**ASSIGNMENT FOR VIVA..DPT SEC B 2ND SEMESTER**

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Q1 Write a note on cardiovascular system?

**CARDIOVASCULAR SYSTEM:-**

The cardiovascular system is sometimes callled blood-vascular, or simply the circulatory system. It consist of the heart, which is a muscular pumping organ, 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. The vital role of the cardiovascular system in maintaining homeostasis depends on the continous and controlled movements 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 functtion. Nutrients and other essential materials pass from capillary blood into fluids surrounding the cells as waste products are removed.

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

**Symptoms of High Blood Pressure:-** There are several symptoms of high blood pressure:Headaches Shortness of breath. Nosebleeds. Flushing. Dizziness. Chest pain. Blood in the urine.

**Symptoms of Low Blood Presssure:-** Symptoms of low blood pressure include:Nausea. Fainting. Dehydration and unusual thirst. Lack of concentration. Blurred vision. Cold, clammy, pale skin.

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

**Treatment of High Blood Pressure:-** Eating a heart-healthy diet with less salt. Getting regular physical activity. Maintaining a healthy weight or lossing weight if someone overweight or obese. Limiting the amount of alcohol.

 **Treatment of Low Blood Pressure:** Use more salt. Drink more water. Wear compression stockings. Get regular exercise to promote blood flow. Avoid heavy lifting. Medications.