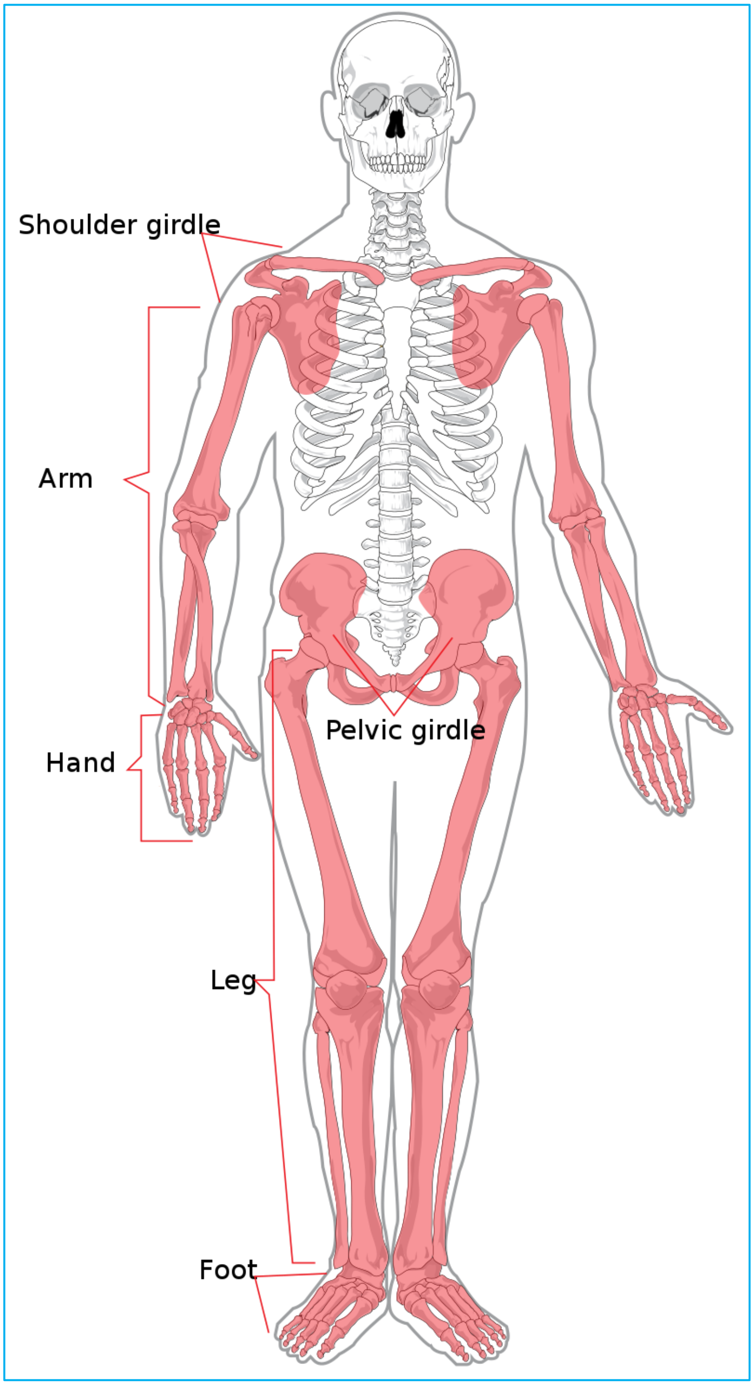
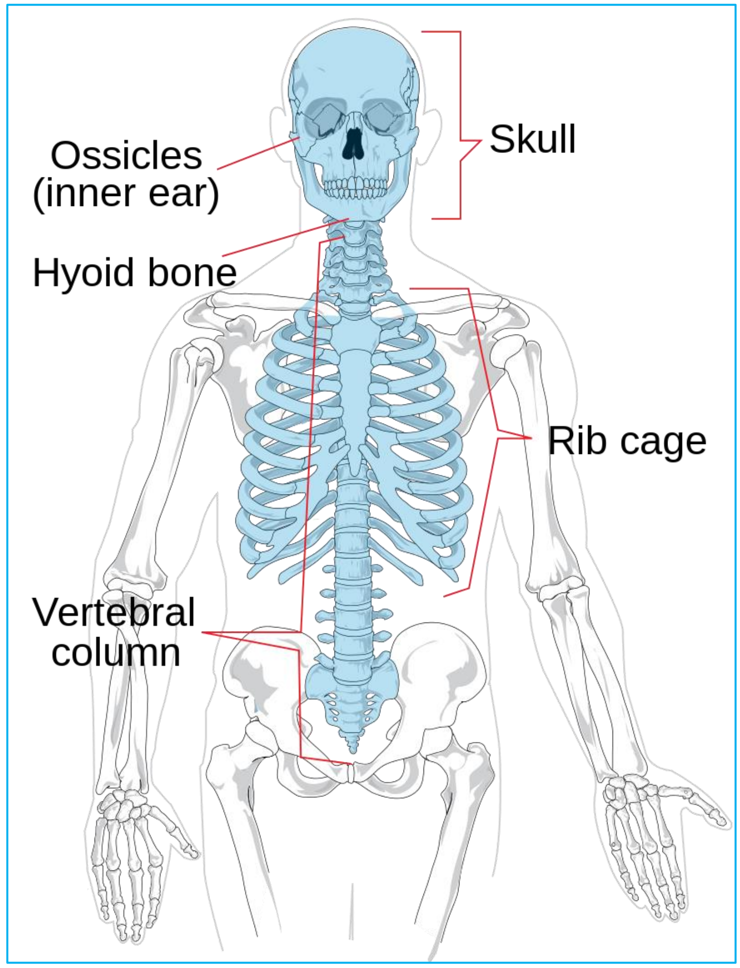
206 Bones Name List PDF

Appendicular Skeleton



Axial Skeleton



हड्डियाँ (Bones) हमारे शरीर का मुख्य ढाँचा होता है यह शरीर को मज़बूती और आकार प्रदान करता है। इसके साथ ही यह हमारे शरीर के कई नाज़ुक अंगों की रक्षा करता है। मानव कंकाल तंत्र (Human Skeleton) में कुल 206 हड्डियाँ पाई जाती है।

Skeleton System को दो भागों में बाँटा गया है।

1. अक्षीय कंकाल (Axial Skeleton) इसमें 80 हड्डिया पाई जाती है।
2. अनुबंधीय या उपांगीय कंकाल (Appendicular Skeleton) इसकी संख्या 126 होती है।

अक्षीय कंकाल (Axial Skeleton) किसे कहते है?

यह हमारे शरीर का अनुलंब अक्ष (Longitudinal axis) निर्धारित करता है। व शरीर के नाजुक अंगों की रक्षा करती है। जिसके अंतर्गत खोपड़ी (Skull), कण्ठास्थि (Hyoid), कशेरुक दण्ड (Vertebral column), उरोस्थि (Sternum) तथा पसलियाँ (Ribs) आती है। Axial skeleton की कुल संख्या 80 होती है। लेकिन शिशुओं में यह संख्या 87 होती है।

अनुबन्धीय या उपांगीय कंकाल (Appendicular Skeleton) किसे कहते हैं?

