

Principles of anatomy Latest Edition

Principles of Anatomy form the foundational framework for understanding the human body and its complex systems. These principles guide healthcare professionals, students, and researchers in dissecting, analyzing, and comprehending the structure and function of various biological tissues and organs. By exploring the core ideas behind anatomy, one gains insight into how the body operates, how its parts are interconnected, and how they contribute to overall health and functionality. This article provides an in-depth look at the principles of anatomy, highlighting key concepts, organization, and practical applications essential for mastering this vital discipline.

Fundamental Principles of Anatomy

Understanding the principles of anatomy begins with recognizing the fundamental concepts that underpin the study of the human body. These concepts help organize the vast amount of information related to body structures and facilitate comprehension of how different parts work together.

1. Structural Hierarchy

The human body is organized in a hierarchical manner, starting from the simplest units and building up to complex systems. This hierarchy is essential for understanding how small components contribute to overall function.

- **Chemical Level:** Atoms and molecules form the basis for all biological structures.
- **Cellular Level:** Cells are the smallest living units, specialized for various functions.
- **Tissue Level:** Groups of similar cells work together to perform specific tasks, forming tissues.
- **Organ Level:** Different tissues combine to create organs with specific functions.
- **System Level:** Organs work collaboratively within organ systems to sustain life.
- **Organism Level:** All systems work together to form a functioning human being.

2. Complementarity of Structure and Function

One of the core principles of anatomy is that structure and function are inherently linked. The shape and arrangement of tissues and organs determine their roles and capabilities.

- **Form Follows Function:** For example, the thin walls of alveoli facilitate gas exchange in the lungs.

- **Specialization:** Organs like the heart are structured to efficiently pump blood, while the kidneys filter waste.
- **Adaptation:** Structures evolve over time to optimize performance in specific environments or roles.

3. Regional and Systemic Organization

Anatomy can be studied from different perspectives, primarily regional and systemic approaches.

- **Regional Anatomy:** Focuses on specific areas of the body, such as the thorax or abdomen, examining all related structures in that area.
- **Systemic Anatomy:** Looks at the body through systems like the skeletal, muscular, or nervous system, studying all components within each system.

4. Anatomical Position and Directions

Standardized terminology is vital for clear communication in anatomy.

- **Anatomical Position:** The body is standing upright, facing forward, arms at the sides, palms facing forward.
- **Directional Terms:** Include superior (above), inferior (below), anterior (front), posterior (back), medial (toward the midline), lateral (away from the midline), proximal (nearer to the point of attachment), distal (farther from attachment).

Key Principles in Anatomical Structure and Function

The study of anatomy emphasizes several principles that explain how the body's structures are designed and how they operate efficiently.

1. Homeostasis and Structural Integrity

Maintaining a stable internal environment is crucial for health.

- Structures are designed to support homeostasis, such as skin preventing dehydration or blood vessels regulating temperature.
- Feedback mechanisms involve structural components that detect and respond to changes.

2. Adaptability and Plasticity

The body demonstrates remarkable ability to adapt structurally in response to stress, injury, or environmental changes.

- Examples include muscle hypertrophy from exercise or bone remodeling following fractures.
- This plasticity is essential for growth, healing, and maintaining functionality.

3. Symmetry and Bilateral Organization

Most human structures are bilaterally symmetrical, which is significant for movement and coordination.

- Left and right sides mirror each other, with paired organs like kidneys and lungs.
- This symmetry facilitates efficient movement and balance.

4. Compartments and Body Cavities

The body is divided into compartments that protect organs and facilitate their function.

- **Axial Skeleton:** Contains the skull, vertebral column, and thoracic cage.
- **Appendicular Skeleton:** Includes limbs and girdles connecting limbs to the axial skeleton.
- Body cavities, such as the cranial, thoracic, and abdominal cavities, house and protect vital organs.

Application of Principles in Clinical Practice

The principles of anatomy are not just theoretical; they directly impact clinical diagnosis, surgical procedures, and treatment planning.

1. Anatomical Landmarks

Knowledge of surface landmarks guides clinicians in locating underlying structures.

- Examples include palpating the radial artery for pulse or identifying the iliac crest for lumbar puncture.

2. Imaging and Diagnostic Techniques

Modern imaging technologies rely on anatomical principles.

