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Volume 1

Human Anatomy

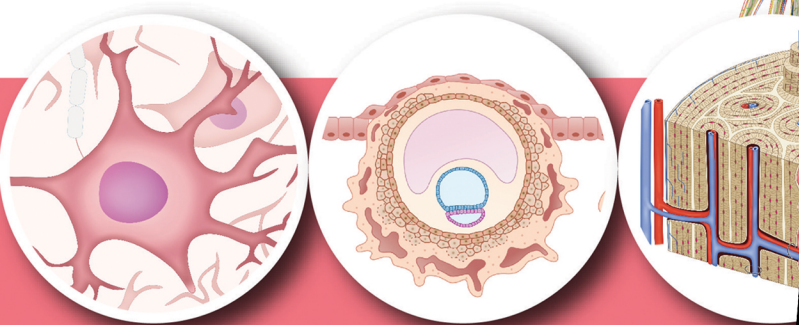
As per Competency-Based Dynamic Curriculum (CBDC)

GENERAL ANATOMY

HISTOLOGY

EMBRYOLOGY

UPPER LIMB



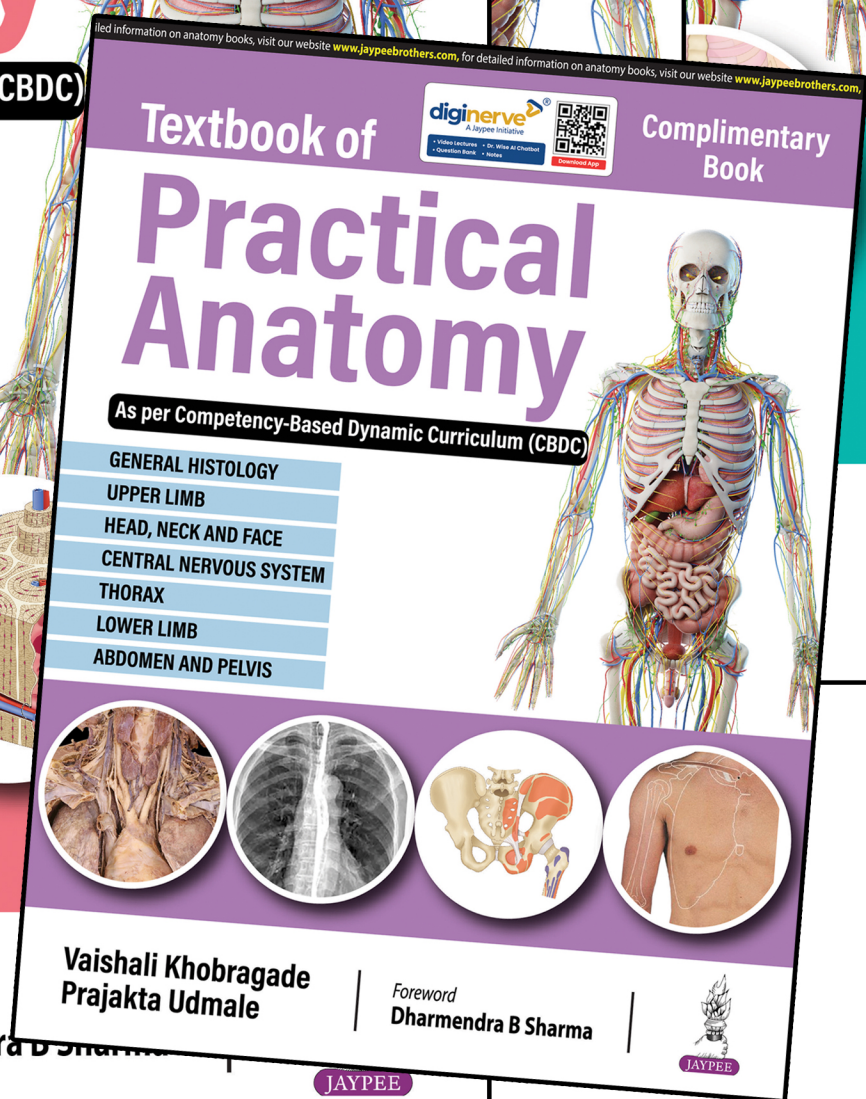
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Foreword
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Contents

VOLUME 1

SECTION 1: GENERAL ANATOMY

1. Modern Concepts of Cell and its Components, Cell Division, Types with their Significance	7
❖ Cell	7
2. Basic Tissues	11
❖ Epithelial Tissues	11
❖ Muscle Tissues	12
❖ Nervous Tissues	13
❖ Connective Tissues	14
❖ Tissue Regeneration	14
3. Genetics	15
❖ Structure and Function of DNA	15
❖ Chromosomes and Genome	15
❖ Gene Expression and Protein Synthesis	16
❖ Ribonucleic Acid (RNA)	16
4. Chromosomes	18
❖ Structure of Chromosomes	18
❖ Types of Chromosomes	18
❖ Chromosomal Aberrations	19
❖ Barr Bodies	19
5. Genes	21
❖ Gene: Unit of Heredity	21
❖ Chemical Structure of Genes	22
❖ Characteristics Determined by Genes	23
❖ Reasons for Heredity	23
❖ Functions of Genes	23
6. Inheritance	25
❖ Mendel's Principles of Inheritance	25
❖ Modern Chromosomal Theory of Inheritance	25
❖ Patterns of Inheritance	26
❖ Mutations	27
❖ Examples of Genetic Diseases	27
❖ Chromosomal Abnormalities	27
❖ Mitochondrial Inheritance	28
7. Genetic Basis of Diseases and Integration with Homeopathic Concept of Miasmatic Influence	29
❖ Genes and Diseases	29
❖ Homeopathic Concept of Miasms	30
❖ Miasm as Inheritable Phenomenon	30
❖ Case-based Learning	31

8. Subdivisions of Anatomy	33
9. History of Anatomy	38
❖ Greek Period	38
❖ Roman Period	38
❖ Fourteenth Century	38
❖ Fifteenth Century	39
❖ Sixteenth Century	39
❖ Seventeenth Century	40
❖ Eighteenth Century	40
❖ Nineteenth Century	40
❖ Twentieth Century	41
❖ Twenty-first Century	42
10. Anatomical Terms of Position and Movement	43
❖ Positions	43
❖ Planes	44
❖ Terms Used in Relation to Trunk, Neck and Face	44
❖ Terms Used in Relation to Upper Limb	44
❖ Terms Used in Relation to Lower Limb	45
❖ Terms Commonly used in Embryology, Comparative Anatomy, and Gross Anatomy	45
❖ Terms Related to Body Movements	45
❖ Terms Used for Describing Muscles	47
❖ Terms Used for Describing Vessels	47
11. Skin, Superficial and Deep Fasciae	48
Skin	48
❖ Functions of Skin	48
Superficial Fascia	48
❖ Distribution of Fat	49
❖ Types of Fat	49
❖ Important Features	49
❖ Functions	49
Deep Fascia	50
❖ Distribution	50
❖ Important Features	50
❖ Modifications of Deep Fascia	50
❖ Functions of Deep Fascia	51
12. Muscles	52
❖ Parts of a Muscle	52
❖ Aponeurosis	52
❖ Types of Muscles	52
❖ Structure of Striated Muscle	53
❖ Fascicular Architecture of Muscles	54
❖ Nomenclature of Muscles	55
❖ Actions of Muscles	55

