

Common brain chemicals, or neurotransmitters, include serotonin, dopamine, norepinephrine, acetylcholine, glutamate, GABA, and endorphins. These chemicals are vital for a wide range of functions, including mood, motivation, learning, and stress response.

Major brain chemicals

- Dopamine: Associated with pleasure, motivation, reward, and motor control.
- Serotonin: Plays a key role in mood, sleep, appetite, and social behavior.
- Norepinephrine: A stress hormone and neurotransmitter that increases alertness, attention, and arousal.
- Acetylcholine: Important for muscle contractions, sleep, learning, and memory.
- Glutamate: The most common excitatory neurotransmitter, crucial for learning and memory.
- GABA (Gamma-aminobutyric acid): The primary inhibitory neurotransmitter, which calms nervous activity.
- Endorphins: Natural pain relievers that produce feelings of euphoria.
- Epinephrine: Also known as adrenaline, it is involved in the body's "fight-or-flight" response.
- Oxytocin: Often called the "love hormone," it is linked to social bonding, trust, and relationships.
- Histamine: Plays a role in wakefulness and regulating physiological functions.
- Glycine: An inhibitory neurotransmitter involved in motor control and sensory processing.

Other types of brain chemicals

- Monoamines: A class that includes dopamine, norepinephrine, serotonin, and epinephrine.
- Amino Acids: Include GABA and glutamate.
- Peptides: A large group including endorphins and oxytocin.
- Purines: Such as adenosine and adenosine triphosphate.
- Gasotransmitters: Including nitric oxide and carbon monoxide.