

Homeopathic Indications

HPAxis is for the temporary relief of symptoms related to circadian rhythm imbalances such as overuse of stimulants, anxiousness, sleep disturbances, circulatory imbalances, decreased sex drive and salt cravings.

Why HPAxis?

The Hypothalamic-Pituitary-Adrenal (HP) Axis is an important hormonal response system whose functions relate to the maintenance of homeostasis and the body's response to stress. Stress may be defined as any stimulus that disrupts the physiological homeostasis of the body.¹

The HP Axis is comprised of the hypothalamus (located in the brain), the pituitary gland (located at the base of the brain) and the adrenal glands (located on top of the kidneys). Its main pathway gives rise to the production and secretion of the stress hormone cortisol, a glucocorticoid. Normal cortisol secretion occurs in a circadian rhythm with the lowest point being around midnight. Levels begin to rise 2-3 hours after sleep onset and reach a peak at about 9:00 A.M.²

The actions of the HP Axis are closely regulated to make sure that the body can react to stressful events quickly and return to a normal state rapidly, so that essential systems are brought back to "a set point within a narrow range of operation that ensures survival."³ The activity of the HP Axis is governed primarily genetic background, early-life environment and current life stress as well as gender, age and environmental conditions.^{4,5}

HP Axis is a homeopathic formula designed to provide temporary relief from symptoms of HP Axis imbalance, including fatigue, low back pain, inability to handle stress, sleep disturbances and anxiety.

Associated Symptoms

The process by which different biological activities (processes) work to restore homeostasis in the face of stressors is called "allostasis." Allostatic responses may modify the nervous system, various signaling molecules, HP Axis function, and other systems. The acute or chronic stress response of an individual may be adaptive or maladaptive (pathological).⁶



Companion Products

Adrenal Synergy supports the adrenal glands with a blend of glandulars, essential nutrients, and targeted botanicals. This comprehensive formula supports the neuro-endocrine pathways involved in the management of occasional stress.

Adrenal Support provides targeted ingredients to nourish the body during menopause. This combination formula was designed to help support relief from common menopausal discomforts while supporting overall well-being.

Hormone Combination is for the temporary relief of symptoms related to hormone imbalances or insufficiencies in men and women, including low energy, inability to handle stress, trouble focusing, changes in mood, infertility, irregular menstrual cycles (females), and lack of libido.

Active Ingredients

Arg Nit (6X), Berber Vulg (6X), Iodium (6X), Kali Carb (6X), Nat Mur (6X, 12X, 18X, 24X, 30X), Adrenalinum (8X, 12X, 18X, 24X, 30X), Cortisone Aceticum (8X, 12X, 18X, 24X, 30X), DHEA (8X, 12X, 18X, 24X, 30X), Glandula Suprarenalis Suis (8X, 12X, 18X, 24X, 30X), Hypophysis Suis (8X, 12X, 18X, 24X, 30X), Hypothalamus Suis (8X, 12X, 18X, 24X, 30X), Melatonin (8X, 12X, 18X, 24X, 30X), Testosterone (8X, 12X, 18X, 24X, 30X), Arsenicum Alb (12X), Phos (12X), Proteus (12X), Sepia (12X), Silicea (12X), Alloxanum (18X), Corticotropin Releasing Hormone (12C, 18C, 24C, 30C), Adrenocorticotrophin (15C, 18C, 24C, 30C), Aldosterone (15C, 18C, 24C, 30C)

Suggested Use: 1—10 drops under the tongue, 3 times per day, or as directed by your healthcare professional. Consult a physician for use in children under 12 years of age.

Warnings: Please consult with a qualified healthcare provider before use if under the age of 18, pregnant or breastfeeding, or currently taking medicines.