Appendicular Skeleton उसे कहते हैं जो शरीर के बाहर होती है जो पकड़ने चलने घूमने का काम करती हैं। यह किसी विशेष अंग की रक्षा नहीं करती हैं। अपेंडीकुलर कंकाल की कुल 126 हड्डियां होती है।

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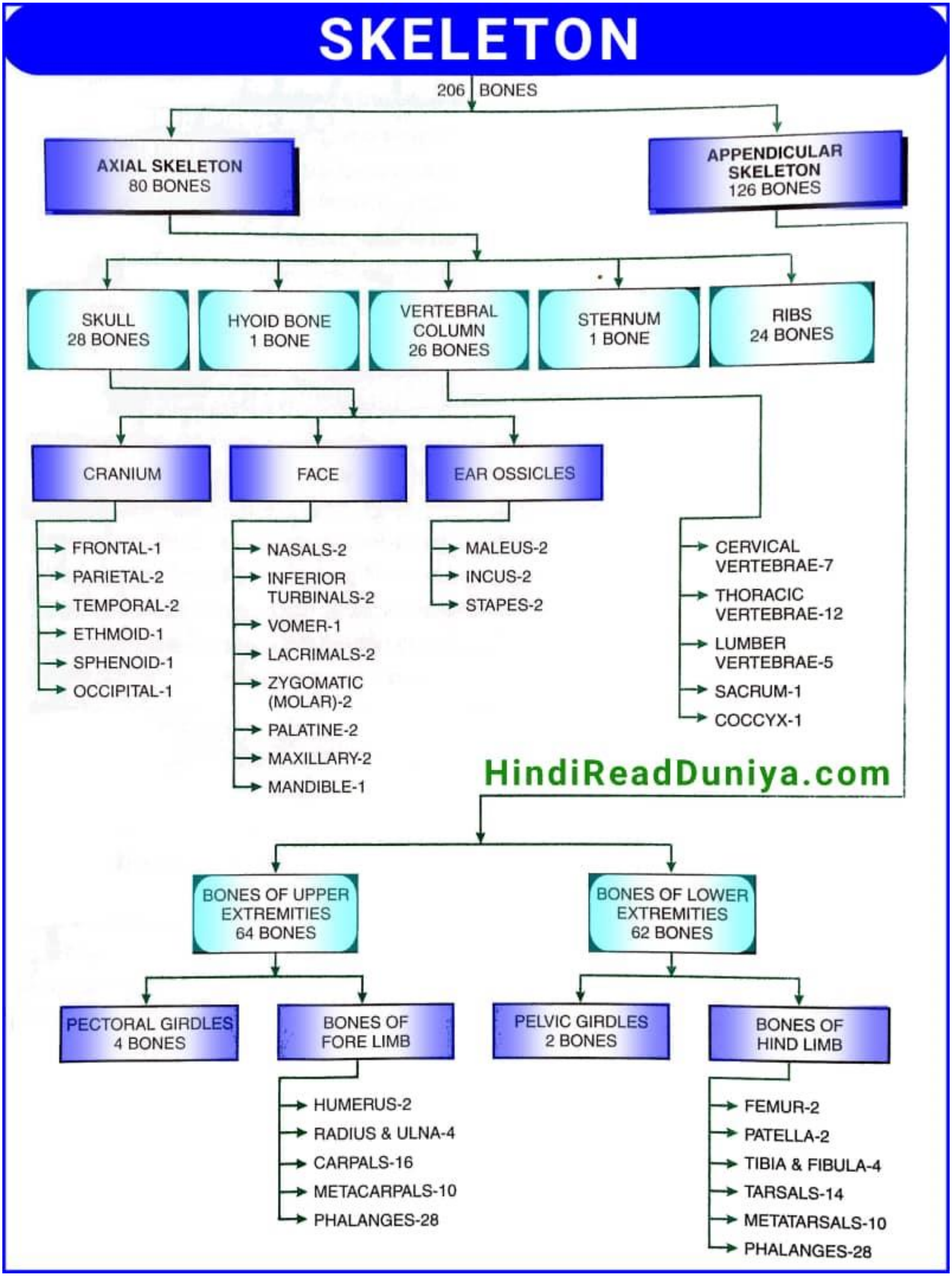

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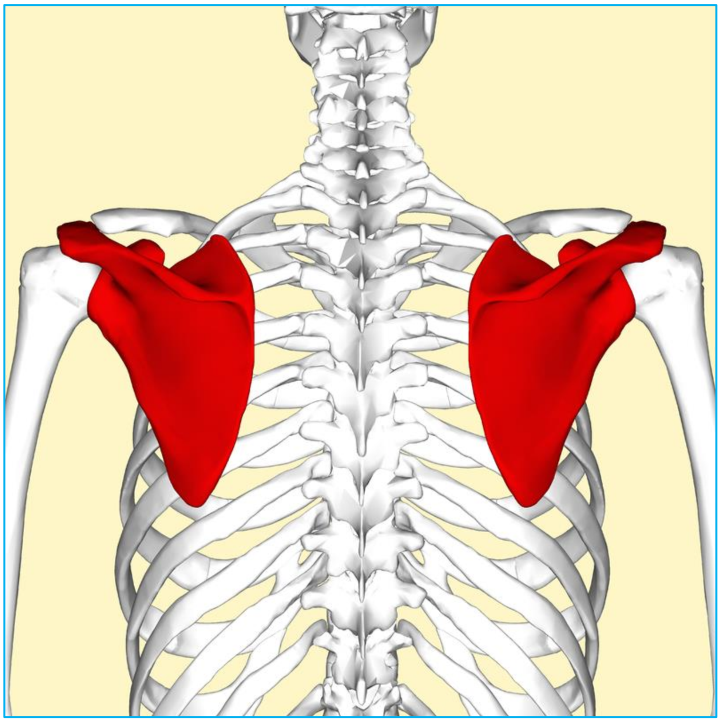
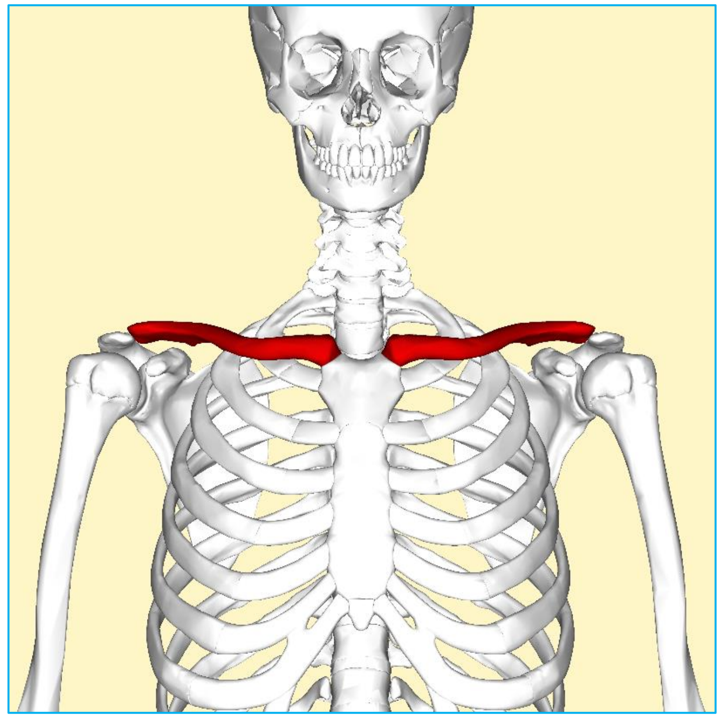
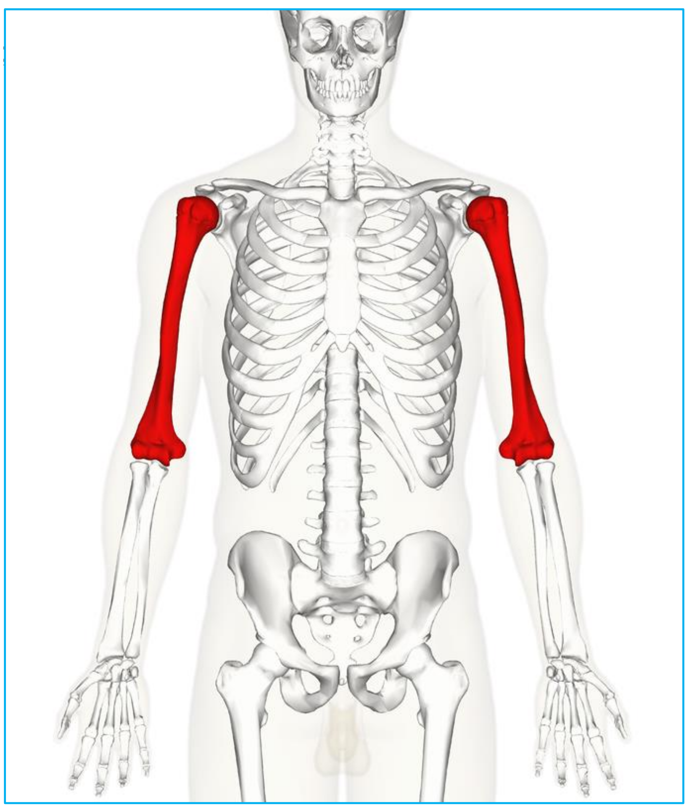
1. Bones of Upper Extremities (64 Bones)



