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Chakras in human body pdf

Human blood is made up of plasma, red blood cells, white blood cells, and platelets. The density of blood is only slightly more than pure water, and it makes up about 7% of a human's body weight. Therefore, the actual blood volume will depend on the size of the person, their age, their sex, their state of hydration, the volume of white blood cells and red blood cells in their blood, and their overall state of health. An average adult who weighs between 150 and 180 pounds will contain approximately 1.2 to 1.5 gallons of blood in their body. A child weighing about 80 pounds will contain about half the amount of blood as an adult. Sometimes referred to as the "cuddle hormone," oxytocin is released during sex and breastfeeding. But does it make you fall in love with someone or just bond you more with someone you already love?By Dave Roos Imagine wearing a parka outside on sunny day in July. As you walk around, your body rapidly heats up. You grow uncomfortable and start to sweat. After 30 minutes boiling inside of the coat, you unzip it and feel the cool outside air rush to your skin. If humans had thick fur like chimpanzees, it would probably feel a lot like being trapped inside of a permanent parka, especially when the mercury rises.Mammals have an internal mechanism called thermoregulation that allows the brain to adjust the temperature inside of their bodies. But there are limits to that range, and for humans, that range is more restrictive on the warmer end of the scale. If your internal temperature increases more than a dozen or so degrees, you'd probably die. To keep your body from overheating, you sweat. But in order for sweat to do its job and cool you off through evaporation, there can't be a lot of thick hair around to get in the way. Most adults have about 5 million hairs across their bodies. That's a steep number, but the hair's short, fine structure facilitates our sweat-cooling response. That capability to withstand heat allowed humans to migrate around 1.7 million years ago from tree-covered areas to open savannas in Africa and onward [source: Rogers et al].Humans retained plentiful tresses on the tops of their heads for protection. This makes sense since the head is one of the main parts of your body that's consistently exposed to the sun. That means there's a greater amount of heat and radiation that reaches it directly.Traveling down the head to the face, you encounter the first major difference in hair covering between genders. Men have thicker facial hair and chest hair, thanks to hormones in their bodies called androgens. The root of this gender disparity has to do with natural selection. As humans evolved, the overall amount of human body hair diminished. As that happened, humans with less body hair probably became more capable of survival, which, in turn, made it a desirable trait. Males had more power in selecting mates than females, which may have led to the increased hairlessness in women [source: The Economist].Speaking of mating, body hair can also play a role in sexual attraction. On a superficial level, some people may prefer partners with long, short or curly locks. Biologically, the areas of thicker hair on humans' underarms and genitals are probably related to sexual selection. Both of those areas are sites of scent-releasing organs called apocrine glands. The odorous chemicals that the glands emit are unique to every person and may help attract members of the opposite sex, like pheromones in other animals. The hair in those areas traps and amplifies those odors, like loudspeakers that amplify your body's chemical siren song of attraction [source: The Economist].But if those chemicals aren't enough to hook a honey, perhaps you can wow the apple of your eye with a new cut, color, perm or crimp. When it comes to body hair, where evolution left off, we have safety razors, depilatory creams and electrolysis to remove as few or as many unwanted whiskers as we please.Originally Published: Nov 5, 2008 How do we breathe? What is the purpose of our lungs? What is the link between oxygen and life ? These questions open a vast field of discovery to help us understand respiration. This course is for anyone who wants to understand human respiratory physiology, the operation of respiration and the lungs. Immersed in the heart of the university and hospital practice, you'll learn from professors, health professionals, interns and medical students. Together we'll discuss topics that are close to the world surrounding us: respiration during exercise, at high altitude, the role of air pollutants, asthma, and other important respiratory issues. During the course experts will discuss specific and practical topics such as how to comprehend oxygenation of a patient, why and when to administer oxygen, and what hyperventilation means. This course will also discuss in depth human anatomy, physical volumes and pressures of gasses, blood, oxygen, CO₂, lungs, tissues, smoking and chronic bronchitis. Explain and describe the principles of oxygenation, ventilation, transport and consumption of oxygen and gas diffusion between air and blood How to explain and describe respiration through diagrams and calculations using fundamental formulas Evaluate the quantity and quality of the oxygenation of a patient Distinguish normal respiratory situations from pathological ones Receive an instructor-signed certificate with the institution's logo to verify your achievement and increase