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**QUESTION**

Write a short note on micturition

**ANSWER**

**MICTURITION**

 This is the process of emptying the urinary bladder of urine. When the urine begins to accumulate in the urinary bladder, its walls will relax to accommodate the urine. The pressure inside the urinary bladder at that time remains at about 7 to 10cm of water.The moment the urinary bladder contains more than 300 to 400mls of urine, the stretch receptors in its walls are stretched by distension thereby generating a sensory impulse which is sent through the afferent nerve to the central nervous system (that is the spinal cord as the reflex centre). This reflex centre is in the sacral segments of the spinal cord. The motor response from the reflex centre leaves via the parasympathetic nerve supply to the bladder. This motor response initiates the detrusor muscle in the bladder wall to start rhythmic contractions. It is to be noted that if the urinary bladder is not emptied when the desire to do so first is noted, it will distend further.
 Micturition can be inhibited voluntarily until about 700mls of urine has accumulated in the urine accumulated in the urinary bladder. By this time, the urinary bladder contractions will increase with an accompanying sensation of pain. The micturition then becomes urgent. It is worth mentioning that micturition is still under voluntary control because the reflex response to the bladder distension can either be facilitated or inhibited by the individual. As the bladder wall is contacting vigorously, this causes a relaxation of the perineum and the internal urethral sphincter at the neck of the bladder, while the diaphragm and the abdominal muscles contract. As the pressure in the bladder rises, the external sphincter down the urethra will eventually relax and urine is voided.