

## Enzymes for Better Health

### Mohammed Kuddus\*

*Professor, Department of Biochemistry, College of Medicine, University of Hail, Hail, Kingdom of Saudi Arabia*

**\*Corresponding Author:** Mohammed Kuddus, Professor, Department of Biochemistry, College of Medicine, University of Hail, Hail, Kingdom of Saudi Arabia.

**Received:** February 21, 2019; **Published:** April 01, 2019

Enzymes are biocatalyst that involve in almost all biological process required for life. These enzymes are essential for all biochemical reactions to be happened in the living human body. No minerals, vitamins or hormones can perform any biological mechanisms without enzymes. Each cell and tissue of our body are driven by specific metabolic enzymes. Throughout the life, these enzymes work for building of our body from various biological molecules including proteins, carbohydrates and fats.

Enzymes are critical for life and play key role for good health and vitality. It is responsible for building, detoxifying and healing of the body. Enzymes play major role in digesting and harvesting nutrients from the food that we eat, along with elimination of waste products. Moreover, we required enzymes not for only immune and defence systems, but also for all metabolic and biological processes that keeps us healthy and energetic. The important digestive enzymes include protease, amylase, lipase, cellulase, maltase and lactase for the digestion of proteins, carbohydrates, fats, fiber, complex sugars and milk sugar; respectively. In the deficiency of one or more of these basic enzymes, our body cells are lacking to get necessary nutrients and become inadequate to achieve their optimum activity. To assist with digestion and the digestive process, enzymes derived from plants are an excellent option along with dietary enzymes derived from animals also. Enzyme deficiency may result in common digestive tract discomforts, lagging energy, fatigue and poor health.

Scientists have discovered use of enzymes from nutrient uptake to treating cancer (eg. phosphodiesterases). It is involve in energy production, detoxification, fighting infections, healing wounds, reducing inflammation, dissolving blood clots, regulating cholesterol and triglyceride levels, regulating hormone and nerve impulse. In European countries, some enzymes are used orally for the treatment of various problems including sports injuries, heart disease

and cancer as recommended from research published in native journals. Apart from various reported health benefits, more research is needed to recommend enzymes as a treatment for different pathological conditions.

### Volume 3 Issue 5 May 2019

© All rights are reserved by Mohammed Kuddus.