your job prospectsAdd the certificate to your CV or resume, or post it directly on LinkedInGive yourself an additional incentive to complete the courseedX, a non-profit, relies on verified certificates to help fund free education for everyone globallyReally engaging speaker and very accessible as it comes with English subtitles for non-native French speakers. Well explained lessons which provoke deeper thought and the assignments do really enforce your learning. Touches upon some medical aspects which I really enjoyed. Brilliant course! A learner on Coursetalk Different organs can work together to perform a common function, like how the parts of your digestive system break down food. We refer to an integrated unit as an organ system. Groups of organ systems work together to make complete, functional organisms, like us! There are 11 major organ systems in the human body.The circulatory system is a body-wide network of blood, blood vessels, and lymph. Powered by the heart, it is the body's distribution system to organs with oxygen, hormones and essential nutrients that helps it function properly. Read more.Learn more about these body parts in the circulatory system:Every tissue within the body requires oxygen to function. The respiratory system, which includes air passages, pulmonary vessels, the lungs, and breathing muscles, provides oxygenated blood to the body tissues and removes waste gases. Read more.Learn more about these body parts in the respiratory system:The skeletal system gives the body its basic framework, providing structure, protection, and movement. The 206 bones in the body also produce blood cells, store important minerals, and release hormones necessary to life. Read more.The muscular system is comprised of the sum total of muscles throughout the body that move the skeleton, maintain posture through steady contraction, and generate heat through cell metabolism. Humans have three types of muscle. Read more.The nervous system allows us to perceive, comprehend, and respond to the world around us. The nervous system also operates the body's essential physiologic functions, such as breathing and digestion. Read more.Learn more about these body parts in the nervous system:brainspinal cordmeningesdura mater How many organs can you see in this human model? (Image credit: Shutterstock) Since ancient times, humankind has sought to understand the guts inside us. Ancient Egyptians handled human organs as they removed them for embalming. Medical manuscripts found in an ancient Chinese tomb may be the earliest-known anatomical writing about the human body. Thousands of years later, do we know how many organs are in the human body?Organs are collections of tissues that work together for a common goal, explained Lisa M.J. Lee, an associate professor in the Department of Cell & Developmental Biology at the University of Colorado School of Medicine. "Every organ provides a function for human performance or survival," she told Live Science.But not every organ is necessary for survival. Only five organs — the brain, heart, liver, at least one kidney, and at least one lung are absolutely essential for living. Losing total function of any one of these vital organs spells death. Remarkably, the human body can survive without a lot of other organs, or by replacing a non-functioning organ with a medical device. Related: Why do we have an appendix?As for counting organs in the human body, it depends on whom you ask and how you count, Lee said. Although no one knows where the number originates, the general count is 78 organs, she said. This list includes the vital organs: the tongue, stomach, thyroid, urethra, pancreas, plus many other single or pairs of organs. Bones and teeth are each counted only once.Among anatomists, viewpoints differ on what counts as an organ. A histologist like Lee, who studies tissue at the microscopic level, may have a longer list of organs than a gross anatomist, who studies what's visible to the unaided eye. For example, scientists made headlines in 2017 for labeling the mesentery, which attaches the intestines to the abdominal wall, as an organ. Even though the scientists provided new evidence to call it an organ, it was not controversial, as many histologists and anatomists agreed, Lee explained. But there's no group charged with keeping an official count of the organs or deciding what qualifies as an organ. Thinking microscopically, when multiple types of tissues join together and function together, the unit is an organ, she said. Lee could call a nail, or structures that support the nail, an organ, and count each tooth as an individual organ. "I would consider each bone an organ, and all 206 bones collectively together, is considered an organ system." Because bones are already listed once on the list of 78, to get a tally of the total number of organs using this definition, just add 205, for a total of 284 organs.Counting each tooth separately brings the list to 315 organs. Many other organs are listed only once, even though there are many of them throughout the body. For instance, ligaments and tendons could dramatically increase the total number of organs when counted individually. This game is endless. The list of 78 organs the nerves just once, but there are trillions of them. Exhausted? Lee often tells her medical and graduate school students to be OK with this type of ambiguity. However you count them, you should take care of the organs you do have, she added. "More and more, I'm finding out how important it is that you put