

Circadian rhythms Bsc Part II

All the behavioural activities that are correlated with a one day cycle under fairly constant conditions are called circadian rhythms. The rhythmic activity is exactly twenty four hours in length and is locked in to daily light dark cycle generated by the rotation of the earth on its axis. Hence circadian rhythms can be defined as the conspicuous diurnal clues such as light. The period of circadian rhythm the number of hours from the beginning of activity one day to beginning of a next, is called to see running or persistent period. Many of these rhythm. The number of hours from the beginning of activity of these rhythm are innate and require no learning, imprinting or pres. Persistent period, entetainment to

initiate them. Circadian rhythms have following diagnostic features.

i) it persists under constant conditions of light or darkness, and temperature.

ii) it deviates in period and becomes circatres, the period shall never be twenty four hours.

iii) it is resettable by light temperature and chemicals like gibberalic acid lithium chloride etc.

iv) the period length must be homeostatically compensated when tested in various ambient temperature within the normal climatic limits. failing they cannot function as clocks.

Z.

The end