

Human Anatomy and Physiology

Second Edition

Theory and Practical
Course Codes ER20-14T and ER20-14P

For Diploma in Pharmacy Students

has been written in a simple and concise language, specifically aiming the text at the students of diploma in pharmacy. The text has been well supplemented by a large number of easily reproducible diagrams thoroughly explaining the subject topics and also providing a photogenic memory to the reader. In addition, tables and flowcharts have been introduced for comprehensive, all-round and complete understanding of the theoretical aspects and practical applications.

Salient features

- The text has been written as per the latest syllabus prescribed by Pharmacy Council of India.
- Theory section has been written as per new Course Code ER 20- 14T
- Practical section has been written as per new course code ER20-14P
- At the end of each chapter in theory section, Points to Remember are given as the highlights of the chapter. Multiple Choice Questions (MCQs) are also given with their answers to supplement the knowledge of the students.

Discussion on the clinical aspects provides a 'bird's eyeview' of many important topics which pharmacy students would anticipate and may see during their training period. Most importantly, the book includes the section on practicals of both anatomy and physiology making it a comprehensive textbook on the two important subjects.

This is a complete textbook written by subject experts catering to the theory and practical requirements of diploma in pharmacy students.

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Garg
Joshi
Kundu



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As per the latest syllabus prescribed by Pharmacy Council of India



Krishna Garg
Medha Joshi
Sudipta Kundu



Dedicated to Education

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Preface to the Second Edition

Human Anatomy and Physiology: Theory and Practical for Diploma in Pharmacy Students has been designed as per Course Codes: ER20-14T and ER20-14P, according to the latest syllabus prescribed by Pharmacy Council of India under Regulation 7 of the Education Regulations, 2020, for Diploma in Pharmacy course, implemented with strict compliance from 2021–2022 academic session. The best part of the book is that it contains both theoretical and practical aspects of anatomy and physiology for pharmacy course making it a “two-in-one” book.

Students these days are quite enthusiastic about taking up a career in pharmacy with the result that many of them are opting for it as a subject of their choice.

The language of the book is lucid and simple. The text has been covered in 15 chapters, providing necessary and adequate knowledge of both anatomy and physiology. At the end of each chapter, *Points to remember* are given which form the “must know” component of the concerned chapter. To evaluate the knowledge and skill acquired, examination-oriented multiple choice questions are given with their respective answers.

The practicals on anatomy encompass the skeleton and various systems. Students have to identify the various parts and enumerate their functions. The last chapter of anatomy practical is on histology of the basic tissues. One can see the histological slides under the microscope and identify various components of the tissue. Physiology practicals include study of microscope, determination of various parameters of blood, recording of body temperature, pulse, heart rate, blood pressure and electrocardiogram. The practical component of both the subjects has been supplemented by eight coloured plates.

Diploma in pharmacy is a “stepping stone” for bachelor’s and master’s courses in pharmacy or setting up a chemist’s shop. As is well known, higher studies are an unending lifelong learning.

We are grateful to Mr SK Jain, CMD, and Mr Varun Jain, Director, CBS Publishers & Distributors, for all the possible help.

Constant and continuous support of Mr YN Arjuna, Senior Vice President Publishing, Editorial and Publicity); Mrs Ritu Chawla, GM Production; Mr Sanju, Graphic Designer; Mrs Sunita Rautela, DTP Operator; and Mr Kshirod Sahoo, Proofreader; is deeply appreciated. Impetus provided by Mr Dignesh Vashist is also welcome.

The feedback about the book may please be sent to dr.krishnagarg@gmail.com

happy reading

Krishna Garg
Medha Joshi
Sudipta Kundu

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Constant and continuous support of Mr YN Arjuna, Senior Vice President (Publishing, Editorial and Publicity); Mrs Ritu Chawla, GM (Production); Mr Sanju, Graphic Designer; Mrs Sunita Rautela, DTP Operator; and Mr Mukund Kumar, Proof Reader; is deeply appreciated. Impetus provided by Mr Dignesh Vashist is also welcome.

