

Simple diffusion

Simple diffusion is the spontaneous transport of matter, which is caused by the effort to equalize the composition of the system between cells with cell membrane and the external environment. It is one of the most important physical events that enable the movement of substances within matter. It enables the transport of substances along a concentration gradient (from places with a higher concentration to places with a lower concentration). It takes place with few polar molecules of small dimensions or various types of gases. Simple diffusion is important above all within the framework of gas exchange in the human organism. Our metabolism is based on the consumption of O₂ during the metabolism of substances in the mitochondria and thus obtaining energy in the form of ATP with the release of CO₂. Therefore, a constant exchange of these gases between all cells is necessary.

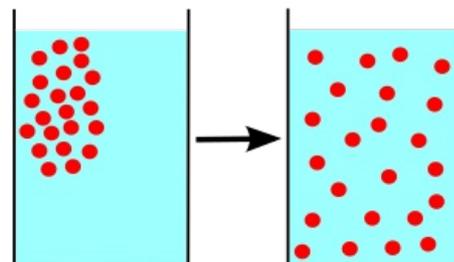
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Source

- NAVRÁTIL LEOŠ, ROSINA JOZEF A KOLEKTIV,. *Medicínská biofyzika* [online]. [cit. 2014-16-11]. <<https://www.grada.cz/medicinska-biofyzika-3633/>>.



The principle of diffusion - the movement of substances from a place with a higher concentration to a place with a lower concentration.