

8. Vitamin E	Vegetable oils like wheat germ oil, sunflower oil, etc.	Increased fragility of RBCs and muscular weakness
9. Vitamin K	Green leafy vegetables	Increased blood clotting time

14.5 Nucleic Acids

Every generation of each and every species resembles its ancestors in many ways. How are these characteristics transmitted from one generation to the next? It has been observed that nucleus of a living cell is responsible for this transmission of inherent characters, also called **heredity**. The particles in nucleus of the cell, responsible for heredity, are called chromosomes which are made up of proteins and another type of biomolecules called **nucleic acids**. These are mainly of two types, the **deoxyribonucleic acid (DNA)** and **ribonucleic acid (RNA)**. Since nucleic acids are long chain polymers of **nucleotides**, so they are also called polynucleotides.

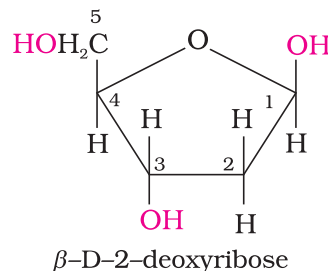
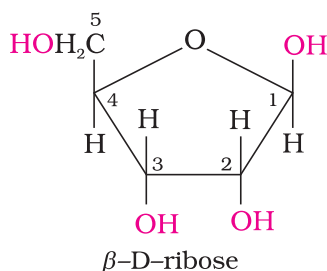


James Dewey Watson

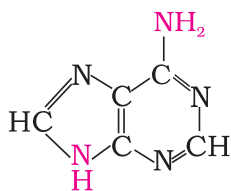
Born in Chicago, Illinois, in 1928, Dr Watson received his Ph.D. (1950) from Indiana University in Zoology. He is best known for his discovery of the structure of DNA for which he shared with Francis Crick and Maurice Wilkins the 1962 Nobel prize in Physiology and Medicine. They proposed that DNA molecule takes the shape of a double helix, an elegantly simple structure that resembles a gently twisted ladder. The rails of the ladder are made of alternating units of phosphate and the sugar deoxyribose; the rungs are each composed of a pair of purine/ pyrimidine bases. This research laid the foundation for the emerging field of **molecular biology**. The complementary pairing of nucleotide bases explains how identical copies of parental DNA pass on to two daughter cells. This research launched a revolution in biology that led to modern recombinant DNA techniques.

14.5.1 Chemical Composition of Nucleic Acids

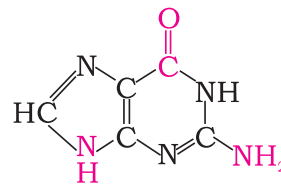
Complete hydrolysis of DNA (or RNA) yields a pentose sugar, phosphoric acid and nitrogen containing heterocyclic compounds (called bases). In DNA molecules, the sugar moiety is β -D-2-deoxyribose whereas in RNA molecule, it is β -D-ribose.



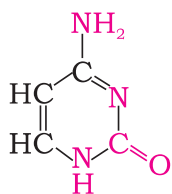
DNA contains four bases viz. adenine (A), guanine (G), cytosine (C) and thymine (T). RNA also contains four bases, the first three bases are same as in DNA but the fourth one is uracil (U).



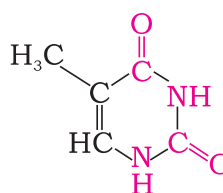
Adenine (A)



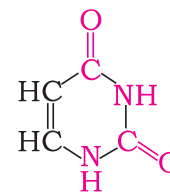
Guanine (G)



Cytosine (C)



Thymine (T)



Uracil (U)

14.5.2 Structure of Nucleic Acids

A unit formed by the attachment of a base to 1' position of sugar is known as **nucleoside**. In nucleosides, the sugar carbons are numbered as 1', 2', 3', etc. in order to distinguish these from the bases (Fig. 14.5a). When nucleoside is linked to phosphoric acid at 5'-position of sugar moiety, we get a nucleotide (Fig. 14.5).

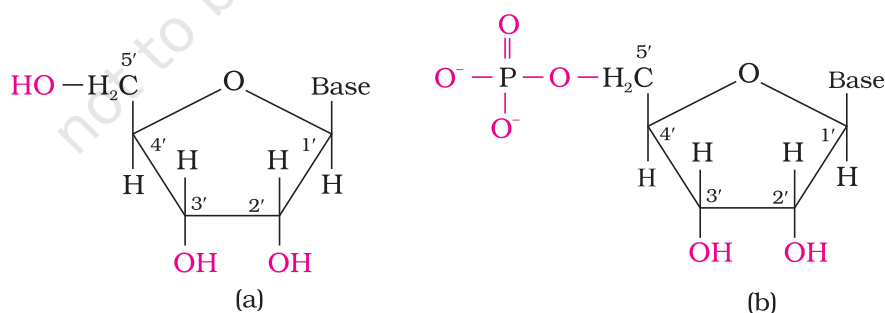


Fig. 14.5: Structure of (a) a nucleoside and (b) a nucleotide

Nucleotides are joined together by phosphodiester linkage between 5' and 3' carbon atoms of the pentose sugar. The formation of a typical dinucleotide is shown in Fig. 14.6.

