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Department:-DPT

Assignment:-Physiology

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Qno1:- write a note on cardiovascular system?

Answer:

- **Cardiovascular system**
Cardiac muscle ;The heart as a pump and function of the Heart valves.
- **Physiology of cardiac muscle.**

The heart is composed of three major types of cardiac muscle.

- *Atrial muscle*
- *Ventricular muscle and*
- *Specialized excitatory and conductive muscle fibers.*

The atrial and ventricular types of muscle contract much the same way as skeletal muscle, except that the duration of contraction is much longer.

The specialized excitatory and conductive fibers exhibit either automatic rhythmical electrical discharge in the form of action potential that controls the rhythmical beating of heart.

- **Cardiac muscle as a syncytium**

Cardiac cells are so interconnected (gap junction)(at each intercalated) that when one of these cells becomes excited , the action potential spreads to all of them, from cell to cell throughout the lattice work interconnection.

- *Two syncytium;*

- *The atrial syncytium.// The ventricular syncytium.*

- **Action potentials in cardiac muscle**

Two types of channels in cardiac muscle;

(1)fast sodium channels as those in skeletal muscle.

(2)slow calcium channels.

- **Duration of contraction**

Cardiac muscle begins to contract a few milliseconds after the action potential begins and continues to contract until a few milliseconds after the action potential ends. Therefore, the duration of contraction of cardiac muscle is

mainly a function of the duration of the action potential.

Its about 0.2 second in atrial muscle and 0.3 second in ventricular muscle.

Qno2:-what are the symptoms of high and low blood pressure?

Answer:

Symptoms of high blood pressure.

Sometimes the high blood pressure does not causes any symptoms , so that it is known as silent killer disease.

In some patient the symptoms will develop like.

- *Severe headache*
- *Blurred vision*
- *Dizziness*
- *Nausea*
- *Vomiting*
- *Fatigue*
- *Confusion epistaxis*
- *Chest pain*
- *Shortness of breath*
- *Irregular heart beat*

Papilledema

- ***Low blood pressure symptoms***

If the blood pressure is lower than normal

Then there is poor blood circulating .so

Low or no supply of nutrient and oxygen

To extreme parts of the body .low energy

Level cause many annoying low blood pressure

Or **hypotension symptoms they are**

- *Blurred vision*
- *Cold, clammy, pale skin*
- *Dizziness*
- *Fainting*
- *Fatigue*
- *Nausea*
- *Palpitations*
- *Rapid, shallow breathing and*
- *Depression.*

- *********

Qno3:-what is the treatment of high and low blood pressure ?

- ***Treatment of low blood pressure***

- ***Use More Salt Experts Usually Recommended Limited Salt In your Diet because Sodium can raise Blood Pressure, Some Times Dramatically For People With Low Blood Pressure That Can Be A Good Thing.***

But because excess Sodium Can Lead to Heart Failure Special And older Adults It's Important To Check With your doctor before Increasing The Salt in your diet.

- *Drink More Water Fluids Increase Blood Volume And Help prevent de Hydration both of which are Important in treating Hypotension.*
- ***Wear compression stocking commonly used to relieve the pain and swelling of varicose veins can help reduce the pooling of blood in your legs.***
- *Medications from oral medicine can we use to treat low blood pressure data debt when you stand up (orthostatic hypotension)For example the drug fludrocortisone, which*

boosts your blood volume , is often used to treat this form of low blood pressure.

- *Exercise regularly Aim for 30 to 60 minutes
Are of exercises dead raising heart rate
Enrich is tens exercises two or three days a week .Avoid exercising in hot, humid condition.*

- **Treatment of High blood pressure**

Change in youth life style can go a long way to control high blood pressure you are likely to recommended you make life style change including .

- *Eating a healthy diet with less salt.*
- *Gating regular physical activity -*
- *Maintaining a healthy weight and losing weight is your or weight and obese.*
- *Limiting the amount of alcohol you drink.*
- *But sometimes lifestyle change aren't In addition to diet and exercise became doctor re commend medicine to lower blood pressure.*
- *Your blood pressure treatment goal should*
- *be less than*
- *130/80mmg if;*

- *You are a healthy adult age 65 or older.*
- *You are healthy adult younger than age 65 with a 10% or higher risk of developing cardiovascular disease in the next 10 year.*
- *You have chronic kidney disease diabetes and coronary artery disease.*
- *Thiazide diuretics . Diuretics , sometimes called water pills , are medication that act on your kidney to help your body eliminate Sodium and water reduction in blood volume .*
