

# Glossary - What is the Epicurean Definition of "Pleasure?"

Post by "Elli" of January 18, 2020 at 3:53 PM

Quote

[Mike Anyayahan](#)

Perhaps what you mean is a description of pleasure in relation to removal of pain. Actually, I do not see the removal of pain to be a description of pleasure as I expressed in my comments. Pain is pain. Pleasure is pleasure. Both words are straightforward.

I have the impression that Epicurus was right when he said : **The removal of pain is an unsurpassed joy i.e. pleasure.** 😊 if we read medical articles on molecules of bliss and happiness we realize that. So, when you have free time please read again the work that was done by Elayne who is a doctor ! [On Pain, Pleasure, and Happiness \(Version 2\)](#)

## 4. Endorphin: "The Pain-Killing Molecule"

The name endorphin comes from the words "endogenous," which means "from the body," and "morphine," which is an opioid pain reliever. The name Endorphin translates into "self-produced morphine." Endorphins resemble opiates in their chemical structure and have analgesic properties. Endorphins are produced by the pituitary gland and the hypothalamus during strenuous physical exertion, sexual intercourse, and orgasm. Make these pursuits a part of your regular life to keep the endorphins pumping.

Endorphins are linked less to "runner's high" now than endocannabinoids, but are connected to the "feeling no pain" aspect of aerobic exercise and are produced in larger quantities during high intensity "anaerobic" cardio and strength training. Endorphins are chemicals produced by the body to relieve stress and pain. They work similarly to a class of drugs called opioids.

In the 1980s, scientists were studying how and why opioids worked. They found that the body has special receptors that bind to opioids to block pain signals.

The scientists then realized that some chemicals in the body acted similarly to natural opioid medications, binding to these same receptors. These chemicals were endorphins.

In 1999, clinical researchers reported that inserting acupuncture needles into specific body points triggers the production of endorphins. In another study, higher levels of endorphins were found in cerebrospinal fluid after patients underwent acupuncture. Acupuncture is a terrific way

to stimulate the release of endorphins.

You can read more for molecules on happiness and bliss on this link :

<https://www.psychologytoday.com/us/blog/the-at...icals-happiness>

and on this link : <https://www.medicalnewstoday.com/articles/320839.php>