

Contents

<i>Preface</i>	v	
<i>Acknowledgements</i>	vii	
Chapter 1	Structural and Functional Organization of Human Body	1
■ Introduction		1
□ Subdisciplines of Anatomy and Physiology		2
■ Anatomical Terminology		3
■ Basic Processes of the Human Body		5
■ Homeostasis		6
□ Control of Homeostasis		6
□ Feedback System		7
□ Homeostatic Imbalance		8
■ Levels of Structural Organization		9
□ The Cellular Level of Organization		10
□ The Tissue Level of Organization		31
□ The System Level of Organization		44
■ Diseases Associated with Cells and Tissues		48
□ Cancer		48
Chapter 2	The Integumentary System	53
■ Structure of the Skin		53
□ The Epidermis		53
□ The Dermis		56
□ Colour of the Skin		57
■ Accessory Structures of the Skin		58
□ Hair		58
□ Nails		59
□ Skin Glands		60
■ Functions of the Integumentary System		61
■ Disorders of the Integumentary System		62

Chapter 3	The Skeletal System	71
■	Introduction	71
□	Functions of the Skeletal System	72
■	Structure of the Bone	72
■	Types of Bones	74
■	Histology of Bone Tissue	75
■	Types of Bone Tissues	76
■	Development of Bone Tissue or Formation of Bone	78
□	Remodelling of Bone	81
□	Factors Affecting Bone Growth and Bone Remodelling	81
■	Fracture and Healing of Bone	82
■	Divisions of the Skeletal System	84
□	Bone Markings	85
■	The Axial Skeleton	86
□	Skull	86
□	Vertebral Column	93
□	Thoracic Cage	97
■	The Appendicular Skeleton	98
□	Shoulder (Pectoral) Girdle	98
□	Upper Limbs	100
□	Pelvic Girdle	101
□	Lower Limbs	102
■	Joints	104
□	Classification (Types) of Joints	104
■	Disorders Associated with the Skeletal System	108
□	Osteoporosis	108
□	Rickets	109
□	Osteomalacia	109
□	Osteomyelitis	109
□	Paget's Disease	109
□	Rheumatoid Arthritis	109
□	Osteoarthritis	110
□	Arthritis	110
□	Gout	110
□	Bursitis	110
Chapter 4	The Muscular System	117
■	Introduction	117
□	Functions of Muscle Tissue	117
□	Properties of Muscle Tissue	118
■	Types of Muscle Tissue	118

 Skeletal Muscle Tissue	120
☐ Anatomy of Skeletal Muscle Tissue	120
☐ Physiology of Skeletal Muscle Contraction	122
☐ Types of Skeletal Muscle Fibres	129
 Cardiac Muscle Tissue	130
 Smooth Muscle Tissue	131
☐ Microscopic Anatomy of Smooth Muscle Tissue	131
☐ Physiology of Smooth Muscle Tissue	131
 Skeletal Muscles in the Human Body	132
☐ Muscle Terminology: Naming of Skeletal Muscles	133
☐ Location and Function of Skeletal Muscles	134
 Disorders Associated with the Muscular System	151
☐ Myasthenia Gravis	151
☐ Muscular Dystrophy	151
☐ Crush Syndrome	151
☐ Abnormal Contractions of Skeletal Muscles	151
☐ Myositis	151
☐ Myalgia	152
☐ Muscle Atrophy and Hypertrophy	152

Chapter 5 The Nervous System

159

 Introduction	159
 Overview of the Nervous System	160
☐ Functions of the Nervous System	161
☐ Organization of the Nervous System	162
 Histology of Nervous Tissue	164
☐ Neurons	164
☐ Neuroglia	168
☐ Grey and White Matter	169
 The Physiology of Nerve Impulse (Action Potential)	170
 The Synaptic Transmission	172
 Response of Nervous Tissue to Injury	173
☐ Repair of Neurons in the PNS	173
☐ Repair of Neuroglia	173
 Brain	174
☐ The Cerebrum	181
☐ The Diencephalon	189
☐ The Brain Stem	193
☐ The Cerebellum	194
☐ Cranial Nerves	195
 Spinal Cord	197
☐ Anatomy of the Spinal Cord	197