- Radiography, MRI, and CT scans visualize internal structures based on their anatomy and tissue properties.
- Understanding normal anatomy helps distinguish pathological changes from normal variations.

3. Surgical Anatomy

Surgeons use anatomical principles to navigate safely during procedures.

- Precise knowledge of blood vessels, nerves, and organ positioning minimizes complications.
- Anatomical variations are considered to adapt surgical approaches accordingly.

4. Rehabilitation and Therapy

Understanding anatomy aids in designing effective rehabilitation programs.

- Targeted exercises can strengthen specific muscles or improve joint mobility based on anatomical knowledge.

Conclusion

The principles of anatomy serve as the backbone of understanding the human body's structure and function. From the hierarchical organization of tissues and organs to the critical relationship between form and function, these principles inform every aspect of healthcare, education, and research. Recognizing the body's regional and systemic organization, adhering to standardized anatomical terminology, and applying concepts like homeostasis and symmetry are essential for accurate diagnosis, effective treatment, and advancing medical science. Whether studying medical students, practicing clinicians, or researchers, a solid grasp of these core principles is vital for appreciating the complexity and elegance of the human body. Embracing the principles of anatomy paves the way for innovations in medicine and enhances our ability to maintain health and address disease effectively.

Principles of Anatomy: A Comprehensive Guide to Understanding the Human Body

The principles of anatomy serve as the foundational framework for understanding the complex and intricate design of the human body. They are essential not only for medical professionals, students, and researchers but also for anyone interested in gaining a deeper appreciation of how our bodies

function and maintain health. By examining these core principles, we can better interpret the structure, organization, and relationships of anatomical features, which in turn informs clinical practices, health assessments, and biomedical advancements.

What Are the Principles of Anatomy?

At its core, the principles of anatomy refer to the fundamental concepts that describe the structure and organization of the human body. These principles guide how we study, teach, and understand the physical makeup of humans, emphasizing the relationships between different parts and systems. They include ideas about how the body is arranged, how structures relate to each other, and how form correlates with function.

Understanding these principles allows for a systematic approach to studying anatomy, moving beyond mere memorization to grasp the rationale behind body organization and its implications for health and disease.

The Core Principles of Anatomy

- Structural Hierarchy

The human body is organized in a hierarchical manner, from the simplest units to complex systems:

- Atoms and molecules: The basic building blocks of cells.
- Cells: The smallest units of life, each with specific functions.
- Tissues: Groups of similar cells working together (e.g., muscle tissue, nervous tissue).
- Organs: Structures composed of multiple tissue types that perform specific functions.
- Organ systems: Groups of organs working together (e.g., cardiovascular system, respiratory system).
- The human organism: The integrated whole.

This hierarchy underscores how small-scale structures build up to create the entire body, emphasizing the importance of each level in maintaining health and functionality.

- Complementarity of Structure and Function

One of the fundamental principles states that structure and function are inherently linked. The shape and design of a body part are directly related to its role.

- Example: The thin, flattened shape of alveoli in the lungs increases surface area for efficient gas exchange.

- Implication: Changes or injuries to structure often impair function, highlighting the importance of maintaining structural integrity.

- Regional and Systemic Organization

The body can be studied both regionally and systemically:

- Regional anatomy: Focuses on specific areas of the body (e.g., the thorax, abdomen).

- Systemic anatomy: Focuses on organ systems (e.g., nervous system, digestive system).

This dual approach offers flexibility in understanding anatomy, whether focusing on specific regions or overarching systems.

- Directional Terms and Planes

Standardized terminology is essential for precise communication:

- Directional terms: Superior/inferior, anterior/posterior, medial/lateral, proximal/distal, superficial/deep.

- Planes of the body: Sagittal, coronal (frontal), transverse (horizontal).

These terms and planes help describe locations and movements accurately.

- Embryological Development

Understanding how the body develops from conception provides insight into normal anatomy and congenital anomalies.

- The principles of embryology explain how tissues and organs form and differentiate.

- Many adult structures have origins traced back to embryonic stages, informing diagnoses of developmental abnormalities.

Key Principles in Practice

- Anatomical Variability

While foundational structures are consistent, individual variations are common.

- Recognizing normal variability is crucial for accurate diagnoses.
- Variations can include differences in blood vessel pathways, nerve locations, or organ sizes.

