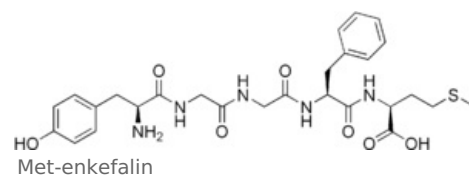


Enkephalins

This article has been translated from WikiSkripta; the **translation** needs to be checked.

Enkephalins are **endogenous opioid peptides**. In particular they are pentapeptides, so they have shorter chain than e.g. endorphines.

Enkephalins bind to all types of **opioid receptors** (δ , κ i μ) as well as, for example, morphine.



Origin

Endogenous opioid peptides in general are formed in the neural tissue via cleavage of larger polypeptides. The precursor **proenkephalin** give rise to both known types of enkephalins- met-enkephalin and leu-enkephalin.

Importance

Enkephalins are released during **exercise**. Their concentration will increase significantly, for example, during long-distance running. However there are only speculations that these substances increase the threshold of pain.

High concentration of enkephalins (and opioid receptors also) is among other parts of the neuronal system in the limbic system. That is the reason why there is the possibility that endogenous opioids affect the mental state and affective behavior.

Links

Related articles

- Limbic System

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