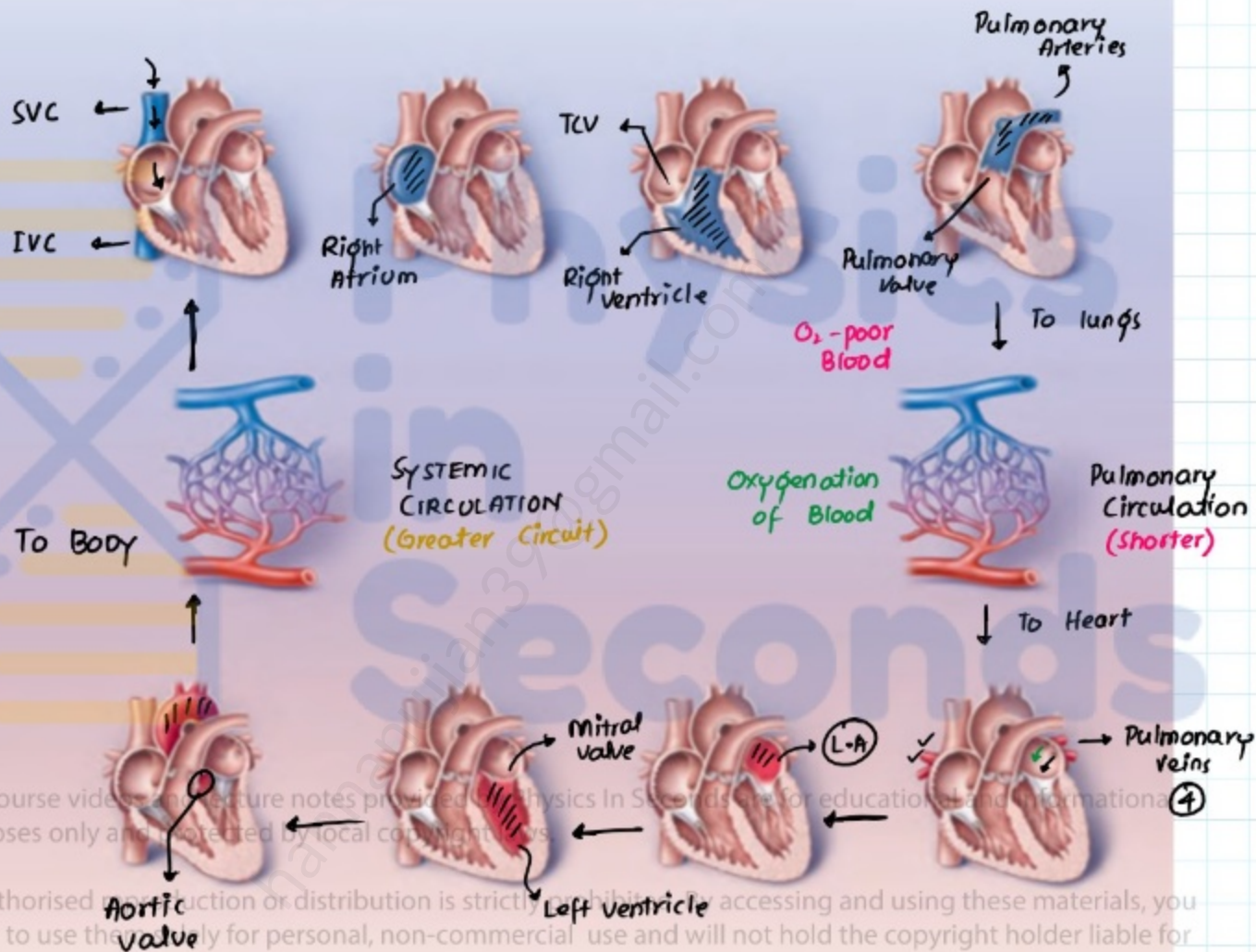


9.4 Phases of a cardiac cycle

- Heart movement
(Rhythmic)
- Heart Beat $\rightarrow 72/\text{min}$
- One's life $\rightarrow 2.5$ Billion times

Phases of Cardiac Cycle $\rightarrow 1 \text{ cycle} \rightarrow 0.7 - 0.8 \text{ sec}$

- DIASTOLE / SYSTOLE
(Relaxation) (Contraction)
- Atrial Ventricular
- Atrial Ventricular



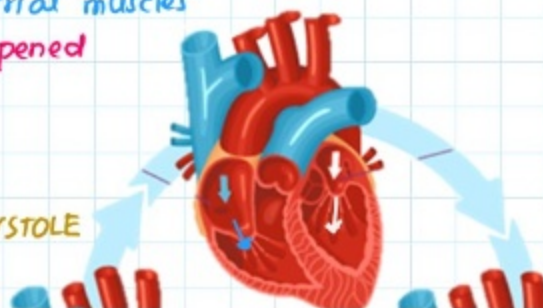
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- ATRIAL SYSTOLE $\rightarrow 0.1 \text{ sec}$
- Contraction of atrial muscles
- Inlet valves opened (TCV + BCV)

- 0.3 Sec
- VENTRICULAR SYSTOLE
- Contraction of



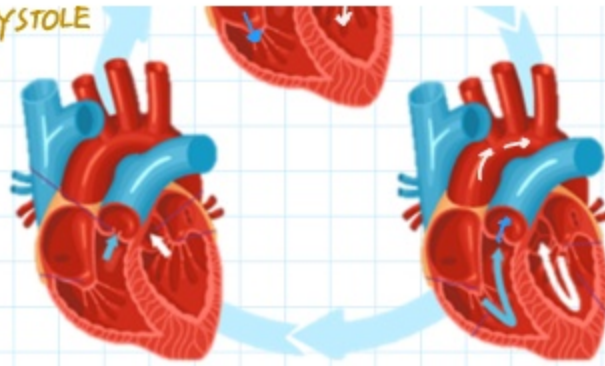
- Venous blood drains into Heart.
- \rightarrow Vena Cava
- \rightarrow Pulmonary Veins

- DIASTOLE PHASE $\rightarrow 0.4 \text{ sec}$
- Relaxation of

VENTRICULAR SYSTOLE

Contraction of ventricular muscles.

- Inlet valves closed (LUB sound produced)



DIASTOLE PHASE → 0.4 Sec

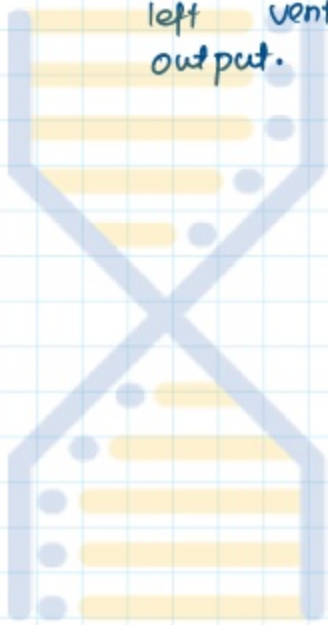
Relaxation of chambers.

STROKE VOLUME :

The volume of blood leaving the left ventricle, is known as stroke volume.

→ CARDIAC OUTPUT (C.O = Stroke volume × H.R)

- The volume of blood pumped per minute by the left ventricle into the systemic circuit is called cardiac output.



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