CSS stands for Cascading Style Sheets. It is a style sheet language used for describing the presentation of a document written in HTML or XML. CSS controls the layout, formatting, and appearance of elements on a web page. The primary purpose of CSS is to separate the structure and content of a document from its presentation, allowing for more flexible and consistent styling across multiple pages or an entire website.

CSS, or Cascading Style Sheets, was proposed and developed by Håkon Wium Lie and Bert Bos. They presented the first draft of CSS in 1994 as a part of the World Wide Web Consortium (W3C).

CSS (Cascading Style Sheets) has a specific syntax for defining styles. The basic structure of a CSS rule consists of a selector and a declaration block. Here's a breakdown of the syntax:

```
css
selector {
    property: value;
    /* Additional properties and values */
}
```

Let's go into more detail:

1. Selector:

- A selector is used to target HTML elements that you want to style.
- It can be an element name, class, ID, attribute, or a combination of these.
- Examples:
 - Element Selector: p targets all (paragraph) elements.
 - Class Selector: .highlight targets all elements with the class "highlight."
 - ID Selector: #main-heading targets the element with the ID "main-heading."
- Descendant Selector: div p targets all elements that are descendants of a <div> element.

2. Declaration Block:

- The declaration block is enclosed in curly braces {} and contains one or more declarations.
 - Each declaration consists of a property and a value, separated by a colon (:).
 - Declarations are terminated with a semicolon (;).

```
- Example:
   css
   p {
       color: blue;
       font-size: 16px;
}
```

3. Property:

- A property is a specific aspect of an element's style that you want to define.
- Examples include color, font-size, margin, padding, etc.

4. Value:

```
- The value is the specific setting for the property.
```

5. Comments:

- CSS supports comments, which are ignored by the browser.
- Single-line comments start with /* and end with */.
- Example:
 css
 /* This is a comment */

Here's a simple example with a more complete CSS rule:

In this example, the selector is h1, and the declaration block contains three declarations, each defining a different style property for the selected <h1> elements.