

FACTS ABOUT HUMAN BODY

1. Normal temperature of body is **98.4 deg: F = 37 deg: C**
2. Corrine is used as **paralyzing agent**
3. A nerve cell is called **neuron**. Each neuron has several inputs called **dendrites** and a single output called **axon**
4. Weakest bone is **clavicle bone**
5. Hardest bone is **collar bone** Paramount CSS and PCS Academy
6. The part of small intestine that joins large intestine is **colon**
7. Hardest part of body is **tooth** www.CSSexamPrep.com
8. Most abundant element in human body is **carbon** (chk Oxygen or calcium) Paramount CSS and PCS Academy
9. Systole is **heart contraction**
10. Diastole is **heart relaxation**
11. Dendrites are connected with **neurons**
12. Epidermis = outer skin is called the **True skin**, it is free from blood vessels and its cells are nourished by **lymph** www.CSSexamPrep.com
13. Muscles are held to the bones by **Tendons**.
14. The largest part of the human brain is the **Cerebrum**
15. Blood fails to clot in the absence of **Calcium**
16. the two most abundant elements by mass found in Earth's crust are **Oxygen and Silicon** Paramount CSS and PCS Academy
17. Eardrum helps in keeping **balance of the body**
18. In general, the probability of flooding decreases when there is an increase in the amount of **infiltration** www.CSSexamPrep.com
19. Where is the 'Atlas' bone in the human body located? **Neck**
20. What does intelligent people have more in their hair? **zinc and copper** Paramount CSS and PCS Academy
21. Which base differentiates DNA and RNA? **Uracil**
22. Eye is filled with **two liquids** Prepared By: Kamran Mahar
23. What is the name of bones of human finger? **Phalanges**
24. Pons varolii is found in **brain** www.CSSexamPrep.com
25. Human brain contains **4/5th of water**
26. % of water in body is **70%**
27. Carbon in human body is **18%**
28. Heart is conical in **shape** www.CSSexamPrep.com
29. Weight of heart is **9 ounces with 4 cavities**
30. Weight of kidney is **4 1/2 ounces** Prepared By: Kamran Mahar
31. Weight of brain is **1.4 kg** and it consists of **14 billion nerve cells**
32. Right kidney is shorter and little lower than **left**
33. Kidneys are supplied blood though **renal arteries**
34. Liver receives blood from the alimentary canal through **Heptic Portal vein** Paramount CSS and PCS Academy
35. Coronary artery supplies **blood to heart**
36. Each kidney contains about **one million nephrons**
37. Eye ball is moved by **six muscles** Prepared By: Kamran Mahar
38. Most active muscle of human body is **eye muscle**
39. Digestion of food takes **3 to 4 hours in stomach**
40. Capacity of stomach is **one and a half kilo of food**
41. Clavicle is the **collar bone** www.CSSexamPrep.com
42. Scapula is the **shoulder bone**
43. Sternum is the **chest bone**
44. There are **24 ribs** Paramount CSS and PCS Academy
45. Spinal cord has **33 disks**
46. Bones in hand are **27**
47. Ulna is the bone of **forearm**
48. Radius is the second bone of **forearm**
49. Carpal are **8 small bones of wrist**





50. Tarsal is the **ankle bone** www.CSSexamPrep.com
51. Femur and patella (knee cap), tibia and fibula are bones of **lower limbs**
[Paramount CSS and PCS Academy](#)
52. Femur is the **longest bone**
53. Head or skull has **29 bones**
54. Total bones are **206** www.CSSexamPrep.com
55. Total muscles are **600** (chk 650)
56. 60 thousand miles of **capillaries of blood**
57. Chemically finger nails are made of **protein**
58. Nails are made of a tough material called **keratin**
59. Average body has **2 square yards** of skin
60. Weight of skin is **6 pounds** www.CSSexamPrep.com
61. Smallest bone is **stirrup** in the ear about **1/10th** of an inch
62. A newborn baby has **300 bones**
63. **In 22 weeks** baby is formed completely
64. Ovum is a female **germ cell** www.CSSexamPrep.com
65. The sensation of skin is perceived by **epidermis**
66. Number of systems in body are of **7 types**