- Functional Adaptation

Body structures adapt based on activity and environment.

- Example: The muscles of athletes develop hypertrophy (increase in size) with training.
- Implication: Anatomy is dynamic, not static, and understanding this helps tailor medical interventions.

- Symmetry and Asymmetry

Most bilateral structures are symmetrical, but subtle asymmetries exist and can be normal or pathological.

- Recognizing asymmetry is important in identifying abnormalities such as tumors or injuries.

Applying the Principles of Anatomy

Clinical Relevance

Understanding these principles informs clinical assessments, surgical procedures, and diagnostic imaging.

- Example: Knowledge of regional anatomy aids in nerve blocks and surgical navigation.
- Imaging: Recognizing how structures relate in different planes enhances interpretation of X-rays, MRIs, and CT scans.

Education and Research

A solid grasp of anatomical principles underpins effective teaching and innovative research, fostering advancements in medicine.

Summary of Fundamental Principles of Anatomy

- Hierarchy: From atoms to the whole organism.
- Structure-Function Relationship: Form determines function.
- Regional and Systemic Organization: Different perspectives for study.
- Directional Terms and Planes: Precise descriptions.
- Developmental Origins: Embryology explains adult anatomy.
- Variability and Adaptation: Recognizing normal differences and changes.

Conclusion

The principles of anatomy provide the blueprint for understanding the human body's complex architecture. They emphasize the interconnectedness of form and function, the importance of systematic study, and the need to appreciate individual variations. Whether for clinical practice, research, or general knowledge, mastering these principles equips us with the tools to interpret the body's intricate design accurately and effectively. As our understanding deepens through ongoing research and technological advancements, these foundational concepts continue to be vital in advancing health and medicine.

Question What are the fundamental principles of human anatomy? The fundamental principles of human anatomy include the study of the structure and organization of the body, the relationship between different parts, and understanding the spatial relationships and functions of various organs and systems. **Answer** How does the principle of localization apply to anatomy? The principle of localization states that specific functions are associated with particular locations or structures within the body, allowing clinicians to diagnose conditions based on the affected area's anatomy. Why is understanding anatomical terminology important? An understanding of anatomical terminology ensures precise communication among healthcare professionals, facilitating accurate diagnosis, treatment planning, and effective collaboration. What role does the principle of symmetry play in anatomy? The principle of symmetry refers to the bilateral symmetry of most human body structures, which helps in identifying normal versus abnormal anatomy and supports comparative analysis in clinical assessments. How do the principles of anatomy assist in surgical procedures? Knowledge of anatomical principles guides surgeons in navigating complex structures, avoiding vital organs, and performing precise interventions to minimize complications. What is the importance of the principle of functional integration in anatomy? The principle of functional integration emphasizes how different anatomical structures work together to perform complex physiological functions, highlighting the interconnectedness of body systems. How does embryology relate to the principles of anatomy? Embryology studies the development of anatomical structures from fertilization to birth,

providing insights into congenital anomalies and the origins of adult anatomy. What are the key differences between gross anatomy and microscopic anatomy? Gross anatomy involves the study of structures visible to the naked eye, such as organs and tissues, while microscopic anatomy focuses on cellular and tissue structures seen under a microscope. How do principles of anatomy inform medical imaging techniques? Understanding anatomical principles allows clinicians to interpret imaging modalities like MRI, CT, and ultrasound accurately, aiding in diagnosis and treatment planning based on the body's structural details.

Related keywords: anatomy fundamentals, human body structure, anatomical terminology, tissue organization, skeletal system, muscular system, organ systems, anatomical planes, body cavities, physiological principles

anatomy first year bhms

anatomy first year bhms is a foundational subject that lays the groundwork for understanding the human body's structure and function, essential for aspiring homeopathic doctors. This article provides a comprehensive overview of what students can expect during their first year of studying anatomy in the Bachelor of Homeopathic Medicine and Surgery (BHMS) program, emphasizing key topics, learning objectives, and tips for success.

Introduction to Anatomy in BHMS First Year

Anatomy is the science of the structure of living organisms, and in the context of BHMS, it focuses on the human body's detailed anatomy. The first year of BHMS primarily introduces students to the basic principles of human anatomy, helping them understand the spatial relationships between various body parts and systems.

