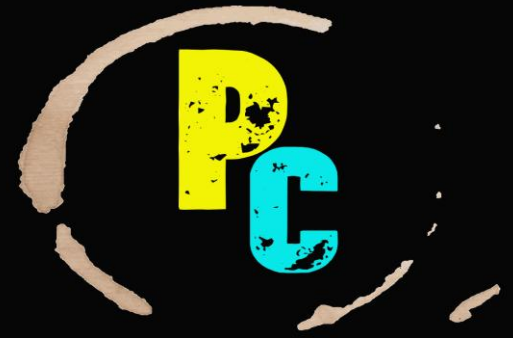


sanjivsih batch



CHAPTER-THE CICULATORY SYSTEM

BATCH-2025-2026

Blood Vessels



Blood vessels are thin tubes that form a network throughout our body. There are three types of blood vessels.

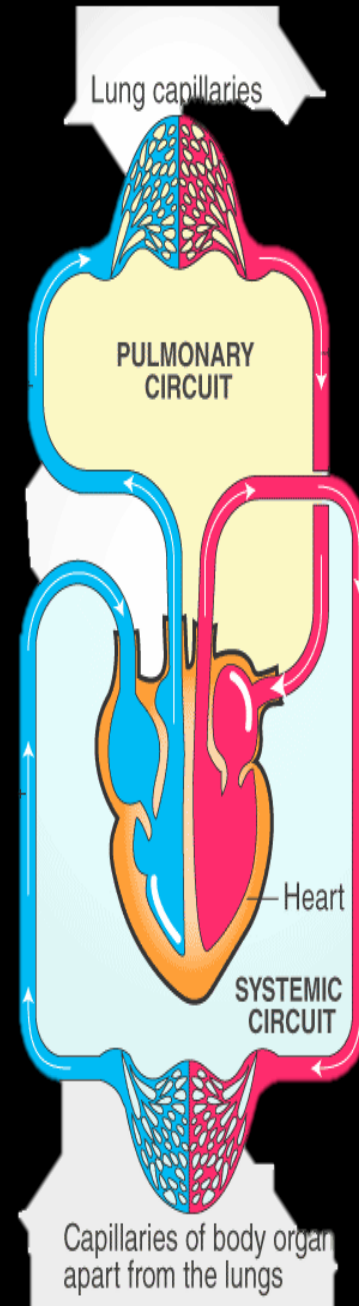
Arteries: Arteries carry blood from the heart to the rest of the body. They have thick walls.

Veins: Veins carry blood from different parts of the body to the heart. They have thin walls.

Capillaries: Capillaries are the thinnest of blood vessels. All exchange of gases, nutrients and wastes take place through the walls of capillaries.

Process Of Blood Circulation

Veins bring blood to the heart from all parts of our body. This blood contains carbon dioxide, a waste gas. The heart then pumps this blood into the lungs. In the lungs, the carbon dioxide is removed and oxygen is absorbed. This oxygen-rich blood then comes back to the heart. The heart pumps this blood to all parts of our body through the arteries. Thus, our blood supplies oxygen to all parts of our body. This cycle goes on. As the blood moves through blood vessels in the digestive system, it picks up nutrients and transports them to all parts of our body. Blood also collects wastes from the liver and other parts of our body in a similar way and helps in removing them from the body.



Heartbeat and Pulse

The heart continuously pumps blood by contracting and relaxing. The contraction and relaxation of the heart muscle produces a sound or beat. It is called a heartbeat. The heart of a healthy person beats about 70 times in a minute. We can feel our heartbeat by keeping our hand on our chest. Doctors use a stethoscope to listen to heartbeats. The pumping of blood by the heart causes a rhythmic wavy movement of blood in the arteries. This is called pulse. The pulse rate shows how fast our heart is beating. We can feel our pulse by putting two fingers of one hand on the wrist of the other hand.