❑ Physiology of the Spinal Cord	199
❑ Reflex Arc	200
❑ Spinal Nerves	202
■ The Autonomic Nervous System	206
❑ Sympathetic Division	207
❑ Parasympathetic Division	208
■ Pain Pathway	209
❑ Pathways of Pain Sensation	210
■ Disorders Associated with the Nervous System	211
❑ Stroke (Cerebrovascular Accident)	211
❑ Epilepsy	212
❑ Parkinson's Disease	212
❑ Neuritis	212
❑ Alzheimer's Disease	212
❑ Multiple Sclerosis	213
❑ Tetanus	213
❑ Poliomyelitis	213
❑ Brain Injury	214
❑ Cerebral Palsy	214
❑ Meningitis	214
❑ Encephalitis	215
❑ Hydrocephalus	215

Chapter 6 **The Endocrine System** **223**

■ Introduction	223
❑ Hormones	226
■ Hypothalamus	228
❑ Anatomical Structure	228
❑ Hormones	228
■ Pituitary Gland	229
❑ Anatomical Structure	229
❑ Anterior Pituitary	230
❑ Posterior Pituitary	233
■ Pineal Gland	234
❑ Anatomical Structure	234
❑ Hormones	234
■ Thyroid Gland	234
❑ Anatomical Structure	234
❑ Hormones	235
■ Parathyroid Glands	235
❑ Anatomical Structure	235
❑ Hormones	236

 Adrenal Glands	237
☐ Anatomical Structure	237
☐ Adrenal Cortex	237
☐ Adrenal Medulla	239
 Pancreas	240
☐ Anatomical Structure	240
☐ Hormones	240
 Gonads	242
☐ Anatomical Structure	242
☐ Hormones	242
 Gastrointestinal Hormones	244
 Other Endocrine Glands	244
 Disorders Associated with the Endocrine System	245
☐ Addison's Disease	245
☐ Diabetes Mellitus	245
☐ Diabetes Insipidus	245
☐ Goitre	245
☐ Hyperthyroidism	245
☐ Hypothyroidism	246
☐ Acromegaly	246
☐ Gigantism	246
☐ Pituitary Dwarfism	246
☐ Cushing's Disease	247
☐ Grave's Disease (Thyrotoxicosis)	247
☐ Myxoedema	247
☐ Cretinism	247

Chapter 7 The Blood

257

 Introduction	257
☐ Properties of Blood	257
☐ Functions of Blood	258
 Components of Blood	260
☐ Plasma	260
☐ Blood Cells	263
 Blood Groups	280
☐ ABO Blood Group	280
☐ Rh Blood Group	282
 Blood Coagulation	284
 Disorders Associated with Blood	289
☐ Anaemia	289
☐ Sickle Cell Anaemia	289
☐ Haemophilia	289
☐ Leukaemia	290
☐ Thrombosis	290

Chapter 8	The Lymphatic System	295
	Introduction	295
	The Lymphatic System	295
	Lymph	296
	Composition of Lymph	297
	Formation of Lymph	297
	Lymphatic Vessels and Lymph Circulation	298
	Lymph Capillaries	298
	Lymphatic Vessels	298
	Lymphatic Trunk	299
	Lymphatic Ducts	300
	Flow of Lymph	302
	Lymph Nodes	303
	Structure of the Lymph Node	303
	Functions of the Lymph Nodes	304
	Organs of the Lymphatic System	305
	Spleen	305
	Thymus Gland	306
	Lymphatic Nodule	308
	Disorders Associated with the Lymphatic System	309
	Lymphoid Leukaemia	309
	Hodgkin's Lymphoma	310
	Lymphoedema	310
	Acute Lymphadenitis	310
	Non-Hodgkin's Lymphoma	310
	Splenomegaly	310
	Tonsillitis	310
	Bubonic Plague	310
Chapter 9	The Immune System	315
	Introduction	315
	Nonspecific Resistance/Innate Immunity	317
	Specific Resistance/Acquired Immunity	317
	Cell-Mediated/Cellular Immunity	317
	Antibody Mediated Immunity or Humoral Immunity	320
	Immunization	323
	Passive Immunity	323
	Active Immunity	324
	Terminology Related to Immunity	325
	Antigens	325

