

# Diastole

The activity of the heart is based on the rhythmic alternation of **contraction (systole)** and **relaxation (diastole)** of the heart muscle. We distinguish between atrial and ventricular diastole, but the term diastole is usually used in connection with ventricular diastole. During diastole, **the ventricles fill with blood** from the atria. In systole, blood is then expelled from the heart into the large arteries (lungs from the right ventricle, aorta from the left ventricle).

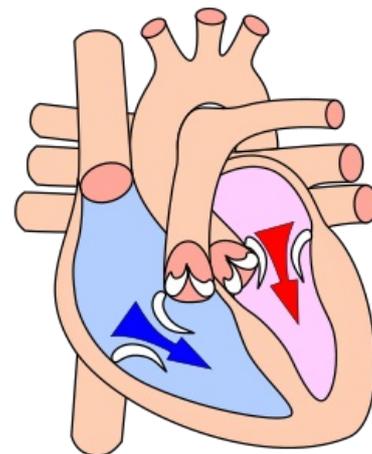
## Links

### Related articles

- Systolic blood pressure
- Systole

### Used literature

- ŠTEFÁNEK, Jiří. *Diastola* [online]. [cit. 2021-12-14]. <<https://www.stefajir.cz/diastola>>.



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