

CONTENTS

Team of authors	14
Science editors	14
Foreword from science editors to the seventh edition	15
Foreword to the sixth edition	17
Foreword to the fifth edition	19
Chapter 1. Histology, cytology and embryology. Their content, objectives and relationship with other medical and biological sciences. Their importance for medicine	21
Questions	23
Chapter 2. Research techniques in histology, cytology and embryology	24
2.1. Microscopy of tissue specimens	24
2.2. Techniques of studying fixed cells and tissues	30
2.3. Techniques of studying living cells and tissues	31
2.4. Techniques of studying chemical composition and metabolism of cells and tissues	33
2.5. Quantitative techniques	37
2.6. Techniques of assessing images of cellular and tissue structures	39
Questions	39
Chapter 3. Brief outline of the development of histology, cytology and embryology	40
3.1. Emergence of histology, cytology and embryology as a science	40
3.2. Histology and embryology as a university course. Russian schools of histology in late 19 th , early 20 th century	44
3.3. Development of histology, cytology and embryology in Russia	48
Questions	53

CYTOLOGY

Chapter 4. Cell doctrine (fundamentals of general cytology)	57
4.1. Cell theory	57
4.2. Structural components of cell	61
4.2.1. Cellular membrane. Intercellular junctions	61
Intercellular junctions	64
4.2.2. Cytoplasm	69
Hyaloplasm	69
Organelles	69
4.2.3. Nucleus	88
Role of nuclear structures in cell life	88
Structure and chemical composition of the nucleus	89
Chromatin	89

Chromatin: chromosomes in mitosis	92
Nucleolus	94
Nuclear envelope	95
4.3. Cell reproduction	97
4.3.1. Cellular cycle and its regulation	97
Cell division: mitosis	99
Anomalies of cell division	102
4.4. Reaction of cells to external effects	103
4.5. Cell death	105
Questions	107

EMBRYOLOGY

Chapter 5. Fundamentals of human embryology	111
5.1. Progenesis	111
Basic characteristics of mature human sex cells	112
5.2. Embryogenesis	117
5.2.1. Fertilization and zygote formation	117
5.2.2. Cleavage and blastula formation	120
Implantation	122
5.2.3. Gastrulation	124
5.2.4. Embryonic histogenesis and organogenesis	130
Ectoderm differentiation	133
Endoderm differentiation	136
Mesoderm differentiation	138
5.3. Extraembryonic organs	146
5.3.1. Amnion	146
5.3.2. Yolk sac	151
5.3.3. Allantois	151
5.3.4. Umbilical cord	151
5.3.5. Chorion	152
5.3.6. Placenta	153
5.4. Mother-fetus system	159
5.5. Critical periods of development	162
Questions	164

GENERAL HISTOLOGY

Chapter 6. Basic concepts of general histology	167
6.1. Tissue as a system	167
6.2. Tissue classifications	171
6.3. Tissue regeneration	172
Types of regional tissue-specific stem cells in adult organisms	174
Methods of obtaining stem cells	178
Questions	179

Chapter 7. Epithelial tissues	180
7.1. General morphological features and classifications	180
7.2. Surface epithelia	185
7.2.1. Simple epithelium	185
Single-layer epithelium	185
Pseudostratified epithelia	188
7.2.2. Stratified epithelium	189
7.3. Glandular epithelia	193
Glands	195
Questions	197
Chapter 8. Blood and lymph. Hemopoiesis	198
8.1. Concept of hematomymphoid system	198
8.2. Blood	198
8.2.1. Blood plasma	199
8.2.2. Blood cells	199
Red blood cells	199
White blood cells	206
Platelets	215
Hemogram. Differential blood count	218
Age-related changes in the blood	218
8.3. Lymph	219
8.4. Hemopoiesis	220
8.4.1. Embryonic hemopoiesis	220
8.4.2. Postnatal hemopoiesis	223
Erythropoiesis	226
Granulopoiesis	231
Megakaryocytopoiesis. Thrombocytopoiesis	233
Monocytopoiesis	234
Lymphocytopoiesis	234
Regulation of hemopoiesis	235
Questions	237
Chapter 9. Connective tissue	238
9.1. Connective tissue proper	241
9.1.1. Fibrous connective tissue	241
Loose connective tissue	241
Cells	241
Intercellular substance	252
Dense connective tissue	258
9.1.2. Connective tissue with special properties	259
Reticular tissue	259
Adipose tissue	260
Mucous connective tissue	261