13. Bones	57	❖ Simple Epithelium	103
❖ Regional Classification	57	❖ Surface Specialization of Epithelial Cells	104
❖ Classification of Bones	57	❖ Pseudostratified Columnar Epithelium	104
❖ Parts of Bone	59	❖ Stratified Epithelium	104
❖ Types of Bone	60	20. Connective Tissue	106
❖ Developmental Classification	60	❖ Constituent Elements of Connective Tissue	106
❖ Structural Classification	61	❖ Classification of Connective Tissue	107
❖ Ossification	62	❖ Connective Tissue Proper	107
❖ Functions	63	❖ Specialized Connective Tissue	110
14. Joints	65	❖ Functions of Connective Tissue	110
❖ Classification of Joints (Structural Classification)	65	21. Cartilage	112
❖ Blood Supply of Joints	68	❖ Histology of Cartilage	112
❖ Nerve Supply of Joints	69	❖ General Aspects of Cartilage	114
15. Blood Vessels	71	❖ Hyaline Cartilage	114
❖ Components	72	❖ Elastic Cartilage	116
❖ Arteries	72	❖ Fibrocartilage	116
❖ Veins	73	22. Bone	117
❖ Capillaries	73	❖ Extracellular Matrix of Bone	117
16. Lymphatic System	75	❖ Bone Cells	117
❖ General Plan of Lymphatic Drainage	75	❖ Coverings of Bone	119
❖ Types of Lymphocytes	75	❖ Bone Transverse Section	119
❖ Characteristics of Lymph	76	❖ Bone Longitudinal Section	120
❖ Components of the Lymphatic System	76	23. Muscle	122
❖ Lymphatic Follicle (Nodule)	77	❖ Skeletal Muscle	122
❖ Lymph Nodes	77	❖ Cardiac Muscle	123
❖ Spleen	77	❖ Smooth Muscle	123
❖ Circulating Pool of Lymphocytes	77	24. Nervous Tissue	125
❖ Epithelio-lymphoid System	77	❖ What is a Nervous Tissue?	126
❖ Mononuclear Phagocyte System	77	❖ Structure of Nervous Tissue	126
17. Nerves	79	❖ Nervous Tissue Location	126
❖ Nerves	79	❖ Characteristics of Nervous Tissue	126
❖ Parts of the Nervous System	79	❖ Functions of Nervous Tissue	127
❖ Types of Nervous System Cells	82	❖ Histology of Nervous Tissue	127
❖ Parts of Neuron	82	❖ Nerve Fiber	127
❖ Types of Neurons	82	❖ Sympathetic Ganglion	127
❖ Synapse	83	❖ Spinal Ganglion	127
❖ Reflex Arc	83	25. Skin	128
❖ Neuroglia	83	❖ Epidermis	128
18. Glands: Types and Classification	86	❖ Dermis	128
❖ Endocrine Glands	86	❖ Thick Skin	129
❖ Exocrine Glands	88	❖ Thin Skin	129
❖ Liver	90	26. Lymphoid Organs	130
❖ Mammary Glands	90	❖ Bone Marrow	130
❖ Sweat Glands	91	❖ Thymus	132
Self-Assessment	92	❖ Spleen	133
SECTION 2: HISTOLOGY		❖ Lymph Node	134
19. Epithelial Tissue	101	❖ Adenoids and Tonsils	136
❖ Histology	101	❖ Mucosa-associated Lymphoid Tissue	137
❖ Parts of Microscope	101	27. Blood Vessels	139
❖ Use of Microscope	102	❖ Layers of Blood Vessels	139
❖ Types of Microscopes and their Specific Uses	102	❖ Arteries	139
❖ Epithelial Tissue	102		

❖ Large Artery/Elastic Artery	140	35. Intraembryonic Mesoderm	
❖ Medium-sized Artery/Muscular Artery	140	Derivatives: Somites	179
❖ Veins	141	❖ Prechordal Plate and Cloacal Membrane	179
❖ Large-sized Veins	141	❖ Subdivision of Intraembryonic Mesoderm	179
❖ Medium-sized Veins	141	❖ Sclerotome, Myotome, and Dermatome	180
28. Glands	143	36. Ossification	182
❖ Salivary Glands	144	❖ Development	182
❖ Adrenal Glands	145	❖ Intramembranous Ossification	182
❖ Thyroid Gland	146	❖ Endochondral Ossification	183
❖ Parathyroid Gland	146	❖ Physeal Growth Plate	183
❖ Pituitary Gland	147	❖ Cell Types Involved in Bone Development	184
Self-Assessment	148	37. Notochord	185
SECTION 3: EMBRYOLOGY		❖ Formation of Notochord	185
29. Spermatogenesis	157	❖ Formation of Neural Tube	186
❖ Embryology	157	❖ Fate of Notochord	186
❖ Primary Parts of the Male and Female Reproductive Systems	157	❖ Embryonic Changes	186
❖ Meiosis and Gametogenesis	158	38. Folding of the Embryonic Disc and Formation of Primitive Gut Tube	188
❖ Spermatogenesis	159	❖ Embryonic Primitive Gut Folding	188
❖ Spermiogenesis	159	❖ Effects of Embryo Folding	189
❖ Structure of Mature Spermatozoan	159	39. Placenta	190
❖ Maturation and Capacitation of Spermatozoa	160	❖ Implantation	190
30. Oogenesis	161	❖ Decidua	190
❖ Key Transformations Occurring during Oogenesis	161	❖ Formation of Chorionic VILLI	190
❖ Ovaries	162	❖ Further Placental Development	191
❖ Formation of Ovarian Follicle	162	Self-Assessment	193
❖ Structure of Ovum	163	SECTION 4: UPPER LIMB	
❖ Stages of Menstrual Cycle	163	40. Pectoral Region and Axilla	203
❖ Spermatogenesis and Oogenesis	163	<i>Muscles of Pectoral Region</i>	203
31. Fertilization	166	<i>Axilla</i>	205
❖ Structure of Human Sperm	166	❖ Boundaries of Axilla	205
❖ Structure of Human Ovum	166	❖ Contents of Axilla	206
❖ Process of Fertilization	167	41. Mammary Gland	208
32. Cleavage and Implantation	169	❖ External Features	208
❖ Cleavage	169	❖ Relations	209
❖ Implantation	169	❖ Blood Supply and Lymphatic Drainage	209
33. Bilaminar Germ Disc Formation	172	❖ Nerve Supply	210
❖ Significance	172	❖ Development of the Breast	210
❖ Chorion and Amnion	172	42. Brachial Plexus	211
❖ Development	173	43. Axillary Artery	215
34. Gastrulation: Germ Layers and Derivatives	175	44. Back and Intermuscular Spaces Around Scapula	218
❖ Germ Layers	175	<i>Back Muscles</i>	218
❖ Steps of Germ Layer Formation	176	<i>Scapular Muscles</i>	219
❖ Development of other Structures during Gastrulation	176	<i>Intermuscular Spaces of the Scapula</i>	221
❖ Formation of Germ Layer and Development of Embryo	176	45. Shoulder Joint	223
❖ Derivatives of Germ Layers	177	❖ Ligaments	223
		❖ Bursae Related to the Joint	224

❖ Relations	224	54. Elbow Joint and Radio-Ulnar Articulations	253
❖ Blood Supply	224	Elbow Joint	253
❖ Nerve Supply	224	❖ Articulations	253
❖ Movements at the Shoulder Joint and Muscles Producing Them	225	❖ Ligaments	253
		❖ Relations	254
		❖ Bursae Related to the Elbow Joint	254
		❖ Blood Supply	254
		❖ Nerve Supply	254
		❖ Carrying Angle	254
		❖ Movements and Muscles Responsible	254
		❖ Anastomoses around the Elbow Joint	254
46. Musculocutaneous Nerve and Axillary Nerve	227	Radio-Ulnar Joint	255
Musculocutaneous Nerve	227	Superior Radio-Ulnar Joint	255
❖ Origin, Course, and Termination	227	Inferior Radio-Ulnar Joint	256
❖ Relations	227	❖ Interosseous Membrane	256
❖ Branches	227	❖ Anatomical Features	257
Axillary Nerve	228	❖ Relations	257
❖ Course	228		
❖ Branches	228	55. Wrist Joint	258
		❖ Type	258
47. Arm and Cubital Fossa; Brachial Artery	230	❖ Articular Surfaces	258
Arm	230	❖ Ligaments	258
❖ Compartments of the Arm	230	❖ Relations	259
❖ Muscles of Arm	230	❖ Movements	259
Cubital Fossa	232	❖ Blood Supply	260
❖ Features	232	❖ Nerve Supply	260
❖ Boundaries	232		
❖ Roof	232	56. Flexor and Extensor Retinacula	262
❖ Floor	232	Flexor Retinaculum	262
❖ Contents	232	❖ Relations	263
Brachial Artery	233	Extensor Retinaculum	263
❖ Features	233	❖ Attachments	263
❖ Beginning, Course, and Termination	233	❖ Compartments	263
❖ Relations	233		
❖ Branches	233	57. Palmar Aponeurosis and Spaces in Palmar Spaces	265
		Palmar Aponeurosis	265
48. Forearm: Muscles, Nerves and Blood Vessels (Superficial and Deep Flexors and Extensors)	235	❖ Features	265
Forearm: Anterior Compartment	235	❖ Functions	265
Superficial Muscles of Back of Forearm	237	Palmar Spaces	266
Deep Muscles of Forearm	237		
❖ Nerves	238	58. Venous Drainage of the Upper Extremity	269
❖ Blood Vessels	238	❖ Superficial Veins	270
		❖ Deep Veins	270
49. Radial Artery	240	Self-Assessment	272
❖ Course	240		
❖ Relations	240		
❖ Branches	241		
50. Ulnar Artery	243		
❖ Course	243		
❖ Relations	243		
❖ Branches	243		
51. Median Nerve	245		
❖ Course and Relations	245		
❖ Branches	245		
52. Ulnar Nerve	247		
❖ Course and Relations	247		
❖ Branches	247		
53. Radial Nerve	250		
❖ Course	250		
❖ Branches	251		
		60. Face: Muscles, Nerves and Blood Vessels	288
		❖ Features	288
		❖ Skin	288

