

**NORTH POINT SR. SEC. BOARDING  
SCHOOL, ARJUNPUR  
Class -X Subject: Science(bio)**

**CHAPTER  
LIFE PROCESSES**

**Blood pressure**

The force that blood exerts against the wall of a vessel is called blood pressure. This pressure is much greater in arteries than in veins. The pressure of blood inside the artery during ventricular systole (contraction) is called systolic pressure and pressure in artery during ventricular diastole (relaxation) is called diastolic pressure. The normal systolic pressure is about 120 mm of Hg and diastolic pressure is 80 mm of Hg.

**More to Know!**

The diagram illustrates the four stages of blood pressure measurement using a sphygmomanometer.   
1. **Artery:** The location of the brachial artery is identified. The normal blood pressure is noted as 120/80 (120 systolic, 80 diastolic) to be measured.   
2. **Rubber cuff inflated with air:** The cuff is inflated until the pressure is above 120 mmHg, which closes the artery.   
3. **Pressure in cuff below 120:** As the cuff pressure is gradually released, the first sounds (Korotkoff sounds) become audible through the stethoscope.   
4. **Pressure in cuff below 80:** The sounds eventually stop, indicating the diastolic pressure.   
The text below the diagram states: Blood pressure is measured with an instrument called sphygmomanometer. High blood pressure is also called hypertension and is caused by the constriction of arterioles, which results in increased resistance to blood flow. It can lead to the rupture of an artery and internal bleeding.

### The tubes – blood vessels

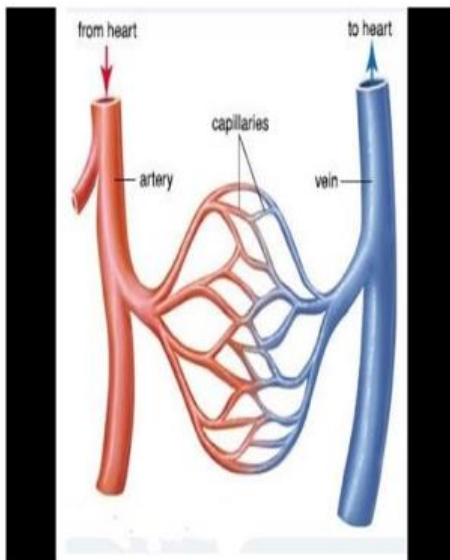
Arteries are the vessels which carry blood away from the heart to various organs of the body. Since the blood emerges from the heart under high pressure, the arteries have thick, elastic walls. Veins collect the blood from different organs and bring it back to the heart. They do not need thick walls because the blood is no longer under pressure, instead they have valves that ensure that the blood flows only in one direction.

On reaching an organ or tissue, the artery divides into smaller and smaller vessels to bring the blood in contact with all the individual cells. The smallest vessels have walls which are one-cell thick and are called capillaries. Exchange of material between the blood and surrounding cells takes place across this thin wall. The capillaries then join together to form veins that convey the blood away from the organ or tissue.

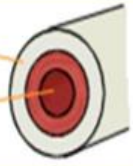
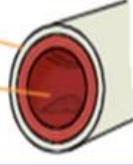

### Maintenance by platelets

What happens if this system of tubes develops a leak? Think about situations when we are injured and start bleeding. Naturally the loss of blood from the system has to be minimised. In addition, leakage would lead to a loss of pressure which would reduce the efficiency of the

pumping system. To avoid this, the blood has platelet cells which circulate around the body and plug these leaks by helping to clot the blood at these points of injury.



### Blood Vessels

Artery	thick, elastic wall small lumen	
Vein	thin wall large lumen valve	
Capillary	single cell wall	