67. Man breathes **20,000 times** in a day
68. Root of hair is called **follicle** www.CSSexamPrep.com
69. More than **2/3rd** of body weight is made of **fluids/water**
70. Messages sent in brain at **240 miles/hour**
71. Weight of eyes is **1 ½ ounces each**
72. There are **100,000 hairs** [Paramount CSS and PCS Academy](#)
73. Muscle of jaw exerts **219 kg weight**
74. Circadian rhythm is a medical term of **heart beat**
75. Atmosphere exerts a pressure of **15 pounds per square inch** on human body
[Paramount CSS and PCS Academy](#)
76. Iris of eye regulates the quantity of light admitted into the **eye ball**
77. Outer layer of eyeball is called **sclerotic**
78. The front portion of sclerotic is called **cornea**
79. In eye a convex lens is **placed** [Paramount CSS and PCS Academy](#)
80. Cornea is the only part of body **without blood supply**
81. In front of eye is Cornea which bends light as it passes into the eyeball. It is covered by a thin membrane called **Conjunctiva**. [Prepared By: Kamran Mahar](#)
82. Image made on retina is upside down, but our brain turns it **right**.
83. Behind the Cornea is a sheet of muscles called the Iris with the small hole in the middle called **the pupil**. www.CSSexamPrep.com
84. Iris manages the amount of **light entry** into eye. In dark it relaxes to let pupil enter light as much as possible and in bright light it contracts.
85. The muscles attached to the lens are **Ciliary muscles**. These muscles can contract the lens thin to see distant objects and for close objects these muscles **relax**.
[Paramount CSS and PCS Academy](#)
86. Retina contains **cone shaped cells** that can detect colors.
87. Retina contains rod shaped cells that can see **dim light**.
88. In the centre of retina is a small **yellow area** called the **fovea** where each cell has its own connection to the **brain**. www.CSSexamPrep.com
89. Skeleton word comes from a Greek word meaning **dried up**.
90. The defect of vision because of which a person cannot see distant objects clearly : **Myopia or Short sightedness** [Prepared By: Kamran Mahar](#)
91. Where on your body are the most sweat glands-**Feet**
92. Your eyeballs are **3.5% what-Salt** [Paramount CSS and PCS Academy](#)
93. The human bodies got 45 miles of them – what-**Nerves**
94. Where is your zygomatic bone-**Cheek**
95. **Pancreas** lies partly on the left side and partly on the right side of the body.
[Paramount CSS and PCS Academy](#)
96. Development of calf muscles in ladies who wear high heels is a common example of: **Use and disuse of organ** [Prepared By: Kamran Mahar](#)

97. Cerumen is the technical name for what body part- **Earwax**
98. Skin does not excrete **oil**. www.CSSexamPrep.com
99. Male child is born if **xy chromosomes** are united.
100. Liver receives blood from the alimentary canal through **hepatic portal vein**.
Paramount CSS and PCS Academy
101. For short-sightedness (man cannot see distant objects) a **concave lens is used**
102. For long-sightedness (man cannot see near objects) a **convex lens is used**
Paramount CSS and PCS Academy
103. Concave mirrors are used as **shaving mirrors**, doctors use concave mirrors for the examination of **ear, nose or eyes** of a patient
104. Concave mirrors are used to focus light in case of **search lights and headlights of automobiles**. Paramount CSS and PCS Academy
105. Cerebellum co-ordinates movements, **conscious control and balance**, allowing you to move smoothly. www.CSSexamPrep.com
106. The largest and most complicated part of brain is cerebrum. It controls **conscious actions, speech and all your senses**. It also does all your thinking and is the centre of **memory** and learning. It has two halves linked by bundles of **nerve fibres**. Its right side does artistic, creative tasks while the left is responsible for understanding, reading and thinking Paramount CSS and PCS Academy