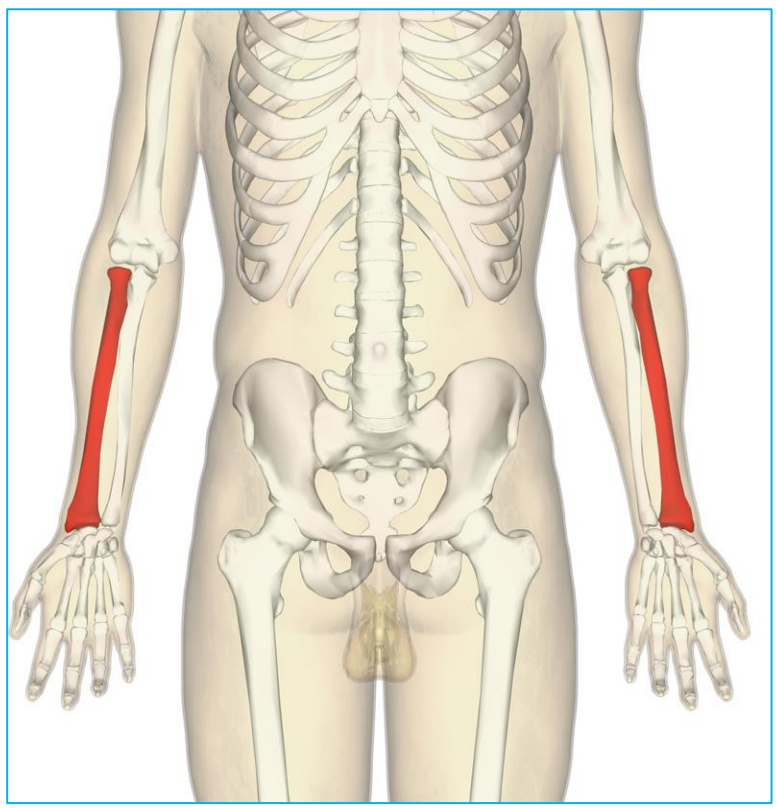
Scapula



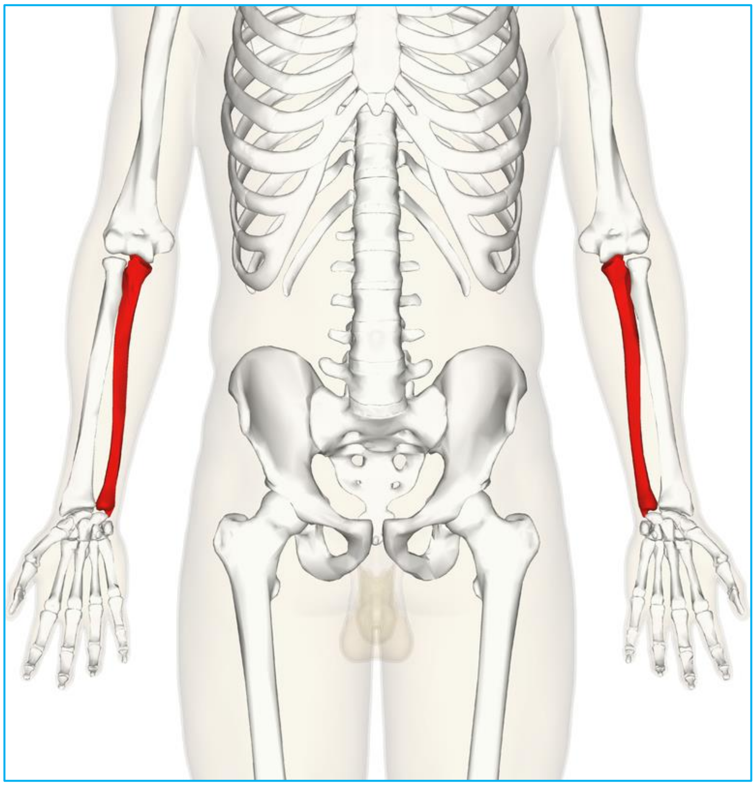
Clavicle



Humerus

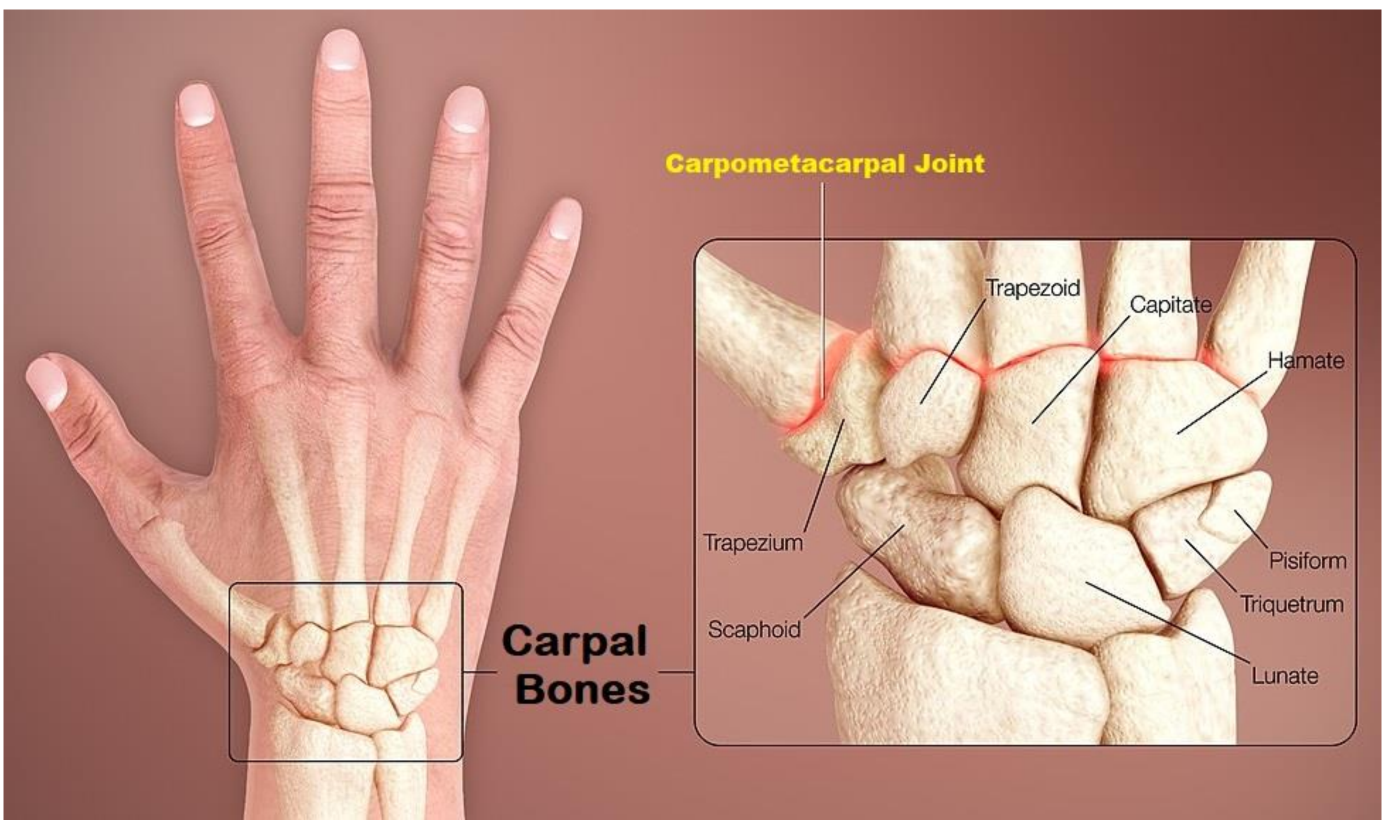


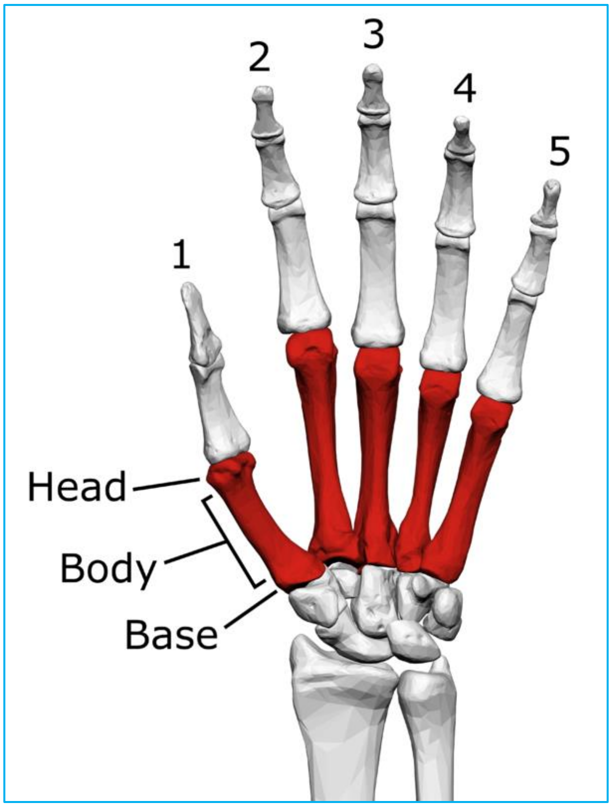
Radius



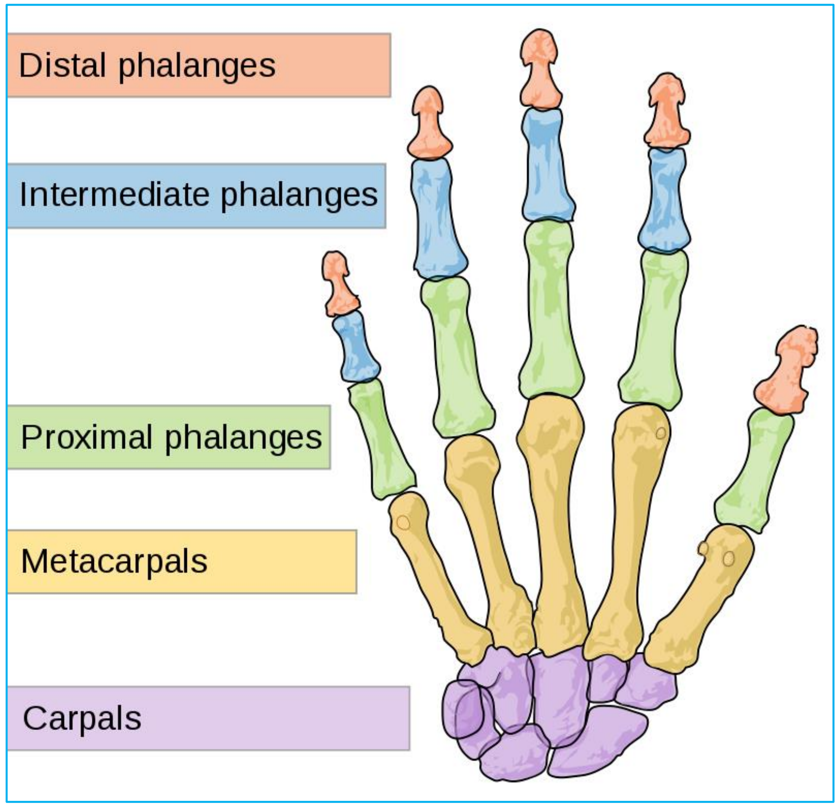
Ulna

Carpal


Carpometacarpal Joint
