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PHARMACOLOGY

SHORT NOTE ON MICTURITION

Micturition is a process where urine is expelled from the body. Micturition is also known as voiding phase of bladder control and lasts for a short time. As the bladder becomes full, the stretch receptors increase their firing rate. This increase the urge to urinate and causes micturition reflex. It sometimes even causes involuntary urination. The process of micturition is regulated by the nervous system and the muscles of the bladder and urethra. Within the nervous system, the process is governed by the autonomous nervous system and the somatic system. The micturition reflex is ultimately generated from the level of the spinal cord after it receives reflexes from the pontine region in the brain. Once the bladder and the urethra receive the signals to empty the bladder, the two sphincters relax and the detrusor muscle causes the contractions of the bladder.

Micturition involves 2 important steps:

Bladder fills progressively

* tension in bladder wall increases

Initiates a nervous reflex

* micturition reflex: empties the bladder/causes conscious desire to urinate
* Autonomic spinal cord reflex, inhibited/facilitated by centers in brain stem & cerebral cortex