❖ Facial Muscles	288	70. Temporomandibular Joint	320
❖ Muscles of Facial Expression	289	❖ Ligaments of the Temporomandibular Joint	320
❖ Arterial Supply	290	❖ Articular Disc	321
❖ Nerve Supply	291	❖ Blood Supply and Lymphatic Drainage	322
61. Lacrimal Apparatus	292	❖ Nerve Supply	322
❖ Structures	292	❖ Movements and Associated Muscles	322
❖ Lacrimal Gland	293	71. Thyroid Gland	323
❖ Blood Supply	293	❖ Capsules of the Thyroid	324
❖ Nerve Supply	293	❖ External Features	324
62. Side of the Neck: Posterior Angle	295	❖ Isthmus	324
❖ Boundaries	295	❖ Blood Supply and Venous Drainage	325
❖ Skin	296	❖ Nerve Supply	326
❖ Superficial Fascia	296	❖ Histology	326
❖ Deep Cervical Fascia (Fascia Colli)	296	72. Cranial Cavity: Dura Mater, Dural Venous Sinuses and Pituitary Gland	327
63. Front of the Neck: Anterior Triangle and its Subdivisions	298	❖ Skull Cap (Calvaria)	327
<i>Anterior Triangle</i>	298	<i>Dura Mater</i>	328
❖ Boundaries	298	❖ Cerebral Dura Mater	328
❖ Subdivisions	299	<i>Dural Venous Sinuses</i>	329
❖ Submental Triangle	299	❖ Venous Sinuses of the Dura Mater	329
❖ Digastric Triangle	299	<i>Pituitary Gland (Hypophysis Cerebri)</i>	330
❖ Carotid Triangle	300	❖ Location	330
❖ Muscular Triangle	300	❖ Shape and Measurements	330
64. Deep Cervical Fascia	302	❖ Arterial Supply	330
65. Back of the Neck: Suboccipital Triangle	304	❖ Pituitary Gland Secretion	330
❖ Suboccipital Triangle	304	73. Contents of the Orbit	332
66. Contents of Vertebral Canal	306	❖ Features	333
❖ Contents of the Vertebral Canal	306	❖ Contents	333
67. Parotid Gland	310	74. Extraocular Muscles	336
❖ Parotid Capsule (or Parotid Sheath)	311	❖ Voluntary Muscles	336
❖ Anatomical Features	311	❖ Recti Muscles	337
❖ Relations	311	❖ Oblique Muscles	338
❖ Borders	311	❖ Levator Palpebrae Superioris	338
❖ Structures within the Gland	312	❖ Movements of the Eyeball	338
❖ Blood Supply and Lymphatic Drainage	312	❖ Actions of Individual Muscles	339
❖ Nerve Supply	312	75. Oral Cavity	340
❖ Parotid Duct (Stenson's Duct)	312	❖ Divisions	340
68. Submandibular Gland	314	❖ Teeth	342
❖ Superficial Part	314	76. Soft Palate and Palatine Tonsil	344
❖ Deep Part	315	❖ Structure	344
❖ Blood Supply and Lymphatic Drainage	315	❖ Components	344
❖ Nerve Supply	315	❖ Muscles of the Soft Palate	344
69. Muscles of Mastication	317	❖ Blood Supply and Lymphatic Drainage	345
❖ Temporal Fascia	317	❖ Nerve Supply	345
❖ Temporalis	317	<i>Palatine Tonsils</i>	345
❖ Masseter	318	❖ Anatomy and Location	345
❖ Lateral Pterygoid	318	❖ Structural Features	345
❖ Medial Pterygoid	319	❖ Functions	346
		❖ Waldeyer's Lymphatic Ring	346
		❖ Blood Supply, Nerve Supply and Lymphatic Drainage	346

77. Tongue	347	85. External Carotid Artery	382
❖ Parts of the Tongue	347	❖ Anterior	383
❖ Papillae of the Tongue	348	❖ Posterior	384
❖ Muscles of the Tongue	348	❖ Medial	384
❖ Blood Supply and Lymphatic Drainage	349	❖ Terminal	384
❖ Nerve Supply	349	❖ Cavernous and Cerebral Segments of Internal Carotid Artery	385
❖ Development of the Tongue	349		
78. Pharynx	351	86. Vertebral Artery and Middle Meningeal Artery	386
❖ Dimensions	351	Vertebral Artery	386
❖ Boundaries	351	❖ Features	386
❖ Parts of Pharynx	352	❖ Anatomical Divisions	387
❖ Muscles of the Pharynx	352	❖ Branches of the Vertebral Artery	387
❖ Constrictors of the Pharynx	352	❖ Development of the Vertebral Artery	387
❖ Longitudinal Muscle Coat	353	Middle Meningeal Artery	388
❖ Structures between Pharyngeal Muscles	354	❖ Origin	388
❖ Killian's Dehiscence	354	❖ Course and Relations	388
❖ Blood Supply and Lymphatic Drainage	354	❖ Branches	389
❖ Nerve Supply	354		
79. Larynx	356	87. Internal Jugular Vein	390
❖ Cartilages of Larynx	356	❖ Course	390
❖ Laryngeal Cavity	357	❖ Function	390
❖ Muscles of Larynx	358	❖ Special Features	391
❖ Blood Supply and Lymphatic Drainage	359	❖ Relations	391
❖ Nerve Supply	360	❖ Tributaries	391
80. Nose and Paranasal Air Sinuses	361	88. Systemic Histology: Thyroid Gland, Pituitary Gland and Tongue	392
❖ Structure and Functions of the Lateral Wall of Nose	361	❖ Histology: Thyroid Gland	392
❖ Composition	361	❖ Histology: Pituitary Gland	392
❖ Conchae and Meatuses in the Nasal Cavity	362	❖ Histology: Tongue	393
❖ Blood Supply and Lymphatic Drainage	363		
❖ Nerve Supply	363	89. Systemic Embryology-Pharyngeal Arches and their Derivatives	395
Paranasal Sinuses	363	❖ Pharyngeal/Branchial Arches	395
81. EAR: EAC and Middle Ear, Inner Ear	365	❖ Derivatives of Skeletal Elements	396
❖ Parts of the Ear	365	❖ Laryngeal Cartilages	396
❖ External Ear	365	❖ Nerves and Muscles of the Arches	396
❖ Middle Ear	366	❖ Fate of Ectodermal Clefts	397
❖ Internal Ear	369	❖ Fate of Endodermal Pouches	397
❖ Membranous Labyrinth	370	❖ Development of Palatine Tonsil	397
82. Eustachian Tube	371	❖ Development of Thymus	398
❖ Structure and Function	371	❖ Development of Parathyroid Glands	398
❖ Blood Supply and Lymphatic Drainage	372	❖ Development of Thyroid Gland	398
83. Eyeball	373	Self-Assessment	399
❖ Structure	373		
❖ Outer Coat	373		
❖ Middle Coat	374		
❖ Inner Coat (Retina)	374		
❖ Development	375		
84. Common and Internal Carotid Arteries	378		
❖ Common Carotid Arteries	378		
❖ Internal Carotid Artery	379		
		SECTION 6: CENTRAL NERVOUS SYSTEM	
		90. Meninges of the Brain and CSF	409
		Nervous System	409
		❖ Cells of Nervous System	410
		❖ White Matter and Gray Matter	410
		❖ Structural Divisions of the Nervous System	410
		❖ Integration of the Nervous System	411
		❖ Central Nervous System	411

