Contents

Part 1: Biochemistry

1. Biochemical Perspective to Medicine **3**

Scope of Biochemistry 3
Structure, Composition and Functions of a Cell 5
Prokaryotes and Eukaryotes 9
Microscopy 9
Autoradiography 10
Fluid Mosaic Model of Cell Membrane 11
Transport Mechanisms Across the Cell Membrane 12

2. Chemistry of Carbohydrates **16**

Biological Importance 16
Characteristics of Carbohydrates 18
Reactions of Carbohydrates 22
Classification 25

3. Chemistry of Lipids **36**

Occurrence 36
Biological Significance of Fats 36
Classification of Lipids 37
Chemical Composition of Fats 38
Essential Fatty Acids (Polyunsaturated Fatty Acids) 38
Properties of Fats 39
Characteristics of Fats 41
Structural Lipids or Membrane Lipids 42
Functions of Cholesterol 46
Lipoproteins 47
Estimation of Plasma Lipids 49

4. Amino Acids **52**

Utilization or Metabolism of Proteins 52
Absorption of Proteins (Amino Acids) 54
Classification and Structure of Amino Acids 54
Functions of Amino Acids 55
Occurrence of Amino Acids 55
Properties of Amino Acids 55

5. Chemistry of Proteins **64**

Biological Importance 64
Composition of Proteins 64
Biomedical Importance of Proteins 65
Structure of Proteins 66
Denaturation of Proteins 68
Classification of Proteins 68
Properties of Proteins 70
Color Reactions (Tests) of Proteins 73

6. Vitamins **77**

Definition 77
Classification 77
Vitamins Not Acting as Coenzymes or Fat-soluble Vitamins 78
Water-soluble Vitamins 84

7. Nucleic Acids and Nucleotides **99**

Nucleic Acids 99
Nucleosides (Nitrogen base + Sugar) 101
Nucleotides (Nitrogen base + Sugar + Phosphate) 101
Nucleotides of Biological Importance 104

8. Enzymology **112**

General Properties of Enzymes 112
Classification of Enzymes 113
Enzyme Specificity 114
Mechanism of Enzyme Action 115
Coenzymes 120
Diagnostic Value of Plasma Enzymes 121

9. Digestion and Absorption **127**

Digestive Fluids 127
Digestion of Carbohydrates 130
Digestion of Fats 131

Digestion of Proteins 131
Absorption of Carbohydrates 132
Absorption of Lipids 134
Absorption of Proteins 135
Absorption of Vitamins 135
Bile Pigments: Biliverdin and Bilirubin 136

10. Basic Concepts of Metabolism **140**

Definition of Metabolism 140
Source of Energy 140
Biological Oxidation 141
Biomedical Importance of Metabolism 145

11. Metabolism of Carbohydrates **149**

Fate of Glucose after Absorption 149
Intermediary Metabolism of Carbohydrates 149
Glycolysis 151
Tricarboxylic Acid Cycle (Krebs Cycle/ Citric Acid Cycle) 153
Eight Steps in Citric Acid Cycle 156
Energetics 157
Blood Sugar Level and its Clinical Significance 159
Regulation (Homeostasis) of Blood Glucose Level 163
Role of Hormones in the Homeostasis of Blood Sugar Level 165

12. Metabolism of Lipids **173**

Plasma Lipids 173
Digestion and Absorption of Lipids 174
Lipid Metabolism 175
Energetics 176

13. Metabolism of Proteins **188**

Digestion of Proteins by Enzymes 188
General Pathway of Protein Metabolism 189
Urea Synthesis 192
Metabolism of Glutamic Acid 195

14. Immunochemistry **202**

Immunity 202
Immune Response 202
Antibody-mediated Immune (Humoral) Response 203
Cell-mediated Immune Response 203

Mechanisms of Antibody Production 203
Major Histocompatibility Complex 204
Free Radicals 205
Antioxidants 206
Structural and Contractile Proteins 207

15. Hormones: Outline Chemistry and Functions **210**
Classification of Hormones 211
Factors Regulating Hormone Action 212
Steroid Hormones 213
Sex Hormones 213
Peptide Hormones 215
Amine Hormones 216
Adrenal Medulla 220
Pancreatic Islet Cells 221
Adrenal Cortex 221
Gastrointestinal Hormones 221
Hypothalamic and Pituitary Hormones 222

16. Blood Chemistry **226**
Constituents of Blood 226
Functions of Blood 228
Plasma Proteins 229
Separation of Plasma Proteins 231
Regulation (Homeostasis) of pH of Blood 232

17. Urinalysis **240**
Collection of Urine 240
Composition of Urine 241
Procedure 242
Constituents of Normal Urine 242
Analysis of Normal Urine 246
Analysis of Pathological Urine 247

