## Hormones tables

Hormonal tables

https://en.wikipedia.org/wiki/List of human hormones

Name	Abbreviation	Tissue	Cells/Amino acid	Receptor	Target Tissue	Effect
Adrenaline, also known as epinephrine	EPI	adrenal gland	Adrenal medulla / Tyrosine	adrenergic receptor	nearly all tissues	blood pressure, glycogen olysis, lipolysis, etc.
Melatonin	MT	pineal gland	Pinealocyte / Tryp tophan	melatonin receptor	CNS and peripheral tissue	circadian rhythm
Noradrenaline, also known as norepinephrine	NE	adrenal gland	Adrenal medulla / Tyrosine	noradrenergic receptor	nearly all tissues	blood pressure, glycogen olysis, lipolysis, etc.
Triiodothyronine	T <sub>3</sub>	peripheral tissue of thyroid gland	Thyroid follicular cell / Tyrosine	thyroid hormone receptor	nearly every cell in the body	increased metabolism
Thyroxine	T <sub>4</sub>	thyroid gland	Thyroid follicular cell / Tyrosine	thyroid hormone receptor	same as above	similar effect as T <sub>3</sub> but much weaker; converted to T3 in target cells
Dopamine	DA	substantia nigra (mainly)	Phenylalanine / Ty rosine	D1 and D2	system-wide	regulation of cellular cAMP levels, prolactin antagonist

Eicosanoid for more information about this class of paracrine signalling chemicals and hormones.

Name	Abbre viatio n	Tissue	Cells	Receptor	Target Tissue	Effect
Prostaglandins	PG	seminal vesicle		prostaglandin receptor		vasodilation
Leukotrienes	LT	Blood	white blood cells	G protein-coupled receptors		increase vascular permeability
Prostacyclin	PGI <sub>2</sub>	endothelium		prostacyclin receptor		vasodilation, platelet activation inhibtor
Thromboxane	TXA <sub>2</sub>	Blood	platelets	thromboxane receptor		vasoconstriction, Plate let Aggregation

## Peptide

Vasoactive intestinal peptide	VIP	gut, pancreas, and suprachiasmatic nuclei of the hypothalamus			stimulates <u>contractility</u> in the heart, causes <u>vasodilation</u> , increases <u>glycogenolysis</u> , lowers arterial <u>blood pressure</u> and relaxes the smooth muscle of <u>trachea</u> , stomach and <u>gall</u> <u>bladder</u>
<u>Uroguanylin</u>	UGN	renal tissues			regulates <u>electrolyte</u> and <u>water</u> transport in <u>renal epithelia</u> .
Thyrotropin-releasing hormone	TRH	hypothalamus	Parvocellular neurosecretory neurons	anterior pituitary	Release <u>thyroid-stimulating hormone</u> (primarily) Stimulate <u>prolactin</u> release
<u>Thyroid-stimulating hormone</u> (or thyrotropin)	TSH	anterior pituitary	thyrotropes	thyroid gland	secrete thyroxine (T <sub>4</sub> ) and triiodothyronine (T <sub>3</sub> )
<u>Thrombopoietin</u>	TPO	liver, kidney, striated muscle	<u>Myocytes</u>	megakaryocytes	produce <u>platelets<sup>[6]</sup></u>
inhibiting hormone or	GHIH or GHRIH or SRIF or SRIH	hypothalamus, islets of Langerhans, gastrointestinal system	delta cells in islets Neuroendocrince cells of the Periventricular nucleus in hypothalamus		Inhibit release of GH and TRH from anterior pituitary Suppress release of gastrin, cholecystokinin (CCK), secretin, motilin, vasoactive intestinal peptide (VIP), gastric inhibitory polypeptide (GIP), enteroglucagon in gastrointestinal system Lowers rate of gastric emptying Reduces smooth muscle contractions and blood flow within the intestine <sup>[4]</sup> Inhibit release of insulin from beta cells <sup>[5]</sup> Inhibit release of glucagon from alpha cells <sup>[5]</sup> Suppress the exocrine secretory action of pancreas.
<u>Secretin</u>	SCT	<u>duodenum</u>	<u>S cell</u>		Secretion of bicarbonate from liver, pancreas and duodenal Brunner's glands Enhances effects of cholecystokinin Stops production of gastric juice
Renin		Kidney	Juxtaglomerular cells		Activates the <u>renin–angiotensin system</u> by producing <u>angiotensin I</u> of <u>angiotensinogen</u>
Relaxin	RLN	Corpus luteum, Uterus, placenta, and Mammary gland	Decidual cells		Unclear in humans
Prolactin-releasing hormone	PRLH	hypothalamus			Release <u>prolactin</u> from <u>anterior pituitary</u>

