

Cell- The Basic Building Block of Human Body

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Editorial

Outer appearance of human body is based on the size of skeleton, muscle shape and thickness of the fat layer which change with person's age and sex.

Males generally have tall bodies, broad shoulders, body hair and unequal fat deposits as compared to females.

Brain and spinal cord form the vital control system of the body. Brain is the driver of the train called body. Thoughts come and go like a crowded train. For improving the life and live it to the fullest, a person needs tracking the thoughts. A single unsupervised thought may land the person in trouble.

Visualize an over crowded train coming on the station. Passengers boarded on the earlier stations get down and the new passengers start boarding the train for journey to the stations next. Thoughts come like waves in the ocean. Waves generate in the ocean and keep on coming to the shores. No trace of the wave's origin ever found by lay persons.

Brain waves' pattern is measured by EEG (Electro Encephalograph)

Food is fuel to life. Good light food generates energy to face challenges in life. While the heavy or junk food degenerates energy and creates physical and mental lethargy.

Another vital organ of the body is heart that pumps blood. Fresh blood is supplied to the other organs and old blood is pulled back to the heart for purification and freshening.

Heart waves are measured by ECG (Electro cardio graph)

Thoughts keep on coming and going in human mind and more the green flag is used to shed the useless thoughts, lighter becomes the mind and happier the daily life.

Experts say, CELL is the basis building block of human body. The building of basic body is formed by a cell, a tissue, muscle, nerve, skin, blood, bone marrow and bones.

Billions of cells make a human body. Cell's outer layer is called cell membrane and contains cytoplasm. This cytoplasm contains many organelles- the most important of which is nucleus. Nucleus is the seat of DNA. DNA contains vital genetic information and is generally used by scientists to establish the parentage of a child.

Brain is also the commander of activities done by the parts of the body. Brain – left or right – has neurons as constituent.

Neurons play the role of communicator to carry messages from brain to the entire body. Neurons are also referred to motor neurons. Motor neurons are of three types – Multi- polar, bipolar and uni-polar neurons.

Neurons have dendrites as their shoots. Dendrites receive chemical signals from other neurons that cause electrical impulses in human body.

Central Nervous System (CNS) – the body's chief controlling and coordinating center depends heavily upon billions of neurons grouped as nerves that transmit impulses between the CNS and other organs of the body. Such impulses can be categorized into motor impulses and electrical impulses.

Motor impulses direct different parts of the body to act as warranted by external environment and situations and electrical impulses are always at work within the body and ready to react to the environment and situation.

Situation warrants the brain to act appropriately and brain decides to fight or flight. In fight or flight mode, muscles tighten and motor action occurs.

Anxiety, anger and worry form the foundation for the mind to react. Motor impulses and electrical impulses both function to decide the reaction to situation.

Positive or negative actions ensue. Based on situation and its handling, winning or losing follows.

Nucleus of the cell activates motor impulses and/or electrical impulses.

Cell- the basic building block- envelopes the nucleus. Nucleus activates cell receiving nourishment from food.. Food is the fuel to build better cells.

Note: The writer is not a doctor. The views expressed in this article are solely that of the author for general awareness of the reader and the journal shoulders no responsibility.