Importance of Anatomy in BHMS

Understanding anatomy is crucial for homeopathic practitioners because:

- It provides a clear map of the human body, essential for accurate diagnosis.
- It helps in understanding the location of vital organs and systems.
- It forms the basis for understanding physiology, pathology, and clinical practice.
- It enhances the ability to interpret medical investigations like X-rays, MRIs, and ultrasounds.

Curriculum Overview for Anatomy in First Year BHMS

The first-year anatomy syllabus covers several core topics, including:

1. General Anatomy

- Cell structure and function
- Tissues: epithelial, connective, muscular, and nervous
- Integumentary system (skin, hair, nails)
- Skeletal system basics

2. Osteology

- Bone structure and classification
- Axial skeleton (skull, vertebral column, thoracic cage)
- Appendicular skeleton (limbs, pectoral girdle, pelvic girdle)

3. Arthrology

- Types of joints (fibrous, cartilaginous, synovial)
- Structure and function of major joints

4. Muscular System

- Types of muscles
- Major muscle groups and their functions
- Muscle attachment and movement mechanics

5. Neuroanatomy

- Central nervous system (brain and spinal cord)
- Peripheral nervous system
- Basic neuroanatomical terminology

6. Surface Anatomy and Landmarks

- Surface markings of bones

- Landmarks useful for clinical examinations

Learning Objectives and Skills Development

Studying anatomy in the first year aims to develop:

- Knowledge of human body structure: a detailed understanding of bones, muscles, nerves, and organs.
- Dissection skills: practical experience through cadaver dissection enhances tactile understanding.
- Spatial awareness: visualizing the three-dimensional relationships between body parts.
- Clinical relevance: recognizing anatomical landmarks important for diagnosis and treatment.

Study Tips for First Year Anatomy Students

To excel in anatomy, students should consider the following strategies:

- **Regular Revision:** Anatomy involves memorization; regular review helps retain complex information.
- **Use Visual Aids:** Diagrams, models, and 3D applications can enhance understanding.
- **Practical Sessions:** Active participation in dissections and lab work is invaluable.
- **Group Study:** Discussing topics with peers facilitates better retention.
- **Link Theory with Clinical Practice:** Understanding how anatomical features relate to real-life scenarios improves learning relevance.

Assessment and Examination Pattern

Assessment in anatomy typically includes:

- Written Exams: Multiple-choice questions, short answer, and descriptive questions covering theoretical knowledge.
- Practical Exams: Identification of bones, muscles, nerves, and surface landmarks; dissection viva voce.
- Internal Assessments: Periodic quizzes and assignments to monitor progress.

Resources for Learning Anatomy

Effective learning requires reliable resources, such as:

- Standard textbooks like Gray's Anatomy and Grant's Atlas of Anatomy
- Online platforms offering 3D anatomy models (e.g., Complete Anatomy, AnatomyZone)
- Dissection manuals and lab guides specific to your institution
- Video tutorials for visual learning and revision

Career Importance of Anatomy Knowledge in BHMS

A solid foundation in anatomy enhances clinical skills, such as:

- Accurate palpation during physical examinations
- Precise administration of homeopathic remedies
- Better understanding of pathological changes in diseases
- Ability to interpret diagnostic images

Conclusion

Studying anatomy in the first year of BHMS is a vital step toward becoming a competent homeopathic doctor. It equips students with the essential knowledge of the human body's structure, which underpins all subsequent subjects in the curriculum. Diligence, active participation in practicals, and consistent revision are key to mastering anatomy and setting a strong foundation for future medical studies and clinical practice.

Remember, success in anatomy requires patience, curiosity, and a proactive approach. Embrace the learning process, utilize available resources, and develop a detailed understanding of the human body?this will serve as a cornerstone for your entire homeopathic career.

Anatomy First Year BHMS: A Comprehensive Guide to Foundations of Medical Science

Embarking on the journey of Bachelor of Homeopathic Medicine and Surgery (BHMS) is both exciting and challenging, especially when it comes to mastering the core subject of Anatomy. As the foundation of medical sciences, anatomy provides students with a detailed understanding of the human body's structure, laying the groundwork for clinical practice and further studies. In the first year of BHMS, anatomy serves as a critical stepping stone, demanding diligent study, conceptual clarity, and practical application. This review delves into the key aspects of anatomy for first-year BHMS students, exploring syllabus components, study strategies, important topics, and integration with other disciplines.

