

Adrenaline, Biochemistry & Siddhartha (The Buddha)

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The biochemistry underlying the adrenaline addiction concept may actually include a combination of adrenaline and endorphin; that is, adrenaline in the anticipatory phase up to completion or satiation, when endorphin is released.

We suspect those responses may be followed by a period of anhedonia, followed by a recovery toward normalization, followed in turn by a return of the adrenaline craving.

(anhedonia reference: <http://www.biopsychiatry.com/anhedonia.html>)

The origin of that pattern may be driven by reactions to the surfacing of any hint of awareness of the underlying emptiness.

Many suggest that this type of profound emptiness is (essentially) spiritual in nature. Therefore, successful adrenaline treatment and recovery approaches would be compatible with the concepts of the 12 Step process.

Now about Siddhartha (The Buddha)

I discovered through the Web that some translate suffering described in Siddhartha's Four Noble Truths as "stress".

These translations imply that the turbulence Buddha suggested we avoid was stress itself. I find it interesting that the adrenaline addiction concept may be a modern 12 Step method somewhat parallel to Siddhartha's concepts.

References:

<http://www.amidabuddha.org/buddhism.html>
<http://members.tripod.com/~chippit/sermon.html> (forth paragraph & on)

Copied from the web site previously listed:

The foundation of Buddhism is the Fourfold Noble Truths:

1. The world is full of suffering and stress.
2. The cause of this suffering and stress is desires of physical instincts.
3. If desire can be removed, then suffering and stress will be ended.

Desire can be removed by following the Noble Eightfold Path: Right Views, Right Thoughts, Right Speech, Right Conduct, Right Livelihood, right Effort, Right Mindfulness, Right Concentration.

(I'm not, nor is Adrenaline Addicts Anonymous, recommending Buddhism. I'm just interested in the parallels. Buddha worked on stress reduction through Enlightenment. The adrenaline addiction approach may end up in the same place.)

L.