CONTENTS

	Topics	
1. 2.	Introduction and General Physiology Blood	1 - 19 20- 93
3.	Cardio Vascular System	96 - 155
4.	Respiratory System	156 - 196
5.	Excretory System	197 - 230
6.	Digestive System	231 - 270
7.	Endocrine System	271 - 332
8.	Nervous System	333 - 434
9.	Special Senses	435 - 470
10.	Muscle Physiology and Exercise Physiology	471 - 494
11.	Reproductive System	495 - 540
12.	Growth, Development, Aging and stress	541 - 551
	Question Bank	552 - 583
	Bibilography	582
	Index	584 - 596

MEDICAL PHYSIOLOGY

DETAILED CONTENTS

Chapter 1. GENERAL PHYSIOLOGY	Page Number
Introduction to Physiology	5–8
 Homeostasis – Definition, Negative and positive feedback mechanisms 	
Cell-Physiology – Structure and functions of cellular organelles	8-13
 Junctional complexes 	
Cellular receptors, intercellular and intracellular communication.	
 Transport across cell membrane –Active and Passive transport. 	14-15
Vesicular transport process.	
• Resting membrane potential, Action potential – Phases, Ionic basis, Properties	
Osmolarity, Osmolality, Nernst equation, Gibbs – Donnan membrane equilibrium	15-18
Dehydration, Overhydration, Apoptosis.	19

Chapter 2. BLOOD and BODY FLUIDS	Page Number
Introduction – Properties, composition and functions of blood.	22 - 36
Plasma Proteins - Types, plasma level, functions	27 - 30
Red Blood Cells:Morphology, normal count, physiological variation, and functions.	30 - 35
• Erythropoiesis: Definition, sites, hemopoietic stem cells, stages of erythropoiesis.	
• Factors influencing erythropoiesis.	
• Regulation of erythropoiesis – erythropoietin and other hemopoietic factors	
Hemoglobin: Normal level. Physiological variations,	35- 44
• Structure, Types, compounds of hemoglobin, Fate of Hb,	
• White Blood Cells: Classification of WBC, normal values, morphology, functions, variations, Leukopoiesis, Leukaemia.	44 - 52
Platelet: Platelet structure, normal value, production, functions.	52 - 55
Purpura and Bleeding time	
Hemostasis: Major steps – Primary and Secondary, Coagulation factors	55 - 60
• Extrinsic and intrinsic mechanisms of coagulation,	
 Physiological mechanisms preventing intravascular coagulation – Endogenous anticoagulant systems 	61 - 65
• Endogenous fibrinolytic systems, Intravascular blood coagulation, Disseminated Intravascular coagulation	
• Anticoagulants – Types, mechanism of action and uses.	
• Bleeding and Clotting disorders – von Willebrand disease, Hemophilia, Vitamin K deficiency.	
Clotting time, Bleeding time, Prothrombin time	
Blood Group: Physiological basis for blood groups	
• The ABO system.	
• The Rh system – Hemolytic Disease of Newborn (HDN)	66 - 76
• Other minor blood group systems.	
 Blood transfusion: Indications, collection, precautions to be taken – cross matching, screening for infections. Consequences of mismatched transfusion, Hazards of blood transfusion. Blood bank. 	
• Significance of blood grouping, Coomb's test.	
Anemia: Definition, etiological and morphological classification.	
• Effects of anemia on physiological systems. Signs and symptoms.	
 Common types of anemia - Iron deficiency anemia, pernicious anemia, sickle cell anemia, and thalassemia. – their causes and salient features 	76 - 81
Polycythemia – Primary and secondary, physiological effects	81 - 83
ESR, PCV, Blood Indices, Osmotic fragility	
Blood volume: Normal value, physiological variation, principles of measurement, regulation.	83 - 86
Body Fluids and compartments	86 - 88
• Distribution of total body water (TBW)	

Principles of measurement of body fluids	
Reticulo endothelial system	88 - 89
• Odema	
Immunity: Definition and types of immunity	
Mechanisms (i) Cell mediated immunity (ii) Humoral immunity	90 - 95
Physiological basis of immunization,	
Autoimmune disease, AIDS, Graft rejection.	

