

## Types of Enzymes and their Function in Human Body

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### DESCRIPTION

Biomolecule is an enzyme, which can be produced either biologically or in other ways. Its primary function is to act as a catalyst, speeding up a chemical reaction while oblivious to it. Protein molecules that fold into enzymes produce specific amino acid sequences. Based on the type of process that each group of enzymes catalyses, there are seven groups of enzymes. The various types of enzymes include oxidoreductases, transferases, hydrolases, lyases, isomerases, ligases, and translocases. Oxidoreductases, transferases, and hydrolases are the three types of enzymes that are most prevalent.

One of the four main macromolecules is a protein. Lipids, carbohydrates, and nucleic acids are the other three. Proteins called enzymes are made in nature from polymers of amino acids. Peptide bonds keep the amino acids together. The kind and arrangement of the amino acids in the enzyme molecules are encoded by the DNA in the cell that produces it. Enzymes are not all proteins, and proteins are not all enzymes. Enzymes known as ribozymes aren't proteinaceous and aren't present in nature. A ribozyme is an RNA-based enzyme as opposed to a protein-based enzyme. One type of ribozyme is the ribosome, which is made up of catalytic RNA and proteins.

A naturally occurring inorganic solid having a certain chemical composition is referred to as a mineral. Although it might seem like a mouthful, breaking it down makes it much simpler to comprehend. For the health of human body, minerals are required. Human body uses minerals for a number of purposes, including maintaining healthy bones, muscles, hearts, and brains. Additionally, the creation of hormones and enzymes depends on minerals.

Macro and trace minerals are the two different categories of minerals. Macro minerals are needed in greater quantities. Calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulphur are a few of them. Small amounts of trace minerals are all that are necessary. Iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium are a few of them. Most people obtain their minerals from a variety of meals. A doctor might advise a mineral supplement under particular circumstances. If

a person has specific health issues or is on particular drugs, they could need less of one of the minerals.

Humans consume food into their body and use the nutrients in the meal as part of the nutrition process. People need a lot of the nutrients known as macronutrients. Proteins, carbs, fats, vitamins, minerals, fibre, and water are all examples of nutrients. It is impossible to exaggerate the impact of nutrition on a person's overall health and development. Stronger immune systems, safer pregnancies and deliveries, a decreased risk of non-communicable illnesses, and a longer life span are all associated with improved nutrition. It is also linked to better newborn, child, and mother health.

### Carbohydrates

Carbohydrates include sugar, starch and fibre.

- A simple carbohydrate is something like sugars. The body digests and assimilates sugars and processed starch quickly. Sugars are a type of simple carbohydrate. The body absorbs and quickly breaks down sugars and processed carbohydrates.
- Fibre is a kind of carbohydrate. While some fibre types are digested by intestinal bacteria and utilised by the body as energy, others simply pass through the body.
- Fibre and raw starch are examples of complex carbohydrates. The body needs some time to digest and absorb complex carbs.

### Proteins

Amino acids, which are chemical substances found in nature, are the building blocks of proteins. Complete proteins that have all the amino acids the body needs, while other foods have a variety of amino acid combinations. The nutritional phases are ingestion, digestion, absorption, transport, assimilation, and elimination. A nutritious substance, like nutritional solutions, that is given to hospital patients by an IV or IG tube. Children who are healthy are better learners. People who are well nourished are more productive and can eventually assist in ending the cycle of hunger and poverty. Malnutrition is a severe threat to human health in all of its manifestations.

Malnutrition, particularly under nutrition and obesity, are major global problems right now, especially in low- and middle-income

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countries. This fact sheet analyses the risks of all forms of malnutrition, starting with the earliest developmental phases, as well as the solutions that the health system may give, both

directly and through its effect on other sectors, particularly the food system.