

ANTIDIURETIC HORMONE (ADH)

vasopressin. arginine vasopressin. argipressin.

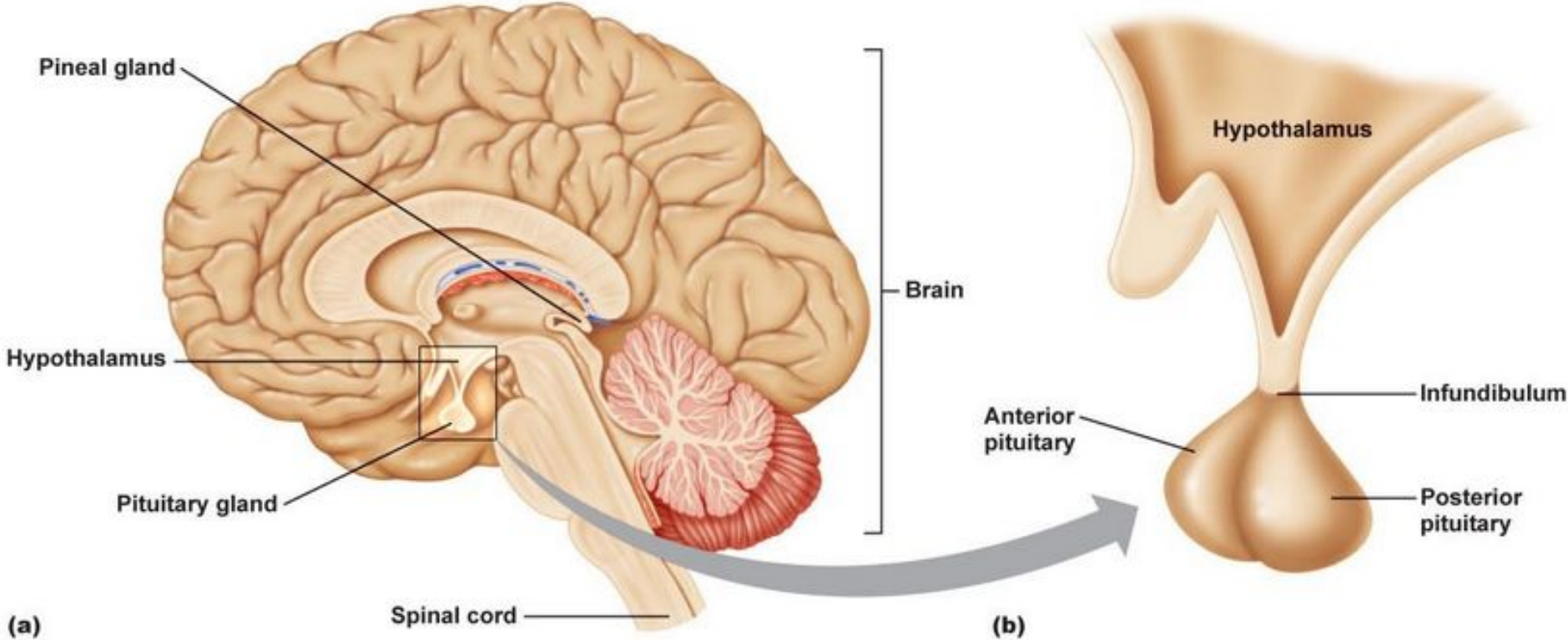
- MADE BY THE HYPOTHALAMUS IN THE BRAIN
- STORED IN THE POSTERIOR PITUITARY GLAND
- TELLS YOUR KIDNEYS HOW MUCH WATER TO CONSERVE

MADE BY THE HYPOTHALAMUS

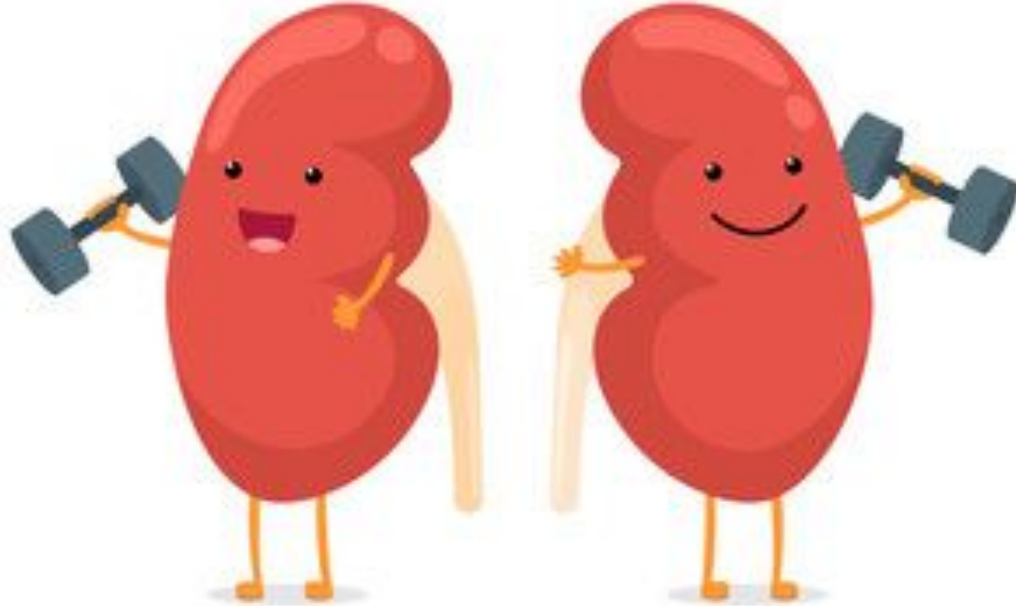


- **WHAT IT DOES.** Keeps the body in homeostasis (healthful, balanced bodily state)
- **WHO IT IS.** connector between the endocrine (chemical messenger system for internal glands of an organism <> circulatory system) and nervous systems
- **HOW IT DOES WHAT IT DOES.** Different parts of body send signals to alert the hypothalamus, and the hypothalamus responds by releasing the right hormones into the bloodstream

STORED IN THE POSTERIOR PITUITARY GLAND



TELLS KIDNEYS HOW MUCH WATER TO CONSERVE



- ADH constantly regulates water metabolism in blood by controlling the amount of water passed out in the urine, and amount of water in the bloodstream.
- ADH is released when there is:
 - A decrease in blood volume or low blood pressure
 - A increased concentration of salts in the bloodstream
 - Thirst, nausea, vomiting and pain, and at times of bodily stress or injury
 - Drugs

TOO MUCH ADH

- Kidneys will excrete too little water because ADH excessive retains water in bloodstream => Dilutes the blood
- => Characteristically low salt concentration => headaches, nausea, and poor balance

WAYS TO REDUCE

- Drink more water!

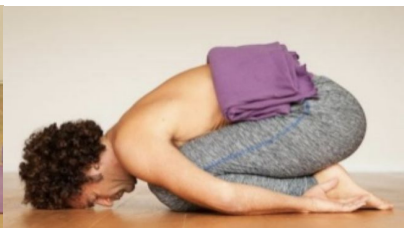


TOO LITTLE ADH

- Kidneys will excrete too much water because not enough ADH to retain water in bloodstream
- => Urine volume will increase leading to dehydration
- => Fall in blood pressure/ low sodium

WAYS TO INCREASE

- Exercise!



YOGA HELPS TO REGULATE ADHD

Poses that trigger the kidneys - forward folds & twists.