107. A reflex action is controlled by the nerves of the spinal cord **without involving brain**. www.CSSexamPrep.com
108. Skeleton word comes from a Greek word meaning **dried up**
109. Most abundant mineral in human body is **calcium**
110. Strongest muscle is **Thigh muscle** (chk Heart muscle and cheek muscle)
Paramount CSS and PCS Academy
111. Iris in the eye contracts on the **entry of light**.
112. Retina acts as a lens in the **entry of light**.
113. Weight of heart is **300 gram**.
114. Water in human body is **85%**
115. A human being **drinks 27 tons** of water in a year
116. Peritoneum is a **membrane** www.CSSexamPrep.com
117. Unused fat in body is converted into **animal fat** and stored in different parts of body Paramount CSS and PCS Academy
118. Substances which bring down body temperature are **Antipyretics**
119. Antibodies are **proteins** www.CSSexamPrep.com
120. Most easily breakable bone of body is **Collar bone**
121. There is **21/2 pounds of calcium** in human body
122. A human body has **236 joints** www.CSSexamPrep.com
123. Dental enamel is the **hardest thing** present in human body
124. A man breathes **18 times in a minute** Prepared By: Kamran Mahar
125. A **9 inch nail** can be made from the iron available in a body
126. Average weight of man's brain is **4.8 ounces** and **femal's 4.4 ounces**
127. About **900 pencils** can be made from the carbon preserved in human body
Paramount CSS and PCS Academy
128. Skin does not **excrete oil**.
129. New varieties of organisms can be brought about by **hybridization**.
130. Male child is born if **xy chromosomes are united**.
131. Total teeth = **32**, eight flat incisors at the front, fount pointed canine and **20 flat-topped** pre-molars and molars at the back of the mouth.
132. Tooth is covered by tough **white enamel**
133. Enamel is the **hardest substance** in the body and resists almost everything except the acid produced by certain bacteria Prepared By: Kamran Mahar
134. Liver is the body's **chemical factory**.
135. Liver is the **largest organ** in the body.
136. Liver carries out more than **500 different tasks**.
137. Liver recycles **old red blood cells**. www.CSSexamPrep.com
138. Liver takes up and stores **glucose from blood**.
139. Liver also absorbs and stores **fat and some vitamins**.



www.nurseinfo.in

140. Liver uses vitamin **B12** for making new red blood cells.
141. Nearly **two third** of our body is water. Prepared By: Kamran Mahar
142. We loose about **a liter and a half of water** each day in sweating, breathing and urination. Paramount CSS and PCS Academy
143. Each kidney is made up of **millions of tiny filtering units** called Nephrons. Paramount CSS and PCS Academy
144. The nephrons can filter about **4 liters of blood every 5 minutes**.
145. Each day about **200 liters of water** leaves the blood and passes into the filters most of it is then reclaimed and return to the blood.
146. Only about **a liter of water per day** stays in the nephrons to leave the kidney and flow into the bladder as urine. Prepared By: Kamran Mahar
147. **Urea is poisonous** so the kidneys remove all of it from the blood.
148. The liquid which leaves the kidney as urine is about **96% water** and just **4% salts and urea**. www.CSSexamPrep.com
149. The urinary bladder can hold about **half a liter of urine** before we must empty it. Paramount CSS and PCS Academy
150. Amniotic sac is a protective bag of fluid in which the **baby floats**.
151. A baby is attached to the side of the womb by **placenta**.
152. Homo erectus means **upright man**
153. Homo sapiens mean **wise man** www.CSSexamPrep.com
154. Cells in intestine are easily worn away and live for only a few days.
155. Bone cells can last for **30 years**. Prepared By: Kamran Mahar
156. The **left ventricle pumps blood** all round the body.
157. Capillaries are so small that they can **fit between cells**.
158. A living bone has layers of hard calcium phosphate on the outside and a **heycomb** of hard bone of living cells inside Prepared By: Kamran Mahar
159. Bone marrow supply blood cells over **2 millin every second**
160. In the inner chamber of ear called **cochlea**, the vibrations send waves of movement through a fluid. www.CSSexamPrep.com
