

# pineal gland bible

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## Pineal gland - Wikipedia

The pineal gland (also known as the pineal body[1] or epiphysis cerebri) is a small endocrine gland in the brain of most vertebrates. It produces melatonin, a serotonin -derived hormone, which modulates sleep patterns following the diurnal cycles. [2]

## Pineal Gland: What It Is, Function & Disorders - Cleveland Clinic

The pineal gland is a tiny endocrine gland in the middle of your brain that helps regulate your body's circadian rhythm by secreting the hormone melatonin.

## Pineal gland | Definition, Location, Function, & Disorders - Britannica

pineal gland, endocrine gland found in vertebrates that is the source of melatonin, a hormone derived from tryptophan that plays a central role in the regulation of circadian rhythm (the roughly 24-hour cycle of biological activities associated with natural periods of light and darkness).

## Pineal Gland Function: What You Should Know - Healthline

The pineal gland is a small, pea-shaped gland in the brain. Experts note it plays a crucial role in the secretion of melatonin and other hormones.

## Pineal Gland Location, Function, and Conditions - Verywell Health

The pineal gland is located deep in the brain, where this tiny organ produces melatonin for sleep. Learn about its anatomy, location, and function.

## Pineal gland: Anatomy, histology and blood supply | Kenhub

The pineal gland or epiphysis is located in the diencephalon and releases hormones that alter the state of wakefulness and sleep.

## Pineal Gland - Physiopedia

The pineal gland, a small, pine-cone shaped structure, is an endocrine gland located in the posterior aspect of the cranial fossa in the brain. The pineal gland's main role is to control the circadian cycle of sleep and wakefulness by secreting melatonin.

# **What Is Pineal Gland? | Tiny Powerhouse Explained**

The pineal gland is a small endocrine organ in the brain that regulates sleep-wake cycles by producing the hormone melatonin.

## **Pineal Gland - an overview | ScienceDirect Topics**

In humans, it is classified as a circumventricular organ, lying outside the blood-brain barrier and surrounded by highly vascularized tissue, which allows direct exchange between the blood and the nervous tissue of the gland.

## **Pineal Gland: What It Is, Function & Disorders - Narayana Health**

What is a Pineal Gland? The pineal gland, a pea-sized structure located deep within the brain's epithalamus, is pivotal in regulating various physiological processes. Structurally, it resembles a pine cone, hence its name.