Understanding the Significance of Anatomy in BHMS

Anatomy is often regarded as the backbone of medical education because it offers the detailed

blueprint of the human body. For BHMS students, especially in the first year, mastering anatomy is vital for several reasons:

- Foundation for Pathology and Physiology: Anatomy provides the structural basis for understanding physiological functions and disease processes.
- Clinical Relevance: Knowledge of body parts, their locations, and relationships aids in clinical diagnosis, surgical procedures, and homeopathic case-taking.
- Integration with Other Subjects: Anatomy interlinks with Physiology, Biochemistry, and later clinical subjects, emphasizing its central role in holistic medical education.

First Year BHMS Anatomy Syllabus Breakdown

The anatomy syllabus for first-year BHMS students is designed to cover the comprehensive structure of the human body at various levels. It typically includes:

1. General Anatomy

- Cell and Tissues: Structure and types of cells, tissues (epithelial, connective, muscular, nervous).
- Skeleton System:
 - Axial Skeleton: Skull, Vertebral Column, Thoracic Cage.
 - Appendicular Skeleton: Pectoral Girdle, Upper Limb, Pelvic Girdle, Lower Limb.
- Muscular System:
 - Types of muscles.
 - Major muscle groups.
- Nervous System:
 - Central Nervous System (brain and spinal cord).
 - Peripheral Nervous System.
- Circulatory System:
 - Heart structure.
 - Blood vessels.
- Lymphatic System.
- Respiratory System.
- Digestive System.
- Urinary System.
- Reproductive System.

2. Systemic Anatomy

- Focused study of each organ system, emphasizing detailed anatomy, including histology where applicable.

3. Surface Anatomy and Topographical Anatomy

- Surface landmarks.
- Regions of the body.
- Clinical correlation with surface anatomy for palpation and procedures.

Deep Dive into Key Topics in First Year Anatomy

Cell and Tissue Structure

Understanding the microscopic building blocks of the human body is essential. Topics include:

- Cell components: nucleus, cytoplasm, cell membrane.
- Types of tissues:
 - Epithelial tissues: covering and lining tissues.
 - Connective tissues: bones, cartilage, blood, lymph.
 - Muscular tissues: skeletal, smooth, cardiac.
 - Nervous tissue.

Skeleton System

A detailed study of bones and their articulations:

- Skull:
 - Cranial bones: frontal, parietal, occipital, temporal, sphenoid, ethmoid.
 - Facial bones: maxilla, mandible, nasal, zygomatic, palatine, lacrimal, vomer, inferior nasal concha.
 - Sutures and foramina.
- Vertebral Column:
 - Cervical, thoracic, lumbar, sacral, coccygeal vertebrae.
 - Curvatures and important landmarks.
- Thoracic Cage:
 - Ribs, sternum, costal cartilages.
- Appendicular Skeleton:
 - Pectoral girdle: scapula, clavicle.

- Upper limb bones: humerus, radius, ulna, bones of the hand.
- Pelvic girdle: hip bones.
- Lower limb bones: femur, tibia, fibula, bones of the foot.

Muscular System

- Types of muscles:
 - Skeletal: voluntary, striated.
 - Smooth: involuntary, non-striated.
 - Cardiac: involuntary, striated.
- Major muscles:
 - Muscles of head and neck.
 - Muscles of upper limb.
 - Muscles of lower limb.
 - Trunk muscles.

Nervous System

- Brain regions: cerebrum, cerebellum, brainstem.
- Spinal cord segments.
- Cranial nerves and their functions.
- Spinal nerves and plexuses.
- Autonomic nervous system.

Circulatory System

- Heart anatomy: chambers, valves, blood flow.
- Major arteries and veins.
- Circulatory pathways.
- Lymphatic vessels and nodes.

Other Systems

- Respiratory system: nasal cavity, pharynx, larynx, trachea, lungs.
- Digestive system: mouth, esophagus, stomach, intestines, liver, pancreas.
- Urinary system: kidneys, ureters, bladder, urethra.
- Reproductive system: male and female pelvis, reproductive organs.

Study Strategies for First Year Anatomy

Given the vastness and detail involved, effective study methods are crucial:

1. Active Learning

- Use models, charts, and 3D diagrams.
- Label diagrams repeatedly.
- Engage in group discussions and quiz sessions.

