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Perspective

Carbohydrates and its Primary Energy Source in Biomolecules

Megan Esther*

Department of Biomedical Engineering, University of Texas, Austin, Austin, United States of America

DESCRIPTION

Biomolecules are the intricate and diverse molecules that constitute the foundation of all living organisms. These complex structures play a vital role in carrying out essential biological processes, enabling life to exist in its various forms. Comprising a broad range of molecules such as carbohydrates, lipids, proteins and nucleic acids, biomolecules are in cellular functions, energy production, genetic information storage and structural integrity. Carbohydrates are fundamental biomolecules that serve as a primary source of energy for living organisms. These molecules consist of carbon, hydrogen and oxygen atoms. The simplest carbohydrates, monosaccharides include glucose, fructose and galactose. These molecules are readily absorbed by cells and converted into energy through cellular respiration. Polysaccharides composed of numerous monosaccharide units, in energy storage and structural support. Glycogen, found in animals and starch, found in plants are energy storage polysaccharides, while cellulose also found in plants, provides structural support due to its fibrous nature.

Lipids encompass a diverse group of hydrophobic biomolecules that serve multiple purposes in living organisms. Fats, phospholipids and steroids are all classified as lipids each with unique functions. Triglycerides commonly known as fats are highly efficient energy storage molecules. Comprising glycerol and three fatty acid chains, triglycerides can store more than twice the energy per gram as carbohydrates. Adipose tissue consisting mainly of triglycerides serves as a reservoir for energy in animals. Phospholipids are vital components of cell membranes. These molecules possess a hydrophilic ("water-loving") head and hydrophobic ("water-fearing") tails which self-arrange into a bilayer structure that forms the basis of the cell membrane. This arrangement creates a semipermeable barrier allowing the cell to control the passage of substances in and out.

Steroids, characterized by their unique carbon-ring structure play vital roles in various physiological processes. Cholesterol a type of steroid is a component of cell membranes and serves as a precursor for the synthesis of hormones such as estrogen and testosterone. Proteins are perhaps the most diverse and multifunctional biomolecules. Composed of amino acids linked together by peptide bonds proteins are involved in almost every cellular process. The sequence of amino acids dictates the protein's structure and function. Enzymes a subset of proteins act as biological catalysts accelerating chemical reactions within cells. Hemoglobin a protein found in red blood cells binds and transports oxygen throughout the body. Antibodies part of the immune system defend against foreign invaders. Structural proteins like collagen provide strength and support to tissues, while actin and myosin enable muscle contraction. Nucleic acids, including DNA (deoxyribonucleic acid) and RNA (ribonucleic acid), store and transfer genetic information. DNA carries the instructions necessary for an organism's growth, development and functioning. It consists of two complementary strands wound into a double helix, with the sequence of nucleotide bases (adenine, thymine, cytosine, and guanine) encoding genetic information.

Biomolecules rarely work in isolation instead they interact dynamically within cells and organisms. For example, enzymes, typically proteins, facilitate chemical reactions involving other biomolecules. Enzymes have specific binding sites that recognize substrates the molecules they act upon. This specificity ensures that only the appropriate substrates are converted into products. The interaction between biomolecules extends beyond simple chemical reactions. Cellular signaling pathways involve intricate networks of proteins and other molecules that transmit information and regulate various processes, such as growth metabolism and responses to stimuli.

Correspondence to: Megan Esther, Department of Biomedical Engineering, University of Texas, Austin, Austin, United States of America, E-mail: esther@gmail.com

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