9.2. Supporting tissue	263
9.2.1. Cartilaginous tissue	263
Chondrogenesis	263
Hyaline cartilage	266
Elastic cartilage	269
Fibrous cartilage	270
9.2.2. Bone tissue	272
Compact bone tissue	272
Spongy bone tissue	273
Bone development (osteogenesis)	273
Histological structure of tubular bone as an organ	281
Bone remodeling and factors affecting its structure	286
Types of bone connection	288
Questions	289
Chapter 10. Muscle tissue	290
10.1. General morphofunctional features and classification	290
10.2. Striated muscle tissue	291
10.2.1. Skeletal striated muscle tissue	291
Skeletal muscle as an organ	298
10.2.2. Cardiac muscle tissue	300
10.3. Smooth muscle tissue	304
10.3.1. Mesenchymal muscle tissue	304
Mesenchymal muscle tissue as part of organs	307
10.3.2. Neurogenic muscle tissue	308
10.3.3. Muscle tissue of epidermal origin	308
10.3.4. Myoid cells	309
Questions	310
Chapter 11. Nervous tissue	311
11.1. Nervous tissue development	311
11.2. Neurons	315
Secretory neurons	321
11.3. Neuroglia	322
11.3.1. Macroglia	322
11.3.2. Microglia	325
11.4. Nerve fibers	326
11.4.1. Nonmyelinated nerve fibers	326
11.4.2. Myelinated nerve fibers	327
11.4.3. Reaction of neurons and nerve fibers to trauma	329
11.5. Nerve endings	330
11.5.1. Synapses	332
Neuroneuronal (interneuronal) synapses	332
11.5.2. Effector nerve endings	335

11.5.3. Receptor nerve endings	337
11.6. Concept of reflex ARC	342
Questions	342

SPECIAL HISTOLOGY. INTRODUCTION TO HISTOLOGY OF HUMAN ORGANS AND SYSTEMS

Chapter 12. Nervous system	347
12.1. Nervous system development	347
12.2. Peripheral nervous system	349
12.2.1. Nerves	349
12.2.2. Ganglia	349
12.3. Central nervous system	353
12.3.1. Spinal cord	353
12.3.2. Brain	358
Brainstem	358
Cerebellum	361
Cerebral cortex	366
12.4. Autonomic nervous system	374
12.5. Membranes of the brain and spinal cord	379
12.6. Age-related changes in the nervous system	379
12.7. Blood supply to central nervous system	381
Questions	383
Chapter 13. Senses	384
13.1. General morphofunctional features and classification	384
13.2. Eye	385
13.2.1. Development of eyes	385
13.2.2. Eye structure	386
Outer (fibrous) tunic	387
Light refracting in the eye	387
Accommodation in the eye	391
Receptor organs of the eye	393
Accessory visual structures	403
13.3. Organs of smell	405
Structure	405
13.4. Taste organ	412
13.5. Organ of hearing and equilibrium	415
13.5.1. External ear	415
13.5.2. Middle ear	415
13.5.3. Inner ear	416
Cochlear labyrinth	417
Vestibular labyrinth	422
Questions	427

Chapter 14. Cardiovascular system	428
14.1. Blood vessels	428
14.1.1. Arteries	429
Elastic arteries	429
Muscular arteries	431
Musculoelastic arteries	434
14.1.2. Microcirculatory bloodstream	435
Arterioles	436
Capillaries	436
Venules	441
Arteriovenous anastomoses	442
14.1.3. Veins	444
Fibrous veins	444
Muscular veins	445
14.1.4. Organ-specific structure of blood vessels	449
14.2. Lymph vessels	449
14.3. Heart	454
14.3.1. Endocardium	457
Valves	458
14.3.2. Myocardium	459
Conduction system of the heart	461
14.3.3. Epicardium and pericardium	463
Questions	466
Chapter 15. Lymphoid system	467
15.1. Primary lymphoid organs	468
15.1.1. Bone marrow	468
Red bone marrow	468
Yellow bone marrow	471
15.1.2. Thymus	472
Cortex	476
Medulla	478
15.2. Secondary lymphoid organs	480
15.2.1. Spleen	480
White pulp of spleen	481
Red pulp of spleen	484
15.2.2. Lymph nodes	486
Cortex	489
Paracortex	492
Medulla	492
15.2.3. Mucosa-associated lymphoid tissue	494
15.3. Morphological basis of defense reactions	495

