

The Heart

Body & health

Four chambers, four valves, and the exact path a drop of blood takes.

Blood makes two circuits: a short one to the lungs, a long one to the body. Both pass through the heart.

1 Body → right atrium

Oxygen-poor blood arrives via the vena cava.

2 Right atrium → right ventricle

Through the tricuspid valve.

3 Right ventricle → lungs

Out through the pulmonary artery — the only artery carrying

4 Lungs → left atrium

Oxygen-rich now, back via the pulmonary veins.

5 Left atrium → left ventricle

Through the mitral valve.

6 Left ventricle → body

Out through the aorta. This chamber has the thickest wall, because

THE NUMBERS

Resting rate: 60–100 beats per minute for most adults

About 5 litres pumped per minute at rest

Roughly 100,000 beats a day

Arteries carry blood away from the heart, veins carry it back — that is the definition, not the oxygen.