JOURNAL OF INTERNATIONAL SCIENTIFIC RESEARCH
Volume 4, Issue 2, April 2026 Online ISSN: 3030-3508
https://spaceknowladge.com

HUMAN DIGESTIVE ORGANS

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ARTICLE INFORMATION

ARTICLE HISTORY:

Received:12.04.2026
Revised: 13.04.2026
Accepted:14.04.2026

KEYWORDS:

Human digestive system, digestive organs, stomach, liver, pancreas, small intestine, large intestine, digestion, enzymes, nutrients

ABSTRACT:

The human digestive system is a complex group of organs responsible for the breakdown of food, absorption of nutrients, and elimination of waste. It plays a crucial role in maintaining overall health and providing energy necessary for survival. This article discusses the structure, functions, and importance of the human digestive organs, including both primary and accessory organs.

Introduction

The digestive system is essential for human life. It converts food into nutrients such as carbohydrates, proteins, fats, vitamins, and minerals, which the body uses for energy, growth, and cell repair. Without proper digestion, the body cannot function effectively.

The digestive system consists of a long tube known as the gastrointestinal tract and several accessory organs. Each organ performs a specific function in the digestion process.

Overview of the Digestive System

The digestive system includes:

Main organs (Alimentary canal):

• Mouth

• Pharynx

- Esophagus
- Stomach
- Small intestine
- Large intestine
- Rectum
- Anus

Accessory organs:

- Salivary glands
- Liver
- Gallbladder
- Pancreas

Mouth (Oral Cavity)

The digestive process begins in the mouth. It performs both mechanical and chemical digestion.

Functions:

- Chewing (mastication)
- Mixing food with saliva
- Beginning carbohydrate digestion (via amylase enzyme)

Saliva helps soften food and makes it easier to swallow.

Pharynx and Esophagus

After swallowing, food passes through the pharynx into the esophagus.

Esophagus:

- A muscular tube connecting the throat to the stomach
- Uses peristalsis (wave-like movements) to push food downward

Stomach

The stomach is a muscular organ where food is stored and mixed.

Functions:

- Secretes gastric juice (contains hydrochloric acid and enzymes)
- Begins protein digestion
- Kills harmful bacteria

The food becomes a semi-liquid substance called chyme.

Small Intestine

The small intestine is the most important organ for digestion and absorption.

Parts:

1. Duodenum
2. Jejunum
3. Ileum

Functions:

• Completes digestion
• Absorbs nutrients into the bloodstream

Digestive enzymes from the pancreas and bile from the liver assist here.

Liver

The liver is the largest internal organ.

Functions:

• Produces bile (helps digest fats)
• Detoxifies harmful substances
• Stores glycogen (energy reserve)

Gallbladder

The gallbladder stores bile produced by the liver.

Function:

• Releases bile into the small intestine when needed

Pancreas

The pancreas plays both digestive and hormonal roles.

Functions:

• Produces digestive enzymes (amylase, lipase, protease)
• Secretes bicarbonate to neutralize stomach acid

Large Intestine

The large intestine absorbs water and forms feces.

Parts:

• Cecum
• Colon
• Rectum

Functions:

• Absorbs water and salts
• Contains beneficial bacteria
• Forms and stores waste

Rectum and Anus

These are the final parts of the digestive system.

Functions:

• Store feces (rectum)

• Eliminate waste (anus)

Digestive Process (Step-by-Step)

1. Ingestion (mouth)
2. Digestion (mechanical + chemical)
3. Absorption (small intestine)
4. Assimilation (cells use nutrients)
5. Excretion (waste removal)

Importance of the Digestive System

• Provides energy

• Supports growth and repair

• Maintains immunity

• Removes toxins and waste

Common Digestive Disorders

Some common diseases include:

• Gastritis

• Ulcers

• Diarrhea

• Constipation

• Liver diseases

Proper diet and hygiene can help prevent many of these issues.

Healthy Digestive Habits

• Eat balanced meals

• Drink enough water

• Avoid overeating

• Exercise regularly

• Maintain hygiene

Conclusion

The human digestive organs work together in a highly coordinated system to ensure that food is broken down and nutrients are absorbed efficiently. Understanding this system helps in maintaining good health and preventing diseases.

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