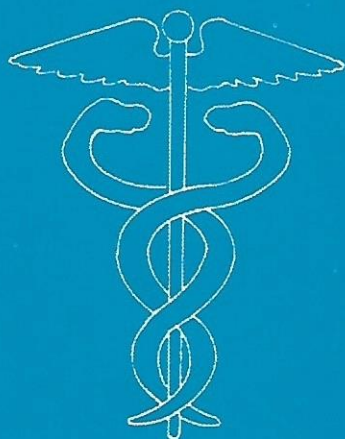


---

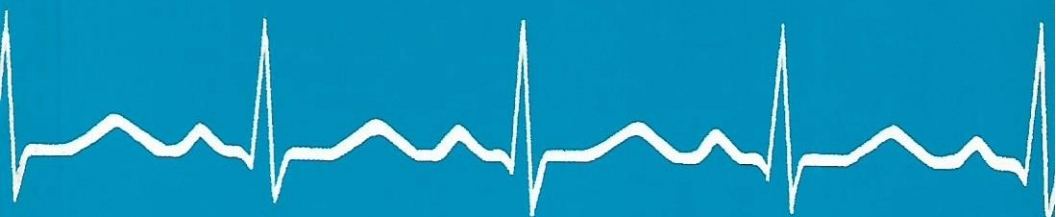
# A Glimpse Of The Human Body

---

The Structure and Functions



*Shirley Telles*



VIVEKANANDA YOGA RESEARCH FOUNDATION

Swami Vivekananda Yoga Prakashana

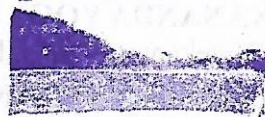
Bangalore

# A GLIMPSE OF THE HUMAN BODY

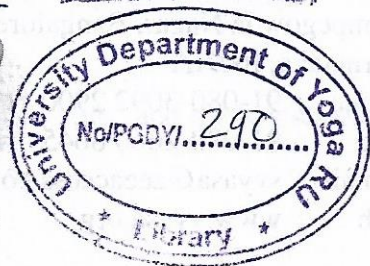
## The Structure and Functions

**Shirley Telles** MBBS, PhD

**Doanted by**



प्रज्ञानं ब्रह्म



**VIVEKANANDA YOGA RESEARCH FOUNDATION**

**Swami Vivekananda Yoga Prakashana**

**Bangalore**

# CONTENTS

Chapter No		Page No.
1.	Introduction	1
2.	Why we behave the way we do and How much we can change	10
3.	The Skeletal System	17
4.	The Blood	31
5.	The Circulatory System	38
6.	The Respiratory System	48
7.	Nutrition	58
8.	The Digestive System	66
9.	The Excretory System	76
10.	The Brain - An Enchanted Loom	86
11.	Physiology of Stress	98
12.	The Mechanisms of Defense	101
13.	The Endocrine System	107
14.	Senses and Sense Organss	118
15.	The Reproductive System	124



**Dr. R. SRINIVASA**, MBBS, MD (AIIMS), DM (Neuro)  
*Consultant Neurologist*

Professor of Neurology  
Head, Department of Neurology  
M.S. Ramaiah Medical College & Hospital  
Bangalore - 560 054  
☎ : 3366545 Extn. 233

**Consultation**

MALLYA HOSPITAL  
2, Vittal Mallya Road, Bangalore  
☎ : 2277979, 2277990  
Consulting Time : 4.30 - 6.30 p.m. Daily

To

Mr. Daya Shankar M A

Chief Co-ordinator,

Vivekananda Kendra Yoga prakashana,

**MEDINOVA**

55, Infantry Road, Bangalore  
☎ : 2868423, 2863455  
Consulting Time : 6.30 - 8.30 p.m. Daily

Date: 24/3/98

Ref: Glimpse of the Human body · Shirley Telles.

This book 'Glimpse of the Human body' gives a compact vision about the structure & functions of the human body in its most basic form. The complex structure & its myriad functions have been lucidly delineated by Dr. Shirley Telles, Phd., an eminent Neurophysiologist. She has made a successful attempt in taking 'lay persons' through this interesting sajour of Human biology. She has initiated the travel through a window into the structure & functional organisation of biological unit 'the cell' and takes one through various systems - skeletal system to reproductive system. Dr. Shirley Telles has used simple language with straight forward disposition of the facts, making the whole reading informative & pleasurable, while doing so she also keeps the subject interesting & thought provoking.

I am sure that this short treatise certainly gives the glimpse of the Human body to those who are not student of human biology, but intending to take a travel through this complex ma e of Human biology.

Dr. R. SRINIVASA