Trapezoid
Capitate
Hamate
Trapezium
Pisiform
Scaphoid
Triquetrum
Lunate
Carpal Bones



Metacarpal



Phalanges

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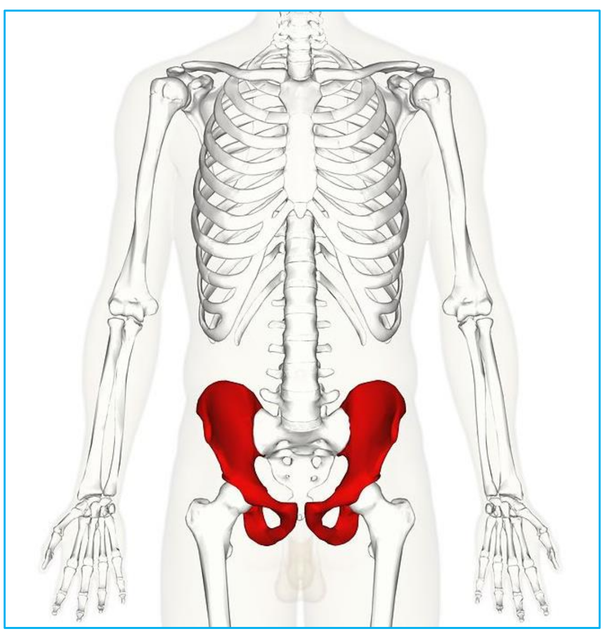
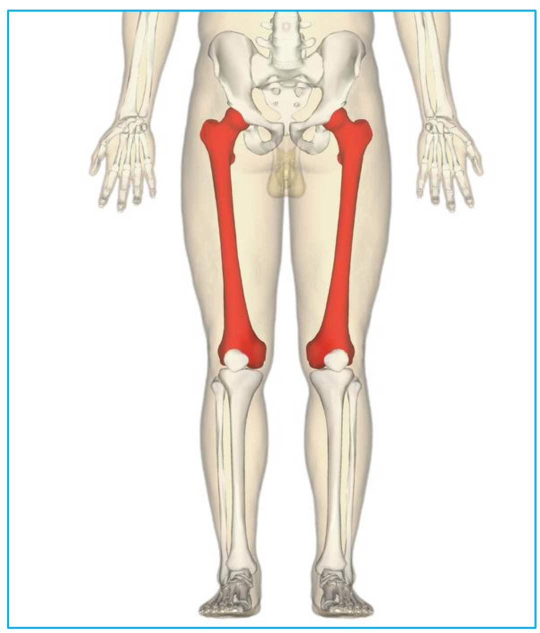
2. Bones of Lower Extremities (62 Bones)



