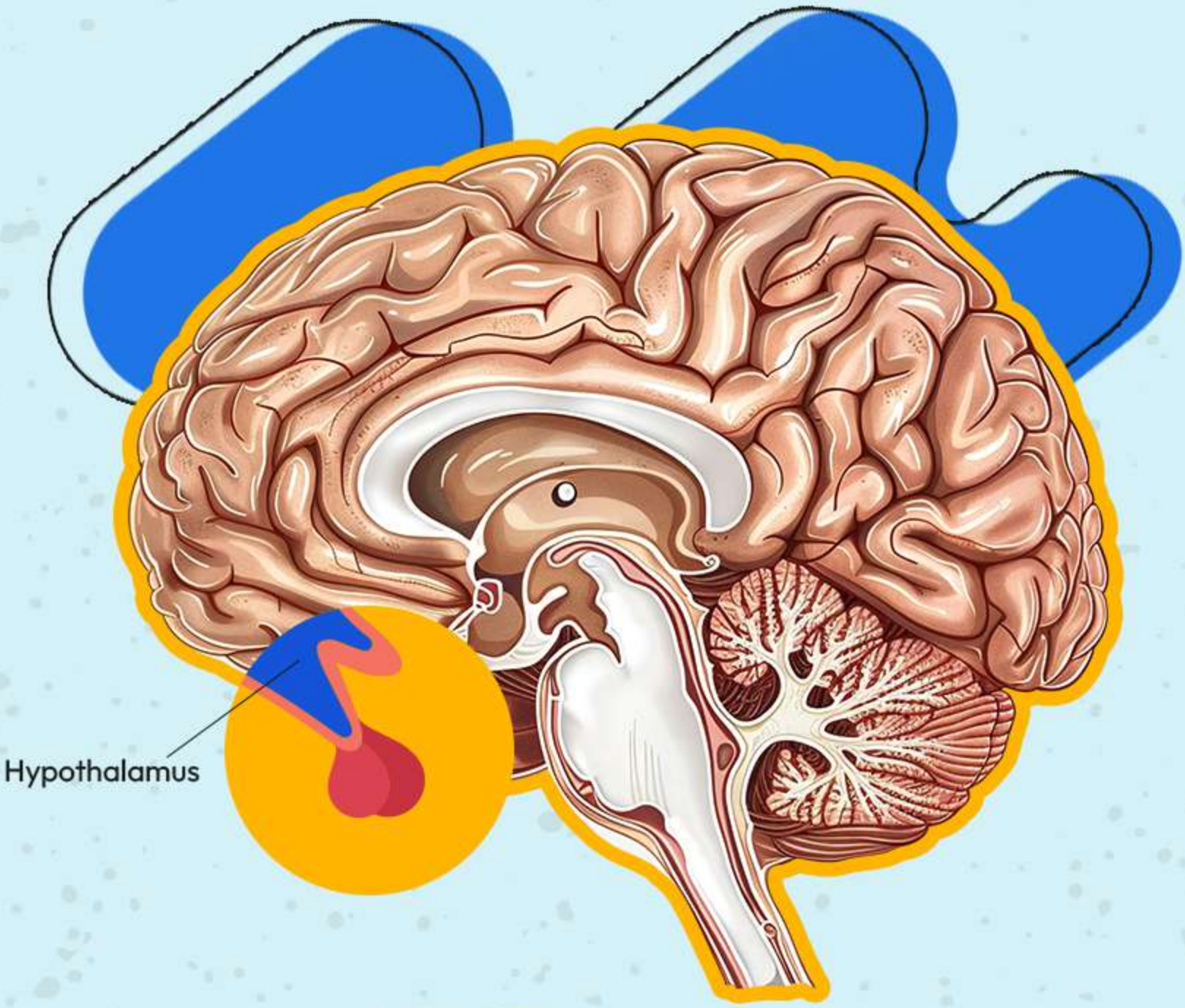
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Role of

# Hypothalamus in Behaviour

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# Regulation of Basic Drives

The hypothalamus regulates essential survival-related drives:



## Hunger

Controls eating behaviour by monitoring energy and glucose levels



## Body Temperature

Functions as the body's thermostat, regulating heat loss and gain



## Homeostasis

Maintains internal balance necessary for survival



## Thirst

Maintains fluid balance by triggering thirst when water levels fall



## Sleep-Wake Cycle

Regulates circadian rhythm and sleep patterns



## Damage

Can lead to overeating, dehydration, disturbed sleep, and temperature imbalance

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# Role in Emotional Behaviour

The hypothalamus plays an important role in emotional expression:

- Involved in **anger, fear, aggression, and pleasure**
- Works closely with the **amygdala and limbic system**
- Produces **autonomic responses** during emotional states

## Examples:



Fear → increased heart rate, sweating



Fear → increased heart rate, sweating

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# Sexual Behaviour & Reproduction