❖ Peripheral Nervous System	411	❖ Subthalamus	452
❖ Somatic Nervous System	412	❖ Metathalamus	453
❖ Enteric Nervous System	413		
Meninges of Brain	414	98. Third Ventricle	454
❖ Dura Mater	414	❖ Anterior Wall	456
❖ Arachnoid Mater	417	❖ Posterior Wall	456
❖ Pia Mater	417	❖ Lateral Walls	456
Cerebrospinal Fluid (CSF)	418	❖ Roof	456
❖ Volume and Formation	418	❖ Floor	456
❖ Circulatory Pathway	418		
❖ Functions of CSF	419	99. Lateral Ventricle	458
❖ Special Properties of CSF	419	❖ Features	458
		❖ Central Part	458
91. Spinal Cord	421	❖ Horns of Lateral Ventricle	459
❖ Characteristics	421		
❖ Grey Matter Composition in the Spinal Cord	422	100. Cerebrum: External Features	461
❖ Nerve Cell Groups in Grey Columns of Spinal Cord	423	❖ External Features of Cerebral Hemisphere	461
❖ Cell Groups in Grey Columns of Spinal Cord	423	❖ Gyri and Sulci	462
❖ White Matter	424		
❖ Tracts of Spinal Cord	424	101. Functional Areas of Cerebral Cortex	466
		❖ Functional Areas in Frontal Lobe	466
92. Medulla Oblongata	427	❖ Functional Areas in Temporal Lobe	468
❖ Parts	427	❖ Functional Areas in Occipital Lobe	468
❖ External Features	427	❖ Functional Areas in Parietal Lobe	468
❖ Internal Structure	428		
❖ Levels of Transverse Sections	428	102. Basal Ganglia	470
❖ Blood Supply	430	❖ Features	470
93. Pons	432	103. White Matter of Cerebrum: Corpus Callosum and Internal Capsule	473
❖ Dorsal Surface	433	White Matter	473
❖ Internal Structure of Pons	433	❖ Projection Fibers	473
		Corpus Callosum	474
94. Cerebellum	436	❖ Location	474
❖ External Features	436	❖ Structure	474
❖ Cerebellar Peduncles	438	❖ Parts of Corpus Callosum	474
❖ Internal Features	438	❖ Functions	475
❖ Cerebellar Blood Supply	438	Internal Capsule	475
		❖ Subdivisions of Internal Capsule	476
95. Fourth Ventricle	440	❖ Key Relations	476
❖ Formation	441	❖ Fibers of Internal Capsule	477
❖ Composition	441	❖ Blood Supply	477
❖ Features of the Floor	441		
❖ Roof of the Fourth Ventricle	442	104. Blood Supply of Brain (Circle of Willis)	479
		❖ Circle of Willis	479
96. Midbrain	443	❖ Arterial Supply to Brain	479
❖ Subdivisions of the Midbrain	443	❖ Internal Carotid Artery	480
❖ Internal Structure of Midbrain	444	❖ Branches of Circle of Willis	481
❖ Blood Supply	446	❖ Arterial Supply of Different Areas	481
❖ Medial Longitudinal Bundle	446	❖ Perivascular Spaces	482
❖ Development	446	❖ Autoregulation of Cerebral Blood Flow	482
		❖ Veins of Brain	482
97. Diencephalon: Thalamus and Hypothalamus	448		
Thalamus	448	105. Cranial Nerves	484
❖ Nuclei of Thalamus	448	I–Olfactory Nerve	484
❖ Structure	449	II–Optic Nerve	485
❖ Connections of Thalamus	449	III–Oculomotor Nerve	486
❖ Functions	449	IV–Trochlear Nerve	488
Hypothalamus	449	V–Trigeminal Nerve	489
❖ Structure and Boundaries of Hypothalamus	451	VI–Abducens Nerve	490
❖ Epithalamus	451		

VII–Facial Nerve	491	❖ Left Ventricle	530
VIII–Vestibulocochlear Nerve	493	❖ Structure of Heart	530
IX–Glossopharyngeal Nerve	493	❖ Conduction System of Heart	530
X–Vagus Nerve	495	❖ Blood Supply and Lymphatic Drainage of the Conducting System	531
XI–Spinal Accessory Nerve	497	❖ Nerve Supply	531
XII–Hypoglossal Nerve	497	❖ Fetal Circulation	531
106. Systemic Embryology: Development of Brain	500		
❖ Neural Tube Development	500	112. Blood Supply of the Heart	533
❖ Further Brain Development	501	❖ Features of Coronary Arteries	533
❖ Spinal Cord Development	502	❖ Right Coronary Artery	533
		❖ Left Coronary Artery	534
Self-Assessment	503	❖ Venous Drainage	534
SECTION 7: THORAX			
107. Trachea	511	113. Superior Mediastinum: Arch of Aorta	536
❖ Location	511	❖ Course	536
❖ Extent	511	❖ Relations	536
❖ Dimensions	511	114. Superior Mediastinum: Superior Vena Cava	538
❖ Relations of Thoracic Part	511	❖ Course	538
❖ Structure	512	❖ Relations	539
❖ Blood Supply and Lymphatic Drainage	512	❖ Tributaries	539
❖ Nerve Supply	512	❖ Development	539
❖ Development	512	115. Inferior Vena Cava	540
108. Pleura	514	❖ Development	540
❖ Layers of Pleura	514	❖ Origin and Course	540
❖ Pleural Recesses	515	❖ Relations	541
❖ Blood Supply and Lymphatic Drainage	515	❖ Tributaries	541
❖ Nerve Supply	515	116. Posterior Mediastinum: Azygos Vein and Thoracic Duct	542
109. Lungs	517	❖ Azygos Vein	542
❖ External Features	517	❖ Thoracic Duct	543
❖ Visceral Relations of Left Lung	518	117. Posterior Mediastinum: Esophagus and Descending Thoracic Aorta	546
❖ Visceral Relations of Right Lung	518	Esophagus	546
❖ Root of Lung	519	❖ Thoracic Part of Esophagus	547
❖ Blood Supply	519	❖ Blood Supply and Lymphatic Drainage	547
❖ Nerve Supply	519	❖ Nerve Supply	548
110. Mediastinum	521	❖ Histology of Esophagus	548
❖ Superior Mediastinum	521	❖ Development of Esophagus and Trachea	548
❖ Anterior Mediastinum	522	Descending Thoracic Aorta	548
❖ Middle Mediastinum	523	118. Diaphragm	550
❖ Posterior Mediastinum	523	❖ Openings in Diaphragm	551
111. Pericardium and Heart	525	❖ Relations	551
Pericardium	525	❖ Nerve Supply	551
❖ Fibrous Pericardium	525	❖ Actions	551
❖ Serous Pericardium	525	❖ Development	551
❖ Sinuses of Pericardium	526	119. Systemic Embryology: Development of Heart and Lung	553
❖ Contents of Pericardium	526	Development of Heart	553
❖ Blood Supply	527	❖ Heart Tube	553
❖ Nerve Supply	527	❖ Development of Heart	554
Heart	527	Development of Lungs	554
❖ Right Atrium	528		
❖ Left Atrium	529		
❖ Ventricles	529		
❖ Right Ventricle	529		

