

Table 1. Physiological effects of SNS and PSNS stimulation

Target organ (effector)	Effect of sympathetic stimulation	Effect of parasympathetic stimulation
Eyes	Dilates pupil, relaxes ciliary muscle	Constricts pupil, contracts ciliary muscle
Salivary glands	Inhibits saliva secretion	Stimulates saliva secretion
Lungs	Dilates bronchioles	Constricts bronchioles
Heart	Increases heart rate	Decreases heart rate
Stomach/intestinal wall	Decreases motility	Increases motility
Digestive system glands	Decreases secretion of digestive enzymes and insulin	Increases secretion of digestive enzymes and insulin
Bladder	Delays emptying, relaxes detrusor muscle, constricts sphincter	Empties bladder, contracts detrusor muscle, relaxes sphincter
Blood vessels	Peripheral vasoconstriction, muscle vasodilation, increases blood pressure	No effect
Liver	Converts glycogen to glucose and releases into the blood	No effect
Sweat gland	Secretes sweat	No known effect
Adrenal gland	Secretes adrenaline	No known effect

SNS = sympathetic nervous system; PSNS = parasympathetic nervous system.
Source: Bayram-Weston (2020).

System Effects

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