18. Renal Function Tests **252**
Functions of a Kidney 252
Renal Function Tests 252

19. Abnormalities of Bilirubin Metabolism: Jaundice **258**
Jaundice 258

20. Liver Function Tests **263**
Liver Function Tests 263

Part 2: Nutrition

21. Food, Nutrition and Health **269**

History 269
Concepts 269
Nutrients 270
Nutrition and Health 271
Nutritional Problems in India 272
India's High Child Mortality Rate—National Shame 273
Factors Influencing Food Habits and Selection of Foodstuffs 276
Exchange Lists 277
Income 278
Functions of Food 278
Classification of Food 281
Food Guide Pyramid: A Guide to Daily Food Choice 282
Respiratory Quotient 284
Factors Affecting Energy Expenditure 284
Basal Metabolic Rate 285
Thermogenic Effect [Specific Dynamic Action (SDA)] of Food 287
Physical Activity 287
Body Mass Index/Quetelet's Index 289

22. Carbohydrates: Sugar, Starch and Fiber **290**

Carbohydrates 290

23. Nutritional Aspects of Fats **294**

Fats 294
Functions of Lipids 295
Essential Fatty Acids 297
Fats and Heart Ailment 297

24. Proteins **299**

Protein Quality 299
Recommended Dietary Allowance 301
Dietary Sources of Proteins 302
Functions of Proteins 303
Protein Deficiency 304
Protein-Calorie Malnutrition in Children 305
Effect of Excess 306
Nutrition 306

25. Mineral Metabolism **307**

Macrominerals *307*
Calcium *307*
Phosphorus *310*
Sodium *311*
Potassium *313*
Chloride *314*
Sulfur *315*
Magnesium *316*
Microminerals *316*
Copper *316*
Zinc *317*
Selenium *318*
Iodine *318*
Iron *319*
Manganese *322*
Chromium *322*
Cobalt *323*
Fluorine *323*
Molybdenum *324*

26. Water Metabolism **328**

Water *328*
Electrolytes *329*
Disorders of Water and Electrolyte Balances *330*

27. Cookery Rules and Preservation of Nutrients **332**

Purpose of Cooking *332*
Aims and Objectives of Cooking Food *332*
Methods of Cooking *333*
Cooking Media *334*
Changes in Cooking *337*

28. Food Preservation: Principles and Methods **338**

Food Preservation *338*

29. Foodborne Diseases **342**

Types of Foodborne Diseases *342*

30. Food Laws and Food Standards **345**

Prevention of Food Adulteration Act, 1954 *345*
Fruit Products Order *346*
Meat Products Order *346*

Enforcement 346
Misbranding 347

31. Hospital Diets **351**
Types of Hospital Diets 351
Preparation of Simple Beverages and Different Types of Food 352
Light Diets 355

32. Budgeting for Balanced Diet **357**
Plans for Food Budget 357
Selection, Storage and Preparation of Food 357
Food Groups and Guidelines for Food Selection 358
Functional Classification of Foods 362
Planning of a Balanced Diet 362

33. Assessment of Nutritional Status **365**
Nutritional Assessment 365
National and International Agencies Working Towards Food/Nutrition 368

34. Role of a Nurse in Nutritional Programs **372**
Community Nutrition Programs in India 372
Objectives of Nutrition Education 374
Means for Nutrition Education 374
Methods for Nutrition Education of the Community 374
Role of Nurses in Nutritional Assessment and Nutrition Education 375

35. Nutrition in Pregnancy **377**
Energy 377
Proteins 377
Vitamins 378
Minerals 378
Iron 378
Fats 379
Nutritional Requirements during Lactation 379

36. Nutrition in Infancy **382**
Energy 382
Proteins 382
Minerals 382

Vitamins 383
Fat 383
Carbohydrates 383
Fluid 383
Breastfeeding 384
Weaning 385
Artificial Feeding 387
Preterm Babies 387
Supplementary Foods for Infants and Toddlers 388

37. Menu for Preschool, School-age Children and Adolescents **391**

Diet for a Preschool Child 391
Diet for School Children 391
Adolescent 392

38. Geriatric Nutrition **398**

Physiological Changes in Aging 398
Nutritional Requirements 399

39. Naturopathic Medicine **407**

Concepts and Principles 407
Development and its Status 408
Methods of Nature Cure 410

40. Diet Therapy **413**

Principles of Diet Therapy 413
Factors to Consider in Planning Therapeutic Diets 413
Modification of Nutrients in Therapeutic Diets 414
Types of Diet Used in Hospitals 414
Special Feeding Methods (Management of Special Diets) 415
Pre- and Postoperative Diet 417
Fever 419
Typhoid 420
Influenza 421
Tuberculosis 421
Diet in Relation to Conditions of Gastrointestinal Tract 423
Diet in Relation to Disease of the Liver and Gallbladder 427
Therapeutic Diet in Conditions of Endocrine Glands and Metabolic Disorders 431

Various Metabolic Disorders 436
Joint Diseases 437
Dietary Counseling 437
Therapeutic Diet in Conditions of the Urinary System 438
Diet Therapy in Conditions of the Circulatory System 442

Appendices **445**

Appendix I: Normal Values of Important Tests 447
Appendix II: University Examination Question Papers 448

Index 485