120. Systemic Histology: Trachea and Lungs	557	❖ Nerves of Gluteal Region	586
❖ Systemic Histology of Trachea	557	❖ Structures Deep to Gluteus Medius	587
❖ Tracheal Structure	557	❖ Structures Deep to Gluteus Minimus	587
❖ Systemic Histology of Lungs	558		
❖ Respiratory Bronchiole	558	126. Sacral Plexus, Sciatic, Tibial, and Common Peroneal Nerves	588
❖ Alveoli	559	Sacral Plexus	588
❖ Applied Aspect and Correlation with Histopathology	559	❖ Location and Relations	588
		❖ Branches	588
Self-Assessment	562	Sciatic Nerve	589
		❖ Root Value	589
		❖ Course and Relations	589
		❖ Branches	590
		Tibial Nerve	591
		❖ Origin	591
		❖ Course in the Leg	591
		❖ Passage through the Tarsal Tunnel	591
		❖ Branches	591
		Common Peroneal Nerve	591
		❖ Origin	591
		❖ Course in the Leg	591
		❖ Branches	592
		127. Back of the Thigh and Popliteal Fossa	593
		Back of the Thigh (Hamstring Muscles)	593
		❖ Semimembranosus	593
		❖ Semitendinosus	593
		❖ Biceps Femoris	594
		❖ Adductor Magnus	594
		Popliteal Fossa	594
		❖ Location	594
		❖ Boundaries	594
		❖ Roof (Superficial to Deep)	595
		❖ Floor (From above Downwards)	595
		❖ Contents	595
		❖ Relations of Structures	595
		128. Hip Joint	596
		❖ Type	596
		❖ Articular Surfaces	596
		❖ Ligaments	596
		❖ Relations of Hip Joint	597
		❖ Arterial Supply	597
		❖ Nerve Supply	597
		❖ Movements	598
		129. Front of the Leg and Dorsum of the Foot:	
		Anterior Tibial Artery, Deep Peroneal Nerve	600
		❖ Muscles of Anterior Compartment of Leg	600
		Anterior Tibial Artery	600
		❖ Course	601
		❖ Relations	601
		❖ Branches	601
		Deep Peroneal Nerve	602
		❖ Root Value	602
		❖ Origin and course	602
		❖ Branches	602
		Dorsalis Pedis Artery (Dorsal Artery of the Foot)	603
		❖ Beginning, Course, and Termination	603
		❖ Relations	603
		❖ Branches	603
121. Lumbar Plexus and Femoral Nerve	571		
Lumbar Plexus	571		
❖ Nerves	571		
Femoral Nerve	572		
❖ Course	572		
❖ Termination	572		
❖ Branches	572		
122. Front of the Thigh	574		
❖ Iliopsoas	574		
❖ Quadriceps Femoris	574		
❖ Sartorius	575		
❖ Pectineus	575		
123. Femoral Triangle and Femoral Artery	577		
Femoral Triangle	577		
❖ Boundaries	577		
❖ Roof	578		
❖ Contents	578		
Femoral Sheath	578		
❖ Formation	578		
❖ Communications	578		
❖ Contents	578		
❖ Relations	579		
Femoral Artery	579		
❖ Origin	579		
❖ Extent	579		
❖ Course	579		
❖ Relations	579		
❖ Branches	580		
124. Medial Compartment of Thigh and Obturator Nerve	581		
Medial Compartment of Thigh	581		
❖ Muscles of Medial Compartment	581		
Obturator Nerve	582		
❖ Root Value	582		
❖ Beginning and Course	582		
❖ Branches	583		
❖ Termination	583		
125. Gluteal Region	585		
❖ Muscles of Gluteal Region	585		
❖ Structures Covered by Gluteus Maximus	585		

130. Back of the Leg: Tibial Nerve and Posterior Tibial Artery	605	137. Venous Drainage of Lower Extremity	634
❖ Superficial Muscles of Back of Leg	605	❖ Factors Helping Venous Return	634
Deep Muscles of Back of Leg	606	❖ Veins of Lower Limb	635
❖ Popliteus Muscle	606	❖ Great Saphenous Vein	635
❖ Flexor Digitorum Longus Muscle	606	❖ Short Saphenous Vein	636
❖ Flexor Hallucis Longus Muscle	607	❖ Perforating Veins	636
❖ Tibialis Posterior Muscle	607	Self-Assessment	638
Posterior Tibial Artery	607		
❖ Beginning, Course, and Termination	607		
131. Side of the Leg: Superficial Peroneal Nerve	609		
❖ Muscles of Lateral Compartment of Leg	609		
Superficial Peroneal Nerve	610		
132. Retinacula around the Ankle	612		
❖ Flexor Retinaculum	612		
❖ Extensor Retinaculum	613		
133. Sole of the Foot	615		
❖ Different Layers	615		
❖ Muscles of the Sole of Foot	616		
Plantar Nerves and Vessels	616		
❖ Features	616		
❖ Medial Plantar Nerve	618		
❖ Lateral Plantar Nerve	618		
❖ Medial Plantar Artery	618		
❖ Lateral Plantar Artery	619		
❖ Plantar Arch	619		
134. Knee Joint	620		
❖ Type	620		
❖ Articular Surfaces	620		
❖ Stability of Knee Joint	620		
❖ Ligaments	621		
❖ Coronary Ligaments	623		
❖ Short Lateral Ligament	623		
❖ Openings	623		
❖ Bursae around Knee	623		
❖ Relations	623		
❖ Blood Supply	623		
❖ Nerve Supply	624		
❖ Movements	624		
❖ Muscles Producing Movements	624		
❖ Morphology	624		
135. Ankle Joint	626		
❖ Type	626		
❖ Articular Surfaces	626		
❖ Ligaments	626		
❖ Relations of Ankle Joint	627		
❖ Arterial Supply	628		
❖ Nerve Supply	628		
❖ Movements	628		
136. Arches of Foot	630		
❖ Classification of Arches	630		
❖ Factors Responsible for Maintenance of Arches	631		
❖ Functions of Arches	633		
		138. Anterior Abdominal Wall	651
		❖ Umbilicus	651
		❖ Superficial Fascia	651
		❖ Transpyloric Plane (Addison's Plane)	652
		❖ Transtubercular Plane	652
		❖ Inguinal Ligament	652
		❖ Inguinal Canal	653
		❖ Layers of Anterior Abdominal Wall	653
		❖ Rectus Sheath	654
		❖ Muscles of Anterolateral Abdominal Wall	655
		139. Peritoneum	657
		❖ Components of Peritoneum	657
		❖ Peritoneal Cavity	658
		❖ Folds of Peritoneum	659
		❖ Peritoneal Fossae (Recesses)	661
		❖ Hepatorenal Pouch (Morrison's Pouch)	661
		❖ Functions of Peritoneum	662
		140. Stomach	663
		❖ External Features	663
		❖ Interior of Stomach	664
		❖ Relations of Stomach	665
		❖ Blood Supply and Lymphatic Drainage	665
		❖ Nerve Supply	666
		❖ Functions of Stomach	666
		141. Liver	668
		❖ External Features	668
		❖ Lobes	669
		❖ Relations	669
		❖ Blood Supply and Lymphatic Drainage	670
		❖ Nerve Supply	671
		❖ Development	671
		❖ Anomalies	671
		❖ Functions	671
		142. Gallbladder and Extrahepatic Biliary Apparatus	673
		Gallbladder	673
		❖ Location	673
		❖ Extent	673
		❖ Parts and Relations	673
		❖ Structure of Gallbladder Wall	673
		❖ Blood Supply and Lymphatic Drainage	673
		❖ Nerve Supply	674
		❖ Clinical Significance	674
		Extrahepatic Biliary Apparatus	675

❖ Ducts	675	❖ Nerve Supply	697
❖ Blood Supply and Lymphatic Drainage of the Bile Duct/Common Bile Duct	676	Appendix	697
143. Spleen	678	❖ Positions of Appendix	698
❖ Location	678	❖ Peritoneal Relations	698
❖ External Features	678	❖ Appendicular Orifice	699
❖ Relations	679	❖ McBurney's Point	699
❖ Blood Supply and Lymphatic Drainage	679	❖ Lumen of Appendix	699
❖ Nerve Supply	680	❖ Blood Supply and Lymphatic Drainage	699
❖ Segments	680	❖ Nerve Supply	699
❖ Functions	680	148. Large Intestine	701
❖ Development	681	❖ Anatomy	701
144. Duodenum	682	❖ Parts of Large Intestine	702
❖ Location	682	❖ Blood Supply	702
❖ External Features	682	❖ Nerve Supply	703
❖ First Part	682	❖ Functions of Large Intestine	703
❖ Second Part	683	149. Portal Venous System	705
❖ Third Part	684	❖ Portal Vein	705
❖ Fourth Part	684	150. Kidney	708
❖ Blood Supply and Lymphatic Drainage	684	❖ Location	708
❖ Nerve Supply	684	❖ External Features	708
145. Pancreas	686	❖ Anatomical Features	708
❖ Borders	686	❖ Relations	708
❖ Three Surfaces	687	❖ Structure	709
❖ Tail of Pancreas	687	❖ Blood Supply and Lymphatic Drainage	710
❖ Ducts of Pancreas	687	❖ Nerve Supply	711
❖ Blood Supply and Lymphatic Drainage	688	❖ Development	711
❖ Nerve Supply	688	❖ Anomalies	711
❖ Functions	688	❖ Functions	711
❖ Developmental Process	689	151. Suprarenal Gland	713
❖ Developmental Anomalies	689	❖ Location	713
146. Jejunum, Ileum, and Superior Mesenteric Artery	691	❖ External Features	713
Jejunum and Ileum	691	❖ Subdivisions	713
❖ Jejunum	691	❖ Morphological Features	714
❖ Ileum	691	❖ Hilum of Suprarenal Gland	715
❖ Structure of the Small Intestine Wall	691	❖ Relations of Suprarenal Glands	715
❖ Blood Supply and Lymphatic Drainage	692	❖ Blood Supply and Lymphatic Drainage	715
❖ Nerve Supply	692	❖ Nerve Supply	715
❖ Mesentery of Small Intestine	693	❖ Histology of Suprarenal (Adrenal) Glands	715
❖ Development	693	❖ Development	716
❖ Differences between Jejunum and Ileum	693	152. Abdominal Aorta	717
Superior Mesenteric Artery	694	❖ Origin	717
❖ Origin	694	❖ Course	717
❖ Course	694	❖ Relations	717
❖ Relations	694	❖ Branches	717
❖ Branches	694	153. Posterior Abdominal Wall	720
❖ Distribution	695	❖ Muscles of Posterior Abdominal Wall	720
147. Cecum and Appendix	696	154. Urinary Bladder	722
Cecum	696	❖ Size, Shape, and Position	722
❖ Anatomical Features	696	❖ External Features	722
❖ Dimensions	697	❖ Relations	723
❖ Relations	697	❖ Ligaments of Urinary Bladder	724
❖ Functions	697	❖ Interior of Bladder	724
❖ Blood Supply	697		

