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MATRIC NUMBER: 18/MHS07/016

COLLEGE: MEDICINE AND HEALTH SCIENCES

DEPARTMENT: PHARMACOLOGY

COURSE CODE: PHS 212

**COURSE TITLE: RENAL PHYSIOLOGY, BODY FLUID & TEMPERATURE
REGULATION AND AUTONOMIC NERVOUS SYSTEM.**

DATE: 23RD JUNE 2020 – 30TH JUNE 2020

ASSIGNMENT: WRITE A SHORT NOTE ON MICTURITION

MICTURITION

Micturition (urination) is the process of eliminating organic waste products which are produced as a result of cell metabolism in the body. Micturition is known as voiding of the bladder. The process of micturition is regulated by the nervous system, muscles of the bladder and urethra. The urinary bladder can store around 350-400ml of urine before it expels it out. Micturition is more than a simple reflex because it can be controlled by humans. The rate of micturition can be increased by contraction of abdominal muscles and by the performance of the Valsava's manoeuvre. Contraction of the strong pelvis floor muscles can stop urine in mid-flow. The sound of running water can help in micturition but some people cannot urinate in the presence of others, no matter how great the need . After micturition, less than 10ml of urine remains in the bladder and the cycle begins again. The process of the bladder releasing urine is known as stress-relaxation phenomenon. Some conditions like renal stones, inflammation and an enlarged prostate gland may all obstruct the flow of urine and may result in frequency of micturition and retention of urine. Bladder tumours and pregnancy also reduce normal bladder capacity. Environmental and psychological factors can also affect a patient's ability to pass urine.