Chapter 3. CARDIO-VASCULAR SYSTEM	Page Number
Physiological anatomy of heart	98 - 105
Greater and lesser circulation.	
Structure and properties of cardiac muscle.	
Junctional tissues of Heart - Origin and spread of cardiac impulses,	105 - 107
Heart block.	
Cardiac cycle- Definition, mechanical events during different phases of systole and diastole.	107 - 110
Pressure volume changes inside heart chambers and aorta.	
• Innervation of heart	110 - 111
Heart Rate- Normal value, physiological variation. Regulation of heart rate,	111 - 115
• Cardiac output - Definition, normal values, Physiological variation, factors affecting, cardiac index. cardiac reserve	115 - 118
Regulation of cardiac output.	
Principles of measurement of cardiac output.	
• Electrocardiogram- Principles of electrocardiography, Normal ECG.	118 - 121
• Characteristics of waves, Einthoven's triangle and law.	
• Significance of ECG.	
Heart sounds- Causes, characteristics, significance, phonocardiogram. Murmurs.	122 - 124
 Blood Pressure- Arterial blood pressure-Definition, normal values, physiological variations, factors affecting. 	124 - 138
• Regulation of BP. Measurement of BP	
Hypertension and Hypotension.	
• Arterial pulse, venous pulse, triple response, circulation time, apex beat. Central venous pressure. Apex beat.	138 - 140
• Haemodynamics – Peripheral resistance, blood viscosity, laminar blood flow, turbulent blood flow, velocity of blood flow,	141 - 144
Poiseuille's Law.	
Microcirculation – Capillary circulation, Starling forces	
• Local and humoral control of blood flow - Autoregulation of blood flow and hyperemia.	

 Regional Circulation – Coronary circulation and coronary artery disease, pulmonary, splanchnic, cutaneous, cerebral and foetal circulation. 	144 - 147
Circulatory shock and Syncope	147 - 152
Cardiac failure, Cardiopulmonary resuscitation (CPR)	
 Cardio vascular changes during exercise and effect of gravity on CVS, Echocardiography, Cardiac arrythmia. 	
 Lymphatic system: Lymph-, formation, composition, circulation and functions,lymphatic organs, Disorders of lymphatic obstruction. 	152 - 155

Chapter 4. RESPIRATORY SYSTEM	Page Number
• Functional anatomy. Functions of respiratory system-Respiratory and non respiratory functions. Physiological anatomy	158 - 162
Respiratory membrane	
Mechanism of breathing - Respiratory muscles and their action	162 - 165
• Intrapleural and intrapulmonary pressure changes during respiratory cycle. Forces acting on respiratory membrane.	
Pressure – Volume relationships.	165 - 167
• Compliance – chest and lungs, values, total compliance.	100 107
• Surfactant, Hyaline membrane disease	
Spirometry - Lung volumes and lung capacities, Normal values, significance	167 - 171
• Vital capacity and timed vital capacity-factors affecting and significance of vital capacity.	107 171
Minute repiratory volume. Maximum Voluntary Ventilation. Breathing Reserve.	
 Respiratory dead space-Anatomical and physiological-Defintion and normal value. Principle of measurement. 	
Pulmonory ventilation and alveolar ventiliation. Ventilation purfusion ratio	
Airway resistance.	171 - 172
• Pulmonary gas exchange- Composition of inspired air, expired air, Partial pressures	1/1-1/2
• Factors affecting gas exchange across the respiratory membrane.	
Transportation of oxygen in the blood.	172 - 178
Oxygen- Hb dissociation curve	1/2 1/0
• Transportation of carbondioxide in the blood.	
• Chloride shift, Haldane effect.	
• Respiratory Quotient.	
Regulation of Respiration- Neural Regulation – Respiratory centres.	178 - 180
• Hering – Bruer's – Inflation and deflation reflexes.	170 - 100
Chemical regulation of respiration. Peripheral and central chemoreceptors.	180 - 183
• Effect of H ⁺ conc, PCO ₂ and PO ₂ on respiration.	100 100
Hypoxia – Types and effects.	183 - 192
• Cyanosis, Asphyxia, Dyspnoea, Periodic breathing,	103 172
Acclimitization to high altitude, mountain sickness	
Dysbarism. Asthma, Emphysema, Apnoea, Periodic Breathing	
Artificial respiration – Manual methods,	192 - 196
Holger- Neilson method and mouth to mouth breathing	172 - 170
Respiratory changes during exercise	

