# NAME; ONI JOY OLAMIDE

# MATRIC NUMBER; 18/MHS02/157

# DEPARTMENT; NURSING DEPARTMENT

# COURSE; PHYSIOLOGY

THE PHYSIOLOGY OF BALANCE  
 The vestibular system is the sensory apparatus of the inner ear that helps the body maintain its postural equilibrium. The information furnished by the vestibular system is also essential for coordinating the position of the head and the movement of the eyes. There are two sets of end organs in the inner ear, or labyrinth: the semicircular canals, which respond to rotational movements (angular acceleration); and the utricle and saccule within the vestibule, which respond to changes in the position of the head with respect to gravity (linear acceleration). The information these organs deliver is proprioceptive in character, dealing with events within the body itself, rather than exteroceptive, dealing with events outside the body, as in the case of the responses of the cochlea to sound. Functionally these organs are closely related to the cerebellum and to the reflex centres of the spinal cord and brainstem that govern the movements of the eyes, neck, and limbs.

The vestibular organs and the cochlea are derived embryologically from the same formation, the otic vesicle, their association in the inner ear seems to matter more of convenience than of necessity.

An example is fishes;

the kinship of the vestibular organs with the lateral line system of the fish is readily apparent. The lateral line system is made up of a series of small sense organs located in the skin of the head and along the sides of the body of fishes. Each organ contains a crista, sensory hair cells, and a cupula, as found in the ampullae of the semicircular ducts. The cristae respond to waterborne vibrations and to pressure changes.

## Detection of angular acceleration: dynamic equilibrium

Because the three semicircular canals—superior, posterior, and horizontal—are positioned at right angles to one another, they are able to detect movements in three-dimensional space. When the head begins to rotate in any direction, the inertia of the endolymph causes it to lag behind, exerting pressure that deflects the cupula in the opposite direction. This deflection stimulates the hair cells by bending their stereocilia in the opposite direction. German physiologist Friedrich Goltz formulated the “hydrostatic concept” in 1870 to explain the working of the semicircular canals. He postulated that the canals are stimulated by the weight of the fluid they contain, the pressure it exerts varying with the head position. In 1873 Austrian scientists Ernst Mach and Josef Breuer and Scottish chemist Crum Brown, working independently, proposed the “hydrodynamic concept which held that head movements cause a flow of endolymph in the canals and that the canals are then stimulated by the fluid movements or pressure changes. German physiologist J.R. Ewald showed that the compression of the horizontal canal in a pigeon by a small pneumatic hammer causes endolymph movement toward the crista and turning of the head and eyes toward the opposite side. Decompression reverses both the direction of endolymph movement and the turning of the head and eyes. The hydrodynamic concept was proved correct by later investigators who followed the path of a droplet of oil that was injected into the semicircular canal of a live fish. At the start of rotation in the plane of the canal, the cupula was deflected in the direction opposite to that of the movement and then returned slowly to its resting position. At the end of rotation it was deflected again, this time in the same direction as the rotation, and then returned once more to its upright stationary position. These deflections resulted from the inertia of the endolymph, which lags behind at the start of rotation and continues its motion after the head has ceased to rotate. The slow return is a function of the elasticity of the cupula itself. These opposing deflections of the cupula affect the vestibular nerve in different ways, which have been demonstrated in experiments involving the labyrinth removed from a cartilaginous fish.

Postural balance is controlled by intricate connections between the vestibular, visual and proprioception system. Among these, the vestibular system is one of the key factors in coordinating and maintaining balance. The peripheral apparatus for the vestibular system consists of the semicircular canals, which sense head rotation; and the otoliths, which sense gravity and linear acceleration. The central vestibular pathways form a large network from the vestibular nuclei, ocular motor nuclei, integration centers in the pons and rostral midbrain, vestibulocerebellum, thalamus, to the multisensory vestibular cortex areas in the temporoparietal cortex. The most important structures for the central vestibular pathways are those mediating the vestibulo-ocular reflex (VOR), and the descending pathways into the spinal cord along the medial and lateral vestibulospinal tract which mediate postural control. The cortical structures involved in vestibular function are the parietoinsular vestibular cortex, the retroinsular cortex, the superior temporal gyrus and the inferior parietal lobule. Activation of the cortical network during vestibular stimulation is not symmetrical; dominance is stronger in the nondominant hemisphere, in the hemisphere ipsilateral to the stimulated ear and in the hemisphere ipsilateral to the slow phase of the vestibular caloric nystagmus. Disorder of the vestibular pathway, anyway along its various tracts, may result in balance and coordination impairments and lead to misperception of motion.