❑ Antimicrobial Proteins	326
❑ Natural Killer Cells	326
❑ Phagocytes	326
❑ Antibodies	326
📖 Diseases Associated with the Immune System	329
❑ Hypersensitivity (Allergy)	329
❑ Autoimmune Diseases	330
❑ Acquired Immune Deficiency Syndrome (AIDS)	330

Chapter 10 The Respiratory System 337

📖 Introduction	337
📖 Anatomy of the Respiratory System	340
❑ Nose and Nasal Cavity	340
❑ Pharynx	344
❑ Larynx	348
❑ Trachea	352
❑ Bronchi, Bronchioles and Alveoli	354
❑ Lungs	357
📖 Physiology of the Respiratory System	360
❑ Basic Steps in Respiration	360
❑ Cycle of Respiration	362
❑ Lung Volumes and Capacities	364
❑ Pulmonary Function Tests	367
❑ Breathing Patterns and Modified Respiratory Movements	369
❑ Transport of Oxygen and Carbon Dioxide in the Bloodstream	371
❑ Regulation of Respiration	374
❑ Artificial Respiration	376
❑ Disorders of the Respiratory System	377

Chapter 11 The Cardiovascular System 395

📖 Introduction	395
📖 Anatomy and Physiology of the Heart	396
❑ Position	398
❑ Location	398
❑ Structure	399
❑ Flow of Blood Through the Heart	404
📖 Blood Circulation	404
❑ Systemic Circulation	404
❑ Pulmonary Circulation	409
❑ Fetal Circulation	411

 Cardiac Conduction System	413
□ Action Potential in Cardiac Muscle	414
 The Cardiac Cycle	415
□ Stages of Cardiac Cycle	415
 Heart Sounds	418
□ Different Heart Sounds	419
□ Importance of Heart Sounds	419
 Electrocardiogram	420
□ Electrocardiograph or ECG Machine	420
 Blood Pressure	422
□ Variations in BP	423
□ Determinants of BP—Factors that Maintain BP	424
□ Regulation of BP	425
 Cardiac Output	429
□ Variations in CO	429
□ Regulation of CO	430
 Heart Rate	433
□ Regulation of Heart Rate	433
 Disorders of the Cardiovascular System	434
□ Coronary Artery Disease	434
□ Congestive Heart Failure	436
□ Cardiac Murmurs	437
□ Pericarditis	437
□ Myocarditis	438
□ Endocarditis	438
□ Ischaemic Heart Disease	438
□ Cardiac Arrhythmia	439
□ Congenital Abnormalities	439
□ Rheumatic Heart Disease	443
□ Hypertension	443

Chapter 12 The Digestive System **451**

 Introduction	451
 Components of the Digestive System	452
 Layers of the Digestive System	453
□ Mucosa	454
□ Submucosa	455
□ Muscularis/Muscle Layer	455
□ Adventitia/Serosa/Peritoneum	456
 Neuronal Control of the GI Tract—The Enteric Nervous System	457
 Blood Circulation of the Digestive System— Splanchnic Circulation	458

 Components of the Gastrointestinal Tract	459
☐ Mouth	459
☐ Pharynx	465
☐ Oesophagus	466
☐ Stomach	469
☐ Small Intestine	476
☐ Large Intestine	481
 Accessory Organs	485
☐ Liver	485
☐ Gallbladder	489
☐ Pancreas	491
☐ Salivary Glands	494
 Digestion and Absorption of Nutrients in the GI Tract	496
☐ Basic Mechanism of Digestion	496
☐ Digestion and Absorption of Carbohydrates	498
☐ Digestion and Absorption of Proteins	498
☐ Digestion and Absorption of Fats	499
 Diseases of the Digestive System	500
☐ Diseases of the Mouth	500
☐ Diseases of the Salivary Glands	502
☐ Diseases of the Oesophagus	503
☐ Diseases of the Stomach	503
☐ Diseases of the Intestine	504
☐ Diseases of the Pancreas	506
☐ Diseases of the Liver	506
☐ Diseases of the Gallbladder and Bile Ducts	507
☐ Other Diseases of Digestive System	508

