

## **Anatomical terms organization of the human body**

Anatomical terms are standardized words used to describe the structures and relationships within the human body. These terms provide a common language for healthcare professionals, scientists, and anatomists to communicate effectively. Here's an overview of some key anatomical terms:

1. Anterior (ventral): Towards the front of the body.
2. Posterior (dorsal): Towards the back of the body.
3. Superior (cranial): Towards the head or upper part of the body.
4. Inferior (caudal): Towards the feet or lower part of the body.
5. Medial: Towards the midline of the body.
6. Lateral: Away from the midline, towards the sides.
7. Proximal: Closer to the point of attachment or origin.
8. Distal: Farther from the point of attachment or origin.
9. Superficial (external): Closer to the surface of the body.
10. Deep (internal): Farther from the surface of the body.

### **Body Regions:**

**Cranial:** Pertaining to the skull or head.

**Cervical:** Pertaining to the neck.

**Thoracic:** Pertaining to the chest.

**Abdominal:** Pertaining to the abdomen.

Pelvic: Pertaining to the pelvis.

Dorsal: Pertaining to the back.

### **Body Cavities:**

Cranial Cavity: Contains the brain.

Thoracic Cavity: Contains the heart and lungs.

Abdominal Cavity: Contains the organs of digestion.

Pelvic Cavity: Contains reproductive organs, bladder, and rectum.

Spinal (Vertebral) Cavity: Contains the spinal cord.

### **Limbs:**

Axial Skeleton: The central supporting axis of the body, including the skull, vertebral column, and rib cage.

Appendicular Skeleton: The bones of the limbs and their girdles (shoulder and hip).

### **Directional Terms for Limbs:**

Flexion: Decreasing the angle between two body parts.

Extension: Increasing the angle between two body parts.

Abduction: Movement away from the midline.

Adduction: Movement towards the midline.

Rotation: Turning around an axis.

Pronation: Turning the palm downward.

Supination: Turning the palm upward.

**Other Terms:**

Dorsiflexion: Lifting the foot towards the shin.

Plantarflexion: Pointing the foot downwards.

Opposition: Movement of the thumb towards the fingertips.

**Skeletal System:**

Bones:

Long Bones: Greater length than width (e.g., femur, humerus).

Short Bones: Approximately equal in length and width (e.g., carpals, tarsals).

Flat Bones: Thin and curved (e.g., skull bones, ribs).

Irregular Bones: Complex shapes (e.g., vertebrae, facial bones).

Joints:

Ball-and-Socket Joint: Allows a wide range of motion (e.g., shoulder, hip).

Hinge Joint: Permits flexion and extension (e.g., knee, elbow).

Pivot Joint: Allows rotational movement (e.g., atlas-axis joint in the neck).

Gliding Joint: Allows sliding movements (e.g., wrist, ankle).

### **Muscular System:**

Muscles:

Skeletal Muscles: Attached to bones, responsible for voluntary movement.

Smooth Muscles: Found in internal organs, involuntary control.

Cardiac Muscle: Found in the heart, involuntary control.

Muscle Actions:

Flexor Muscles: Decrease the angle at a joint.

Extensor Muscles: Increase the angle at a joint.

Abductor Muscles: Move a part away from the midline.

Adductor Muscles: Move a part towards the midline.

### **Cardiovascular System:**

Blood Vessels:

Arteries: Carry blood away from the heart.

Veins: Carry blood towards the heart.

Capillaries: Tiny vessels where oxygen and nutrient exchange occurs.

Heart Chambers:

Atria: Upper chambers that receive blood.

Ventricles: Lower chambers that pump blood.

### **Respiratory System:**

Respiratory Structures:

Trachea: Windpipe that carries air to the lungs.

Bronchi: Tubes that branch off the trachea and lead to the lungs.

Alveoli: Tiny air sacs in the lungs where gas exchange occurs.

### **Nervous System:**

Brain Structures:

Cerebrum: Largest part, responsible for conscious thought and voluntary actions.

Cerebellum: Coordinates muscle movement and balance.

Brainstem: Controls basic life functions like breathing and heart rate.

Nerves:

Cranial Nerves: Originate from the brain.

Spinal Nerves: Originate from the spinal cord.

### **Integumentary System:**

Skin Layers:

Epidermis: Outermost layer.

Dermis: Middle layer with blood vessels, nerves, and glands.

Subcutaneous (Hypodermis): Innermost layer with fat and connective tissue.

### **Digestive System:**

Digestive Organs:

Mouth, Pharynx, Esophagus, Stomach, Small Intestine, Large Intestine, Rectum, Anus.

Accessory Organs:

Liver, Gallbladder, Pancreas.

### **Urinary System:**

Organs:

Kidneys, Ureters, Bladder, Urethra.

Reproductive System:

Male Reproductive Organs:

Testes, Epididymis, Vas Deferens, Prostate Gland, Seminal Vesicles.

Female Reproductive Organs:

Ovaries, Fallopian Tubes, Uterus, Vagina

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