**Sexual Behaviour and Libido:**

Regulates sexual motivation and mating behaviour through hormonal control

**Puberty and Reproductive Cycles:**

Initiates puberty and regulates the menstrual cycle and sperm production

**Control over the Pituitary Gland:**

Releases hormones that influence pituitary secretion and reproductive functions

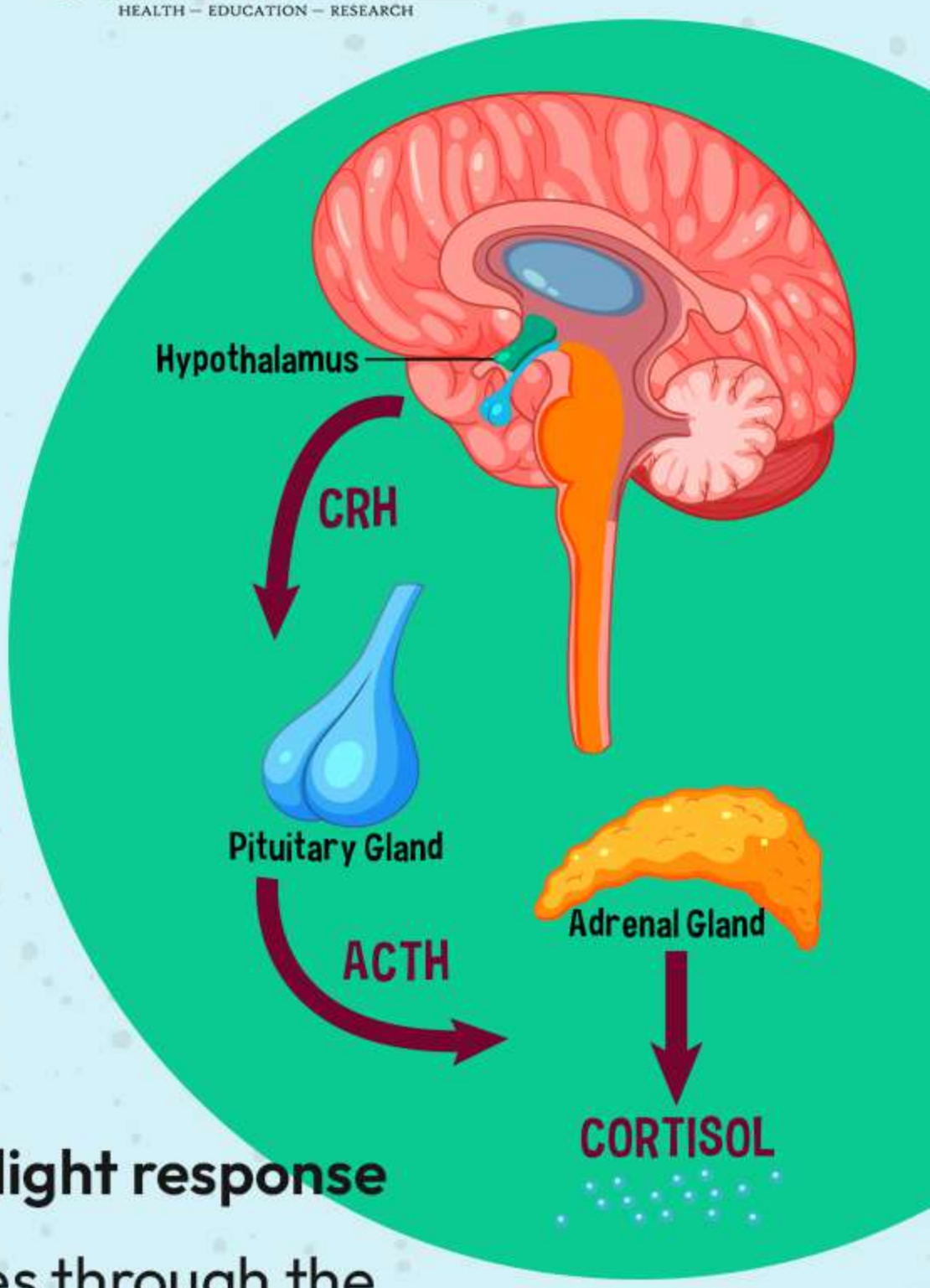
## Important Hormones:

- **GnRH:** Stimulates pituitary hormones essential for reproduction
- **Oxytocin:** Involved in bonding, childbirth, and lactation

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# Hypothalamus in Motivation and Stress




- Activates the **fight-or-flight response**
- Controls stress hormones through the **pituitary–adrenal axis**
- Regulates **goal-directed and motivated behaviour**

## Example:

Stress → Hypothalamus → Pituitary → Adrenal glands → Cortisol release

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# Why the Hypothalamus is Crucial for Behaviour

- Maintains internal balance **(homeostasis)**
- Regulates basic drives, emotions, and motivation
- Connects brain activity with hormones and behaviour



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