the right stuff in your body to feed your cells, your tissues and your organs," Lee said. After all, the body only has so many performers at its organ recital.Originally published on Live Science. Have you ever wondered how many cells your body is made up of? You are not alone. Scientists are still debating the exact number, which currently remains a conundrum.Share on PinterestCells are the building blocks of the human body. But what is the total number of cells in a typical human?The short answer is that the body of an average man contains around 30 to 40 trillion cells. The long answer is that scientists do not yet know the exact number. Plus, it depends on whether or not you include the bacteria that are present in and on our bodies.The majority of the cells in our bodies are actually red blood cells. Although they make up over 80 percent of our body in number, they constitute only around 4 percent of total body mass. This is because red blood cells only measure on average 8 micrometers in diameter, which is 10 times smaller in diameter than an average human hair. In contrast, the average size of a fat cell is 100 micrometers. Although fat cells make up nearly 19 percent of body mass, they contribute under 0.2 percent to the total cell number. But why is it so difficult to figure out the exact number of cells in the body?In 2013, a team of researchers from Greece, Italy, and Spain published an estimation of the number of cells in the body. They used data reported by others about individual organs and some mathematical modeling to obtain their results. This paper put the number of cells at 37.2 trillion, plus or minus around 0.81 trillion.Senior author Pierluigi Strippoli, an associate professor of applied biology at the University of Bologna in Italy, told Medical News Today that it was "difficult to obtain exact data for diffuse systems," such as blood vessels and nerves. In fact, it was impossible for the team to investigate all of the organs and cell types in the body, so this number is an "initial effort," Prof. Strippoli explained.He added that he and his team "hope that further contributions published by organ specialists will help improve the human body cell count estimation." Did other scientists take up this call?They did. Senior study author Ron Milo, an associate professor at the Weizman Institute of Science in Rehovot, Israel, and colleagues published an update in 2016. In fact, they performed two different calculations. The first one estimates the number of cells in a 100-kilogram male using an average cell volume of between 1,000 and 10,000 cubic micrometers. This gave them a "back of the envelope estimate" in a range of 30 to 40 trillion cells.Next, they calculated the actual cell number of the five most common cell types in an average adult male, which account for 97 percent of the cells in the body. This led them to an estimate of 30 trillion cells, of which red blood cells make up 84 percent.But human cells are not the only cells in our bodies. Although previous studies have estimated that there are 10 times as many bacteria in our bodies than human cells, Prof. Milo and colleagues revised this number to be around 38 trillion.Interestingly, although large in number, bacteria are much smaller than human cells, and they actually make up only 200 grams of total body mass, according to Prof. Milo.But with nearly equal numbers of cells in our bodies, one could argue that we are as much bacteria as we are human, bringing the total number up to around 70 trillion. Medically reviewed by Deborah Weatherspoon, Ph.D., R.N., CRNA — Written by Claire Sissons — Updated on June 7, 2020The amount of blood in a person's body will depend on their age and size. Losing a certain amount of blood will not cause any harm to the body.According to an older review article in Critical Care, blood accounts for approximately 7–8% of an adult's body weightapproximately 8–9% of a child's body weightapproximately 9–10% of an infant's body weight In this article, learn more about the average volume of blood in adults and children. Learn, too, what causes blood loss, how it affects the body, and what to do if it happens.Share on PinterestThe amount of blood in a person's body can vary according to their age and size. According to a 2020 article, there are around 10.5 pints (5 liters) of blood in the average human adult body, although this will vary depending on various factors. During pregnancy, a woman may have up to 50% more blood. The average quantities of blood are: about 9 pints (4.3 liters) of blood in an average-sized female (5 feet 5 inches tall and weighing 165 pounds)about 12.2 pints (5.7 l) in an average-sized male (6 feet in height and weighing 200 pounds)in an infant, about 1.2 fluid ounces (fl oz) for every pound of body weight (75 – 80 milliliters (ml) of blood per kilogram)in a child, about 1–1.2 fl oz for every pound of body weight (70–75 ml of blood per kg)For clarity, Medical News Today has converted these figures from the formula given in Open Anesthesia.According to an older article in the Journal of Nuclear Medicine Technology, a blood volume test can measure the amount of blood in a person's body. A doctor may use this test to assess a variety of conditions, such as:congestive heart failurekidney failurestrokeThere are different ways of testing, but a blood volume test usually involves injecting a small amount of a tracer substance into the body. A healthcare professional will then use imaging technology to track blood moving around the