

**SCIENTIA 4.0**  
**MODEL ABSTRACT**  
**NERVOUS SYSTEM**

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Sncbsjd Cnbvs<sup>a</sup> and Pvvshdvbsdj Bcshvbs<sup>a</sup> (Times New Roman, Font size 12)

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The autonomic nervous system is responsible for regulating involuntary bodily functions like heart rate, digestion, and breathing. Neurotransmitters are chemical messengers that transmit signals between nerve cells. In the autonomic nervous system, there are two main types of neurotransmitters: acetylcholine and norepinephrine. Acetylcholine is released by the parasympathetic division of the autonomic nervous system and has a calming effect on the body. It helps slow down heart rate, stimulate digestion, and promote relaxation. On the other hand, norepinephrine is released by the sympathetic division of the autonomic nervous system and has an excitatory effect. It increases heart rate, constricts blood vessels, and prepares the body for a "fight or flight" response. These neurotransmitters play a crucial role in maintaining the balance and coordination of various bodily functions controlled by the autonomic nervous system.

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Keywords: autonomic nervous system, nervous system, neurotransmitters, teaching aid.

**Abstract should not exceed 250 words**