161. The cochlea is liked with thousands of **sensitive hairs**.
162. Thumping of heart or break out of sweat are caused by **adrenaline**.
163. From the age of about **5 years a child's** body grows steadily
164. Protein is a natural **polymer** Paramount CSS and PCS Academy
165. Muscles along the digestive system contract in a sequence called **peristalsis** to squeeze food along www.CSSexamPrep.com
166. Nutrients of food are absorbed in blood in a long section of intestine called **ileum**. If uncoiled, ileum is **5-6 meters long**
167. Eye contains only **three types** of color-sensitive cells. These cells (called cones) are on retina. The cones respond to **red, green and blue** light. Brain makes out other colors by combining the signals from these cells. Paramount CSS and PCS Academy
168. Ophthalmology deals with **Eyes**
169. ORBIS is **mobile eye hospital**
170. Synovial fluid is the **"joint oil"** between bones
171. The smallest bone in human body is **stapes** or **stirrup bone**. It is one of the three auditory ossicles in the middle ear. Its length is **0.10 to 0.13 inch**. Paramount CSS and PCS Academy
172. Your tongue is the only muscle in your body that is attached at **only one end**
173. You use **14 muscles to smile** and **43 to frown**.
174. A **living bone** has layers of hard calcium, phosphate on the outside and a honeycomb of hard bone are living cells within. Prepared By: Kamran Mahar
175. Every second, hundreds of tiny pulses of **electricity shoot** through your body along living wires called nerves. Prepared By: Kamran Mahar
176. There is a place in the retina where the light sensitive cells are interrupted by the presence of the **optic nerve head**. It is known as The Retinal Neural Transmission Layer_ www.CSSexamPrep.com
177. The cavity of Ascaris is known as **Coelom**.
178. The membranous labyrinth of the ear is filled with **Endolymph**.

179. Crura-cerebri is found in **Mid-brain**.
180. The strongest muscle of the body is the **masseter muscle**, which is located in the **jaw**. (Chk) www.CSSexamPrep.com
181. Muscles account for **40 percent of one's body weight**.
182. There are **230 joints** in the body. Prepared By: Kamran Mahar
183. Kids have **20 first teeth**. Adults have **32 teeth**.
184. The small intestines are about **25 feet long**.
185. The large intestines are **five feet long** and are **three times wider** than the small intestines. Paramount CSS and PCS Academy
186. Most people shed **40 pounds of skin** in a lifetime.
187. Your body is **70 percent water**.
188. Normal body temperature is **98.6° Fahrenheit**.
189. When you sneeze, air rushes through your nose at a rate of **100 mph**. Paramount CSS and PCS Academy
190. An eyelash lives about **150 days** before it falls out.
191. Your brain sends messages at the rate of **240 mph**.
192. About **400 gallons of blood** flow through your kidneys in one day.
193. You blink your eyes about **20,000 times a day**.
194. Your heart beats about **100,000 times a day**.
195. Humans breathe **20 times per minute**, more than **10 million times per year and about 700 million times in a lifetime**. Prepared By: Kamran Mahar
196. You have about **100,000 hairs** on your head.
197. There are **10 million nerve cells** in your brain.
198. Each of your eyes has **120 million rods**, which help you see in black and white. Paramount CSS and PCS Academy
199. Each eye has **six million cones**, which help you see in color.
200. **One in 12 men** is color blind. Prepared By: Kamran Mahar
201. Brain of a normal human adult weighs **about 3lb**
202. For an adult blood pressure of **120/80** is regarded as ideal and pressure of up to **140/90 is normal**. www.CSSexamPrep.com
203. Iris in the **eye contracts** on the entry of light.
204. **Retina acts** as a lens in the entry of light.
