

What is Muscle ?

A **muscle** is such group of tissues of the body which primarily function as a source of power through contraction and erection.

The human body contains around **650** individual muscles which produce pulling power so that you can move around.

Muscles constitute about **40%** of our total body weight.

Classification of Muscles

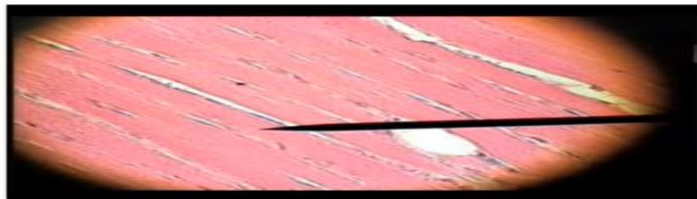
- (1) Skeletal Muscles
- (2) Smooth Muscles
- (3) Cardiac Muscles

Skeletal Muscles

- **Attached** to our skeleton on its upper surface.
- Attached to our bones with the help of **tendon**.

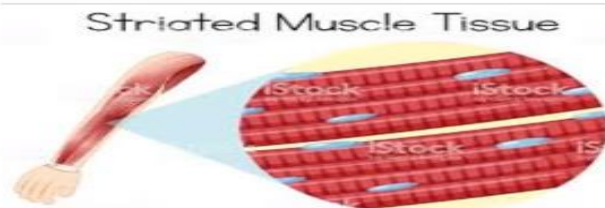
Skeletal Muscles

- **Attached** to our skeleton on its upper surface.
- Attached to our bones with the help of **tendon**
- Plays major role in the **Leverage** system.
- **Voluntary** in nature.
- Controlled by **Somatic** nervous system.
- Skeletal muscles are **Striated Muscles**.



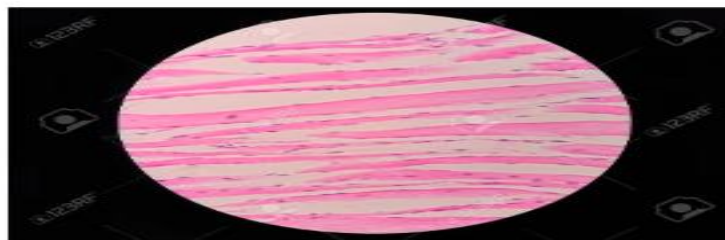
Skeletal Muscles

- Attached to our skeleton on its upper surface.
- Attached to our bones with the help of tendon.
- Plays major role in the Leverage system.
- Voluntary in nature.
- Controlled by Somatic nervous system.
- Skeletal muscles are Striated Muscles.



Smooth Muscles

- Located inside the Skeleton.
- Not visible on our upper body surface.
- All internal organs (except heart) are made up of Smooth Muscles.
- Involuntary in nature.
- Smooth muscles are Non-Striated Muscles



Cardiac Muscles

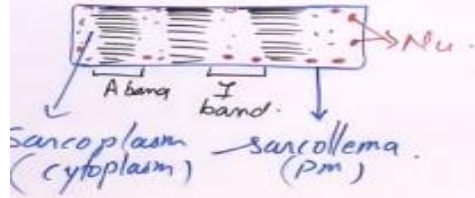
- Found only in our heart.
- It has unique properties.
- It is neither Striated nor Non-Striated.
- Cardiac muscles are also called Branch Stria



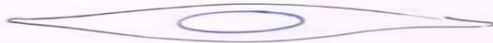
Types of muscles

- ① Skeletal muscles ② Visceral muscles ③ Cardiac muscles

- * Striated / Voluntary.
- * Unbranched
 - * multinucleated
 - * alternate light & Dark bands
 - * are attached to skeleton. with → Tendons



- ② Visceral muscles
- * Unstriated / Invol.
 - * spindle sh.
 - * one nu.



* Under the control of ANS

- ③ Cardiac muscles
- * Heart wall -
 - * ~~Invol. action~~
 - * branched
 - * Uninucleate
 - * Dark & light bands

