

## Homeostasis and adaptation ability in living organisms

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Living organisms have different skills. Particularly noteworthy are the skills important for self-preservation such as homeostasis and adaptability.

Homeostasis is the ability of the body to return to its original state despite the influence of various external factors. This ability helps organisms to cope with various changes to be able to survive on their own. In the case when external factors are very strong and the organism does not have the ability to maintain its condition it either dies or already with a second ability which we call adaptation to adapt to the environment that was created after the change. The ability to adapt does not allow the organism to adapt to the drastic changes in one day but if we observe the living organisms living in the geographical environment, we can easily realize that they have gone through stages of adaptation. This is confirmed by the rules of Bergman and Allen, which are manifested in the change in the size of the body of animals and their limbs according to latitude.

It is also worth noting the maximum allowable concentration which is variable over time, and this is due to the ability to adapt. Impossible for the body today may be possible for future generations