❖ Bladder Capacity	724	160. Scrotum and Testis	746
❖ Blood Supply and Lymphatic Drainage	724	Scrotum	746
❖ Nerve Supply	725	❖ External Features	746
❖ Development	725	❖ Layers of Scrotum	746
❖ Anomalies	725	❖ Blood Supply and Lymphatic Drainage	747
155. Ureter	727	❖ Nerve Supply	747
❖ Ureters	727	Testis	747
❖ Dimensions	727	❖ Shape and Size	748
❖ Course	727	❖ External Features	748
❖ Normal Constrictions of the Ureter	727	❖ Coverings	748
❖ Relations	727	❖ Structure	748
❖ Blood Supply	729	❖ Blood Supply and Lymphatic Drainage	748
❖ Nerve Supply	729	❖ Nerve Supply	748
156. Prostate Gland	730	161. Vas Deferens	750
❖ Location	730	❖ Location and Course	750
❖ Shape, Size, and Weight	730	❖ Course and Relations	750
❖ Gross Features	730	❖ Blood Supply	751
❖ Surfaces	731	❖ Histology	751
❖ Zones	731	❖ Development	751
❖ Lobes	731	162. Rectum	752
❖ Capsules	731	❖ Location	752
❖ Ligaments	732	❖ Measurements	752
❖ Structures within the Prostate	732	❖ Extent and Course	752
❖ Structural Zones	732	❖ Curvatures	752
❖ Blood Supply and Lymphatic Drainage	732	❖ Peritoneal and Visceral Relations	752
❖ Nerve Supply	732	❖ Mucosal Folds	753
❖ Age-related Changes in Prostate	732	❖ Blood Supply and Lymphatic Drainage	753
❖ Histology	733	❖ Nerve Supply	753
157. Ovary	734	❖ Supports of Rectum	754
❖ Location	734	❖ Embryonic Development	754
❖ External Features	734	❖ Origin of Tissue Layers	754
❖ Relations	735	❖ Anomalies	754
❖ Blood Supply and Lymphatic Drainage	735	163. Anal Canal	755
❖ Nerve Supply	736	❖ Location	755
❖ Functions	736	❖ External Features	755
❖ Development	736	❖ Relations	755
158. Uterus	738	❖ Internal Features	755
❖ Location	738	❖ Sphincters of Anal Canal	756
❖ Shape and Size	738	❖ Blood Supply and Lymphatic Drainage	757
❖ Regions	738	❖ Nerve Supply	757
❖ Layers of Uterine Wall	739	❖ Development	757
❖ Ligaments Supporting Uterus	740	164. Walls of Pelvis Including Pelvic Diaphragm	759
❖ Primary Supports	740	❖ Pelvis	759
❖ Secondary Supports	740	❖ Arrangement of Soft Tissue Structures on Pelvic Walls	760
❖ Blood Supply and Lymphatic Drainage	740	❖ Muscles of Pelvis	760
❖ Nerve Supply	741	❖ Pelvic Diaphragm	761
❖ Development	741	❖ Pelvic Fascia	762
159. Fallopian Tube	743	❖ Nerves of Pelvis	762
❖ Location	743	❖ Vessels of True Pelvis	762
❖ Structure	743	165. Perineum: Superficial and Deep Perineal Pouches	763
❖ Layers of Fallopian Tube Wall	743	❖ Perineum	763
❖ Dimensions	744	❖ Anal Triangle	764
❖ Parts of Fallopian Tube	744	❖ Urogenital Triangle	764
❖ Blood Supply and Lymphatic Drainage	744	❖ Perineal Body	765
❖ Nerve Supply	744		
❖ Functions	744		

166. Ischiorectal Fossa	766	170. Systemic Histology: Urinary System and Suprarenal Gland	781
❖ Boundaries	766	❖ Kidney	781
❖ Contents	766	❖ Ureter	782
❖ Spaces in the Region of Ischiorectal Fossa	767	❖ Urinary Bladder	782
❖ Pudendal Canal (Alcock's Canal)	767	❖ Male Urethra	783
		❖ Female Urethra	784
167. Systemic Embryology: Development of Digestive System	769	❖ Suprarenal Glands	784
❖ Development of Primitive Gut	769		
❖ Mesenteries	770	171. Systemic Histology: Male Reproductive System	785
❖ Esophagus	770	❖ Testis	785
❖ Stomach	770	❖ Epididymis	786
❖ Liver and Biliary Apparatus	770	❖ Vas Deferens	786
❖ Pancreas	770	❖ Prostate Gland	787
		❖ Seminal Vesicles	788
168. Systemic Embryology: Development of Urogenital Organs	772	❖ Bulbourethral Glands	788
❖ Kidney	772		
❖ Ureter	772	172. Systemic Histology: Female Reproductive System	789
❖ Urinary Bladder	773	❖ Ovary	789
❖ Uterus	773	❖ Fallopian Tube	790
❖ Gonads (Testis and Ovaries)	773	❖ Uterus	790
		❖ Vagina	791
169. Systemic Histology: Digestive System	775	Self-Assessment	792
❖ Oral Cavity	775		
❖ Esophagus	776	Index	i1-i24
❖ Stomach	776		
❖ Small Intestine	777		
❖ Large Intestine	778		
❖ Liver	779		
❖ Pancreas	779		

Stomach

Specific Learning Objectives

Hom UGAN7.4 and 7.37

At the end of the session, student should be able to:

1. Describe the morphology of stomach
2. Describe the interior of stomach
3. Describe the relations of stomach
4. Describe the blood and nerve supply of stomach
5. Explain the applied anatomy of stomach
6. Enumerate the homeopathic drugs related to structures of abdomen and pelvis
7. Enumerate the rubrics related to structures of abdomen and pelvis

INTRODUCTION

The stomach, also known as the *gaster* (from the Greek “belly”) or *venter*, is a vital organ within the alimentary system. It serves as a muscular pouch responsible for the initial digestion of food.

Location

The stomach resides obliquely in the upper left quadrant of the abdomen, spanning the epigastric, umbilical, and left hypochondriac regions. Primarily, it is situated beneath the protection of the left costal margin and the ribs.

Shape and Position

The shape of the stomach is influenced by the tension of its muscles and the overall body tone. It exhibits distinct forms:

- ♦ **J-shaped:** When empty
- ♦ **Pyriform (pear-shaped):** When partially distended
- ♦ **Steer horn:** In individuals with obesity

Observation of the stomach’s shape can be achieved through radiographic imaging following the administration of a barium meal.

Size and Capacity

The stomach’s size and capacity vary throughout life stages:

- ♦ **At birth:** Approximately 30 mL
- ♦ **During puberty:** Around 1 liter
- ♦ **In adulthood:** Approximately 1.5 liters

EXTERNAL FEATURES

The stomach exhibits several external features including two orifices, two curvatures, two surfaces, and two distinct parts (**Fig. 140.1**).

Two Orifices

Cardiac Orifice

Located at the lower end of the esophagus, behind the left 7th costal cartilage approximately 2.5 cm from its junction with the sternum, at the level of vertebra T11. Although sphincteric action is physiologically evident at this site, a distinct sphincter cannot be anatomically demonstrated.