### 6.4.2 Transportation in Plants

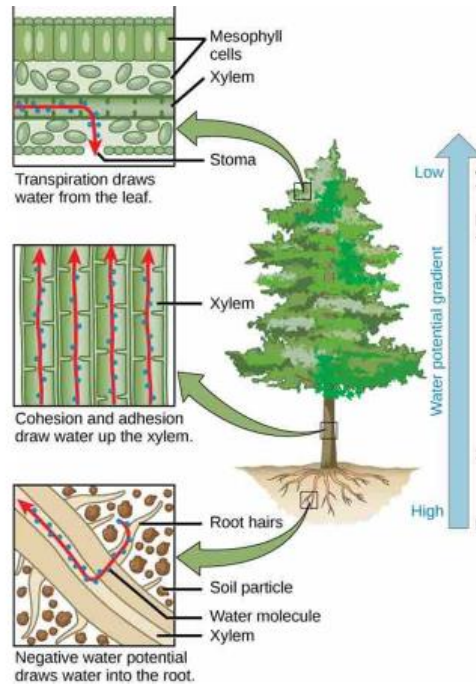
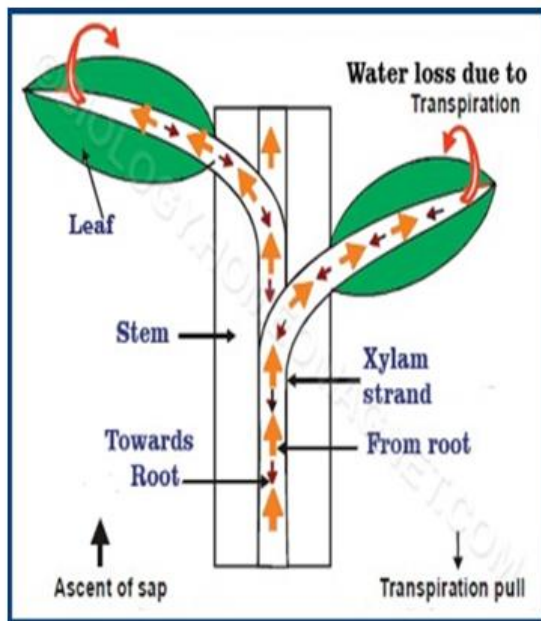
We have discussed earlier how plants take in simple compounds such as  $\text{CO}_2$  and photosynthesise energy stored in their chlorophyll-containing organs, namely leaves. The other kinds of raw materials needed for building plant bodies will also have to be taken up separately. For plants, the soil is the nearest and richest source of raw materials like nitrogen, phosphorus and other minerals. The absorption of these substances therefore occurs through the part in contact with the soil, namely roots. If the distances between soil-contacting organs and chlorophyll-containing organs are small, energy and raw materials can easily diffuse to all parts of the plant body. But if these distances become large because of changes in plant body design, diffusion processes will not be sufficient to provide raw material in leaves and energy in roots. A proper system of transportation is therefore essential in such situations.

Energy needs differ between different body designs. Plants do not move, and plant bodies have a large proportion of dead cells in many tissues. As a result, plants have low energy needs, and can use relatively slow transport systems. The distances over which transport systems have to operate, however, can be very large in plants such as very tall trees.

Plant transport systems will move energy stores from leaves and raw materials from roots. These two pathways are constructed as independently organised conducting tubes. One, the xylem moves water and minerals obtained from the soil. The other, phloem transports products of photosynthesis from the leaves where they are synthesised to other parts of the plant. We have studied the structure of these tissues in detail in Class IX.

#### Transport of water

In xylem tissue, vessels and tracheids of the roots, stems and leaves are interconnected to form a continuous system of water-conducting channels reaching all parts of the plant. At the roots, cells in contact with the soil actively take up ions. This creates a difference in the concentration of these ions between the root and the soil. Water, therefore,





moves into the root from the soil to eliminate this difference. This means that there is steady movement of water into root xylem, creating a column of water that is steadily pushed upwards.

However, this pressure by itself is unlikely to be enough to move water over the heights that we commonly see in plants. Plants use another strategy to move water in the xylem upwards to the highest points of the plant body.

#### Activity 6.8

- Take two small pots of approximately the same size and having the same amount of soil. One should have a plant in it. Place a stick of the same height as the plant in the other pot.
- Cover the soil in both pots with a plastic sheet so that moisture cannot escape by evaporation.
- Cover both sets, one with the plant and the other with the stick, with plastic sheets and place in bright sunlight for half an hour.
- Do you observe any difference in the two cases?

Provided that the plant has an adequate supply of water, the water which is lost through the stomata is replaced by water from the xylem vessels in the leaf. In fact, evaporation of water molecules from the cells of a leaf creates a suction which pulls water from the xylem cells of roots. The loss of water in the form of vapour from the aerial parts of the plant is known as transpiration.

Thus, transpiration helps in the absorption and upward movement of water and minerals dissolved in it from roots to the leaves. It also helps in temperature regulation. The effect of root pressure in transport of water is more important at night. During the day when the stomata are open, the transpiration pull becomes the major driving force in the movement of water in the xylem.



**Figure 6.12**  
Movement of water during transpiration in a tree

## Assignment 8 ( transportation)

- 1. name the transporting material of plant.
- 2. explain ascent of sap
- 3. write the importance of root in transport of water in plant body.