Chapter 5. EXCRETORY SYSTEM	Page Number
Kidney: Functional anatomy. Functions of kidney, types of nephrons	199 - 204
Renal blood flow and its peculiarities,	
Juxta Glomerular Apparatus	
Mechanism of urine formation, Glomerular filtration – GFR,	204 - 209
Mechanism, factors affecting and measurement	
Tubular reabsorption – Sodium, water and glucose - Tmg and renal threshold	
• Tubular secretion of H ⁺ ,	
• Mechanism of concentration of urine – Counter current mechanism,	209 - 211
Role of urea, action of ADH	
Micturition – Innervation of bladder, Cystometrogram	211 - 214
Micturition reflex, abnormalities of micturition.	
Properties and composition of normal urine.	214 - 215
Abnormal constituents of urine.	
Non excretory functions of Kidneys	215 - 220
o Acid base balance	
o Regulation of plasma osmalality, ECF volume.	
o Endocrine functions. Hormones acting on kidneys.	
 Renal Function Tests – Clearance tests 	220 - 225
• Diuresis	
Applied aspects Kidneys stones Renal failure, Artificial kidney, Nephrotic syndrome	225 - 227
Skin and its Appendages – Structure and function	227 - 230

Chapter 6. DIGESTIVE SYSTEM	Page Number
Introduction, functional anatomy of gastro intestinal tract and its innervations.	233 - 236
Secretory functions of GIT-	
Saliva-properties, composition	236 - 239
Functions and regulation of secretion and applied aspects.	
Stomach- functional anatomy,	239 - 247
Gastric juice- properties, composition, functions, mechanisms and regulation of secretion,	
Experimental evidences of gastric secretion (Sham feeding and Pavlov's pouch),	
Applied aspects- Gastritis, Peptic ulcer, Zollinger-Ellison Syndrome.	
Exocrine Pancreas-Pancreatic juice- properties, composition, functions and regulation of secretion.	247 - 250
Applied aspects- Pancreatitis.	
Liver - Functions of liver.	250 - 253
Bile- composition, functions and regulation of secretion.	
• Functions of Gall bladder,	

Enterohepatic circulation – Gall stones.	
 Small intestine- Functional anatomy- Succus entericus- properties, composition, functions and regulation of secretion. 	253 - 256
Functions of large intestine.	
Applied aspects.	
Motor functions of GIT-	
Mastication, Deglutition – stages – Achalasia.	256 - 262
Gastric emptying, Movements of stomach, Vomiting,	
Small intestine- movements.	
Large intestine -functions and movements, Defecation.	
Applied aspects- Diarrhea, Constipation.	
 Jaundice, appendicitis, Steatorrhea, Irritable bowel syndrome (IBS). Inflammatory bowel disease (IBD), Hirschpurng's disease, Gastro Esophageal Reflux Disorder (GERD) 	262 - 266
Digestion and absorption of Carbohydrates, Proteins and Lipids.	266 - 270
Applied aspects – Malabsoption syndrome.	
Dietary fibres	

Chapter 7. ENDOCRINE SYSTEM	Page Number
 Introduction - Types of chemical messengers. General properties of hormones. Classification of hormones and mechanism of action. 	273 - 280
Major endocrine glands.	
Anterior Pituitary – Hypothalamic control of pituitary secretion	280 - 286
 Physiological functions of growth hormone (GH), role of somatomedians on growth, regulation of GH secretion 	200 - 200
 Abnormalities of GH secretion -Dwarfism, gigantism, acromegaly; 	
Functions and regulation of secretion of prolactin, TSH, ACTH, Gonadotropins	
Posterior Pituitary	286 - 289
Antidiuretic hormone -Function and regulation of secretion	200 209
Diabetes insipidus and SIADH.	
 Oxytocin - Functions and regulation of secretion. 	
 Thyroid gland - Synthesis, secretion, functions and regulation of secretion of thyroid hormones. 	289 - 301
 Disorders of thyroid – Goitre, Cretinism, Myxoedema, Grave's disease, 	
Thyroid function tests, Antithyroid substances.	
Adrenal Cortex –	301 - 311
 Synthesis and secretion of adrenocortical hormones, Functions of the mineralocorticoids- aldosterone, 	
 Regulation of secretion of aldosterone. Conn's syndrome 	