Pelvic Gridle



Femur

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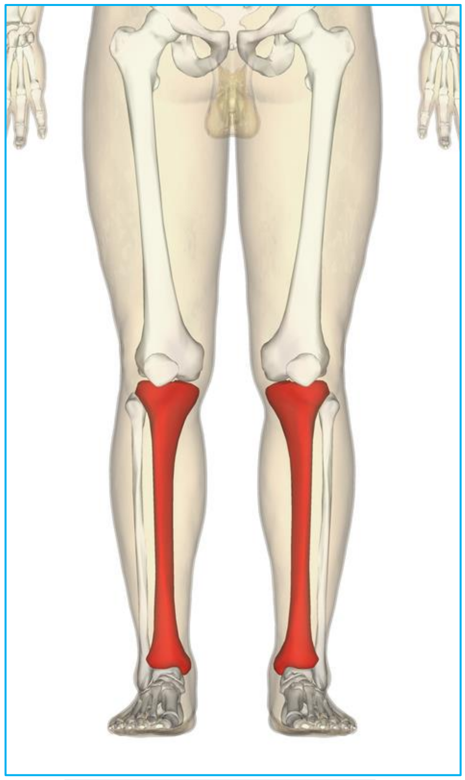
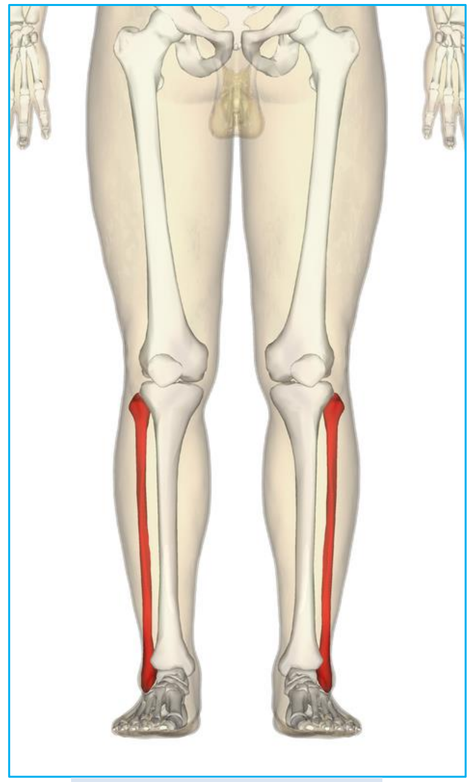
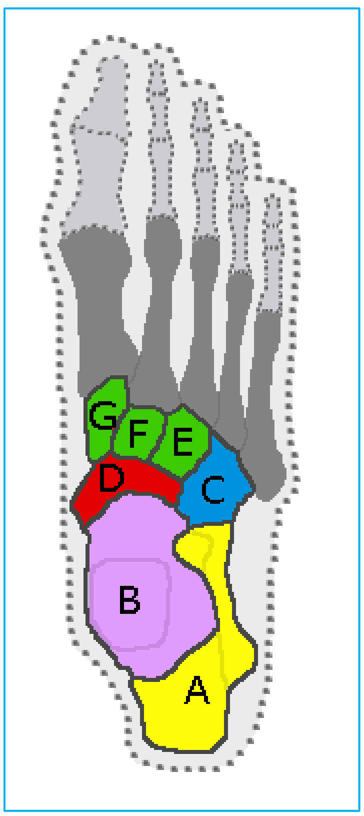
Patella



