers at an early stage and prevent the development of cardiac diseases (Dhar & Chakrabarti, 2021; Roy & Banerjee, 2021).

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11.3 Disease Monitoring and Prognosis

In addition to diagnosis and screening, non-invasive genetic biomarkers serve as useful indicators of disease course, treatment response, and long-term prognosis. Biomarker levels can be repeatedly monitored by blood tests; thus, such methods could help track the health state of patients suffering from hereditary cardiomyopathies. MicroRNAs, in particular, proved to be efficient biomarkers for predicting the prognosis as their levels might indicate the presence of myocardial fibrosis, inflammation, ventricular dysfunction, and clinical worsening. High levels of fibrosis-associated microRNAs were linked to worse ventricular remodeling and the risk of heart failure progression (Jain et al., 2021; Nair & George, 2023). Changes in the profile of circulating non-coding RNAs could signal an increase in myocardial damage before it is diagnosed using imaging techniques (Chakraborty et al., 2020). Additionally, cell-free DNA and long non-coding RNAs have gained popularity as potential prognosticators. An elevated level of cfDNA suggests ongoing damage to the cardiomyocytes, while specific lncRNAs associated with certain diseases can be an indicator of disease severity and development in genetic cardiomyopathies (Prasad et al., 2023; Saxena et al., 2022). They will help in diagnosing the faster course of disease and enable more personalized monitoring of patients' conditions. In addition, composite markers combining several classes of markers can contribute to better prediction. Biomarker studies using several types of markers, such as genomic, transcriptomic, and clinical markers, are used to predict clinical outcomes (Dutta & Singh, 2022; Choudhury & Singh, 2023).

11.4 Personalized Medicine and Precision Cardiology

Non-invasive genetic biomarkers have expedited the shift from conventional disease management methods to personalized medicine and precision cardiology. Unlike population-based treatment approaches that do not take into account any genetic, molecular features, or potential environmental risk factors for the condition, personalized medicine aims at tailoring the treatment and diagnostic processes based on an individual's genetic makeup, molecular features, possible exposures, and risk of the disease. Hereditary cardiomyopathies display great genetic and phenotypical variability among individuals who carry identical mutations. As such, a person may experience a very different manifestation pattern, timing, severity, progression rate, and outcome associated with the disease. The discovery of genetic and molecular markers of each condition can help to adopt a more personalized approach towards diagnosis and treatment (Ho et al., 2018; Hershberger et al., 2018). Biomarkers that allow non-invasive analysis are particularly important within precision cardiology as they help monitor the status of the disease in real time. MicroRNAs, exosomal RNA, cfDNA, and epigenetic changes reflect the state of cardiac cells in terms of remodeling, inflammation, and other aspects of the disease process (Mehdi et al., 2025; Mukhopadhyay et al., 2024).

India’s personalized medicine is especially critical considering the diverse genetics among the population and the existence of unique variants that could impact disease susceptibility and management. The introduction of next-generation sequencing technologies, liquid biopsies, and data analysis through the use of artificial intelligence offers possibilities in assessing cardiovascular risks precisely, resulting in patient-tailored treatment plans (Dixit et al., 2022; Choudhury & Singh, 2023). Despite several challenges surrounding infrastructure and affordability, the integration of precision medicine within the hereditary cardiomyopathy management could revolutionize healthcare delivery in terms of cardiovascular diseases in Indian communities.

XII. CHALLENGES AND LIMITATIONS

Even after making great strides, a number of hurdles have been noted that affect the application of non-invasive genetic markers in a clinical setting. These include a lack of standardization for the assays, small sample sizes, variations in quantitative techniques used to assess the markers, and limited validation among different ethnicities. Many of the biomarkers have also shown some degree of similarity to other heart diseases and inflammatory disorders, thus decreasing their potential specificity as markers. In addition, Indian populations are poorly represented in the global genomic database, thereby making the interpretation of variants more challenging.

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XIII. FUTURE PERSPECTIVES

Further research in the field needs to be geared towards conducting multi-center studies using larger cohorts from different communities in India to validate the biomarkers that hold promise and identify population-specific reference ranges. Using a multi-omics approach through the integration of genomics, transcriptomics, epigenomics, proteomics, and metabolomics may lead to better insight regarding the underlying mechanisms of pathogenesis of hereditary cardiomyopathy. Application of developments in artificial intelligence and machine learning will lead to better prediction and interpretation of results from biomarker testing. Affordability of liquid biopsy technology, expansion of genomic registry database, and application of precision medicine will be helpful in India.

XIV. CONCLUSION

Non-invasive genetic biomarkers are a relatively new field in cardiovascular medicine that holds considerable promise in terms of the early diagnosis, assessment of risks, surveillance, and treatment of hereditary cardiomyopathies. The benefits of circulating miRNAs, cell-free DNA, exosomes, and lncRNA as biomarkers should be considered in conjunction with conventional diagnostic methods. Such an approach is especially pertinent in India due to genetic variability among patients, the presence of specific variants, and the growing prevalence of cardiovascular diseases in the country. Genomics, liquid biopsy, and precision cardiology are expected to bring improvements in the early diagnosis of hereditary cardiomyopathies in the future.

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IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 14, May 2026
Impact Factor: 8.2

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IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 14, May 2026
Impact Factor: 8.2

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