

ASSIGNMENT FOR VIVA..DPT sec b 2nd semester

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Q1. (i) Write a note on cardiovascular system?

ANS: The cardiovascular system can be thought of as the transport system of the body. The system has three main components: the heart, the blood vessel, and the blood itself.

The heart is the system pump and the blood vessels are like the delivery routes. Blood can thought of as fluid which contain the oxygen and nutrients the body needs and carry the wastes which need to be removed.

The circulatory system is made up of blood vessels that carry blood away from and towards the heart. Arteries carry blood away from the heart and veins carry blood back to the heart. The circulatory system carry oxygen, nutrients, and hormones to cells, and remove waste products, like carbon dioxide.

(ii) what are the symptoms of high and low blood pressure?

ANS: **Symptoms of low blood pressure:**

For some people, low blood pressure signals an underlying problem, especially when its drops suddenly or is accompanied by sign and symptoms such as:

- Dizziness or lightheadedness
- Fainting
- Blurred or fading vision
- Nausea
- Fatigue

Symptoms of high blood pressure:

hypertension is generally a silent condition. many people won't experience and

symptoms. It may take years or even decades for the condition to reach level severe enough the symptoms become obvious.

- Headaches
- Shortness of breath
- Nosebleeds
- Flushing
- Dizziness
- Chest pain
- Visual changes

iii) what is the treatment of high and low blood pressure?

ANS: high blood pressure:

- Lose extra pounds and watch your waistline
- Exercise regularly
- Eat a healthy diet
- Reduce sodium in your diet
- Limit the amount of alcohol you drink
- Quit smoking
- Cut back on caffeine

Low blood pressure:

- Use more salt
- Drink more water
- Water compression stockings
- medications