These statements are based upon traditional homeopathic practices. They have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Activation of the HP Axis is generally meant to be “of limited duration,” rendering its immunosuppressive, antireproductive, antigrowth and catabolic effects helpful on a short-term basis.⁷ However, chronic or excessive activation of the stress system may be associated with emotional or physical disease.⁸ Scientists have theorized that alterations in HPA axis function may contribute to depressed mood (dysphoria).⁹

HP Axis is the ideal homeopathic formula to provide temporary relief of symptoms related to HP Axis imbalance, such as:

- Fatigue
- Anxiety
- Body aches
- Inability to handle stress
- Joint pain
- Dry skin
- Dark circles under the eyes

Traditional Homeopathic Ingredients

Traditional homeopathic ingredients used to temporarily relieve symptoms of adrenal imbalance: *Adrenalinum; Alloxanum; Arsenicum Album; Cortisonum Aceticum; DHEA; Epinephrinum; Hypophysis Suis; Hypothalamus; Iodum; Kali Carbonicum; Natrum Muriaticum; Phosphorous; Proteus Vulgaris; Sepia; Testosteronum*

Traditional homeopathic ingredients used to temporarily relieve symptoms of pituitary imbalance: *Adrenalinum; Adrenocorticotrophic Hormone; Alloxanum; Arsenicum Album; Cortisonum Aceticum; DHEA; Epinephrinum; Hypophysis Suis; Hypothalamus; Iodum; Natrum Muriaticum; Phosphorous; Testosteronum*

Traditional homeopathic ingredients used to temporarily relieve symptoms hypothalamus imbalance: *Adrenalinum; Alloxanum; Arsenicum Album; Corticotrophin Releasing Hormone; Cortisonum Aceticum; DHEA; Epinephrinum; Hypophysis Suis; Hypothalamus; Iodum; Natrum Muriaticum; Testosteronum*

Traditional homeopathic ingredients used to temporarily relieve symptoms fatigue:

Adrenalinum; Alloxanum; Argentum Nitricum; Arsenicum Album; Berberis Vulgaris; Cortisonum Aceticum; DHEA; Epinephrinum; Hypophysis Suis; Hypothalamus; Iodum; Kali Carbonicum; Melatoninum; Natrum Muriaticum; Phosphorous; Proteus Vulgaris; Sepia; Silica; Testosteronum

Traditional homeopathic ingredients used to temporarily relieve symptoms of inability to handle stress: *Arg Nit; Kali Carb; Nat Mur; Arsenicum Alb; Phos; Proteus; Sepia; Silicea*

Traditional homeopathic ingredients used to temporarily relieve symptoms of low back pain: *Arg Nit; Berber Vulg; Iodium; Kali Carb; Nat Mur; Adrenalinum; Cortisonum Aceticum; Arsenicum Alb; Phos; Proteus; Sepia; Silicea; Alloxanum*

¹ Stephens MAC, Want G. Stress and the HPA axis. *Alcohol Res.* 2012;34(4):468-483.

² Buckley TM, Schatzberg AF. On the interactions of the hypothalamic-pituitary-adrenal (HPA) axis and sleep: normal HPA axis activity and circadian rhythm, exemplary sleep disorders. *The Journal of Clinical Endocrinology & Metabolism.* 2005 May 1; 90(5):3106-3114.

³ Stephens MAC, Want G. Stress and the HPA axis. *Alcohol Res.* 2012;34(4):468-483.

⁴ Stephens MAC, Want G. Stress and the HPA axis. *Alcohol Res.* 2012;34(4):468-483.

⁵ Herman JP, Mcklveen JM, Ghosal S, Kopp B, Wulsin A, Makison R et al. Regulation of the hypothalamic-pituitary-adrenocortical stress response. *Compr Physiol.* 2016; 6(2): 603-621.

⁶ Herman JP, Mcklveen JM, Ghosal S, Kopp B, Wulsin A, Makison R et al. Regulation of the hypothalamic-pituitary-adrenocortical stress response. *Compr Physiol.* 2016; 6(2): 603-621.

⁷ Tsigos C, Chrousos GP. Hypothalamic-pituitary-adrenal axis, neuroendocrine factors and stress. *Journal of Psychosomatic Research.* 2002; 53:865-871.

⁸ Tsigos C, Chrousos GP. Hypothalamic-pituitary-adrenal axis, neuroendocrine factors and stress. *Journal of Psychosomatic Research.* 2002; 53:865-871.

⁹ Stephens MAC, Want G. Stress and the HPA axis. *Alcohol Res.* 2012;34(4):468-483.

¹⁰ Springer Link – Encyclopedia of Behavioral Medicine. Heaney J. Hypothalamic-Pituitary-Adrenal Axis. Available at: https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1005-9_460. Accessed on July 26, 2019.

¹¹ van Grinsven E, van Zandvoort R. Complete Dynamics – Professional Homeopathy. Available at: <https://www.completdynamics.com/>. Accessed on multiple occasions July 2019.1