

# BÖLÜM | 12

## ENDOKRİN SİSTEMİ

Cüneyt BOZER

Çakralar yaşam enerjisinin yoğunlaştığı merkezlerdir. Yedi ana çakranın altısı omurilik hattında yer alırken bir tanesi de tam başımızın üstünde yer alır. Çakralar endokrin sistem ile çok yakın ilişkilidirler ve otonom sinir sistemi yoluyla tüm bedeni etkileyebilirler. Bedensel, zihinsel ve ruhsal sağlık açısından son derece hassas alıcılar olarak çalışırlar (Şekil 1).



Şekil 1. Çakralar

Eğer bir kişi sağlıklı olmak istiyorsa önce hastalığına yol açan nedenlerden uzaklaşmalıdır. Ancak bu şekilde ona yardım edilebilir.

*Hipokrat*

- Böbrekler: Kemik iliğini uyararak kırmızı kan hücrelerinin üretimini artıran *eritropoietin* salgırlar. Ayrıca renin-anjiyotensin-aldosteron mekanizmasındaki *renin*'i de salgırlar.
- Deri: Epidermal hücreler D3 vitamininin inaktif formu olan *kolekalsiferol*'u üretirler.
- Yağ dokusu: Bedenimizde ne kadar enerjiye sahip olduğumuzu gösteren *leptin* salgırlar. Ne kadar çok yağ dokumuz varsa kanımızda da o kadar çok leptin hormonumuz olur. İştah kontrolünde önemli görevi vardır.
- Kemikler: Osteoblastlar pankreas beta hücrelerini bölünmeleri ve daha çok insülin salgılamaları için uyararak osteokalsin hormonunu salgırlar. Osteokalsin yağ hücrelerinde yağ depolanmasını kısıtlar ve adiponektin salgılanmasını tetikler. Böylece glukoz kullanımını artırarak beden yağını azaltır.

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