Pyloric Orifice

Opens into the duodenum. In an empty stomach and supine position, it lies approximately 1.2 cm to the right

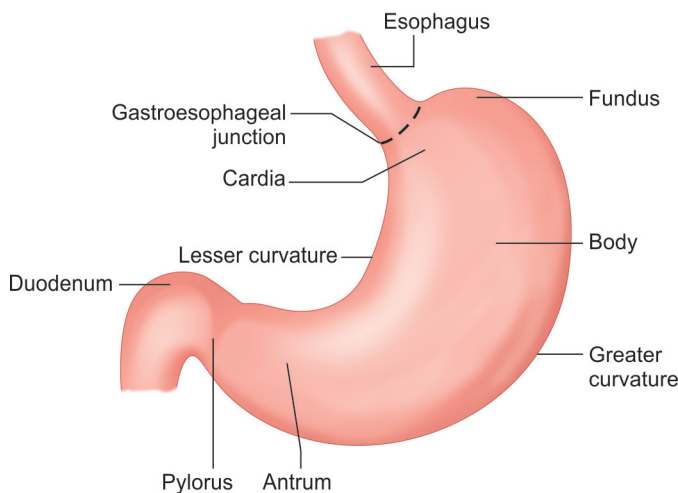


Fig. 140.1: Structure of stomach.

of the median plane, at the level of the lower border of vertebra L1 or the transpyloric plane. Its position is marked on the stomach's surface by:

- ◆ A circular groove (pyloric constriction) produced by the underlying pyloric sphincter.
- ◆ The prepyloric vein of Mayo, a constriction lying in front of the pyloric constriction.

Two Curvatures

- ◆ **Lesser curvature:** Concave and forms the right border of the stomach, providing attachment to the lesser omentum.
- ◆ **Greater curvature:** Convex and forms the left border of the stomach, providing attachment to the greater omentum, gastrosplenic ligament, and gastrophrenic ligament.

Two Surfaces

- ◆ **Anterior or Anterosuperior Surface:** Faces forwards and upwards.
- ◆ **Posterior or Posteroinferior Surface:** Faces backwards and downwards.

Two Parts

Cardiac Part

Subdivided into the fundus and body.

Fundus

Area above the horizontal line extending from the cardiac orifice to the greater curvature, known as the 'bare area' of the stomach.

Body

Lies between the fundus and the pyloric antrum, capable of significant distention along the greater curvature. It

houses gastric glands containing mucous cells, chief (peptic or zymogenic) cells secreting digestive enzymes, and parietal (oxyntic) cells secreting hydrochloric acid (HCl).

Pyloric Part

Divided into the pyloric antrum and pyloric canal.

Pyloric Antrum

Separated from the pyloric canal by an inconstant sulcus, the sulcus intermedius, present on the greater curvature. Approximately 7.5 cm long, it contains pyloric glands rich in mucous cells.

Pyloric Canal

Narrow tubular segment, about 2.5 cm long, terminating at the pylorus on its right end.

INTERIOR OF STOMACH

Features

- ◆ **Gastric rugae and gastric pits:** When the stomach is empty, its mucosa forms folds known as gastric rugae, which run longitudinally along the lesser curvature and may appear irregular elsewhere. These rugae flatten out when the stomach is distended. Upon closer inspection of the mucosal surface, numerous small depressions known as gastric pits can be observed with the aid of a hand lens. These pits serve as openings for the gastric glands.
- ◆ **Gastric canal (Magenstrasse):** The section of the stomach's lumen that aligns with the lesser curvature, characterized by longitudinal rugae, is referred to as the gastric canal or Magenstrasse. This canal facilitates the swift passage of swallowed liquids directly along the lesser curvature to the lower part of the stomach before dispersing to other areas. Consequently, the lesser curvature endures the most exposure to swallowed liquids, rendering it susceptible to peptic ulcers. Thus, it is prudent to be mindful of your beverage consumption.
- ◆ **Layers of the stomach wall:** Submucous Coat: Comprising connective tissue, arterioles, and nerve plexus.

Muscle Coat

- ◆ Longitudinal fibers predominantly line the curvatures.
- ◆ Inner circular fibers encircle the body and thicken at the pylorus, forming the pyloric sphincter.
- ◆ The deepest layer consists of oblique fibers that loop over the cardiac notch, aiding in food mixing with gastric juices (**Fig. 140.2**).

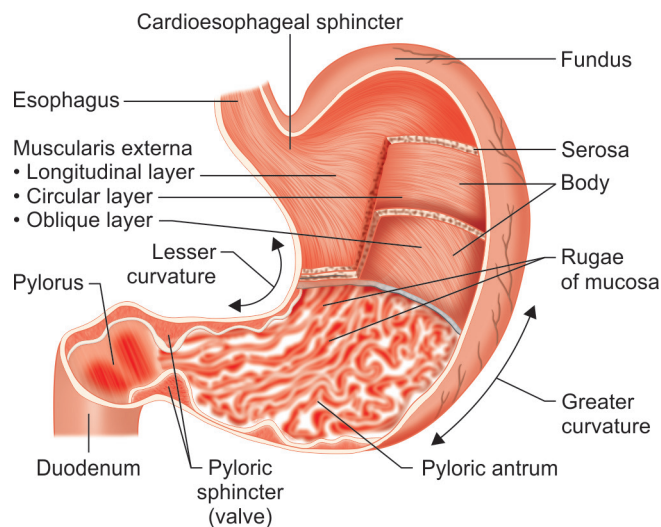


Fig. 140.2: Internal features of stomach.

RELATIONS OF STOMACH

Peritoneal Relations

- ◆ **Lesser omentum:** Peritoneum lines both surfaces of the stomach. At the lesser curvature, the layers of peritoneum converge, becoming continuous with the lesser omentum.
- ◆ **Greater omentum:** Along most of the greater curvature, the peritoneal layers merge to form the greater omentum.
- ◆ **Gastrosplenic ligament:** Near the fundus, the peritoneal layers coalesce to form the gastrosplenic ligament.
- ◆ **Gastrophrenic ligament:** Near the cardiac end, the peritoneum on the posterior surface extends onto the diaphragm as the gastrophrenic ligament.
- ◆ **Bare area of the stomach:** Cranial to the gastrophrenic ligament, a small portion of the posterior stomach surface directly contacts the diaphragm (left crus). The greater and lesser curvatures, along the peritoneal reflections, are also bare.

Visceral Relations

- ◆ **Anterior:** The diaphragm, liver, and anterior abdominal wall.
- ◆ **Posterior:** Structures comprising the stomach bed, all separated from the stomach by the lesser sac cavity, including (Fig. 140.3): (a) Diaphragm (b) Left kidney (c) Left suprarenal gland (d) Pancreas (e) Transverse mesocolon (f) Splenic flexure of the colon (g) Splenic artery (h) Spleen.

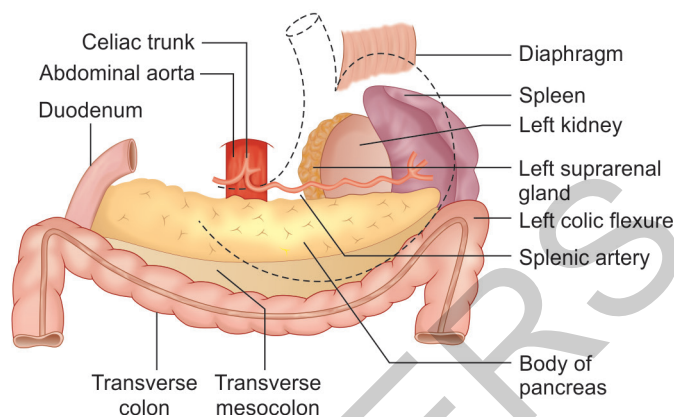


Fig. 140.3: Stomach bed.

BLOOD SUPPLY AND LYMPHATIC DRAINAGE

Arterial Supply

The stomach receives its blood supply from various arteries:

Lesser Curvature

- ◆ **Left gastric artery:** A branch of the celiac trunk.
- ◆ **Right gastric artery:** A branch of the proper hepatic artery.

Greater Curvature

- ◆ **Right gastroepiploic artery:** A branch of the gastroduodenal artery.
- ◆ **Left gastroepiploic artery:** A branch of the splenic artery.

Fundus

The fundus is primarily supplied by 5 to 7 short gastric arteries, which are also branches of the splenic artery (Fig. 140.4).

Venous Drainage

The venous drainage of the stomach is directed towards the portal system, superior mesenteric vein, and splenic vein:

- ◆ Right and left gastric veins drain into the portal vein.
- ◆ The right gastroepiploic vein terminates in the superior mesenteric vein.
- ◆ The left gastroepiploic and short gastric veins conclude in the splenic vein.