Tibia

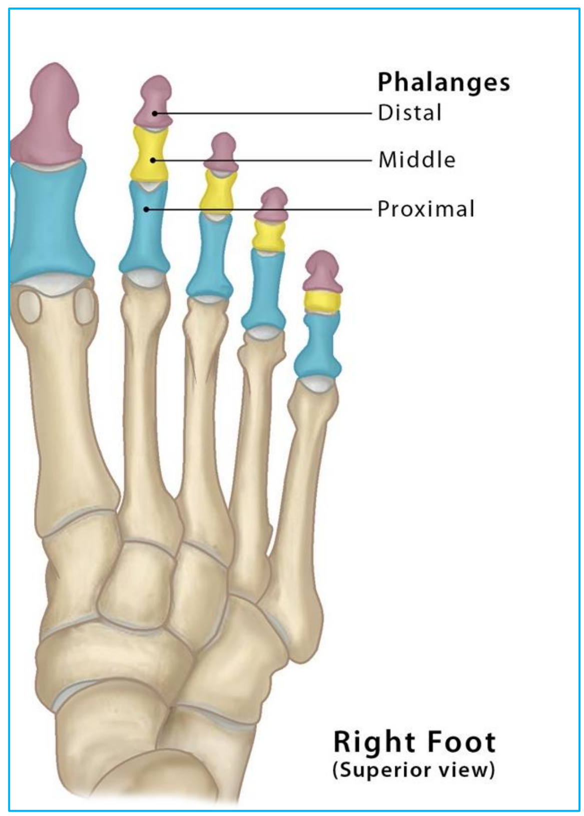


Fibula



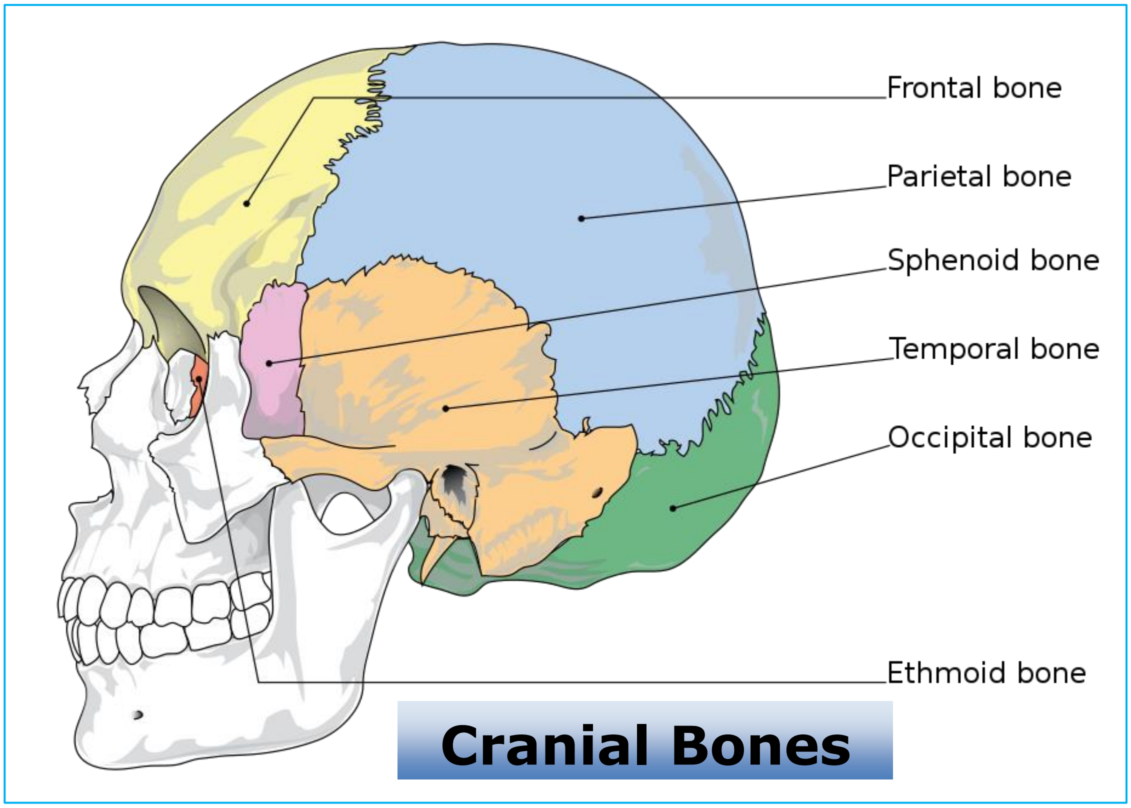
Tarsals

Metatarsals

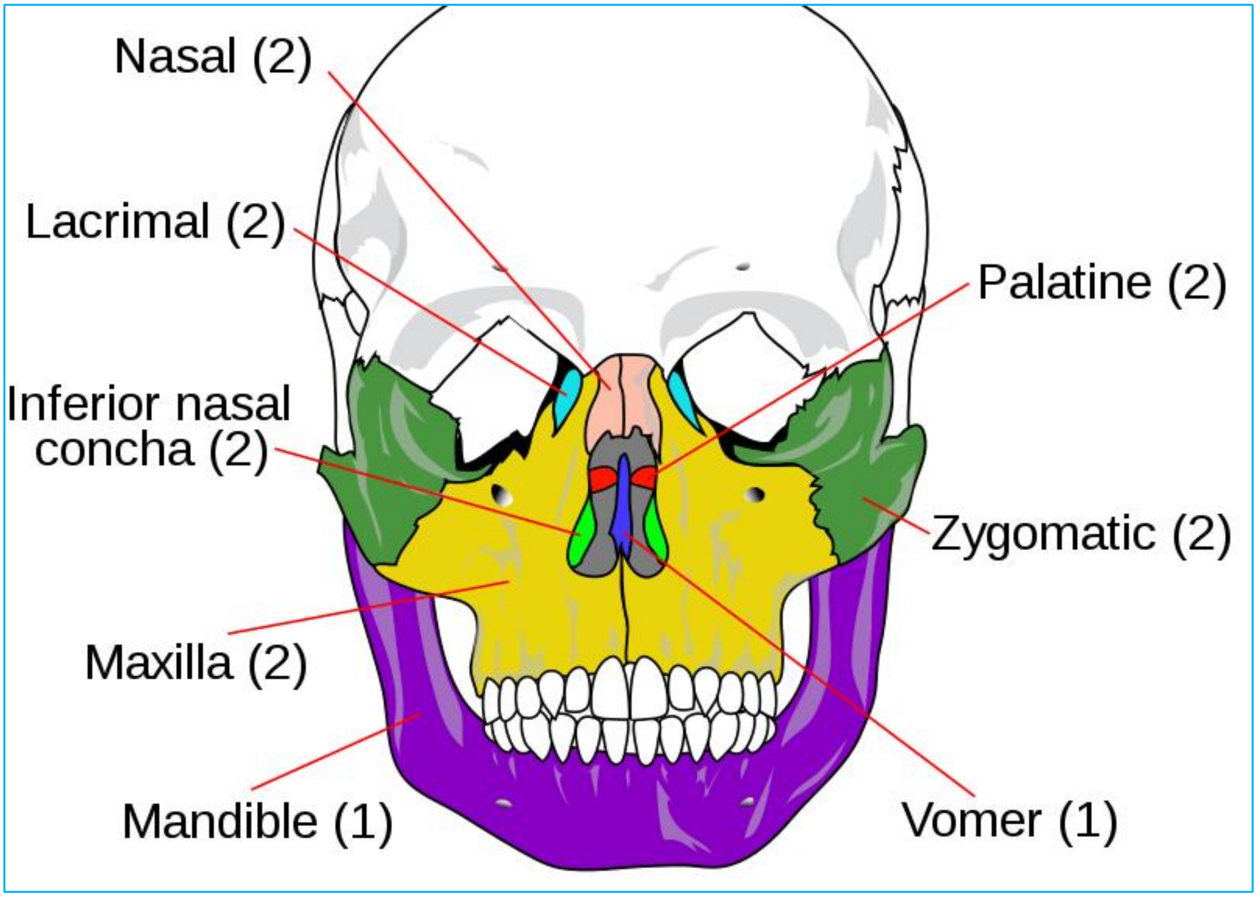


Phalanges

3. Bones of Skull (28 Bones)



Cranial Bones



Facial Bones

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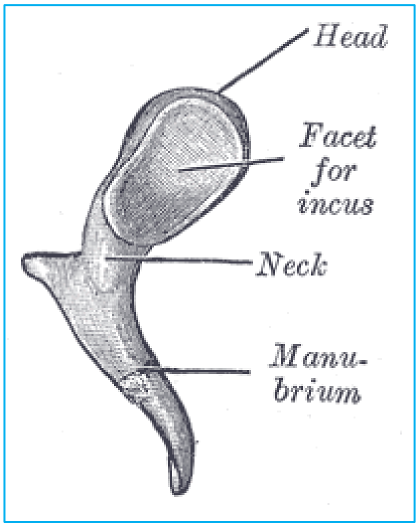
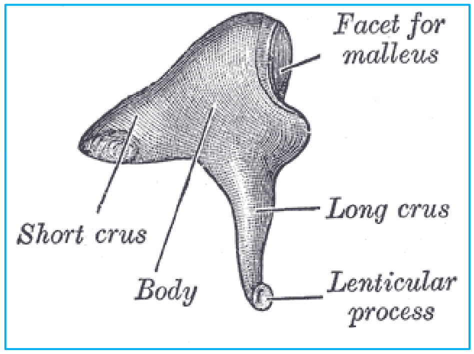
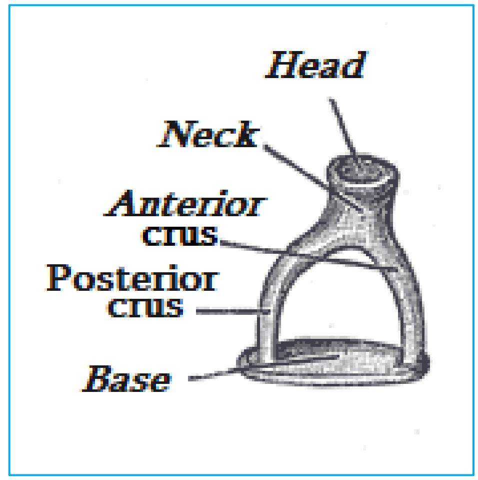