2. Regular Revision

- Anatomy is cumulative; regular revision prevents forgetting.
- Maintain concise notes, flashcards, or mnemonics.

3. Practical Application

- Attend dissection classes diligently.
- Practice palpations and surface landmark identification.
- Link theoretical knowledge with clinical scenarios.

4. Use of Resources

- Standard textbooks: Gray's Anatomy, Snell's Anatomy.
- Atlases and online platforms.
- Video tutorials for complex structures.

Practical Aspects and Dissection

Practical anatomy is indispensable in understanding spatial relationships and real-life applications.

- Dissection:
 - Focused on understanding the real structure, variation, and relationships.
 - Hands-on experience enhances memory.
- Demonstration and Identification:
 - Learning surface markings.

- Identifying bones and muscles in cadavers.

Practical exams often involve identification, diagram labeling, and answering questions about structures.

Integration with Clinical Skills and Homeopathy

While anatomy is primarily theoretical, its clinical relevance is emphasized:

- Palpation Skills: Locating pulses, lymph nodes, and surface landmarks.
- Understanding Pathologies: Structural abnormalities, fractures, deformities.
- Homeopathic Practice: Knowledge of anatomy aids in accurate case-taking and understanding disease sites.

Challenges Faced by First Year BHMS Anatomy Students

- Volume of Material: The vastness can be overwhelming.
- Memorization: Detailed names and relationships require active memorization.
- Practical Application: Transitioning from theory to hands-on can be daunting.
- Time Management: Balancing anatomy with other subjects.

Tips to Overcome Challenges:

- Break down topics into manageable sections.
- Use visual aids and mnemonics.
- Regularly revisit previous topics.
- Engage in group studies and discussions.

Conclusion: The Road Ahead in Anatomy

Mastering anatomy in the first year of BHMS is a pivotal step towards becoming a competent homeopathic physician. It demands dedication, curiosity, and systematic study. By understanding the intricate details of the human body's structure, students build a solid foundation for subsequent subjects and clinical practice. Embracing both theoretical and practical components, leveraging resources, and maintaining consistent revision are keys to success. As students progress, the knowledge gained in anatomy will serve as a compass guiding them through the complexities of human health and disease, ultimately shaping their journey in holistic healthcare.

In essence, anatomy is more than just a subject; it's the blueprint of life itself, and mastering it in the first year sets the tone for a rewarding career in homeopathic medicine.

Question What are the main topics covered in the first year of BHMS anatomy? In the first year of BHMS anatomy, students primarily study general anatomy, including bones, muscles, joints, and tissues, as well as systemic anatomy covering the cardiovascular, respiratory, digestive, nervous, and reproductive systems. How important are diagrams and illustrations in studying first year BHMS anatomy? Diagrams and illustrations are crucial in BHMS anatomy as they help students visualize complex structures, enhance understanding, and improve retention of anatomical details. What are the best tips for memorizing anatomical terminology in BHMS first year? Effective tips include using flashcards, repeated revision, associating terms with visual images, and understanding the root words and prefixes to grasp the meaning of complex terms. How does understanding anatomy in the first year help in BHMS clinical practice later? A solid foundation in anatomy is essential for diagnosing, performing procedures, and understanding pathologies in clinical practice, making early learning vital for future success. What are common challenges faced by students studying first year BHMS anatomy? Students often find memorizing numerous structures, understanding spatial relationships, and retaining detailed terminology challenging, requiring consistent study and practical exposure. Are practical classes and dissections necessary for mastering anatomy in BHMS first year? Yes, practical classes and dissections provide hands-on experience, enhance spatial understanding, and reinforce theoretical knowledge, making them an integral part of anatomy education. What resources are recommended for first year BHMS anatomy students? Recommended resources include standard textbooks like Gray's Anatomy, atlases, online tutorials, anatomy apps, and previous years' question papers for practice. How can students effectively prepare for anatomy exams in BHMS first year? Effective preparation involves regular revision, active learning through diagrams, group discussions, clinical correlations, and practicing past exam questions regularly. What is the significance of understanding gross anatomy versus microscopic anatomy in BHMS? Gross anatomy helps in understanding the physical structure and spatial relationships of body parts, while microscopic anatomy (histology) provides insight into tissue organization? both are essential for comprehensive knowledge in BHMS.

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