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Subject : Physiology

Q No1: Write a note on cardiovascular system?

Ans; The cardiovascular system is sometimes called the blood-vascular, or simply the circulatory, system. It consists of the heart, which is a muscular pumping device, and a closed system of vessels called arteries, veins, and capillaries. As the name implies, blood contained in the circulatory system is pumped by the heart around a closed circle or circuit of vessels as it passes

again and again through the various "circulations" of the body.

As in the adult, survival of the developing embryo depends on the circulation of blood to maintain homeostasis and a favorable cellular environment. In response to this need, the cardiovascular system makes its appearance early in development and reaches a functional state long before any other major organ system. Incredible as it seems, the primitive heart begins to beat regularly early in the fourth week following fertilization.

The vital role of the cardiovascular system in maintaining homeostasis depends on the continuous and controlled movement of

blood through the thousands of miles of capillaries that permeate every tissue and reach every cell in the body. It is in the microscopic capillaries that blood performs its ultimate transport function. Nutrients and other essential materials pass from capillary blood into fluids surrounding the cells as waste products are removed.

Numerous control mechanisms help to regulate and integrate the diverse functions and component parts of the cardiovascular system in order to supply blood to specific body areas according to need. These mechanisms ensure a constant internal environment surrounding each body cell regardless of differing demands for nutrients or production of waste products.

Q No 2: What are the symptoms of high and blood pressure?

Ans: Symptoms of High Blood Pressure:

High blood pressure is often associated with few or no symptoms. Many people have it for years without knowing it.

However, just because high blood pressure is often symptomless doesn't mean it's harmless. In fact, uncontrolled high blood pressure, or hypertension, causes damage to your arteries, especially those in the kidneys and eyes. High blood pressure is also a risk factor for stroke, heart attack, and other cardiovascular problems.

High blood pressure is generally a chronic condition. There are two major categories of high blood pressure: secondary hypertension and primary hypertension. Most people have primary hypertension, otherwise known as essential hypertension.

Secondary hypertension is high blood pressure that is the direct result of a separate health condition.

Primary hypertension is high blood pressure that doesn't result from a specific cause. Instead, it develops gradually over time. Many such cases are attributed to hereditary factors.

Typically, the only way to know you have hypertension is to get your blood pressure tested.

Severe headaches.

Nosebleed.

Fatigue or confusion.

Vision problems.

Chest pain.

Difficulty breathing.

Irregular heartbeat.

Blood in the urine.

Severe headaches

Nosebleed

Fatigue or confusion

Vision problems

Chest pain

Difficulty breathing

Irregular heartbeat.

Symptoms of Low Blood pressure;

Low blood pressure

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Low Blood Pressure - When Blood Pressure
Is Too Low

dizzy woman How low is too low for blood
pressure?

Within certain limits, the lower your blood
pressure reading is, the better. There is also
no specific number at which day-to-day
blood pressure is considered too low, as
long as none of the symptoms of trouble
are present.

Symptoms of low blood pressure

Most doctors will only consider chronically low blood pressure as dangerous if it causes noticeable signs and symptoms, such as:

Dizziness or lightheadedness

Nausea

Fainting (syncope)

Dehydration and unusual thirst

Dehydration can sometimes cause blood pressure to drop. However, dehydration does not always cause low blood pressure. Fever, vomiting, severe diarrhea, overuse of diuretics and strenuous exercise can all lead to dehydration, a potentially serious condition in which your body loses more water than you take in. Even mild dehydration (a loss of as little as 1 percent

to 2 percent of body weight) can cause weakness, dizziness and fatigue.

Lack of concentration

Blurred vision

Cold, clammy, pale skin

Rapid, shallow breathing

Fatigue

Depression.

Q No 3 : What is the treatment of high and low blood pressure?

Ans: Treatment of 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. ...

Reduce your stress.

Treatment of Low Blood pressure;

Low blood pressure treatment

Use more salt. Experts usually recommend limiting salt in your diet because sodium can raise blood pressure, sometimes dramatically. ...

Drink more water. Fluids increase blood volume and help prevent dehydration, both of which are important in treating hypotension.

Wear compression stockings. ...

Medications.

The End