

## BREATHING

*Describe the process of breathing in human beings. NCERT EXEMPLAR, HSLC2017*

*Ans:* Breathing in humans involve three steps-

- Inspiration/Inhalation:** When we breathe in, ribs move up and flatten the diaphragm due to which the chest cavity becomes larger. As a result air is sucked into the lungs and fills the expanded alveoli.
- Gaseous exchange:** Hemoglobin binds with the oxygen and carries it along the blood in the body whereas  $\text{CO}_2$ , which is produced during respiration, diffuses into the blood and is carried to the lungs for expiration.
- Expiration:** Ribs move down and diaphragm becomes dome-shaped decreasing the chest cavity. Thus, pushing the air out from the lungs.

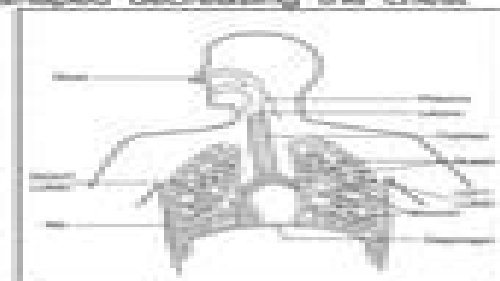
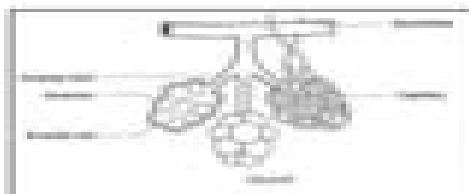


Fig: Human respiratory system

### Do You Know?

Smoking is injurious to health.

Lung cancer is one of common causes of deaths in the world. The upper part of respiratory tract is provided with small hair-like structures called cilia. These cilia help to remove germs, dust and other harmful particles from inhaled air. Smoking destroys these hair due to which germs, dust, smoke and other harmful chemicals enter lungs and cause infection, cough and even lung cancer.

The main organs of human respiratory system are-Nose, Nasal cavity, Tracheae, bronchi, Lungs and Diaphragm.

- If the alveolar surface were spread out, it would cover about  $60 \text{ m}^2$ . How much do you think the surface area of your body is? Consider how efficient exchange of gases becomes because of the large surface available for the exchange to take place.
- If diffusion were to move oxygen in our body, it is estimated that it would take 3 years for a molecule of oxygen to get to our toes from our lungs. Aren't you glad that we have haemoglobin?

**Q. What are alveoli? State their functions.**

*Ans:* Within the lungs, the passage divides into smaller and smaller tubes which finally terminate in

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