<u>Prolactin</u>	PRL	anterio	r pituitary, <u>uterus</u>	p	actotrophs of anterior ituitary ecidual cells of uterus		milk production in <u>mammary glands</u> <u>sexual gratification</u> after <u>sexual acts</u>
Pituitary adenylate cyclase- activating peptide		PACAP	multiple		Stimulates entero	chromaffin-like cells	
Parathyroid hormone		PTH	parathyroid gland	parathyroid chief cell	•Ca <sup>2+</sup> reabsorption •activate <u>vitamin I</u> (Slightly) decrease	De blood <u>phosphate</u> : ake in <u>kidney</u> but inco	reased uptake from bones
Pancreatic polypeptide			<u>Pancreas</u>	PP cells	_	-	s (endocrine and exocrine). It also trointestinal secretions.
<u>Oxytocin</u>		ОХТ	posterior pituitary	Magnocellular neurosecretory cells	in <u>orgasm</u> , trust be		on of <u>cervix</u> and <u>vagina</u> . Involved di <u>circadian homeostasis</u> (body s).[3]
<u>Osteocalcin</u>		OCN	Skeleton	<u>Osteoblasts</u>	Favors muscle fun energy expenditur		ition, testosterone synthesis and
Orexin			hypothalamus		wakefulness and i	ncreased energy expe	enditure, increased appetite
Motilin		MLN	Small intestine		stimulates gastric	activity	
Melanocyte stimulating horn	none	IVINH OF	anterior pituitary/pars intermedia	Melanotroph	melanogenesis by	melanocytes in skin	and <u>hair</u>
Luteinizing hormone		LH	anterior pituitary	gonadotropes	In female: ovulation	on In male: stimulates	Leydig cell production of testosterone
<u>Lipotropin</u>		LPH	anterior pituitary	Corticotropes	lipolysis and stero stimulates meland	idogenesis, ocytes to produce <u>me</u>	lanin_
Leptin		LEP	adipose tissue		decrease of appet	ite and increase of m	etabolism.
Insulin-like growth factor (or somatomedin)		IGF	liver	<u>Hepatocytes</u>	insulin-like effects	regulate <u>cell growth</u>	and development

<u>Insulin</u>	INS	pancreas	beta cells	Intake of <u>glucose</u> , <u>glycogenesis</u> and <u>glycolysis</u> in <u>liver</u> and <u>muscle</u> from bloodintake of <u>lipids</u> and synthesis of <u>triglycerides</u> in <u>adipocytes</u> Other <u>anabolic</u> effects
<u>Inhibin</u>		testes, ovary, fetus	Sertoli cells of testes granulosa cells of ovary trophoblasts in fetus	Inhibit production of <u>FSH</u>
Human placental lactogen	HPL	placenta		increase production of <u>insulin</u> and <u>IGF-1</u> increase <u>insulin</u> <u>resistance</u> and <u>carbohydrate</u> intolerance