Chapter 13 The Urinary System **515**

 Introduction	515
 Organs of the Urinary System	515
☐ Functions of the Urinary System	516
☐ Kidney	517
☐ Ureters	532
☐ Urinary Bladder	532
☐ Urethra	533
 Micturition	534
☐ Micturition Reflex	534
 Disorders of the Urinary System	535
☐ Urinary Tract Infections	535

❑ Glomerulonephritis	535
❑ Polycystic Disease	535
❑ Pyelonephritis	536
❑ Nephrotic Syndrome	536
❑ Acute Renal Failure	536
❑ Chronic Renal Failure	536
❑ Renal Calculi	536
❑ Tumour of the Urinary Bladder	536
❑ Nephroptosis or Floating Kidney	537
❑ Other Diseases of Urinary System	537

Chapter 14 The Reproductive System 545

 Introduction	545
 Male Reproductive System	545
❑ Testes	546
❑ Ducts of Testis	552
❑ Accessory Glands	554
❑ Supporting Structures	556
 Female Reproductive System	557
❑ Ovary	558
❑ Fallopian/Uterine Tubes	562
❑ Uterus or Womb	563
❑ Vagina	564
❑ Vulva or External Female Genitalia	565
❑ Mammary Glands or Breasts	567
❑ Role of Different Hormones in the Female Reproductive System	568
❑ Menstrual Cycle	569
❑ Pregnancy, Embryonic Development and Parturition	573
 Diseases Associated with the Reproductive System	575
❑ Functional Problems	575
❑ Cancers of Reproductive Organs	575
❑ Infections in the Reproductive System	575
❑ Congenital Abnormalities	576
❑ Other Diseases of the Reproductive System	576

Chapter 15 The Sense Organs 585

 Introduction	585
 Eyes (Organs of Sight)	585
❑ Structure of the Eye	586
❑ Accessory Structures of the Eye	592
❑ Physiology of Vision	593

 Ears: The Organs of Hearing and Equilibrium	599
☐ Structure of the Ear	599
☐ Physiology of Hearing	603
☐ Physiology of Equilibrium	605
 Sense of Smell	607
☐ Olfactory Receptors	607
☐ Physiology of Olfaction (Smell)	607
☐ Olfactory Pathway	607
 Sense of Taste	608
☐ Taste Buds	608
☐ Physiology of Gustation (Taste)	609
 Diseases Associated with Sense Organs	610
☐ Otitis Media	610
☐ Meniere's Disease	610
☐ Conjunctivitis	610
☐ Glaucoma	610
☐ Cataract	610
☐ Refractive Errors of the Eye	610

Appendices **Health Education** **619**

 Appendix A: Concept of Health and Disease	619
☐ Health	619
☐ Disease	619
 Appendix B: Nutrition and Health	621
 Appendix C: Demography and Family Planning	624
☐ Demography	624
☐ Family Planning	624
 Appendix D: Communicable Diseases	626
☐ Chicken Pox (Varicella)	626
☐ Measles or Rubeola	626
☐ Influenza	627
☐ Leprosy	627
☐ Syphilis	628
☐ Gonorrhoea	628
☐ Diphtheria	628
☐ Whooping Cough (Pertussis)	629
☐ Tuberculosis (TB)	629
☐ Poliomyelitis	630
☐ Tetanus	630
☐ Rabies	631
☐ Trachoma	632

 Appendix E: First Aid Measures	633
☐ Shock	633
☐ Snakebite	633
☐ Burns	633
☐ Poisoning	634
☐ Fracture	634
☐ Resuscitation Methods	635
<i>Index</i>	637