 Functions and regulation of secretion of glucocorticoids- cortisol, disorders- Addison's disease, Cushing's syndrome 	
Adrenal androgens.	
Adrenogential syndrome.	
Adrenal medulla - Biosyntheis of catecholamines.	
• Functions of adrenal medullary hormones. Alarm reaction, Pheochromocytoma.	
Endocrine Pancreas - Physiological functions of insulin	311 - 321
Mechanism of action-Insulin receptors	
 Regulation of insulin secretion. 	
 Diabetes mellitus- types and pathophysiology 	
 Glucagon – Functions and regulation of secretion. 	
Somatostatin – Pancreatic polypeptide	
Hormonal regulation of blood glucose. Hypoglycemia.	
 Parathyroid Gland – functions and regulation of secretion of PTH. 	321 - 329
 Actions of PTH on regulation of plasma calcium and phosphate concentration. Tetany 	
Calcitonin Functions and regulation of secretion	
Calcium metabolism- Hormonal regulation of plasma calcium level .	
Other endocrine glands - Pineal gland, thymus	329 - 332
Local hormones - Histamine, Serotonin, Prostaglandins, Acetyl choline, Bradykinin	
• GIT hormones	

Chapter 8. NERVOUS SYSTEM	Page Number
Organization and overview of functions of Nervous system.	335 - 339
Neuron- Structure, classification and properties.	339 - 341
Resting membrane potential, Action potential, strength-duration curve.	
 Nervefibre - Classification, conduction of impulses in myelinated & nonmyelinated nerve fibers, 	341 - 344
Velocity of conduction of nerve impulse	
Degeneration and regeneration of nervefibre, Neurotrophins	344 - 345
Neuroglia- Types and functions	
Sensory Receptors – Definition, Classification and Properties.	345 - 348
 Synapse – Structure, transmission, properties, synaptic inhibition. Neurotransmitters – Definition, types and examples 	348 - 354
Organization of spinal cord	354 - 355
Reflex Action, Reflex arc, Classification of reflexes.	355 - 362
Properties of reflexes	
Ascending Tracts – Sensory pathways – Dorsal column, lateral column	362 - 367

(Name of important tracts, explanation of lateral spinothalamic tract).	
Anterior column.	
Pathway for fine touch, crude touch, pressure pain, and temperature.	
Physiology of Pain – Definition of pain, Pain receptors, Classification of pain.	367 - 37
Pain pathways- fast and slow.	307 37
Modulation of pain at spinal cord level.	
Central pain analgesic mechanisms.	
Referred pain, Phantom pain, Projected pain, analgesia. Principles of pain management.	
Descending tracts – Pyramidal and extra pyramidal pathways. Origin, course, termination and functions.	375 - 38
Upper motor neuron lesion and lower motor neuron lesion.	
Lesions of spinal cord – Complete and Hemisection of spinal cord.	
Gross structure and functions of – Medulla and Pons	385 - 38
Cerebellum - Structure, connections and functions.	386 - 39
Cerebellar disorders	
Posture and equilibrium, muscle spindle and postural reflexes.	
Decerebrate rigidity	
Hypothalamus -Structure, connections and functions.	392 - 39
Thalamus -Structure ,connections and functions.	399 - 40
Thalamic syndrome	
Basal ganglia -Connections and functions .	403 - 41
Disorders- Parkinsonism, Wilson's disease, Chorea	
Reticular formation	410 - 41
Cerebral cortex, cytoarchitecture, lobes and functions. Dominant hemisphere, Disorders-Cerebral palcy, Plegia, Epilepsy.	411 - 41
Limbic system, organization, connections and functions. Disorders	417 - 41
Electroencephalogram: EEG pattern, Clinical uses of EEG	419 - 42
Cerebrospinal fluid, Formation, circulation, composition and functions, Hydrocephalus- lumbar puncture. Blood Brain Barrier.	420 - 42
Physiology of Sleep.	422 - 42
Speech and speech disorders	
Learning & Memory- Definition, types of memory.	428 - 43
Biochemical and physiological basis of memory.	
Amnesia, Alzheimer's disease	
Autonomic Nervous System, Organization and functions	430 - 43
Cranial nerves	433 - 43