15.4. Lymphoid system and cellular interactions in immune reactions	496
15.4.1. General characteristics. Definitions	496
15.4.2. Characteristics of immunocompetent cells	499
Lymphocyte clones	499
Clones of natural killer cells	504
Clones of antigen-presenting cells	505
Mast cells and eosinophils in immune reactions	509
Mechanisms of integration of lymphoid system components	509
Questions	513
Chapter 16. Endocrine system	514
16.1. Interrelation of nervous and endocrine system	514
16.2. Central organs of endocrine system	517
16.2.1. Hypothalamus	517
Neuroendocrine transducers and neurohemal factors	518
Hypothalamic regulation of peripheral endocrine glands	520
16.2.2. Pituitary gland	521
16.2.3. Pineal gland	528
16.3. Peripheral endocrine glands	531
16.3.1. Thyroid gland	532
16.3.2. Parathyroid glands	539
16.3.3. Adrenal glands	542
Adrenal cortex	543
Adrenal medulla	546
16.4. Diffuse endocrine system (APUD cells)	549
Questions	551
Chapter 17. Digestive system	552
17.1. General microscopic structure of alimentary canal	552
17.2. Anterior part of alimentary canal	558
17.2.1. Mouth	558
Lips	558
Cheeks	560
Gums. Hard palate	561
Soft palate. Uvula	562
Tongue	563
17.2.2. Waldeyer's tonsillar ring (pharyngeal lymphoid ring)	566
17.2.3. Salivary glands	568
Parotid gland	572
Submandibular gland	574
Sublingual gland	576
17.2.4. Teeth	577
17.2.5. Pharynx	589

17.2.6. Esophagus	589
17.3. Middle and posterior parts of alimentary canal	594
17.3.1. Stomach	594
17.3.2. Small intestine	607
Duodenum	617
17.3.3. Large intestine	623
Colon	623
Appendix	627
Rectum	629
17.4. Liver	631
17.5. Gall bladder	644
17.6. Pancreas	645
17.6.1. Exocrine part	648
17.6.2. Endocrine part	649
Questions	653
Chapter 18. Respiratory system	654
18.1. Airways	656
18.1.1. Nose	658
18.1.2. Larynx	660
18.1.3. Trachea	661
18.2. Lungs	663
18.2.1. Bronchial tree	664
18.2.2. Respiratory region	667
18.2.3. Pleura	673
Questions	674
Chapter 19. Integument	675
19.1. Skin	675
19.1.1. Epidermis	676
19.1.2. Dermis	682
Skin reactivity and regeneration	684
Skin as an organ of touch	685
Skin as an organ of immune defense	686
19.2. Dermal appendages	688
19.2.1. Skin glands	688
Sweat glands	688
Sebaceous glands	690
Breasts	690
19.2.2. Hair	694
19.2.3. Nails	699
Questions	700

Chapter 20. Urinary system	701
20.1. Kidney	702
20.2. Urinary tract	716
Questions	718
Chapter 21. Reproductive system	719
21.1. Male reproductive system	721
21.1.1. Testes	721
Generative function. Spermatogenesis	726
Endocrine functions	730
21.1.2. Seminiferous ducts	730
21.1.3. Accessory glands of male reproductive system	734
Seminal vesicles	734
Prostate	735
Bulbourethral glands	739
21.1.4. Penis	739
Hormonal regulation of male reproductive function	741
21.2. Female reproductive function	741
21.2.1. Ovaries	741
Generative function. Ovogenesis	748
Endocrine functions	751
21.2.2. Other organs of female reproductive system	752
Fallopian tubes	752
Uterus	752
Vagina	756
21.2.3. Ovarian and menstrual cycle	757
21.2.4. Age-related changes in female reproductive organs	762
21.3. External genitals	764
Questions	764
References	765

Chapter 1

HISTOLOGY, CYTOLOGY AND EMBRYOLOGY. THEIR CONTENT, OBJECTIVES AND RELATIONSHIP WITH OTHER MEDICAL AND BIOLOGICAL SCIENCES. THEIR IMPORTANCE FOR MEDICINE

The human and animal organism is an integral system, in which we can conventionally distinguish a number of interrelated, interacting and subordinate hierarchical levels of organization of living matter: cells — cell lineage — tissues — morphofunctional units of organs — organs — organ systems. Each of these levels of structural organization has morphological and functional features that distinguish it from other levels, and includes structural units of the lower levels.

Histology (from the Greek *histos* for tissue, *logos* for science) is a science that studies the patterns of development, structure and vital activity of tissues throughout historical and individual development of multicellular animals and humans.

Unlike other biological sciences, the main subject of histology is precisely tissues, which are phylogenetically formed and topographically and functionally related cellular systems and their derivatives. Tissues show general biological patterns inherent in living matter; at the same time tissues have their own features of structure, development, vital activity, interstitial (intra-level) and inter-tissue (inter-level) connections. Tissues serve as elements of development, structure and life of organs and their morphological and functional units. The main tissue systems (nervous tissue, muscle tissue, epithelial tissue, connective tissue, and blood) are characterized by inherent features of development, structure and vital functions. The subject of *general histology*, or the study of tissues proper, are general patterns characteristic for the tissue level of organization, and the distinctive features of specific tissues; the subject of *special histology* is the patterns of structure, vital activity and interaction of various tissues in organs at higher levels of organization. Special histology serves as the basis for studying the microscopic structure of morphofunctional units of organs and organs in general. As an academic discipline, histology also includes cytology — a study of the cell, and embryology — teaching of the embryo.

