Physiology

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Physiology (Endocrine System)

In a human body, the endocrine system is a network of glands that controls the human body by generating and releasing hormones. Out of these, adrenal glands situated at the top of both kidneys, play a critical role in managing various endocrine products such as burning body's fat, controlling blood sugar and regulating blood pressure (Klien & Chin, 2017). If there occurs an imbalance in the adrenal glands, this can cause chronic illness or even death in a worse scenario (Klien & Chin, 2017).

Adrenal disorders further prove challenging when diagnosed, as the treatments for other disorders like obesity and hypertension are quite similar. One of the common diseases occurred due to adrenal disorders is Adrenal Insufficiency (Werther, 2002). This disease causes when the adrenal glands are not generating enough hormones as per the requirement of the human body. The other reason for this disease is when adrenal glands exceed producing aldosterone beyond their limit, blood pressure becomes hipped and uncontrolled (Booth, Johnson, & Stockand, 2002). There are two types of Adrenal Insufficiency i.e. Primary AI and Secondary AI (Werther, 2002). Primary Adrenal Insufficiency usually occurs when a human's self-defense system starts damaging own body tissues, as a result, no hormones are generated. Secondary Adrenal Insufficiency stops the generation of cortisol by the adrenal glands which lead to different symptoms such as muscle weakness, joint pain, weight loss, etc. (Werther, 2002).

To treat this Adrenal Insufficiency, symptoms are necessarily diagnosed in the first place. Symptoms of Adrenal insufficiency include injury, accident, illness or infection. Based on these symptoms, warning signs comprise of low blood pressure, nausea, and vomiting, dehydration, and depression (Klien & Chin, 2017). To treat this disease, everyday replacement of hormones is compulsory. As an alternative to hormone generation, intake of glucocorticoids is necessary for the patients (Klien & Chin, 2017). This helps the patients in creating a defense against the diseases such as stress, anxiety, low blood pressure occurred to them. This is how an Adrenal disorder is treated.

**References**

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