



The Happy Hormone: Endorphin

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Have you ever wondered, what is happening inside your body when you feel happy after a mild exercise, eating dark chocolate, dancing, singing, watching a favourite movie, eating or cooking your favourite dish, a chat with a friend, volunteering for a social cause and having a sense of gratitude. These pleasurable effects release “Endorphins” in our body. Endorphins are also called “The Happy Hormones”.

Endorphins are the tiny neurochemicals, which are a large group of peptides released by our body. The word endorphin comes from two words, “endogenous” meaning within the body and “morphines” which is an opiate pain reliever. Endorphins are thus the natural pain killers of our body.

There are over 20 types of Endorphins studied in the human body till date. They are produced by our Central Nervous System(CNS) and the pituitary gland. Endorphins act on the opiate receptors of our brain, they reduce pain, boost pleasure, resulting in a feeling of well being.

There are many health conditions associated with “Low Endorphins” such as Depression, chronic headaches, anxiety, impulsive behavior etc. It has been shown that body’s natural pain killer- Endorphin is 33 times stronger than morphine (a pain medication of the opiate family).

A group of Endorphins- called Beta Endorphins have shown to play crucial role in suppressing tumour progression thereby control the spread of cancer. Studies have shown that if cancer patients

are not able to deal with the stress associated with being sick, the cancer will progress faster than the calmer patients. Patients who are engaged in their hobbies during the course of treatment show better progress than the others due to release of Endorphins.

So the take away message is be Happy and make others Happy, rest would be taken care by the Happy Hormone - “Endorphin”.

The Happiest people don’t necessarily have the best of everything; they just make the best of everything they have.

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