Cytology (from the Greek *kytos* for cell, *logos* for doctrine) is a science of the cell. It considers the issues of development, structure and functions of cells and their derivatives, as well as the mechanisms of reproduction and interaction.

Cytology is a necessary part of histology, since cells are the basis for tissue development, structure and function. The section on *general cytology* considers general principles of the structure and physiology of cellular structures. *Special cytology* studies the characteristics of specialized cells in various tissues and organs. In recent years, cytology has been enriched with many scientific discoveries that have made a significant contribution to the development of biological and medical sciences, and to clinical practice. New data on the structure of the nucleus, its chromosomal apparatus formed the basis for cytodiagnosis of hereditary diseases, tumors, blood diseases and many other conditions. Disclosure of the features of the ultrastructure and chemical composition of cell membranes serves as the basis for understanding the patterns of cell interaction in tissue systems, defense reactions, etc. Clinical cytology that uses methods of fine-needle aspiration is a part of diagnostic search in clinical examination of the population and early detection of malignancy.

Embryology (from the Greek *embryo* + *logos* for science) is a science of the regularities of embryonic development.

In embryology course taught at medical schools, emphasis is made on the patterns of human embryonic development. Familiarizing the future doctor with the specifics of human embryogenesis is of great importance for the formation of his scientific worldview and professional activity. In the course of embryology, particular importance is attached to the sources of development and the mechanisms of tissue formation (histogenesis) at a certain stage of embryogenesis. The patterns of histogenesis determine the morphofunctional features of tissue structures in postnatal ontogenesis, in particular, their ability to regenerate. Thus, incorporation of histology, cytology and embryology into one course is not formal, but reflects the internal natural connections between them. Histology with cytology and embryology, like other biological sciences, solve the main problem: elucidation of the sources of development, patterns of histogenesis, reactivity and regeneration of tissues and, in this regard, the possibility of a targeted effect. Important branches of histology are the theory of cell, theory of germ layers, tissue evolution, histogenesis and regeneration. Modern histology, cytology and embryology make essential contribution to the development of theoretical and applied aspects of modern medicine and biology.

Fundamental theoretical problems include:

- ▶ development of a general theory of histology, reflecting the evolutionary dynamics of tissues and patterns of embryonic and postnatal histogenesis;
- ▶ study of histogenesis as a complex of processes of proliferation, differentiation, determination, integration, adaptive variability, programmed cell death, etc;
- ▶ elucidation of the mechanisms of nervous, endocrine, immune regulation of tissue, as well as age-related changes in tissues;

- ▶ studying the regularities of reactivity and adaptive variability of cells and tissues under the influence of unfavorable environmental factors and under extreme conditions of functioning and development, as well as in transplantation;
- ▶ developing the problem of tissue regeneration after damaging effects, and methods of tissue replacement therapy;
- ▶ elucidating the mechanisms of molecular genetic regulation of cell differentiation, inheritance of a genetic defect in the development of human systems, developing the techniques of gene therapy and transplantation of embryonic stem cells;
- ▶ elucidating the processes of human embryonic development, critical periods of development, reproduction and the causes of infertility.

The course of histology with cytology and embryology is closely related to the teaching of other biomedical sciences — biology, anatomy, physiology, biochemistry, pathological anatomy, as well as clinical disciplines. Thus, elucidation of the basic laws of structural organization of cells serves as the basis for explaining issues of genetics in the course of biology. On the other hand, issues of evolution of living matter in the course of biology is a necessary prerequisite for studying various levels of organization of living matter in the human body. The study of the structure of organs in the course of anatomy is based on the data of histological analysis. At present, when studies of cellular and tissue structures are carried out at the subcellular and molecular levels using biochemistry and immunocytochemistry, there is a particularly close relationship between histology, cytology and embryology with biochemistry and molecular biology. Cyto-, immuno- and histochemical techniques are widely used in scientific research and clinical diagnosis. Understanding the normal structure of cells, tissues and organs is a prerequisite for understanding the mechanisms of their impairment, therefore histology with cytology and embryology is closely related to pathological anatomy and many clinical disciplines (internal medicine, obstetrics and gynecology, etc). Thus, histology with cytology and embryology occupies an important place in the system of medical education. For modern medicine, with its focus on prevention and early detection of disease, understanding structural foundations and patterns of ensuring the stability and reliability of living systems (including tissues) is especially important, since the progressive development of civilization inevitably entails emergence of new factors that adversely affect animal organisms, including humans.

Questions

- ▶ What issues are solved by modern cytology, histology and embryology?