



COMMENTARY

Commentary on Enzymes and its Types

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Description

An enzyme is a type of biomolecule that can be made biologically or through other means. Its principal function is to act as a catalyst, accelerating a chemical reaction while remaining unaffected. Enzymes are protein molecules that fold to generate a certain amino acid sequence. Enzymes are divided into seven groups based on the sort of reaction they catalyse. Oxidoreductases, transferases, hydrolases, lyases, isomerases, ligases, and translocases are the different types of enzymes. The most abundant types of enzymes are oxidoreductases, transferases and hydrolases.

Proteins are one of the four primary macromolecules, with carbohydrates, lipids and nucleic acids rounding out the list. Enzymes are proteins that are formed up of polymers of amino acids in nature. The amino acids are held together by peptide bonds. The DNA in the cell that creates the enzyme protein encodes the kind and sequence of amino acids in the enzyme protein. Enzymes aren't all proteins and proteins aren't all enzymes. Ribozymes are enzymes that aren't found in nature and aren't proteinaceous. Rather of being a protein-based enzyme, a ribozyme is an RNA-based enzyme. The ribosome, which is a compound of protein and catalytic RNA units, is an example of a ribozyme.

A mineral is a naturally occurring inorganic solid with a specified chemical makeup. This may appear to be a mouthful, but it is lot easier to understand if broken down.

Minerals are necessary for your body's wellbeing. Minerals are used by your body for a variety of functions, including keeping your bones, muscles, heart, and brain in good working order. Minerals are also required for enzyme and hormone synthesis.

There are two types of minerals; macro minerals and trace minerals. Larger amounts of macro minerals are required. Among them are calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Trace minerals are only required in small concentrations. Among them are iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. The majority of people get their minerals through a range of foods. A mineral supplement may be recommended by your doctor in specific instances. Some people may require less of one of the minerals if they have certain health problems or are taking certain medications.

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Nutrition is the process of creatures ingesting food into their bodies and utilising the nutrients included in the meal. Macronutrients are the nutrients that people require in big amounts. Nutrients include proteins, carbohydrates, fat, vitamins, minerals, fibre and water. The importance of nutrition in one's overall health and development cannot be overstated. Better nutrition is linked to better new born, child and mother health, as well as stronger immune systems, safer pregnancy and childbirth, a lower risk of non-communicable diseases, and longer life.

Carbohydrates

Carbohydrates include sugar, starch and fibre.

- Sugars are a type of simple carbohydrate. Sugars and processed starch are swiftly broken down and absorbed by the body.
- Fibre is a carbohydrate as well. Some fibre types are broken down and used for energy by the body; others are digested by gut bacteria, while others pass through the body.
- Complex carbs include fibre and unprocessed starch. Complex carbohydrates take some time for the body to break down and absorb.

Proteins

Proteins are made up of amino acids, which are chemical compounds present in nature. Some foods have complete proteins, which means they contain all of the amino acids that the body requires. Other foods have a range of amino acid combinations. Ingestion, digestion, absorption, transport, assimilation and elimination are the nutritional phases. A nourishing material administered to hospitalised patients by an IV or IG tube, such as nutritional solutions. Children who are in good health learn more effectively. People who receive appropriate nourishment are more productive and can help to break the cycle of poverty and hunger over time. Malnutrition, in all of its forms, poses a serious hazard to human health. Today, the globe is grappling with a double burden of malnutrition, under nutrition and obesity, particularly in low and middle-income nations. This information sheet examines the dangers of all forms of malnutrition, beginning at the youngest stages of development, as well as the answers that the health system can provide, both directly and indirectly through its influence on other sectors, particularly the food system.