**Name: Brownson Deborah Paul**

**Matric number: 18/mhs02/056**

**Micturition**

 Micturition is the release of [urine](/wiki/Urine%22%20%5Co%20%22Urine) from the [urinary bladder](/wiki/Urinary_bladder%22%20%5Co%20%22Urinary%20bladder) through the [urethra](/wiki/Urethra%22%20%5Co%20%22Urethra) to the outside of the body. It is the [urinary system](/wiki/Urinary_system%22%20%5Co%20%22Urinary%20system)'s form of [excretion](/wiki/Excretion%22%20%5Co%20%22Excretion). It is also known medically as **voiding**, **uresis**, or, rarely, **emiction**, and known colloquially by various names including **peeing**, **weeing**, and **pissing**.

In healthy humans (and [many other animals](%22%20%5Cl%20%22Animals)) the process of urination is under voluntary control. In infants, some elderly individuals, and those with neurological injury, urination may occur as a [reflex](/wiki/Reflex%22%20%5Co%20%22Reflex). It is normal for adult humans to urinate up to seven times during the day. In some animals, in addition to expelling waste material, urination [can mark territory or express submissiveness](%22%20%5Cl%20%22Other_animals). Physiologically, urination involves coordination between the [central](/wiki/Central_nervous_system%22%20%5Co%20%22Central%20nervous%20system), [autonomic](/wiki/Autonomic_nervous_system%22%20%5Co%20%22Autonomic%20nervous%20system), and [somatic nervous systems](/wiki/Somatic_nervous_system%22%20%5Co%20%22Somatic%20nervous%20system). Brain centres that regulate urination include the [pontine micturition center](/wiki/Pontine_micturition_center%22%20%5Co%20%22Pontine%20micturition%20center), [periaqueductal gray](/wiki/Periaqueductal_gray%22%20%5Co%20%22Periaqueductal%20gray), and the [cerebral cortex](/wiki/Cerebral_cortex%22%20%5Co%20%22Cerebral%20cortex). In [placental mammals](/wiki/Placental_mammal%22%20%5Co%20%22Placental%20mammal), urine is drained through the [urinary meatus](/wiki/Urinary_meatus%22%20%5Co%20%22Urinary%20meatus), a urethral opening in the male [penis](/wiki/Penis%22%20%5Co%20%22Penis)or female [vulval vestibule](/wiki/Vulval_vestibule%22%20%5Co%20%22Vulval%20vestibule).



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Due to the positions where the [urethra](/wiki/Urethra%22%20%5Co%20%22Urethra) exits the body, males and females often use different techniques for urination.

### **Male Micturition**

Most males prefer to urinate standing while others prefer to urinate sitting or [squatting](/wiki/Squatting_position%22%20%5Co%20%22Squatting%20position). Elderly males with [prostate gland](/wiki/Prostate_gland%22%20%5Co%20%22Prostate%20gland) enlargement may benefit from sitting down while in healthy males, no difference is found in the ability to urinate. For practising [Muslim](/wiki/Muslim%22%20%5Co%20%22Muslim) men, the genital [modesty](/wiki/Modesty%22%20%5Co%20%22Modesty) of squatting is also associated with proper [cleanliness](/wiki/Cleanliness%22%20%5Co%20%22Cleanliness) requirements or [awrah](/wiki/Awrah%22%20%5Co%20%22Awrah).

### **Female Micturition**



Location of the bladder and urethra in adult human female ([sagittal section](/wiki/Anatomical_plane%22%20%5Co%20%22Anatomical%20plane))

In human females, the urethra opens straight into the [vulva](/wiki/Vulva%22%20%5Co%20%22Vulva). Hence, urination can take place while sitting or squatting for [defecation](/wiki/Defecation%22%20%5Co%20%22Defecation). It is also possible for females to urinate while standing, and while clothed. It is common for women in various regions of Africa to use this method when they urinate. An alternative method for women to urinate standing is to use a tool known as a [female urination device](/wiki/Female_urination_device%22%20%5Co%20%22Female%20urination%20device) to assist.

**Micturition in Young Children**

A common technique used in many undeveloped nations involves holding the child by the backs of the thighs, above the ground, facing outward, in order to urinate.

### **Fetal Micturition**

The fetus urinates hourly and produces most of the [amniotic fluid](/wiki/Amniotic_fluid%22%20%5Co%20%22Amniotic%20fluid) in the second and third trimester of pregnancy. The amniotic fluid is then recycled by fetal swallowing.