Chapter 9. SPECIAL SENSES	Page Number
Vision - Functional anatomy. Structure of retina .Rods and cones	437 - 441
Mechanism of formation of image - Basic optics.	441 - 445
Mechanism of processing of image - Phototransduction.	
Refractive errors with correction	
Aqueous humour, Vitreous humour, Intraoccular pressure	445
 Pupillary reflexes with pathways - Light reflexes and Accommodation reflex. Argyl Robertsons Pupil. Strabismus or squint. Movements of eye. 	445 - 456
Physiology of color vision and color blindness.	
Visual-Adaptation – light and dark, Cataract, Critical Fusion Frequency.	
Visual pathway with lesions at various levels, Visual acuity and Field of vision	
Audition - Structure and function of external and middle ear.	456
Structure of organ of Corti, Cochlear fluids, Cochlear potential.	
 Mechanism of hearing, Activation of hair cell, Auditory pathway, Electrical potentials from cochlea, Theories of hearing 	
Frequency and intensity discrimination.	
Auditory pathway	462
Applied aspect: Hearing tests, Deafness, Audiometry	
Vestibular apparatus: functions.	462 - 464
Olfaction - Olfactory receptors, mechanism of stimulation, Olfactory pathway	465 - 470
Gustation - Modalities of taste, Taste buds.	
Mechanism of stimulation and taste pathway.	

10. MUSCLE PHYSIOLOGY AND EXERCISE PHYSIOLOGY	Page Number
Muscle- Types.	473 - 480
Comparison between skeletal, cardiac and smooth muscles. Motor unit.	
 Physiological anatomy of skeletal muscle, sarcomere, contractile muscle proteins. Sarcoplasmic reticulum. 	
 Properties of skeletal muscle. 	
 Neuromuscular junction – Structure, neuromuscular transmission, Neuromuscular blockers, Myasthenia gravis 	478 - 484
 Excitation contraction coupling, molecular basis of muscle contraction. 	
 Experiments on properties of muscles 	
Chemical changes during contraction	
 Types of contraction – isometric and isotonic. Fast and slow muscle. 	
Muscle dystrophy, rigor mortis.	
Smooth muscle - structure, types and functions. Mechanism of smooth muscle contraction.	485
Exercise Physiology - Isotonic and isometric exercise, gradation of exercise Changes during exercise – Cardiovascular, respiratory, metabolic, endocrine and nervous	486 - 494

Chapter 11. REPRODUCTIVE SYSTEM	Page Number
Introduction	497 - 540
• Puberty – Pubertal changes in male and female.	
Male reproductive system - Functional anatomy	503
Spermatogenesis- steps and factors influencing	303
Abnormal spermatogenesis, semen.Sertoli cells	
• Functions and regulation of secretion of testosterone.	
Cryptorchidism, Hypogonadism.	
• Infertility	
Female reproductive system - Functional anatomy,	509 - 523
Oogenesis- steps and factors influencing.	007 020
Menstrual cycle- Ovarian and uterine changes	
• Tests for ovulation.	
Hormonal control of menstrual cycle.	
Female sex hormones,oestrogen,progesterone,relaxin.	
Physiology of pregnancy - Fertilization, implantation	524 - 532
• Placenta, hormones of placenta and functions	
Pregnancy diagnostic tests	
Maternal changes during pregnancy	
• Parturition: initiation and onset of labor.	
• Lactation - Role of estrogen and progesterone in development of breast	
• Role of prolactin and oxytocin in milk ejection process	
• Menopause	
• Family planning, Physiology of contraception – Physiological basis of different methods of contraception in males and females.	533 - 537
Sex determination, Sex differentiation	538 - 540
• Chromosomal aberrations of sexual development.	
Chapter 12. GROWTH, DEVELOPMENT, AGING AND STRESS	Page Number
Definition of growth and development Growth curve.	542 - 551
• Physiological changes during aging. Theories of aging physiology of stress.	
Physiological Normal values	
Question Bank	552 - 581
• Bibliography	582
• Index	584 - 596