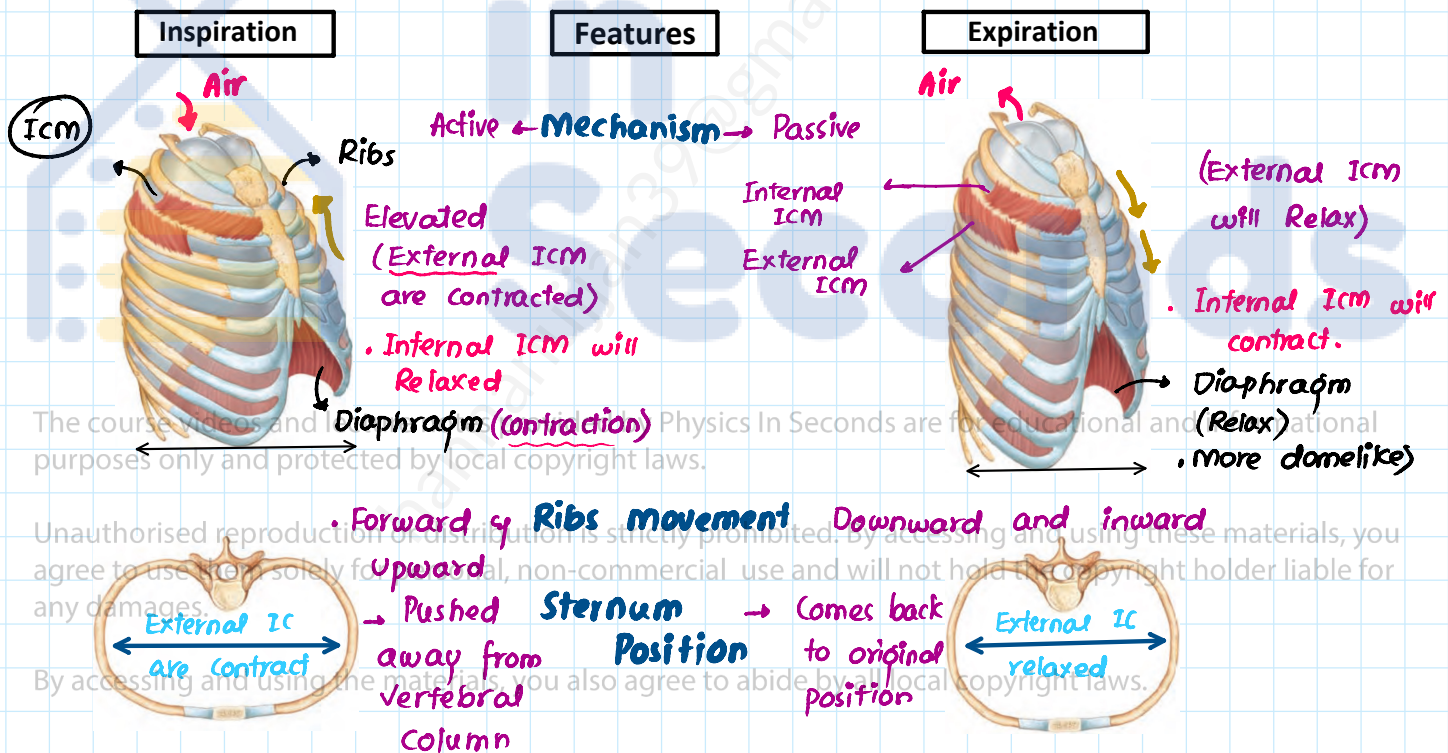


Mechanism of Voluntary and Involuntary Regulation of Breathing

Mechanism of Breathing

SUCTION PUMP MECHANISM → **INSPIRATION (Inhalation)**
 → **EXPIRATION (Exhalation)**

- Lungs have spongy appearance.
- Expansion & Contraction of lungs → Ribs / Costal Bones
 → Diaphragm
- Elastic in Nature
- Regain their original size, whenever force is removed



Contraction / less dome like ← **Diaphragm** → Relaxation / more dome like

↑↑ (increased)

Volume of Thorax

↓↓ (Decreased)

Enlarged

Pleural Cavity

Reduced

↓↓ (Decreased)

Pressure on Lungs

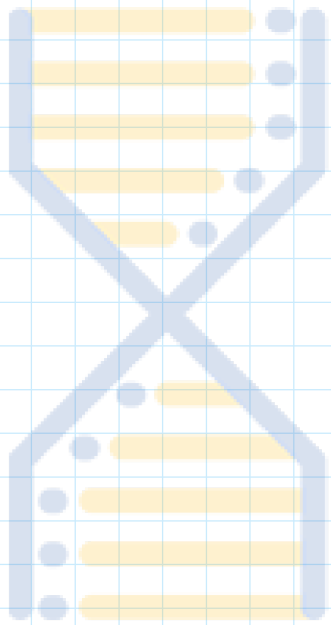
↑↑ (increased)

Rush inside lungs

Air Movement

Expelled outside lungs

Pressure in Lungs
 Rush inside lungs Air Movement Expelled outside lungs
 Dilate/Expand Lungs Contracted



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