

## The Importance of Human Plasma in Vital Fluids

Geouge Harik\*

Department of Haematology, University of Cambridge, Cambridge, UK

### ABOUT THE STUDY

Human plasma, often referred to as the "liquid component of blood", is a remarkable substance that plays a pivotal role in maintaining the body's overall health and functionality. Constituting around 55% of the total blood volume, plasma is a complex mixture of water, proteins, electrolytes, hormones, gases, and waste products. Its significance extends far beyond mere liquid; it serves as a lifeline for numerous bodily functions and medical treatments.

At its core, plasma carries a diverse array of essential elements crucial for sustaining life. One of its primary roles lies in transporting nutrients, hormones, and proteins to various parts of the body. This transportation system ensures that cells receive the necessary building blocks and energy sources, aiding in tissue repair, growth, and overall sustenance [1,2].

One of the most critical aspects of plasma is its role in maintaining homeostasis. The proteins present in plasma, such as albumin and globulins, help regulate osmotic pressure, ensuring a balanced distribution of fluids between blood vessels and tissues. This equilibrium prevents excessive swelling or dehydration in cells, thereby supporting the body's stability and functionality [3].

Moreover, human plasma plays a fundamental role in the body's immune response. Antibodies, also known as immunoglobulins, are produced in plasma cells and circulated through plasma. These antibodies act as the body's defense system, recognizing and neutralizing harmful pathogens such as bacteria and viruses. The immune proteins in plasma are the body's frontline warriors against infections, contributing significantly to our ability to combat diseases [4].

The therapeutic potential of human plasma cannot be overstated. Plasma-derived therapies have revolutionized modern medicine, offering treatments for various conditions. For instance, individuals with clotting disorders or hemophilia rely on clotting factors extracted from plasma to prevent excessive bleeding. Similarly, patients with immune deficiencies benefit from immunoglobulin therapies sourced from plasma, enhancing their

ability to fight infections [5]. The concept of plasma donation is pivotal in providing these life-saving treatments. Donated plasma goes through a rigorous process of separation, where the plasma is extracted from the blood, purified, and used to create different therapeutic products. These products cater to a wide range of medical needs, demonstrating the invaluable role of human plasma in healthcare [6].

Beyond its therapeutic applications, plasma also contributes significantly to scientific research. Scientists analyze plasma components to gain insights into various diseases, study protein structures, and develop new diagnostic tools and treatment methods [7].

Understanding the intricate details of plasma composition aids in advancing medical knowledge and enhancing healthcare practices.

The importance of human plasma became even more pronounced during the COVID-19 pandemic. Convalescent plasma, collected from individuals who have recovered from the virus, was investigated as a potential treatment for severe cases [8]. This plasma contained antibodies that could potentially help patients fight the virus. While research outcomes varied, the exploration of plasma's role in combating infectious diseases highlighted its potential as a valuable medical resource.

However, despite its critical role, the availability of human plasma for therapeutic purposes faces challenges. Meeting the growing demand for plasma-derived therapies while ensuring donor safety and ethical practices remains a concern. Encouraging voluntary plasma donation and maintaining a robust infrastructure for collection, processing, and distribution are essential for addressing these challenges [9, 10].

Human plasma stands as a fundamental component of life and health. Its multifaceted roles in nutrient transportation, immune response, therapeutic interventions, and scientific research underscore its immense significance. Understanding and harnessing the potential of human plasma not only saves lives but also propels medical advancements, making it a vital fluid deserving of continued exploration and appreciation.

**Correspondence to:** Geouge Harik, Department of Haematology, University of Cambridge, Cambridge, UK, E-mail: rikrge002@gmail.com

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