

## Associating the Composition of the Muscle and Skin Tissues during Aging

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### DESCRIPTION

Muscles are made up of many elastic fibers and a human body contains more than 600 muscles. Each muscle has specific type of function. Some muscles enable us to move quickly, like running or jumping. We can breathe or digest food with the help of other muscles. Heart is one the most powerful muscle in human body as it beats thousands of time every day. Many diseases, injuries, and disorders can have an effect on how muscles perform. Aches, spasms, or weakness of the muscles may be caused by several conditions. More serious conditions can cause paralysis. If the heart develops cardiomyopathy or another type of cardiac disease, it struggles to pump blood throughout the body. A healthy lifestyle encourages the muscles to function as they should. Maintaining a healthy weight, consuming a balanced diet, and engaging in regular exercise will help us to keep our muscles strong. Make sure to regularly contact the doctor to have any conditions that could lead to muscle problems examined. We are unable to regulate certain muscles because they contract without the consent. They use inputs from other bodily functions, such as cardiovascular or digestive systems, to function. Although they all serve very distinct purposes, skeletal, smooth, and cardiac muscle all have a similar basic structure. Thousands of elastic fibers are firmly bunched together to form muscles. A perimysium is a thin, translucent membrane that surrounds each bundle.

Myofibrils, the protein building blocks that make up a single muscle fiber, contain the myoglobin protein and other components that provide muscles the oxygen and energy they need to contract. When a stimulus to contract is applied, the filaments in each myofibril fold together. If many fibers are activated at once, this shortens the length of the muscle fiber, which in turn shortens the entire muscle. All human circulatory systems are lined with smooth muscle cells. When there is a vascular injury, they show plasticity. This flexibility has a role in the development of atherosclerosis as a disease. The vascular system is contracted and toned by mature smooth muscle cells. It is clear that a high cholesterol burden puts endothelial cells under more stress, which

causes vascular damage. By being damaged, the vascular smooth muscle transitions from an inactive contractile state to one that promotes an inflammatory response. The proliferation and modification of smooth muscle cells that follow the fibrous capsule to develop in atherosclerosis. After exercising out, many people experience muscle soreness. Microtears, which occur when you exert force on a muscle, cause the discomfort. Muscle soreness typically begins a day or two after intense exercise. For this reason, doctors refer to this ailment as DOMS (Delayed Onset Muscular Soreness).

The muscular tissue becomes inflamed as the muscles heal and the minute tears mend. The muscles will recuperate and the irritation will disappear within a few days. The muscle tissue shreds and rebuilds itself again with prolonged activity. This process results in an increase in muscle mass. The tissue has numerous blood channels and is very cell-packed. Because of their length and thinness, the cells are sometimes referred to as muscle fibers. They are normally arranged in bundles or layers, and connective tissue surrounds them. The contractile proteins myosin and actin are found in muscle tissue. Skeletal, smooth, and cardiac muscle tissue are the three different types of muscle tissue. Cardiac muscle cells are found in the heart's walls, where they can be seen as being striped or striated and controlled by an involuntary process. Except for the heart, smooth muscle fibers are spindle-shaped, involuntary, and found in the walls of hollow visceral organs (such as the liver, pancreas, and intestines). Muscles that are connected to the bone contain skeletal muscle fibers. They appear striated and are controlled voluntarily. Each muscle is made up of fascicles, which are collections of muscle fibers. A layer of connective tissue surrounds each fascicle. Each fascicle is made up of several units of individual muscle fibers that are sheathed in a connective tissue sheath called an endomysium. Skeletal muscle tissue, connective tissue, nerve tissue, and blood or vascular tissue makes up each organ or muscle. Size, form, and fiber arrangement in skeletal muscles vary widely. With rest and hydration, muscle soreness or weakness frequently gets better. A dangerous medical issue may be indicated by sudden muscle discomfort or weakness.

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