

## Chronic Psychological Stress Induced Chronic Inflammation Leading to Heart Diseases

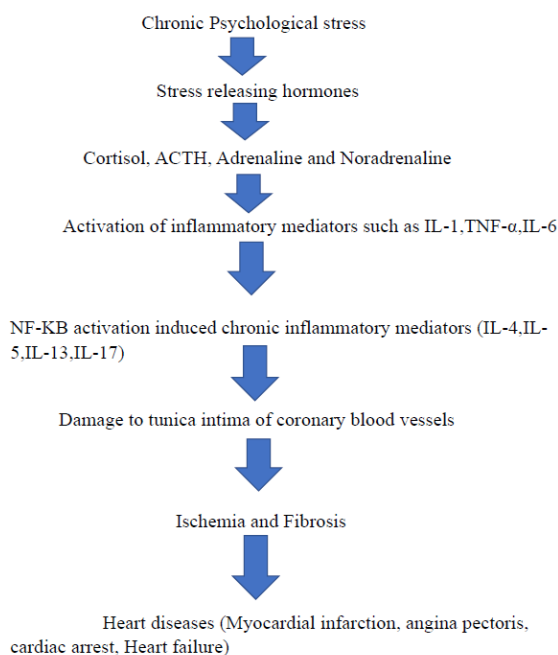
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Chronic psychological stress induced release of CRH (Corticotropin releasing hormone) from hypothalamus activate HPA axis through sympathetic nervous system of ANS (Autonomic nervous system) release stress releasing hormones such as cortisol, ACTH, Adrenaline, and noradrenaline mediated activation of IL-1, TNF- $\alpha$ , IL-6 inflammatory mediators, which in turn activates NF-Kb, a key transcription factor induced release of IL-4, IL-5, IL-13 and IL-17 involved in ischemia due to damage to tunica intima of coronary blood vessels leads to heart diseases such as angina pectoris, and myocardial infarction (Picture 1). cardiac arrest and heart failure.



**Picture 1:** Shows the association of chronic psychological stress induced stress releasing hormones activate inflammatory mediators mediated NF-kB, a key transcription factor involved in tissue damage leads to heart diseases.

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