

The internal miracle of the body is the blood

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Abstract: *This article discusses the miraculous miracle that underlies many chemical and physical processes that make up the liquid part of the internal environment.*

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Blood fluid washes all the cells and tissues in the body creating the internal environment of the living organism. Internal environment structure and physical. The relative permanence of its chemical properties varies and is due to this a relatively constant condition for the functioning of the body's cells (homeostasis) is coming. Which supply the body with various substances necessary for life and several organs that excrete breakdown products from the body such conditions arise as a result of the activity. So, by selling homeostasis including the amount of water and electrolytes in cells and tissues blood plays a very important role in maintaining relative stability. It moves in the blood vessels and acts as a transport in the body. Tissue nutrients: glucose, amino acids, polypeptides, fats, vitamins, minerals, and water, as well as blood entering the lungs delivers oxygen and then through the kidneys, sweat glands, lungs, and intestines Excess excreted from the body - the end products of fashion metabolism: ammonia, urea, uric acid and removes other wastes, including carbon dioxide, from the tissues. The blood is in humoral regulation because it serves a transport function, it also plays an important role in the processes of chemical interactions in the body. Blood from cells that produce hormones and other physiologically active substances plays an important role in transporting it to other cells.

Blood is the most important part of immunity (i.e. not suffering from infectious diseases) factor and performs a protective function. The reason for this is in the blood. There are leukocytes capable of phagocytosis, as well as microorganisms and an immune system that neutralizes their toxins and breaks down foreign proteins bodies (antibodies) are present.

The liquid part of the blood is the plasma and the suspended elements in it: erythrocytes (red blood cells), leukocytes (white blood cells) and platelets After the addition of anticoagulants are added to the test tube, when centrifuged, the shaped elements sink to the bottom of the test tube because they are heavier. At the same time the blood is divided into two layers; composed of shaped elements lower layer – red color: the upper layer, consisting of blood plasma, is clear, colorless or pale yellow. The specific gravity of leukocytes to erythrocytes is located between erythrocytes and plasma because it is relatively low, and white forms a thin layer of color. When blood is centrifuged, the plasma volume is 50-60% of the blood volume. The remaining 40-45% corresponds to the shaped elements. The total amount of blood in the human body is 6-7.5% of normal body weight, that is, 2/3. The amount of blood in the human body is from the blood vessels, which does not harm the body a

colloidal dye that comes out very slowly, for example, sending the conch into the veins by the way. After a few minutes, when the dye has spread all over the blood, one portion blood is drawn and the dye concentration is determined depending on the color of the plasma This means that blood is an essential physiological fluid.

Let's look at the general condition of the blood in the body on the basis of the table.

Age and sex	Hb limit (g / l)	Hb limit (g /%)
Children (3 months - 5 years)	110	11.0
Children (5-12 years)	115	11.5
Children (12-15 years)	120	12.0
Men (> 15 years)	130-160	13.0-16.0
Non-pregnant women	120-140	12.0-14.0
Pregnant women	110	11.0

As can be seen from the table above, micronutrients in the total diet affect the body's total blood volume, the number of micronutrients in it decreases or increases. Often, anemia is not obvious and goes unnoticed. The patient does not complain of health problems, and the problem is detected by chance when submitting a general blood test. In anemia, as a rule, anemia is complained of, which develops as a result of the development of hypoxia. In mild forms, it is manifested by weakness, fatigue, general weakness, and decreased attention span. In severe forms, patients may experience shortness of breath with low or moderate stress, palpitations, headaches, tinnitus, sleep disturbances, loss of appetite, and sexual dysfunction. This means that there is a lack of iron in the blood cells in the body for a long time. Hair loss, nervousness, skin discoloration, rash on the abdomen, the appearance of primary symptoms such as rapid fatigue, the appearance of different types of symptoms, resulting in various internal diseases. So, since blood is a miracle, we need to keep it healthy and rich in fiber.

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