Human charianic ganadatronin	hCG	nlaconta	syncytiotrophoblast c	promote maintenance of corpus luteum during beginning
Human chorionic gonadotropin	hCG	<u>placenta</u>	ells	of <u>pregnancy</u> Inhibit <u>immune</u> response, towards the <u>human embryo</u> .
<u>Hepcidin</u>	HAMP	<u>liver</u>		inhibits iron export from cells
<u>Guanylin</u>	GN	gut		regulates <u>electrolyte</u> and <u>water</u> transport in <u>intestinal</u> <u>epithelia</u> .
Growth hormone-releasing hormone	GHRH	hypothalamus		Release GH from anterior pituitary
Growth hormone	GH or hGH	anterior pituitary	somatotropes	stimulates growth and cell reproductionRelease Insulin-like growth factor  1 from liver
Gonadotropin-releasing hormone	GnRH	hypothalamus		Release of <u>FSH</u> and <u>LH</u> from <u>anterior pituitary</u> .
Glucagon-like peptide-1	GLP1	<u>ileum</u>	<u>L cells</u>	Stimulates the <u>adenylyl cyclase</u> pathway, resulting in increased synthesis and release of <u>insulin</u>
Glucagon	GCG	pancreas	alpha cells	glycogenolysis and gluconeogenesis in liverincreases blood glucose level
<u>Ghrelin</u>		stomach	P/D1 cell	Stimulate <u>appetite</u> , secretion of <u>growth hormone</u> from <u>anterior pituitary</u> <u>gland</u>
<u>Gastrin</u>	GAS	stomach, duodenu m	<u>G cell</u>	Secretion of gastric acid by parietal cells
Gastric inhibitory polypeptide	GIP	mucosa of the <u>duodenum</u> and the jejunum	K cell	Induces <u>insulin</u> secretion

Galanin	GAL	central nervous system and gastrointestinal tract		modulation and inhibition of <u>action potentials</u> in <u>neurons</u>
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Ghrelin		stomach	P/D1 cell	Stimulate appetite, secretion of growth hormone from anterior pituitary gland
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Growth hormone-releasing hormone	GHRH	hypothalamus		Release GH from anterior pituitary
<u>Hepcidin</u>	НАМР	liver		inhibits iron export from cells
Human chorionic gonadotropin	hCG	<u>placenta</u>	syncytiotrophoblas <u>t</u> cells	promote maintenance of <u>corpus luteum</u> during beginning of <u>pregnancy</u> Inhibit <u>immune</u> response, towards the <u>human embryo</u> .
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<u>Leptin</u>	LEP	adipose tissue			decrease of <u>appetite</u> and increase of <u>metabolism</u> .
<u>Lipotropin</u>	LPH	anterior pituitary	<u>Corticotropes</u>		lipolysis and steroidogenesis, stimulates melanocytes to produce melanin
Luteinizing hormone	LH	anterior pituitary	gonadotropes		In female: <u>ovulation</u> In male: stimulates <u>Leydig cell</u> production of <u>testosterone</u>
Melanocyte stimulating hormone	MSH or α- MSH	anterior pituitary/pars intermedia	<u>Melanotroph</u>		melanogenesis by melanocytes in skin and hair
<u>Motilin</u>	MLN	Small intestine			stimulates gastric activity
<u>Orexin</u>		<u>hypothalamus</u>			wakefulness and increased energy expenditure, increased appetite
<u>Osteocalcin</u>	OCN	Skeleton	<u>Osteoblasts</u>	Muscle Brain Pancreas Test es	Favors muscle function, memory formation, testosterone synthesis and energy expenditure
<u>Oxytocin</u>	ОХТ	posterior pituitary	Magnocellular neurosecretory cells		release breast milkStimulates contraction of <a href="mailto:cervix">cervix</a> and <a href="mailto:vagina">vagina</a> . Involved in <a href="mailto:orgasm">orgasm</a> , trust between people, and <a href="mailto:circadian homeostasis">circadian homeostasis</a> (body temperature, activity level, wakefulness).
Pancreatic polypeptide		<u>Pancreas</u>	PP cells		Self-regulation of pancreatic secretions (endocrine and exocrine). It also affects hepatic glycogen levels and gastrointestinal secretions.
Parathyroid hormone	PTH	parathyroid gland	parathyroid chief cell		•increase blood <u>Ca<sup>2+</sup></u> :indirectly stimulate <u>osteoclasts</u> •Ca <sup>2+</sup> reabsorption in <u>kidney</u> •activate <u>vitamin D</u> (Slightly) decrease blood <u>phosphate</u> : •(decreased reuptake in <u>kidney</u> but increased uptake from bones •activate <u>vitamin D</u> )
Pituitary adenylate cyclase- activating peptide	PACA P	multiple			Stimulates enterochromaffin-like cells