205. In your body where is the **macula**- Eye centre of the Retina
206. Weight of heart is **300 gram**. Prepared By: Kamran Mahar
207. Heart pumps **five liters** of blood in 1 minute.
208. **Colon** is mainly responsible for water absorption from the undigested residue. www.CSSexamPrep.com
209. Right kidney in man is **slightly lower** in position than the left kidney
210. The movement of food through esophagus is by the muscular action known as : **peristaltic** Prepared By: Kamran Mahar
211. In the human body what is replaced every three months **Eyelashes**
212. Our eyes are always the **same size** from birth, but our nose and ears never stop growing Paramount CSS and PCS Academy
213. The thickness of your skin varies from **1/2 to 6 millimeters**, depending on the area of your body
214. the temperature of the dead human body on Celsius scale is **25 c** normally room temperature www.CSSexamPrep.com
215. Where in your body is the labyrinth- **Ear**
216. What does a hypodermic literally mean- **Under skin**
217. In the body where would you find your villus **Small Intestine**
218. Where is the dirtiest skin on your body- **The face**
219. the number of the spinal nerves in the man is **31 pairs**
220. Part of the human body can expand **20 times** its normal size: Stomach **0.5 litres to 5 litres** Paramount CSS and PCS Academy
221. In the human body where is your occiput: **Back of head**
222. Central nervous system **controls the reflex action** in the body.
223. The terminal part of vertebral column in man is called **Coceyx**

224. The "Urinary system" of the body consists of **3 organs**.
225. Haversian canals are present in **Bone**.
226. The heartbeat is initiated and regulated by nodal tissue made of specialized cardiac muscles called **Purkinje tissue**.
227. The gestation period of human being is **Nine months**.
228. The first heart sound is produced when **Diastole begins**.
229. Where would you find Lunate Triquetral and Hamate- **Bones in Wrist**
Paramount CSS and PCS Academy
230. Which part of the human body contains the most gold: **Toenails**
231. In the body luteinizing hormone is produced by what **gland Pituitary**
Paramount CSS and PCS Academy
232. Due to buffer system, human blood has a pH of **7.4**.
233. The normal temperature of human body is **98.6 F**.
234. Chemical elements most % human body **O 65% C 18% and Hydrogen 10%**
www.CSSexamPrep.com
235. Cell membrane is made up of protein and lipid molecules forming a **semi permeable** membrane.
236. Carbohydrates in the cell are in form of **glycogen**.
237. **An epithelium** is a collection of cells.
238. Exoskeleton **lies external** to the muscles.
239. Exoskeleton is commonly found in **arthropods and mollusk**.
240. Exoskeleton is composed of **dead substances** secreted by the cells.
241. Endoskeleton lies **internal to muscles of the body**. It is found in all vertebrates. It is formed of bones and cartilages. Prepared By: Kamran Mahar
242. Endoskeleton is composed of **living cells**.
243. Ear has **6 bones**- Malleus bone (2), Incus bone (2) & stapes (2).
244. Human skull has **22 bones**. Paramount CSS and PCS Academy
245. There are **26 vertebrae** in the human body.
246. Total number of ribs are **24**- True Ribs (14), False Ribs (6) and floating ribs (4)
www.CSSexamPrep.com
247. Sternum is that bone where the **ribs meet** medially.
248. Collar bone are **2**, Shoulder bone are **2**.
249. Carpal bones are those bones which form the **wrist numbering 8**.
250. Small forearm bone is **radius** and main forearm bone is **Ulna**. Humerus is upper arm bone. Paramount CSS and PCS Academy
