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**Write a short note on Micturition**

Micturition or urination is the process of expelling urine from the bladder. This act is also known as voiding of the bladder. The excretory system in humans includes a pair of kidneys, two ureters, a urinary bladder and a urethra. The kidneys filter the urine and it is transported to the urinary bladder via the ureters where it is stored till its expulsion. The process of micturition is regulated by the nervous system and the muscles of the bladder and urethra. The urinary bladder can store around 350-400ml of urine before it expels it out.

**Micturition Process**

Micturition process consists of two phases:

Storage phase

Voiding phase

**Storage Phase**

The urinary bladder is a balloon-shaped, hollow, muscular, organ that acts as the storage organ for urine. The urinary bladder in a healthy urinary system can store up to 16 ounces of urine for 2 to 5 hours easily. The circular sphincter muscles prevent leakage of urine. They close tightly around the opening of the bladder into the tube (urethra) that allows the passage of urine outside the body.

**Voiding Phase**

When the bladder is filled with urine, the nerves in it are triggered, which in turn stimulates the need to urinate. The brain signals urinary bladder to contract. The receptors of the urinary bladder send a signal to the central nervous system, in response to which the nervous system sends a signal that incites the contraction of the urinary bladder.  Through the urinary opening at the urethra, the urine is eliminated, and the process is called micturition. The neural mechanism involved is called the micturition reflex.

**Problems Associated With Micturition**

Detrusor Instability

Urinary Retention

Spinal Cord Trauma

**Management of Micturition Disorders**

The nerve pathway to the urinary tract should be intact.

The bladder capacity should be normal.

Normal muscle tone should be observed in the sphincters, detrusors, and pelvic floor muscles.

There should be no obstruction to the urine flow in any region of the urinary tract.

The environmental and psychological factors that inhibit micturition should be absent.

The coordinated activity of sympathetic, parasympathetic, and somatic nerves help in normal micturition