

Introduction of Nervous System



Nervous System

The nervous system controls everything you do, including breathing, walking, thinking, and feeling. This system is made up of your brain, spinal cord, and all the nerves of your body. The brain is the control center and the spinal cord is the major highway to and from brain.

The four main functions of the nervous system are:

1. Control of body's internal environment to maintain 'homeostasis' an example of this is the regulation of body temperature.
2. Programming of spinal cord reflexes. An example of this is the stretch reflex.
3. Memory and learning.
4. Voluntary control of movement.

Division of Nervous System

Nervous system is divided into two parts:

1. The central nervous system
2. The peripheral nervous system.

