**HUMAN ANATOMY**

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Human anatomy is the basis of medicine. Anatomy is derived from the greek word tamnein which means to cut, this shows that at its core it relies on cadaveric dissection. Recently students have started using models and computer images in studying anatomy. Human anatomy can be approached in two ways; regional and systemic. For the sake of visualizing and understanding of imaging, most tutors prefer using the regional approach. Regional approach divides human body into: lower limbs, upper limbs, head and neck, neuroanatomy, thorax, abdomen, and perineum. In each of the divisions, a sound study of the following is required: bones, muscles, blood supply, innervation, and lymphatic drainage. .The limbs have a similar anatomy due to a similar embryological development. This article shall focus on the lower limb as a representative. Lower limb bones from proximal to distal are pelvis, femur, tibia and fibula, and the foot bones. The foot has the tarsal bones, metatarsals, and phalanges. Muscles are classified into compartments: extensors, flexors, abductors of the hip as well as the knee. Foot muscles carry out eversion, inversion, dorsiflexion and, plantarflexion. The main arterial supply is iliac artery. Venous drainage is via vena commitante as well as superficial veins . Innervation of the lower limb is by the lumbosacral plexus of nerves. A major nerve is the sciatic. .The lymphatics drain into popliteal and inguinal lymph nodes. Head and neck bones are the skull bones joined by sutures as well as the upper cervical bones. The skull is covered by scalp made of five layers. On the face, the skull is covered by muscles of facial expression. The skull holds the teeth in position and leaves cavities such as the mouth. Blood supply is via braches of external carotid artery. Veins ultimately drain into external and internal jugular veins. Cranial nerves I-XII supply the features of head and neck. Lymphatics drain into superficial and deep cervical lymph nodes and the lymph ends up in the subclavian vein. Neuroanatomy consists of the brain and the spinal cord, they contain grey and white matter.. The brain is divided into lobes. Areas of the brain are divided into motor, somatosensory, visual, auditory, and limbic lobe among others. Blood supply is by the internal carotid, the vertebral arteries and segmental arteries at the spinal cord level. Lymphatic drainage is by the ventricular system. The spinal cord extends to L2-L3 level . The thorax can be divided into superior, middle, anterior, and posterior mediastinum. The bones of the thorax are sternum, ribs, and thoracic spine. The muscles are diaphragm, intercostals (external, internal, innermost), subcostals, and transversus thoracis. The blood supply is derived from axillary, posterior intercostal, and dorsal scapular arteries. Innervation is mainly by intercostal nerves (T1-T11). Lymphatic drainage involves axillary, intercostal, and parasternal nodes. The abdomen consists of calots triangle, inguinal triangle, peritoneal, and peritoneum. The bones are the lumbar spines. The muscles are anterolateral group and posterior group. Anterolateral group has flat and verticle muscles. Posterior group includes psoas major. Other structures include the GI tract and accessory organs. Blood supply is by abdominal aorta. Lymphatic drainage follows main blood vessels. The perineum consists of the urogenital tract and external genitalia. The blood and nerve supply is via internal pudendal artery and pudendal nerve. In conclusion, the human anatomy is more of visual and practical and cannot be compressed in a few words.

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