251. Metacarpal bones are found in hand numbering **5**.
252. Phalanges are small bones present in fingers also called digits. These are **14 in number**.
www.CSSexamPrep.com
253. Each leg is composed of **29 bones**.
254. Tarsal bone is also known as the **ankle bone**. These are **seven** in number.
Paramount CSS and PCS Academy
255. Phalanges are toe bones numbering **14**.
256. Vertebrae are **33 in number**. Vertebral column covers spinal cord and protects it from injury.
www.CSSexamPrep.com
257. Clavicle bones are also known as **collar bones**. These are two bones.
258. Scapula are called **shoulder bones**. Prepared By: Kamran Mahar
259. Sternum is called **chest bone**.
260. Patella acts like a **knee-cap** and protects the knee joint.
261. Tibia is the main **large bone** of the lower leg also known as **calf-bone**.
262. Fibula is the **smaller part** of lower leg. Prepared By: Kamran Mahar
263. Femur bears the weight of the body. It is in **upper leg**.
264. Muscles are composed of **threadlike protein** structure called myofibril.
Paramount CSS and PCS Academy
265. The cardiac muscle continues to contract rhythmically even when it is disconnected from **the nervous system**.
266. Trapezius muscle is responsible for **movement of shoulder**.
267. Sternocleidomastoid muscle is the **longest muscle** of the body. It bends head and neck.
www.CSSexamPrep.com

268. Brachialis anticus muscle is responsible for **bending forearm** to the upper arm.
Paramount CSS and PCS Academy
269. Heart is enclosed in a tough membrane called **Pericardium**.
270. There are **four chambers** of heart.
271. Heart is surrounded by a fluid called as **pericardial fluid**.
272. The weight of the heart in females is **25% lesser** than in males.
273. Excitability and contractility of the heart is due to the presence of **myofibrils** of actin and myosin.www.CSSexamPrep.com
274. Purkinjee fibres are tissues of **heart**.
275. S.A Node and A.V Node are special conducting **tissues of the heart**.
276. S.A. Node was **discovered by Keith and Flack in 1907**.
277. A.V Node functions as **Pace-maker**. Prepared By: Kamran Mahar
278. Right atrium receives **deoxygenated blood** from body collected by Superior **Vena Cava** from head and upper parts while from the lower parts by inferior vena cava. Paramount CSS and PCS Academy
279. Right atrium opens into **right ventricle** through right **atrioventricular** aperture guarded by bicuspid valve allowing one way flow of blood.www.CSSexamPrep.com
280. When right ventricle contracts, the blood is pushed by the way of pulmonary arteries to the lungs for **oxygenation**.
281. **The left atrium** is that chamber which receives the oxygenated blood from lungs by pulmonary veins. Prepared By: Kamran Mahar
282. Left atrium opens into left ventricle from there blood is **pumped into aorta** which distributes blood to body.
283. Cardiac cycle consists of three events- **Auricular Systole, Ventricular Systole and Diastole**.www.CSSexamPrep.com
284. Each cardiac cycle takes **0.8 seconds**.
285. Aorta is the **largest vessel** of the body.
286. The **biggest artery** is aorta with a diameter of **one inch**.
287. Arteries carry **blood away** from the heart except pulmonary arteries.
288. Arteries **carry oxygenated blood** except pulmonary arteries.
289. The **smallest artery** is called arteriole. Prepared By: Kamran Mahar
290. The walls of veins are **much thinner** that the arteries.
291. Coronary arteries **supply blood to heart**.
292. Carotid arteries **supply blood to head**.
293. Subclavian arteries **supply blood to shoulder and forelimbs**.
294. Coelic artery supplies **blood to digestive system**.
295. Renal artery supplies **blood to kidneys**.
296. Iliac artery supplies **blood to legs**. Prepared By: Kamran Mahar
297. The most important function of perspiration is to **regulate the body temperature**. Paramount CSS and PCS Academy
298. The number of chromosomes in the human body is **46**.
299. First tissue culture was grown in space on **Dec: 17, 1997**.
300. The tiny air sacs in the lung tissues are called **alveoli**.
301. Farmer's lung is a type of hypersensitivity **pneumonitis**
302. Nostalgia is what condition-**Earache**www.CSSexamPrep.com
303. Scurvy is a disease resulting from a **deficiency of vitamin C**, which is required for the synthesis of collagen in humans.
304. Scorbutic gums, a symptom of **scurvy** Prepared By: Kamran Mahar
305. Scurvy leads to the formation of **spots on the skin**, spongy gums, and bleeding from the mucous membranes. The spots are most abundant on the **thighs and legs**, and a person with the ailment looks pale, **feels depressed**, and is partially immobilized. In advanced scurvy there are open, suppurating wounds and **loss of teeth**. It was described by **Hippocrates** Paramount CSS and PCS Academy
306. Shortsightedness can be corrected with the use of **Concave**.
307. **Pancreas** lies partly on the left side and partly on the right side of the body.
Paramount CSS and PCS Academy
308. In total **25 elements** are present in human body.