The feedback about the book may please be sent to dr.krishnagarg@gmail.com

happy reading

**Krishna Garg
Medha Joshi
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Contents

<i>Preface to the Second Edition</i>	<i>v</i>
<i>Preface to the First Edition</i>	<i>vii</i>
<i>Colour Plates</i>	<i>between 144 and 145</i>
1. Scope of Anatomy and Physiology	1
Subdivisions of Anatomy	1
Subdivisions of Physiology	1
Parts of the Body	1
Terminology	3
<i>Points to Remember</i>	8
MCQs	9
2. Structure of the Cell	10
Cell: Structure and Functions	10
Cell Division	11
<i>Points to Remember</i>	13
MCQs	13
3. Tissues of the Human Body	14
Basic Tissues (Elementary Tissues)	14
Clinical Aspects	27
<i>Points to Remember</i>	27
MCQs	27
4. Osseous System and Joints	28
Function and Classification	28
Structure of Bone	30
Bones of Appendicular and Axial Skeleton	30
Clinical Aspects	41
Types of Joints	43
Major Synovial Joints of the Body	46
Disorders of Joints	50
<i>Points to Remember</i>	51
MCQs	52
5. Haemopoietic System	53
Functions of Blood	53
Composition of Blood	53
Types of Blood Cells	54
Clinical Aspects	60
<i>Points to Remember</i>	61
MCQs	62
6. Lymphatic System	63
Functions	63
Clinical Aspects	66
<i>Points to Remember</i>	67
MCQs	67
7. Cardiovascular System	68
Blood Vessels and Circulation of Blood	71
Systemic Circulation	72
Pulmonary Circulation	73
Conducting System of Heart	73
Major Arteries and Veins of the Body	74
Blood Supply of Brain	75
Portal Circulation	79
Cardiac Cycle	81
Cardiac Output	84
Pulse	84
Blood Pressure	84
Clinical Aspects	86
<i>Points to Remember</i>	88
MCQs	88
8. Respiratory System	89
Organs of Respiration	89
Mechanism of Respiration	97
Respiratory Volumes	99
Gas Exchange in Lungs	99
Transport of Gases in Bloodstream	100
Regulation of Respiration	100
Basal Metabolic Rate	101
Clinical Aspects	101
<i>Points to Remember</i>	103
MCQs	103
9. Digestive System	104
Layers of the Alimentary Canal	104
Digestive Tract/Alimentary Canal	107

Liver 113			
Extrahepatic Biliary Apparatus 115			
Pancreas 115			
Spleen 116			
Digestion and Absorption 116			
Food and Drug Interaction 121			
Clinical Aspects 122			
<i>Points to Remember</i> 127			
MCQs 127			
10. Skeletal Muscles	128		
Classification 128			
Skeletal Muscle Fibre 129			
Muscular Contraction and Fatigue 130			
Chief Muscles of the Body 132			
<i>Points to Remember</i> 144			
MCQs 144			
11. Nervous System	145		
Neurons 145			
Parts and Functions of CNS (Brain and Spinal Cord) Brain 147			
Spinal Cord 154			
Parts and Functions of PNS 156			
Cranial Nerves 156			
Spinal Nerves 158			
Parts and Functions of Autonomic Nervous System (ANS) 164			
Reflex Action and Reflex Arc 167			
Electroencephalogram (EEG) 169			
Clinical Aspects 169			
<i>Points to Remember</i> 173			
MCQs 173			
12. Sensory Organs	174		
Tongue 174			
Nose 175			
Ear 176			
Eye 179			
Skin 183			
Regulation of Body Temperature 186			
Physiology of Pain 187			
Clinical Aspects 189			
<i>Points to Remember</i> 191			
MCQs 191			
13. Urinary System	192		
Components of Urinary System 192			
Gross Structure of Kidney 193			
Blood Supply of the Kidney 194			
Nephron 194			
Functions of Kidney 197			
Micturition 199			
Physiology of Urine Formation 199			
Clinical Aspects 200			
<i>Points to Remember</i> 202			
MCQs 202			
14. Endocrine System (Hormones and their Functions)	203		
Hypothalamus and Pituitary Gland 204			
Thyroid Gland 205			
Parathyroid Glands 206			
Suprarenal/Adrenal Glands 207			
Pancreas—Islets of Langerhans 208			
Pineal Gland 209			
Ovaries, Testes and Placenta 209			
JG apparatus in Kidneys 209			
Clinical Aspects 209			
<i>Points to Remember</i> 210			
MCQs 211			
15. Reproductive System	213		
Female Reproductive System 213			
Physiology of Menstruation 217			
Breast/Mammary Gland 219			
Male Reproductive System 220			
Human Sexual Response 223			
Fertilization, Implantation and Development 223			
Clinical Aspects 223			
Fundamentals of Reproduction 226			
Principal Events of Embryonic and Fetal Development 227			
Placenta 227			
Contraceptives 229			
<i>Points to Remember</i> 230			
MCQs 230			