Lymphatic Drainage

The lymphatic drainage of the stomach is organized into four main territories:

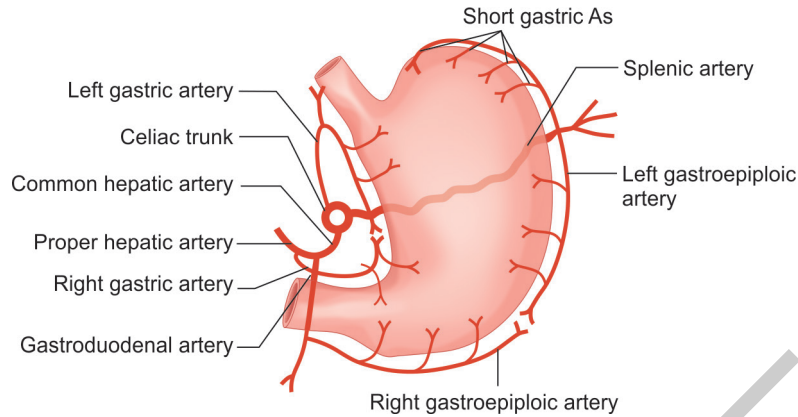


Fig. 140.4: Arterial supply of stomach.

1. **Area A:** Left Gastric Nodes, located at the lesser curvature of the stomach, drain the right two-thirds of the stomach and the abdominal part of the esophagus.
2. **Area B:** Pancreaticosplenic nodes, positioned at the upper part of the greater curvature of the stomach, drain the upper left part of the stomach.
3. **Area C:** Right Gastroepiploic Lymph Nodes, situated at the lower part of the greater curvature of the stomach, drain the lower two-thirds of the stomach.
4. **Area D:** Pyloric Nodes, located at the lower part of the pyloric stomach, drain the pyloric area.

Lymph vessels from all stomach areas converge to the celiac nodes, and then proceed through the intestinal lymph trunk to reach the cisterna chyli.

NERVE SUPPLY

The stomach receives innervation from both sympathetic and parasympathetic nerves.

- ♦ The **sympathetic nerves** supplying the stomach originate from T6 to T10 of the spinal cord and travel via the greater splanchnic nerves, celiac, and hepatic plexuses. These nerves serve several functions:
 - They regulate vasomotor activity.
 - They provide motor innervation to the pyloric sphincter, while exerting inhibitory effects on the rest of the gastric musculature.
 - They serve as the primary pathway for transmitting pain sensations from the stomach.
- ♦ The **parasympathetic nerves** supplying the stomach arise from the vagus nerve, passing through the esophageal plexus and gastric nerves. The anterior gastric nerve, composed of one or two trunks, predominantly contains left vagal fibers, while the posterior gastric nerve, also comprising one to two trunks, primarily contains right vagal fibers. These nerves perform the following functions:

- They provide motor and secretomotor innervation to the stomach.
- Stimulation of these nerves leads to increased motility of the stomach and secretion of gastric juice rich in pepsin and hydrochloric acid (HCl).
- They exert inhibitory effects on the pyloric sphincter.

FUNCTIONS OF STOMACH

- ♦ **Reservoir and mixing:** The stomach primarily serves as a reservoir for food storage and facilitates the mixing of food through its muscular contractions.
- ♦ **Peristaltic movements:** Through peristaltic movements, the stomach softens and thoroughly mixes the ingested food with gastric juice, aiding in digestion.
- ♦ **Gastric juice production:** Gastric glands within the stomach lining produce gastric juice, which contains enzymes crucial for the digestion of food.
- ♦ **Hydrochloric acid secretion:** Gastric glands also secrete hydrochloric acid, which plays a dual role by aiding in digestion and serving as a defense mechanism against harmful microorganisms present in ingested food and beverages.
- ♦ **Mucus production:** Specialized cells in the stomach lining produce mucus, forming a protective barrier that shields the gastric mucosa from the corrosive effects of hydrochloric acid.
- ♦ **Absorption:** While the primary site of nutrient absorption is the small intestine, the stomach does absorb certain substances such as alcohol, water, salt, and select drugs.
- ♦ **Production of intrinsic factor:** The stomach produces intrinsic factor, a glycoprotein essential for the absorption of vitamin B12 in the small intestine, thereby playing a critical role in maintaining overall health and preventing deficiencies.



Clinical Anatomy

- ◆ **Gastric pain localization:** Pain originating from the stomach is typically felt in the epigastrium, the region of the abdomen located just below the sternum.
- ◆ **Gastritis:** Gastritis refers to the inflammation of the gastric mucosa, which lines the stomach. This inflammation can manifest as either acute or chronic and may result from various factors such as infections, medications, or autoimmune conditions.
- ◆ **Gastroenteritis:** Gastroenteritis is characterized by inflammation of both the stomach and the small intestine. It commonly presents with symptoms such as abdominal pain, nausea, vomiting, diarrhea, and sometimes fever. Viral or bacterial infections are often the underlying cause.
- ◆ **Peptic ulcer:** Peptic ulcers can develop in areas exposed to pepsin and hydrochloric acid, primarily within the stomach, the first part of the duodenum, or occasionally at the lower end of the esophagus. These ulcers result from an imbalance between protective and aggressive factors affecting the gastric mucosa.
- ◆ **Gastric ulcers and lifestyle:** Gastric ulcers, particularly those in the stomach, are often associated with factors such as chronic stress, irregular eating habits, excessive consumption of NSAIDs (nonsteroidal anti-inflammatory drugs), and smoking. While individuals who lead fast-paced lifestyles may experience increased stress, it is the combination of factors rather than speed alone that contributes to the development of gastric ulcers.
- ◆ **Pyloric obstruction:** Pyloric obstruction refers to the narrowing or blockage of the pylorus, the opening between the stomach and the small intestine. This condition can lead to visible peristalsis, or rhythmic contractions of the stomach muscles, observed in the epigastrium. Additionally, vomiting after meals is a common symptom of pyloric obstruction due to the inability of food to pass from the stomach into the small intestine.

Homeopathic Remedies

Disease/Disorder	Remedies
Gastritis	Nux vomica, Arsenic, Robinis, Iris, Kali bichrom, Phosphorus, Bismuth
Gastric ulcers	Abies nigra, Nux vomica, Kali bichrom, Lyco, Carbo veg, Graphitis, Phosphorus

Homeopathic Rubrics

- ◆ Appetite increased in night: Stomach, Appetite
- ◆ Stomach, Constriction cardiac orifice swallowing on
- ◆ Stomach, Nausea riding in a carriage
- ◆ Stomach, Vomiting riding in.

Horizontal Integration with Physiology

Anatomy and physiology of stomach.

Problem-based Learning

Problem 1: A 38-years-old female came with the complaints of burning pain in the chest. She also has belching, nausea, regurgitation of food with discomfort in upper abdomen and bitter taste in mouth. What is the possible diagnosis?

Answer: Gastroesophageal reflux disease (GERD) (**Fig. 140.5**).

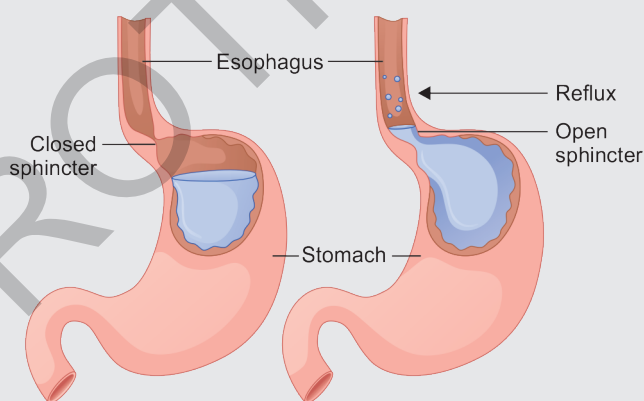


Fig. 140.5: Gastroesophageal reflux disease.

Problem 2: A 30-years-old man, complained of:

- ◆ Feeling fullness, bloating
- ◆ Pain in abdomen
- ◆ Heartburn
- ◆ Nausea and vomiting
- ◆ Indigestion
- ◆ Loss of appetite

What is the possible diagnosis?

Answer: Gastric ulcer.

Textbook of Human Anatomy

Salient Features

- **Concise and Succinct Chapters:** Each chapter is meticulously created for clarity and brevity.
- **Competency-Based Dynamic Curriculum (CBDC) Compliance:** The entire book aligns with the CBDC framework, ensuring relevance and effectiveness in education.
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- **Inclusion of Core Disciplines:** General Anatomy, Embryology, and Histology are included across the volumes, providing a comprehensive foundation for students.

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