

Hormones Other Than Sex Hormones



A gland is a structure that secretes a specific substance in the body.

There are two types of glands in our body:

Exocrine gland - The gland which secretes its product into a duct (tube) is called the exocrine gland. Eg: Salivary gland, sweat gland, and oil gland.

Endocrine gland - The gland which secretes its product directly into the bloodstream is called the endocrine gland. They do not have ducts so they are also called ductless glands. Some example of the endocrine gland is the pituitary gland, thyroid gland, pancreas, and adrenal gland.

Thyroid gland:

The thyroid is a large endocrine gland in the neck. The thyroid gland produces a hormone called thyroxin. Thyroxin hormone controls the rate of body metabolism. The thyroid gland requires iodine in order to produce the thyroxin hormone. The deficiency of iodine in the diet causes a disease known as goiter.

Adrenal gland:

An adrenal gland is an endocrine gland. It produces a hormone called adrenaline. Adrenaline helps our body to adjust the stress, anger, fear, shock, surprise, anger, or excitement.

Pancreas:

The pancreas is an endocrine gland that secretes the hormones called insulin. The function of insulin is to lower the blood sugar level. The deficiency of insulin hormone causes a disease called diabetes. The person suffering from diabetes is characterized by a large quantity of sugar in the blood and the person is advised to take insulin injection to control sugar level in the blood.