The Respiratory System

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The Respiratory System is a series of organs that is responsible to take in the oxygen and expel CO2. The main and primary organs of Respiratory System are Lungs that carry out gases exchange as a human breathes[[1]](#footnote-1).

***Parts of the Respiratory System***

There are 3 major parts of the respiratory system;

1. Airway
2. Lungs
3. Muscles

Each of these parts further includes the following ones;

* **Airway**

The Airway includes the nose, mouth, larynx, pharynx, trachea, bronchi, and bronchioles (that carries air between the exterior of the body and the lungs). In the system, the nasal cavity and nose shapes the main external opening for the respiratory system and are the very initial and firs section of the airway to the body- the respiratory tract by that the air moves. The mouth that is also known as the oral cavity is the secondary external opening for the tract of respiratory[[2]](#footnote-2). Through this, most of the normal breathings place while it could be used to replace the functions of the nasal cavity as needed. Further, the pharynx is the muscular funnel which is extended from the posterior end of the nasal cavity to the oesophagus superior end and larynx which is divided into three main regions which are nasopharynx, oropharynx, and laryngopharynx. The trachea is the long tube that connects the larynx to the bronchi and allows the air to pass through the neck and then into the thorax[[3]](#footnote-3). The last is the bronchi and bronchioles that are mainly used to carry out the air between the body exterior and lungs where the airway is split into two branches.

* **Lungs**

Lungs are the pair of large, spongy organs that are found in the thorax lateral to the human heart and superior to the diaphragm. Each one (each lung) is surrounded by the pleural membrane which provides the lung with enough space to expand while ensures negative pressure gap that is relative to the body’s exterior[[4]](#footnote-4). Additionally, the left and right lungs are different in shapes.

* **Muscles of Respiration**

Surrounding the lungs are the sets of muscles which able to cause air to get exhaled or inhaled from the lungs. The principle muscle of respiration is the diaphragm that shapes the floor of the thorax[[5]](#footnote-5). Further, these muscles are divided into two main groups that are external intercostal muscles and internal intercostal muscles.

**End Notes**

1. Roussos, Charis, and Peter T. Macklem. "The Respiratory Muscles." New England Journal of Medicine 307, no. 13 (1982): 786-797.
2. Tim Barclay. "Respiratory System | Interactive Anatomy Guide". 2020. Innerbody. <https://www.innerbody.com/anatomy/respiratory#continued>.
3. Zimmerman, K. "Respiratory System: Facts, Function, and Diseases." (2013): 1.

1. Tim Barclay. "Respiratory System | Interactive Anatomy Guide". 2020. Innerbody. <https://www.innerbody.com/anatomy/respiratory#continued>. [↑](#footnote-ref-1)
2. Roussos, Charis, and Peter T. Macklem. "The respiratory muscles." New England Journal of Medicine 307, no. 13 (1982): 786-797. [↑](#footnote-ref-2)
3. Zimmerman, K. "Respiratory System: Fats, Function, and Diseases." (2013): 1. [↑](#footnote-ref-3)
4. Zimmerman, K. "Respiratory System: Fats, Function, and Diseases." (2013): 1. [↑](#footnote-ref-4)
5. Tim Barclay. "Respiratory System | Interactive Anatomy Guide". 2020. Innerbody. <https://www.innerbody.com/anatomy/respiratory#continued>. [↑](#footnote-ref-5)