Malleus



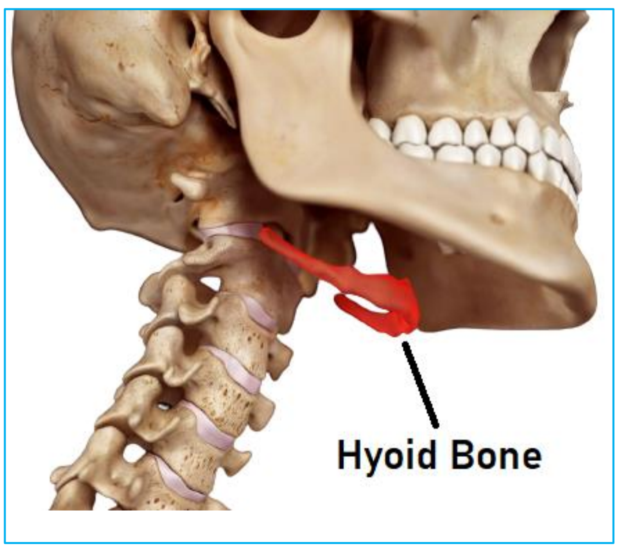
Incus



Stapes

Ear Ossicles

4. Hyoid Bone (1 Bones)



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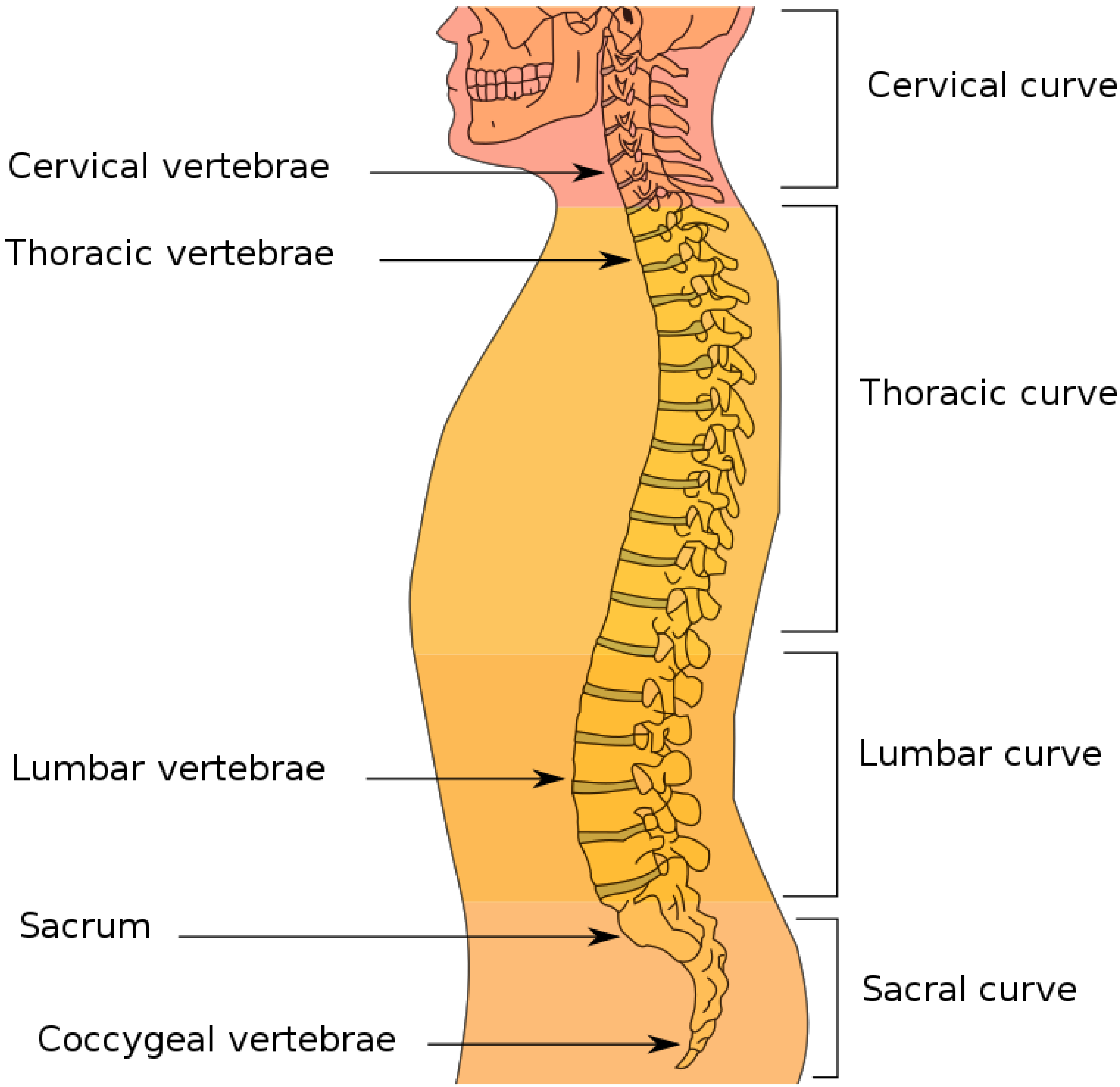
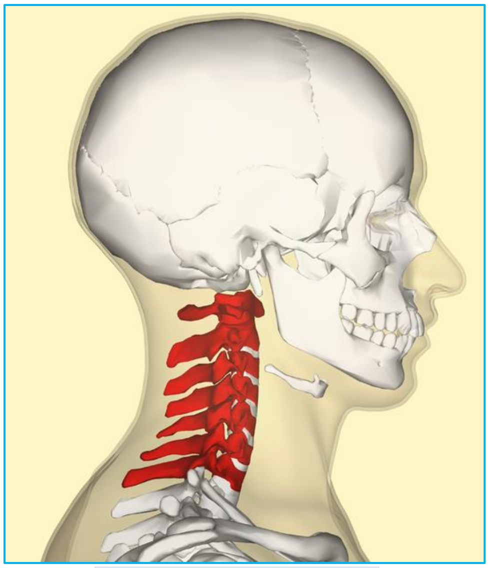
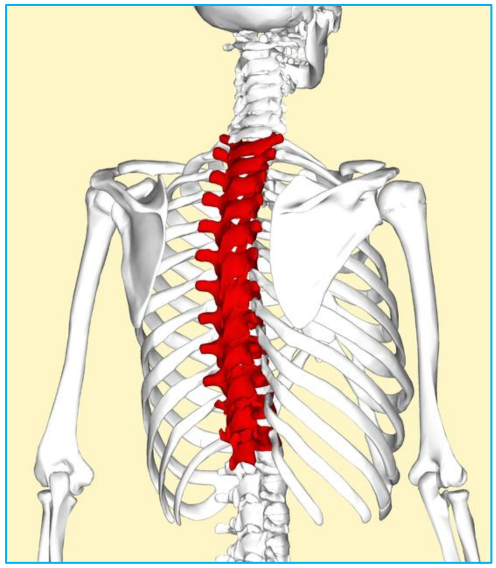
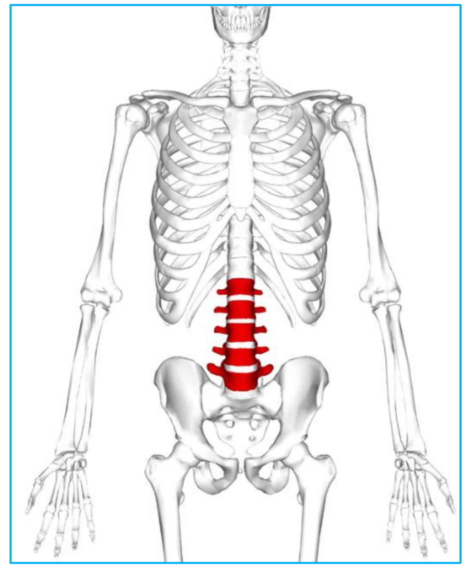
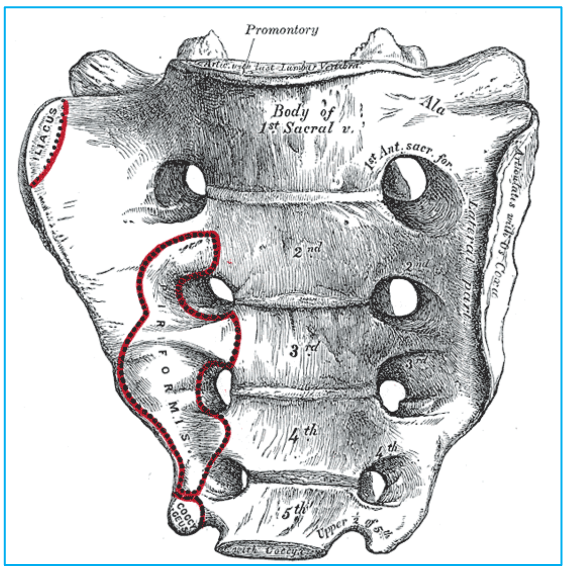
5. Vertebral Column (26 Bones)