<u>Prolactin</u>	PRL	anterior nituitary literus	lactotrophs of anterior pituitary Decidual cells of uterus	milk production in mammary glands sexual gratification after sexual acts
Prolactin-releasing hormone	PRLH	hypothalamus		Release <u>prolactin</u> from <u>anterior pituitary</u>
Relaxin	RLN	Corpus luteum, Uterus, placen ta, and Mammary gland	Decidual cells	Unclear in humans

Renin		<u>Kidney</u>	Juxtaglomerular cells		Activates the <u>renin–angiotensin system</u> by producing <u>angiotensin I</u> of <u>angiotensinogen</u>
<u>Secretin</u>	SCT	duodenum	<u>S cell</u>		Secretion of <u>bicarbonate</u> from <u>liver</u> , <u>pancreas</u> and duodenal <u>Brunner's glands</u> Enhances effects of <u>cholecystokinin</u> Stops production of gastric juice
Somatostatin (or growth hormone—inhibiting hormone or growth hormone release—inhibiting hormone or somatotropin release—inhibiting factor or somatotropin release—inhibiting hormone)	H or	hypothalamus, islets of Langerhans, gastrointe stinal system			Inhibit release of GH and TRH from anterior pituitary Suppress release of gastrin, cholecystokinin (CCK), secretin, motilin, vasoactive intestinal peptide (VIP), gastric inhibitory polypeptide (GIP), enteroglucagon in gastrointestinal system Lowers rate of gastric emptyingReduces smooth muscle contractions and blood flow within the intestine <sup>[4]</sup> Inhibit release of insulin from beta cells Inhibit release of glucagon from alpha cells Suppress the exocrine secretory action of pancreas.
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Vasoactive intestinal peptide	VIP	gut, pancreas, and <u>suprachiasmatic</u> <u>nuclei</u> of the <u>hypothalamus</u>			stimulates <u>contractility</u> in the heart, causes <u>vasodilation</u> , increases <u>glycogenolysis</u> , lowers arterial <u>blood pressure</u> and relaxes the smooth muscle of <u>trachea</u> , stomach and <u>gall bladder</u>
Guanylin	GN	gut			regulates <u>electrolyte</u> and <u>water</u> transport in <u>intestinal epithelia</u> .
<u>Uroguanylin</u>	UGN	renal tissues			regulates <u>electrolyte</u> and <u>water</u> transport in <u>renal epithelia</u> .

## Steroid

Chemical class	Name	Abbreviati on	Tissue	Cells	Targ et Tiss ue	Effect
<u>androgen</u>	Testosterone		testes, ovary	Leydig cells		libido, Anabolic: growth of muscle mass and strength, increased bone density, growth and strength, Virilizing: maturation of sex organs, formation of scrotum, deepening of voice, growth of beard and axillary hair.
<u>androgen</u>	Dehydroepia ndrosterone	DHEA	testes, ovary, kidney	Zona fasciculata and Zona reticularis cells of kidney theca cells of ovary Leydig cells of testes		Virilization, anabolic
<u>androgen</u>	Androstenedi one		adrenal glands, gonads			Substrate for <u>estrogen</u>
<u>androgen</u>	Dihydrotesto sterone	DHT	multiple			5-DHT or DHT is a male reproductive hormone that targets the prostate gland, bulbourethral gland, seminal vesicles, penis and scrotum and promotes growth/mitosis/cell maturation and differentiation. Testosterone is converted to 5-DHT by 5alpha-reductase, usually with in the target tissues of 5-DHT because of the need for high concentrations of 5-dht to produce the physiological effects.
mineralocorticoid	Aldosterone		adrenal cortex (zona glomerulosa)			Increase <u>blood volume</u> by reabsorption of <u>sodium</u> in <u>kidneys</u> (primarily) <u>Potassium</u> and <u>H</u> <sup>+</sup> secretion in kidney.

