## **Respiratory System of Human**

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Lungs are the main respiratory organs in our body. Lungs are enclosed in an air tight **chest cavity (called thoracic cavity).** This cavity is surrounded by ribs. A large muscular diaphragm forms its floor. This diaphragm separates the chest cavity from the abdominal cavity. The muscles of ribs and diaphragm move together during breathing.

Pharynx Larynx

Trachea

Luna

Diaphragm



## **During inhalation**

During inhalation,

- The ribs move up and outwards
- The diaphragm moves down

These movements increase the volume of the chest cavity and the lungs expand. As a result, pressure

inside the lungs decreases and fresh air rushes into the lungs. During inhalation the chest expands.



## During exhalation

During exhalation (breathing-out)

- The ribs move down and inwards.
- The diaphragm moves up.

Due to these movements volume of the chest cavity decreases and the lungs contract. As a result, pressure inside the lungs increases and the year is pushed out of the lungs.