Contents

1. Introduction, General Terminology and Different System Functioning in the Body 1

- *Subdivision of Anatomy 1*
- *Subdivision of Physiology 2*
- *Level of Structural Organization 2*
- *Anatomical Position 3*

2. Cell 9

- *The Cellular Level of Organization 9*
- *Cytoplasm 9*
- *Nucleus 16*

3. Tissue 19

4. Skeletal System 31

5. Muscular System 47

- *Microscopic Anatomy of Skeletal Muscles 47*
- *Muscles of Wrist, Hand and Finger 49*
- *Muscles of the Leg (Tibia and Fibula) 50*
- *Muscles of the Thigh (Femur) 51*
- *Muscles of the Abdominal Wall 52*

6. Digestive System 55

- *Food and Nutrition 55*
- *Nutrition 55*
- *Contents of Food 56*
- *Protein 56*
- *FAT 57*
- *Carbohydrates 57*
- *Diet Fibres 58*
- *Water 59*
- *Minerals 59*
- *Vitamins 62*
- *Vitamin A 62*
- *Vitamin B_1 64*
- *Vitamin B_2 64*
- *Niacin 65*
- *Vitamin B_6 65*
- *Vitamin B_{12} 65*
- *Vitamin B_3 66*
- *Folic Acid 66*
- *Biotin 67*

- *Vitamin C 67*
- *Digestion 67*
- *Boundaries of Oral Cavity 69*
- *Composition of Saliva 72*
- *Composition of Intestinal Juice 80*
- *Function of Small Intestine 80*

7. Metabolisms 86
- *Definition 86*
- *Basal Metabolic Rate (BMR) 87*
- *Metabolism of Carbohydrates 87*
- *Metabolism of Fat 93*
- *Metabolism of Protein 93*

8. Cardiovascular System 95
- *Blood 95*
- *Function of Blood 98*
- *Hazards of Incompatible Blood 99*
- *Coagulation of Blood 101*
- *Inner Ring 107*
- *Ventricular Events (Outer Ring) 108*
- *Ventricular Diastole 108*
- *Isometric Relaxation 109*
- *Difference Between the First and Second Heart Sound 109*
- *Cardiac Output 110*

9. Respiratory System 117
- *Definition 117*
- *Pharynx 119*
- *Larynx 119*

10. Endocrine System 126
- *Pituitary Gland 126*
- *Thyroid Gland 128*
- *Parathyroid Gland 129*
- *Adrenal Gland 129*
- *Pancreas 130*
- *Ovary and Testis 131*
- *Pineal Gland 131*
- *Thymus Gland 132*

11. Nervous System 134
- *Nerve Cell 134*
- *Brain 136*
- *Spinal Cord 143*
- *Tracts 144*

12. Sense Organs 149
- *Special Sense Organs 151*

13. Urinary System.....160
- *Kidneys 161*
- *Histology of Juxtaglomerular Apparatus 165*
- *Physiology of Urine Formation 168*
- *Summary of Filtration and Reabsorption 176*

14. Reproductive System.....182
- *Male Reproductive System 182*
- *Female Reproductive System 187*

15. Miscellaneous 192

16. Immune System.....195

Index.....199