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Endocrinology & Metabolic Syndrome

Editorial

A Brief Note on Exosomes

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DESCRIPTION

Exosomes are nanometer-sized vesicles that contain biomolecules ranging in size from 40 to 150 nanometers and are released by practically every cell type in the body. Exosomes were once assumed to be a kind of cell waste disposal mechanism, but they are now known to be significantly more vital.

Exosomes have been demonstrated to be important mediators of cell-to-cell communication, providing a unique payload of lipids, proteins, and nucleic acids that are specific to the cell from which they were released. Exosomes, which are released by regenerative cells like stem cells, are powerful drivers of healing and restoration. Exosomes released by damaged cells, on the other hand, could be utilised to identify and diagnose diseases like cancer at their earliest and most treatable stages. Exosomes are a form of Extracellular Vesicle (EV), which are nanometer-scale biomolecule-filled, lipid-wrapped vesicles secreted by most cells.

Lipids, genetic information in the form of several forms of Ribonucleic Acid (RNA), and proteins such as enzymes, growth factors, receptors, and cytokines are all found in exosomes. This payload is housed within a phospholipid bilayer membrane, which is the same material used to make cell membranes. Exosomes are prevalent in all physiological fluids and serve a critical function in transporting signals and chemicals from one cell to another in a targeted manner. The receiver cell could be close to the transmitter or far away in the body.

Although some EVs bud directly off the cell surface, exosomes formation has traditionally been assumed to originate deep within the cell. Exosomes are formed as a result of endocytosis, a process in which sections of the cell's membrane bud out from the interior side of the membrane. These sections unite inside the cell to form endosomes, which are compartments. Inside the endosome, the internal membrane budding process continues until the endosome is packed of small vesicles that will become exosomes. At this stage of development, the vesicles are known as Intraluminal Vesicles (ILVs). The whole vesicle-filled structure is referred to as a Multivesicular Body (MVB).

Exosomes can travel all around the body. After release, a tiny percentage of exosomes degrade quickly, releasing growth factors and other chemicals that can activate receptors on adjacent cells. Exosomes, on the other hand, tend to last longer. They can pass even the most strictly regulated borders, such as the blood-brain barrier, and are found in every physiological fluid. When an exosomes is taken up by a recipient cell, it marks the conclusion of their voyage. Certain exosomes are exclusively taken up by a single target cell type; therefore this process can be very selective.

Exosomes and their target cells can communicate in a variety of ways. In some situations, the exosomes triggers a reaction only by interacting with a receptor on the cell's outer surface. Alternatively, the exosomes can merge with the cell membrane directly, releasing its contents into the cell. A third option is that exosomes enter the cell through a process that is similar to how they were created, but in reverse.

Exosomes can be partially absorbed by the cell membrane before rolling over the cell surface and being internalized *via* endocytosis. The exosomes can merge with the endosome membrane once inside the cell, releasing its payload into the cytoplasm.

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Received: December 01, 2021; **Accepted**: December 15, 2021; **Published**: December 22, 2021

Citation: Kant R (2021) A Brief Note on Exosomes. Endocrinol Metab Syndr. 10:e016.