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**MICTURITION**

Micturition is a process of discharging urine from the urinary bladder. Animals and humans have a specialized system of organs known as the excretory system to eliminate the waste products from the body. In other words, the process of expelling urine from the body is called micturition. It is brought about by reflex contraction of a special muscle called the detrusor muscle after involuntary relaxation of the sphincter muscle.

MICTURITION PROCESS

Micturition process consists of two phases:

* Storage phase
* Voiding phase

STORAGE PHASE

The urinary bladder is a ballon-shaped, hollow, muscular, organ that acts 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 the leakage of urine. They close tightly around the opening of the ladder into the tube (urethra) that allows the passage of urine outside the body.

VOIDING PHASE

When the ladder is filled with urine, the nerves in it are triggered, which in turn stimulates the need to urinate. The brain signals urinary ladder 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 ladder. 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.