body.According to the American Red Cross, the standard amount of blood a person will give during a blood donation is 1 pint. This is around 10% of the blood in the body and a safe amount of blood to lose. A person may feel a little faint after donating blood, and so donation centers ask donors to rest for 10–15 minutes and take some refreshments before leaving. If a person has an illness or accident, they may lose more blood. This can lead to shock, and it can be life threatening.Donating blood can save lives, but how does it affect the donor? Severe bleeding can be dangerous. In medical terms, shock means that not enough oxygen is reaching tissues in the body. Low oxygen levels can cause damage to the brain and other organs.If someone is losing blood, the body will start to direct blood toward the vital organs and away from the skin, fingers, and toes. A person may begin to look pale or feel numbness in their extremities.According to a 2019 article, when a person loses around 15% of their blood volume, they can start to experience shock, although their blood pressure and other signs will likely be normal at this point. After losing 20–40%, the person's blood pressure will start to fall, and they will begin to feel anxious. If they lose more blood, they will start to feel confused. Their blood pressure may rise to around 120 beats per minute (bpm), as the body tries to maintain blood supply to the vital organs.When blood loss is 40% or more, the person will be in severe shock. Their pulse rate will rise over 120 bpm. They will feel lethargic and may lose consciousness.Causes of bleeding and shockBleeding can be external or internal, but both types can lead to shock.External bleeding: Head wounds or a deep wound or a cut on or near a vein, such as on the wrist or neck, can result in severe blood loss.Internal bleeding: An internal injury, such as a blow to the abdomen, can lead to a sudden and significant loss of blood, but this may not be visible from the outside. The clinical review in Critical Care indicates that medical conditions, such as a perforated ulcer, lung cancer, or a ruptured ovarian cyst, can also cause internal bleeding. Depending on where internal bleeding occurs, bruising may start to appear. There may be a loss of blood through the mouth, nose, or other orifices.Learn the difference between an artery and a vein here.Getting helpA person with severe bleeding will need medical attention. For external bleeding, the person should:sit or lie downraise the injured part, if possibleapply pressure to the wound to slow the bleeding or ask someone else to do thisSomeone should call 911 if: bleeding is severebleeding does not stop or slow down on applying pressuresevere bruising appears on the body or the headthere is a change in consciousness or difficulty breathingTransfusionsA blood transfusion is a medical procedure to donate blood to someone who needs it.Possible reasons include: losing a lot of bloodhaving an illness that affects the blood, such as cancer or anemiaBlood transfusions can be a life-saving procedure. People can also receive other parts of blood, such as plasma and platelets, for various treatment purposes. The body makes around 2 million red blood cells per second. Blood cells develop from stem cells in the bone marrow. Stem cells are a type of cell that can create other cells. This process happens continually throughout a person's life.Blood consists of different parts:Red blood cells carry oxygen and carbon dioxide.White blood cells help defend the body against disease and infection.Platelets help stop bleeding.Plasma carries blood cells, platelets, and other components and supports the immune system. The American Red Cross state that it makes up 55% of blood and is 92% water.The Red Cross also state that body takes around 24 hours to replace lost plasma, but 4–6 weeks to replace red blood cells.Red blood cells get their color from hemoglobin, which contains iron. It can take several months for iron levels to return to normal after losing or donating blood. The Office of Dietary Supplements note that frequent donors may have low levels of iron in their blood.People who have experienced blood loss due to donation or another reason may benefit from:drinking plenty of fluids, especially waterconsuming iron-rich foods, such as beef liver and fortified foodsMany people now donate plasma. Are there any risks?The circulatory or cardiovascular system is responsible for moving blood around the body. Within this system, the heart pumps the blood to the blood vessels, which deliver blood to the body's organs. There, the blood delivers oxygen and other nutrients.Others systems and organs that play a crucial role are:the kidneys, which regulate the fluid balance in the bodythe skeletal system, as bone marrow produces blood cellsthe nervous system, which enables the other systems to fulfill their tasksA problem with any of these systems can affect blood flow and blood volume, the delivery of oxygen, and a person's ability to survive.What are the different blood types, and why does it matter?Around 7–8% of an adult's body weight is blood. The body can easily replace a small amount of lost blood, which makes blood donation possible.If a person loses around 15% or more of their blood, there may be a risk of shock. Anyone who has signs of significant internal or external bleeding should seek immediate medical help. Last medically reviewed on June 6, 2020Biology / BiochemistryBlood / Hematology

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