PRACTICAL PART

16. The Microscope	232	17. General Technique for the Collection of Blood	236
Compound microscope 232		Site for Collection of Blood 236	
Procedure: To Use the Microscope 234		Techniques for Collection of Blood 236	

18. Microscopic Examination of Tissues	239	Apparatus Requirements 276 Procedure 276	
Histology 239			
Epithelium Tissue 240			
Muscular Tissue 243			
Connective Tissue (Specialised) 245			
Nervous Tissue 247			
Spinal Cord 248			
Nerve Trunk 248			
19. Study of Human Skeleton	250		
Upper limb 251			
Lower limb 252			
Lateral view of skull 253			
Cranial fossae 253			
Vertebral column 254			
Thoracic cage 255			
20. Determination of Blood Group ESR, Hb Concentration and CT and BT	256		
Determination of Blood Group 256			
Determination of ESR 257			
Method of Determination of ESR 258			
Estimation of Haemoglobin Concentration in Blood by Sahli's Method 260			
Determination of Bleeding Time and Clotting Time 262			
21. Determination of Total Leucocyte Count (TLC)	266		
Principle 266			
Apparatus Required 266			
Procedure 268			
Counting of Leucocytes 268			
22. Determination of Total Erythrocyte (RBC) Count	271		
Principle 271			
Apparatus Required 271			
Procedure 272			
Calculations 273			
23. Preparation of Peripheral Blood Smear and Performing Differential Leucocyte Count	276		
Principle 276			
		24. Recording of Blood Pressure and Electrocardiogram	280
		Recording of Blood Pressure 280	
		Effect of Posture on Blood Pressure 284	
		Effect of Exercise on Blood Pressure 285	
		Recording of Electrocardiogram 286	
		25. Recording of Body Temperature, Pulse/Heart Rate and Respiratory Rate	290
		Recording of Body Temperature 290	
		Recording of Pulse/Heart Rate 293	
		Determination of Respiratory Rate 295	
		26. Recording Pulse Oxygen	296
		Pulse Oximetry 296	
		27. Recording Force of Air Expelled using Peak Flow Meter	298
		Principle 298	
		Procedure 298	
		28. Measurements of Height, Weight and BMI	299
		Measurements of Height 299	
		Measurements of Weight 300	
		Measurement of Body Mass Index (BMI) 301	
		29. Study of Various Systems and Organs	302
		Digestive System 302	
		Cardiovascular System 303	
		Arterial System 304	
		Venous System 305	
		Respiratory System 306	
		Urinary System 307	
		Female Reproductive System 308	
		Male Reproductive System 310	
		Sensory Organs 312	
		Central Nervous System (CNS) 314	
		Cerebral Hemisphere 315	
<i>Appendix 1: Measurements</i>			317
<i>Appendix 2: Normal Value for Selected Blood Tests</i>			317
<i>Index</i>			319

Syllabus

HUMAN ANATOMY AND PHYSIOLOGY – THEORY

Course Code: ER20-14T

Theory 75 hours (3 Hours/week)

Scope: This course is designed to impart basic knowledge on the structure and functions of the human body. It helps in understanding both homeostasis mechanisms and homeostatic imbalances of various systems of the human body.

Course Objectives: This course will discuss the following:

1. Structure and functions of the various organ systems and organs of the human body
2. Homeostatic mechanisms and their imbalances in the human body
3. Various vital physiological parameters of the human body and their significances

Course Outcomes: Upon successful completion of this course, the students will be able to

1. Describe the various organ systems of the human body
2. Discuss the anatomical features of the important human organs and tissues
3. Explain the homeostatic mechanisms regulating the normal physiology in the human system
4. Discuss the significance of various vital physiological parameters of the human body

Chapter	Topic	Hours
1	Scope of Anatomy and Physiology Definition of various terminologies	2
2	Structure of Cell: Components and its functions	2
3	Tissues of the human body: Epithelial, Connective, Muscular and Nervous tissues—their sub-types and characteristics	4
4	Osseous system: structure and functions of bones of axial and appendicular skeleton Classification, types and movements of joints, disorders of joints	3 3
5	Haemopoietic system <ul style="list-style-type: none">• Composition and functions of blood• Process of Hemopoiesis• Characteristics and functions of RBCs, WBCs, and platelets• Mechanism of Blood Clotting• Importance of Blood groups	8

Contd...