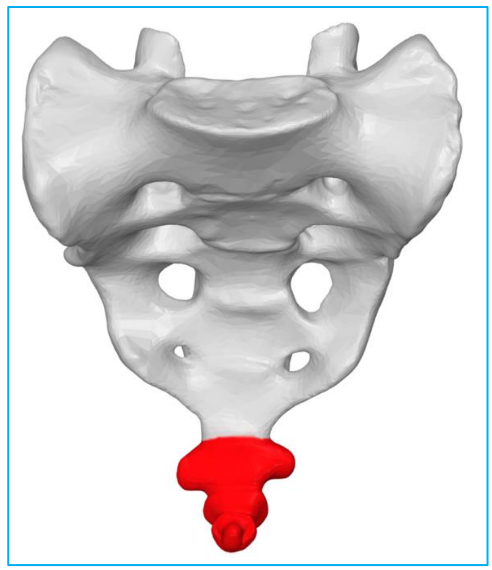

Cervical


Thoracic


Lumbar



Sacrum


Coccyx

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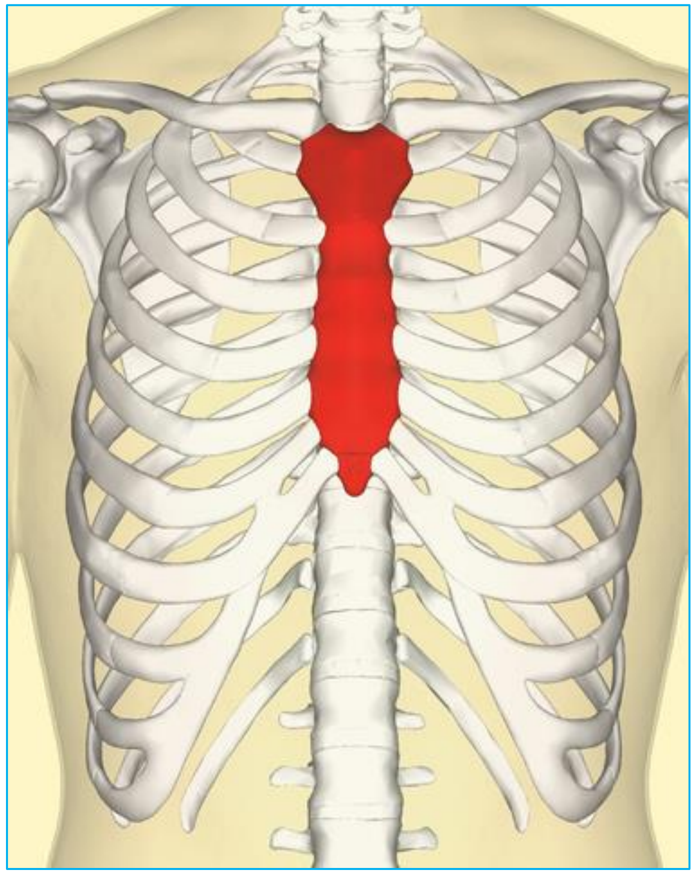
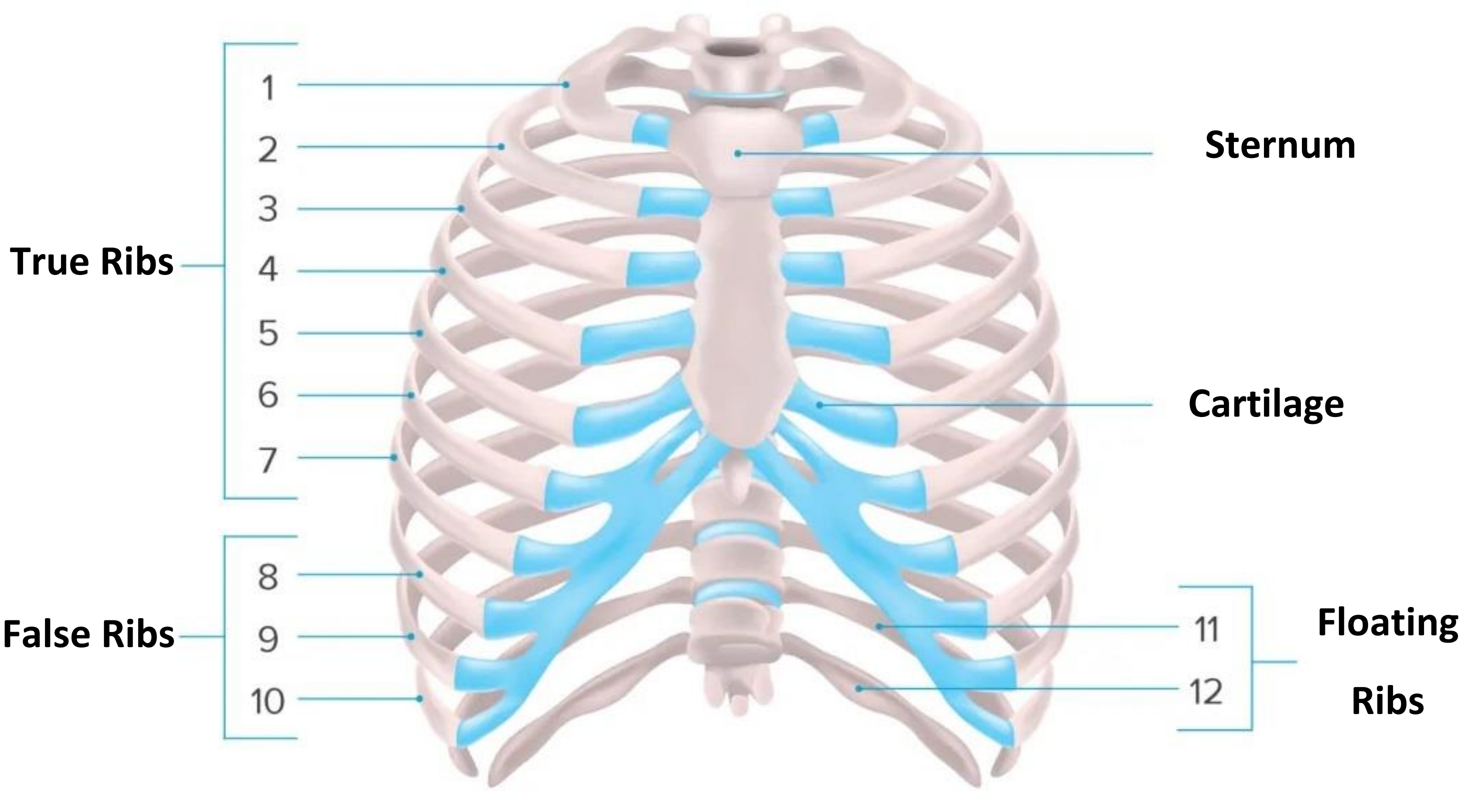
6. Sternum (1 Bones)

Sternum



7. Ribs (24 Bones)



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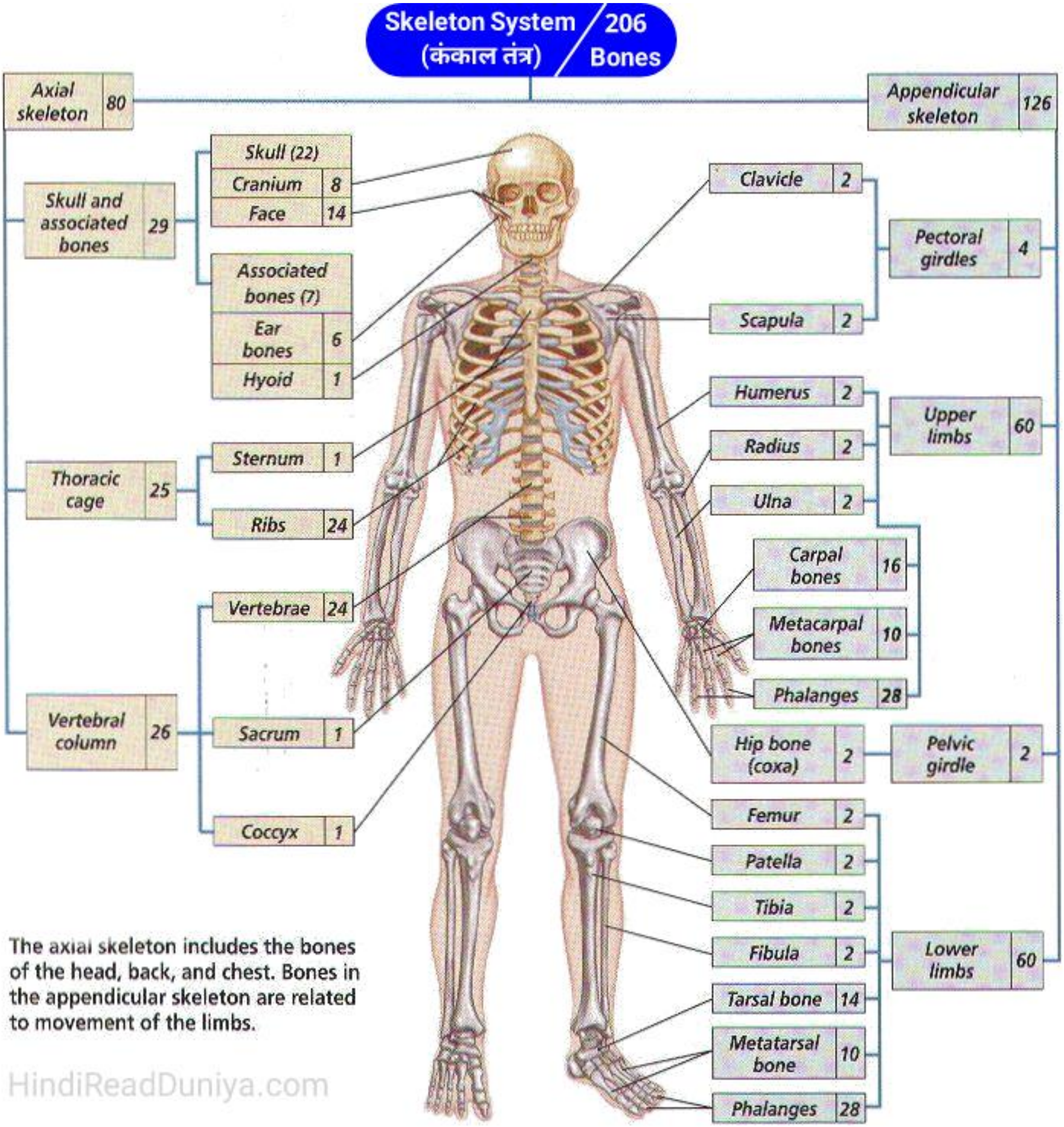

The axial skeleton includes the bones of the head, back, and chest. Bones in the appendicular skeleton are related to movement of the limbs.

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Author

Rohit Soni