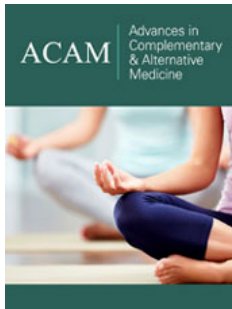


## Beta-Endorphins - A Novel Treatment of Choice for Diseases

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**Shrihari TG\***

Professor, Department of Oral medicine and Oral Oncology, Krishna Devaraya College of Dental Sciences and Hospital, India

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### Opinion

Endorphins are endogenous morphine, neuropeptide, synthesized and stored in the anterior pituitary gland in response to physical stress and pain. Beta endorphins are an abundant endorphin, precursor of Proopiomelanocortin in response to corticotrophic releasing hormone from anterior pituitary gland. Beta endorphin binds with its  $\mu$  receptors situated on the nervous system and immune cells. Beta endorphins involved in immune stimulatory activity by binding to its  $\mu$  receptors situated on the innate and adaptive immune cells results in activation of innate and adaptive immune cells such as NK cells, neutrophils, T cells, DCs leads to production of opsonin, granzyme B, and IFN- $\gamma$ , and antibodies involved in anti-inflammatory, antiviral, immune stimulatory activity, and anti-tumor activity. Beta endorphins involved in analgesic activity by binding to its  $\mu$  receptors on the PNS results in inhibition in release of substance p, a neurotransmitter of pain and inflammation, in the CNS binding of beta-endorphins with its  $\mu$  receptors on the CNS results in release of dopamine and inhibition of GABA inhibitory neurotransmitter involved in analgesic activity, self-reward, addiction, euphoria, and stress reduction. Beta endorphins analgesic, anti-inflammatory, antitumor, stress reduction and immunostimulatory activity. Beta endorphins can be used in cancer, autoimmune diseases, neurological disorders, psychological diseases, infectious diseases, diabetes and cancer in holistic management of diseases without adverse effects and inexpensive. Beta endorphins have short half-life and tolerance factors to be considered in treating patients with diseases.

Endorphins are produced during intense physical activity, music therapy, sex, massage, yoga, meditation, and acupuncture.

**\*Corresponding author:** Shrihari TG, Professor, Department of Oral medicine and Oral Oncology, Krishna Devaraya College of Dental Sciences and Hospital, Bangalore -562157, Karnataka, India

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