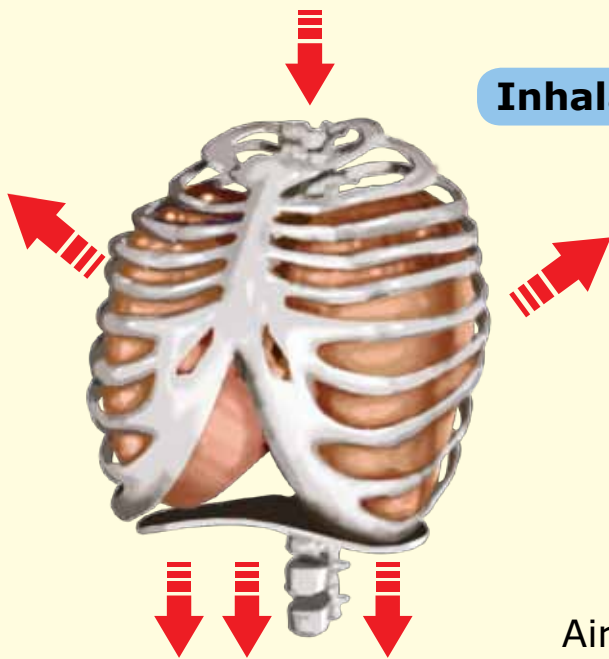
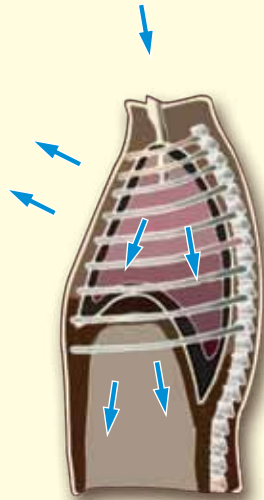


# Breathing Mechanism of Human

## Inhalation

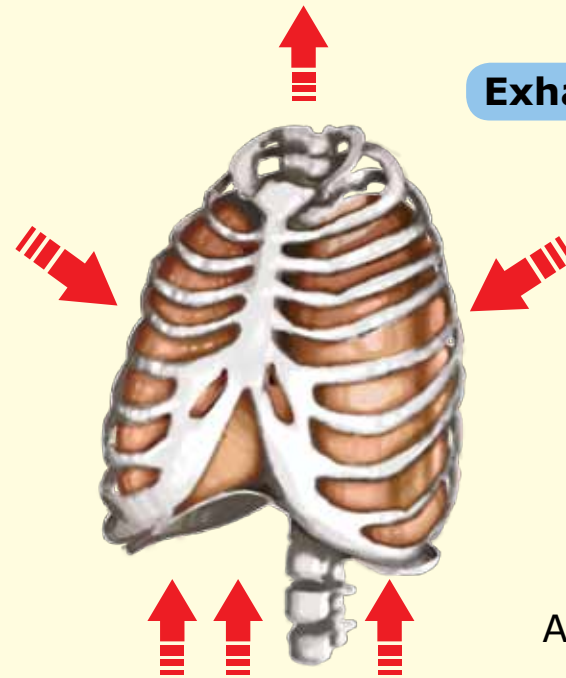


Air flows in

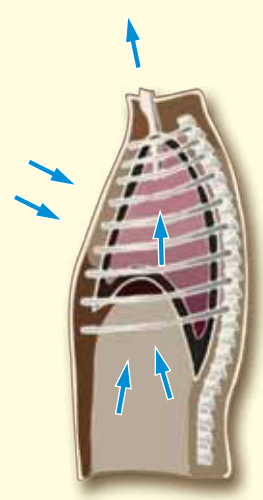


- Diaphragm muscles contract
- Diaphragm flattens out
- Intercostal muscles contract
- Rib cage moves upwards and outwards
- Volume of thoracic cavity increases
- Air pressure surrounding the lungs decreases
- Air flows into the lungs

## Exhalation



Air flows out



- Diaphragm muscles relax
- Diaphragm arches upwards
- Intercostal muscles relax
- Rib cage moves downwards and inwards
- Volume of thoracic cavity decreases
- Air pressure surrounding the lungs increases
- Air is forced out of the lungs