

Essentials of Human Anatomy

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***To
my dear wife
and darling daughters***

Preface to the Second Edition

The second edition of *Essentials of Human Anatomy* is being released after a long waiting period.

The book is thoroughly revised in its contents and is being presented in a new format. However, the main theme of the book i.e. presenting the basic facts of different structures and organs of human body in a simple correlated manner in easily understandable language, is left untouched.

The unnecessary details and complicated descriptions are avoided so that studying facts of anatomy becomes a pleasing experience.

Care has been taken to emphasize applied anatomy of structures wherever applicable.

Multiple choice questions (MCQs) with explanatory answers at the end of each section of the book help in quick revision of the text.

Simple figures in each chapter further help in understanding the facts.

The study of anatomy of human body forms a basic prerequisite for not only medical students but also for the students of dentistry, nursing, physiotherapy, and other paramedical subjects. The book will prove a useful guide for them.

Hope the book in its revised edition will be helpful in learning the difficult subject of anatomy in an interesting way.

BK Tandon

Preface to the First Edition

Anatomy is a vast and difficult subject comprising many facts with complicated description of different parts and systems of the human body. At the same time, study of this subject is very important for undergraduate and postgraduate medical students because anatomy forms the backbone of all clinical and applied medical sciences.

It is necessary for a teacher of the subject to cut out the unnecessary details and make the subject more palatable and easy. The present book is an attempt to present the essential facts of human anatomy in a correlated and simplified manner.

Following are the objectives of this book:

- To give a *working knowledge of basic human anatomy* with the help of illustrations, figures and tables.
- To cut down the *detailed description* and present the main facts in a *point-wise manner*.
- To *minimise the time taken* for study of different regions of the body.
- To serve as a *framework of human anatomy* upon which the students or medical practitioners can build up details.
- To include the clinical importance and applied anatomy of different parts of the body.
- To include multiple choice questions with answers at the end of each chapter for revision of the text.

The book presents the different parts of the body in a region-wise manner. However, the bones and joints of the part have been discussed in the beginning of each chapter. This treatment of the subject is different from other textbooks of anatomy. This has been done with a view that when a student learns about one region of a part of human body (e.g. shoulder region of upper limb) he should revise all the structures of the region, viz. muscles, blood vessels, lymphatics and nerves. In this attempt, some repetitions of the structures are unavoidable. But then, anatomy is best learnt by repetition.

I hope that the book will be helpful in learning anatomy in an interesting way.

BK Tandon

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