

Body fluids

Body Fluids

- A body fluid is a substance (usually a liquid), that is produced by the body and consists of water and dissolved solutes. In lean adults, body fluids constitute between 55% (in females) and 60% (in males) of total body mass.
- Body fluids are present in two main “compartments”—*inside* cells and *outside* cells. About two-thirds of body fluid is **intracellular fluid** (ICF) (intra = within) or *cytosol*, and other third, called **extracellular fluid** (ECF) (extra- = outside), is outside cells and includes all other body fluids.
- About 80% of the *extracellular fluid* is *interstitial fluid* (inter- = between), which occupies the microscopic spaces between tissue cells, and 20% of the ECF is *blood plasma*, the liquid portion of the blood.
- Other *extracellular fluids* that are grouped with interstitial fluid include: *lymph* in lymphatic vessels; *cerebrospinal fluid* (CSF); *synovial fluid* in joints; *aqueous humor* and *vitreous body* in the eyes; *endolymph* and *perilymph* in the ears; and *pleural*, *pericardial*, and *peritoneal* fluids between serous membranes.