<u>estrogen</u>	<u>Estradiol</u>	E <sub>2</sub>	females: <u>ovary</u> , males <u>testes</u>	females: granulosa cells, males: <u>Sertoli cell</u>	Females:Structural:  *promote formation of female secondary sex characteristics  *stimulate endometrial growth  *increase uterine growth  *maintenance of blood vessels and skin  *reduce bone resorption  *increase hepatic production of binding proteins  Coagulation:  *increase circulating level of factors 2, 7, 9, 10, antithrombin III, plasminogen  *increase platelet adhesiveness  Fluid balance:  *salt (sodium) and water retention  *increase growth hormone  *increase growth hormone  *increase cortisol, SHBG  Gastrointestinal tract:  *reduce bowel motility  *increase cholesterol in bile  Lung function:  *promote lung function by supporting alveoli. [7]  Males: Prevent apoptosis of germ cells [8]
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estrogen	<u>Estrone</u>		<u>ovary</u>	granulosa cells, <u>Adipocytes</u>	
<u>estrogen</u>	<u>Estriol</u>	E <sub>3</sub>	placenta	<u>syncytiotrophoblast</u>	
glucocorticoid	Cortisol		adrenal cortex (zona fasciculata and zo na reticularis cells)		Stimulation of gluconeogenesis Inhibition of glucose uptake in muscle and adipose tissue Mobilization of amino acids from extrahepatic tissues Stimulation of fat breakdown in adipose tissue anti-inflammatory and immunosuppressive
progestogen	Progesterone		ovary, adrenal glands, placenta ( when pregnant)	<u>Granulosa cells</u> theca cells of ovary	*Support pregnancy: [9] Convert endometrium to secretory stage  *Make cervical mucus permeable to sperm  *Inhibit immune response, e.g. towards the human embryo.  *Decrease uterine smooth muscle contractility [9]  *Inhibit lactation  *Inhibit onset of labor  *Support fetal production of adrenal mineralo- and glucosteroids  Other:  *Raise epidermal growth factor-1 levels  *Increase core temperature during ovulation [10]  *Reduce spasm and relax smooth muscle (widen bronchi and regulate mucus)  *Antiinflammatory. Regulate immune response  *Reduce gall-bladder activity [11]  *Normalize blood clotting and vascular tone, zinc and copper levels, cell oxygen levels, and use of fat stores for energy  *Assist in thyroid function and bone growth by osteoblasts  *Resilience in bone, teeth, gums, joint, tendon, ligament and skin healing by regulating collagen  *Nerve function and healing by regulating myelin  *Prevent endometrial cancer by regulating effects of estrogen
	Calcitriol (1,25 - dihydroxyvita min D <sub>3</sub> )		skin/proximal tubule of kidneys		Active form of <u>vitamin D<sub>3</sub></u> Increase absorption of <u>calcium</u> and <u>phosphate</u> from <u>gastrointestinal</u> <u>tract</u> and <u>kidneys</u> inhibit release of <u>PTH</u>
<u>secosteroid</u>	Calcidiol (25- hydroxyvitami n D <sub>3</sub> )		skin/proximal tubule of kidneys		Inactive form of vitamin D <sub>3</sub>