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ASSIGNMENT

WRITE A SHORT NOTE ON MICTURITION

Micturition is a process where urine is expelled from the body. Animals and humans have a specialized system of organs known as the excretory system to eliminate the waste products from the body. It is brought about by reflex contraction of a special muscle called the detrusor muscle after voluntary relaxation of the sphincter muscle.

The human excretory system consists of a pair of kidneys and ureters, a urinary ladder, and a urethra. The kidneys play a major role in the process of urine formation and its excretion. The urine formed is stored in the urinary bladder.

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 increases the urge to urinate and causes micturition reflex. It sometimes even causes involuntary urination.

Micturition Process consists of two phases;

Storage phase

Voiding phase

STORAGE PHASE

The urinary bladder is a ballon-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.