* Blood Pressure *

- The pressure exerted by flowing blood on walls of arteries is called "Blood pressure".
- It is measured by – Sphygmomanometer.

* Normal B.P = 120 / 80 mm Hg.

* 120 mm Hg → systolic process
  80 mm Hg → diastolic process.

* Instrument used for measure heart Beat – "Stethoscope".

* Systolic → contraction of heart → Blood comes out → in 0.3 sec.
* Diastolic → relaxation of heart → Blood comes in → in 0.5 sec.

→ Total Process = 1 Diastole + 1 Systole = 1 heartbeat.
= 0.5 sec + 0.3 sec.
⇒ 0.8 sec. = time of one heartbeat.

* Hypertension.

- when pressure is more than 120 mm Hg.
- also called "high B.P.".

* Hypotension.

- when pressure is less than 80 mm Hg.
- also called "Low B.P.".

Both type of tensions can lead to "heart-Attack.

* Stroke Volume.

- The volume of Blood comes out to make one heart Beat, is called stroke volume.
- In 1 min., our heart pumps about 5 litres Blood.

NOTE –

1. Heart beats are controlled by – Medulla Oblongata.
2. Hormones that controls heartbeat –
   a. Thyroxine. (Thyroid gland)
   b. Adrenaline (Adrenal gland).
3. Rates of Heart Beat –
   a. In child – 150 / min.
   b. In Adult – 72 / min.
   c. In gym – 90 - 98 / min.
   d. In embryonic stage – 200/min.

ECG - Electro Cardio gram.

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* Diseases of human heart *

1. Fossa Ovalis –
   - also called Blue Baby Syndrome.
   - there is a hole in septum b/ween Right auricle and left auricle.
   - due to which O_2 amount decreases.
   - corrected by heart surgery by putting "Platinum membranes" on the septum.

2. Cardiac Arrest –
   - Blockage of Valves.
   - a type of 'heart attack".
   - O_2 amount decreases.

3. CAD –
   - Coronary Arteries Disease.
   - Blockage of coronary Artery.
   - Blood doesn't transfer to heart.

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