Chapter	Topic	Hours
6	Lymphatic system Lymph and lymphatic system, composition, function and its formation. Structure and functions of spleen and lymph node.	3
7	Cardiovascular system <ul style="list-style-type: none"> • Anatomy and Physiology of heart • Blood vessels and circulation (Pulmonary, coronary and systemic circulation) • Cardiac cycle and Heart sounds, Basics of ECG • Blood pressure and its regulation 	8
8	Respiratory system <ul style="list-style-type: none"> • Anatomy of respiratory organs and their functions • Regulation, and Mechanism of respiration • Respiratory volumes and capacities–definitions 	4
9	Digestive system <ul style="list-style-type: none"> • Anatomy and Physiology of the GIT • Anatomy and functions of accessory glands • Physiology of digestion and absorption 	8
10	Skeletal muscles <ul style="list-style-type: none"> • Histology • Physiology of muscle contraction • Disorder of skeletal muscles 	2
11	Nervous system <ul style="list-style-type: none"> • Classification of nervous system • Anatomy and physiology of cerebrum, cerebellum, mid brain • Function of hypothalamus, medulla oblongata and basal ganglia • Spinal cord-structure and reflexes • Names and functions of cranial nerves. • Anatomy and physiology of sympathetic and parasympathetic nervous system (ANS) 	8
12	Sense organs: Anatomy and physiology of <ul style="list-style-type: none"> • Eye • Ear • Skin • Tongue • Nose 	6
13	Urinary system <ul style="list-style-type: none"> • Anatomy and physiology of urinary system • Physiology of urine formation • Renin–angiotensin system • Clearance tests and micturition 	4

Contd...

Chapter	Topic	Hours
14	Endocrine system (Hormones and their functions) <ul style="list-style-type: none"> • Pituitary gland • Adrenal gland • Thyroid and parathyroid gland • Pancreas and gonads 	6
15	Reproductive system <ul style="list-style-type: none"> • Anatomy of male and female reproductive system • Physiology of menstruation • Spermatogenesis and Oogenesis • Pregnancy and parturition 	4

HUMAN ANATOMY AND PHYSIOLOGY – PRACTICAL

Course Code: ER20-14P

Practical 75 hours (3 Hours/week)

Scope: This course is designed to train the students and instil the skills for carrying out basic physiological monitoring of various systems and functions.

Course Objectives: This course will provide hands-on experience in the following:

1. General blood collection techniques and carrying out various haematological assessments and interpreting the results
2. Recording and monitoring the vital physiological parameters in human subjects and the basic interpretations of the results
3. Microscopic examinations of the various tissues permanently mounted in glass slides
4. Discuss the anatomical and physiological characteristics of various organ systems of the body using models, charts, and other teaching aids

Course Outcomes: Upon successful completion of this course, the students will be able to

1. Perform the haematological tests in human subjects and interpret the results
2. Record, monitor and document the vital physiological parameters of human subjects and interpret the results
3. Describe the anatomical features of the important human tissues under the microscopical conditions
4. Discuss the significance of various anatomical and physiological characteristics of the human body

Practicals

1. Study of compound microscope
2. General techniques for the collection of blood
3. Microscopic examination of Epithelial tissue, Cardiac muscle, Smooth muscle, Skeletal muscle, Connective tissue, and Nervous tissue of ready/pre-prepared slides.
4. Study of Human Skeleton-Axial skeleton and appendicular skeleton

5. Determination of
 - a. Blood group
 - b. ESR
 - c. Haemoglobin content of blood
 - d. Bleeding time and clotting time
6. Determination of WBC count of blood
7. Determination of RBC count of blood
8. Determination of Differential count of blood
9. Recording of Blood Pressure in various postures, different arms, before and after exertion and interpreting the results
10. Recording of Body temperature (using mercury, digital and IR thermometers at various locations), Pulse rate/Heart rate (at various locations in the body, before and after exertion), Respiratory Rate
11. Recording Pulse Oxygen (before and after exertion)
12. Recording force of air expelled using Peak Flow Meter
13. Measurement of height, weight, and BMI
14. Study of various systems and organs with the help of chart, models, and specimens
 - a. Cardiovascular system
 - b. Respiratory system
 - c. Digestive system
 - d. Urinary system
 - e. Endocrine system
 - f. Reproductive system
 - g. Nervous system
 - h. Eye
 - i. Ear
 - j. Skin