

# The cardiovascular system: blood vessels and circulation and cause of tingling or...

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## **The Cardiovascular System: Blood Vessels and Circulation/ and cause of tingling or numb of a body part after a nap ect**

Cardiovascular System Introduction The cardiovascular system describes the circulatory components of the body of animals. It is composed of blood, blood vessels and the lymphatic system. This paper primarily focuses on describing the cardiovascular system and identifying the causes numbness after taking a nap.

### 2. Components of Circulatory System

The circulatory system is made up of blood that constitutes the white blood cells or leucocytes, the red blood cells or erythrocytes, plasma and platelets. All of these components have a specific function in the role that blood plays. Blood acts as a medium for transporting oxygen, nutrients and waste products to and from the body tissues and cells (Noble, 2005). Blood has a characteristic red color due to the presence of hemoglobin. Platelets are components involved in body defense mechanisms and plasma is the fluid that contains all of these components.

Blood is transported through blood vessels called capillaries, veins and arteries. Capillaries are smallest blood vessels, and they have close contact and association with body cells and tissues. Veins transport blood that is devoid of oxygen back to the heart where it is pumped to the lungs for oxygenation (Manolis, 2010). Pulmonary vein is the only vein that carries blood with oxygen. Arteries carry oxygenated blood pumped from the heart to the rest of the body's organs, tissues and cells. Pulmonary artery is the only artery that carries deoxygenated blood.

### 3. Causes of Tingling/ Numbness after a nap Act

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Tingling of a body part after a nap is caused by diminished blood supply to that particular body part. This is caused by application of pressure on that part of the body. Sleeping on one side of the body like laying your head on the arm can cause this to happen. It is characteristic of a condition called Ischemia, but in this case, the phenomenon is short lived. Massaging numb region re-establishes normal blood supply to that part of the body. After this, the numbness subsides and normality is restored.

#### 4. Conclusion

The heart has four chambers, and its role is to pump blood through the vessels to the rest of the body. Pressure develops at the junction where the capillaries meet with cells through the pumping action of the heart (McDowell & Windelspecht, 2004). This pressure causes there to be sieving of the blood plasma fluid, which seeps into the interstitial space between the cells. The fluid that occurs between the cells is the lymph fluid, and it constitutes the lymphatic system. The lymphatic system plays a crucial role in the body's defense mechanisms.

#### References

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Manolis, K. (2010). *Circulatory System*. Bellwether Media Inc.

McDowell, J and Windelspecht, M. (2004). *The Lymphatic System. Illustrated Edition*. Greenwood Press.