



## **INTRODUCTION**

Anatomy is a science that deals with the structures of the body and the relationship of various parts to each other. A knowledge of these structures is necessary to understand their functions.

The subject matter of Anatomy includes:

1. Cytology study of cells
2. Histology
3. Osteology study of tissues study of bones
4. Myology - study of muscles
5. Arthrology study of joints
6. Splanchnology - study of organs
7. Neurology -study of the nervous system

Descriptive terms used in Anatomy:

The various parts of the body may be arrange-

- i) Symmetric e.g. limbs, eyes, ears and lungs. Their arrangement on the right side and left side are similar.
- ii) Assymmetric e.g. spleen and liver. The spleen lies entirely in the left side. Liver lies mostly on the right side.

The study of human body is done in anatomical position. In this position, the body is erect, the head facing forwards, arms by the sides and palms of hand facing forward. The following are a few important terms which used to describe the human body:

1. Median line (mid saggittal plane): The central plane which divides the body into two halves i.e. right and left.
2. Medial : Nearer to the median line
3. Lateral Away from the median line
4. Superior : Nearer to the head
5. Inferior: Nearer to the foot

6. Anterior: Nearer to the front surface of the body
7. Posterior: Nearer to the back surface of the body
8. Proximal : Nearer to the origin of the structure
9. Distal : Away from the origin of the structure
10. Superficial Nearer to the skin surface

## PHYSIOLOGY

Physiology is the science of life. It is the branch of biology that aims to understand the mechanisms of living things, from the basis of cell function at the ionic and molecular level to the integrated behaviour of the whole body and the influence of the external environment.<sup>2</sup>

## REFERENCE:

1. Basic Human anatomy and physiology by Dr.N.Murugesh
2. <https://www.physoc.org/explore-physiology/what-is-physiology/#:~:text=Physiology%20is%20the%20science%20of,influence%20of%20the%20external%20environment.>