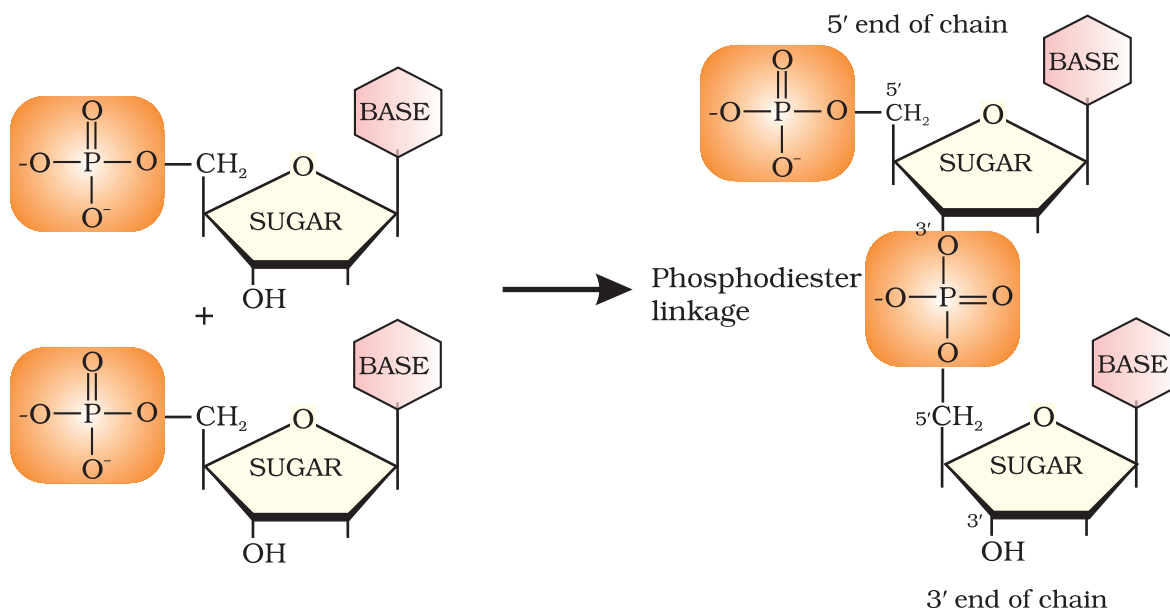


Fig. 14.6: Formation of a dinucleotide

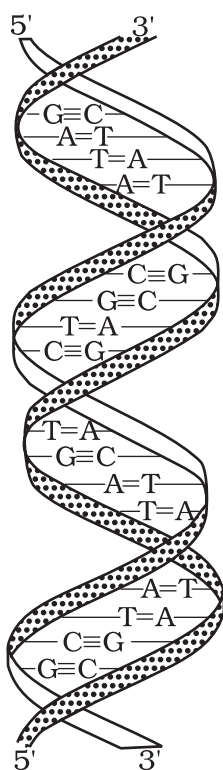
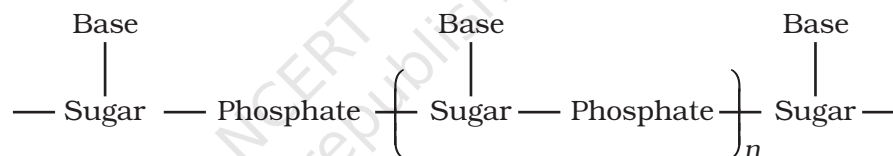


Fig. 14.7: Double strand helix structure for DNA

A simplified version of nucleic acid chain is as shown below.



Information regarding the sequence of nucleotides in the chain of a nucleic acid is called its primary structure. Nucleic acids have a secondary structure also. James Watson and Francis Crick gave a double strand helix structure for DNA (Fig. 14.7). Two nucleic acid chains are wound about each other and held together by hydrogen bonds between pairs of bases. The two strands are complementary to each other because the hydrogen bonds are formed between specific pairs of bases. Adenine forms hydrogen bonds with thymine whereas cytosine forms hydrogen bonds with guanine.

In secondary structure of RNA single stranded helix is present which sometimes foldsback on itself. RNA molecules are of three types and they perform different functions. They are named as **messenger RNA (m-RNA)**, **ribosomal RNA (r-RNA)** and **transfer RNA (t-RNA)**.



Har Gobind Khorana

Har Gobind Khorana, was born in 1922. He obtained his M.Sc. degree from Punjab University in Lahore. He worked with Professor Vladimir Prelog, who moulded Khorana's thought and philosophy towards science, work and effort. After a brief stay in India in 1949, Khorana went back to England and worked with Professor G.W. Kenner and Professor A.R.Todd. It was at Cambridge, U.K. that he got interested in both proteins and nucleic acids. Dr Khorana shared the Nobel Prize for Medicine and Physiology in 1968 with Marshall Nirenberg and Robert Holley for cracking the genetic code.

DNA Fingerprinting

It is known that every individual has unique fingerprints. These occur at the tips of the fingers and have been used for identification for a long time but these can be altered by surgery. A sequence of bases on DNA is also unique for a person and information regarding this is called DNA fingerprinting. It is same for every cell and cannot be altered by any known treatment. DNA fingerprinting is now used

- (i) in forensic laboratories for identification of criminals.
- (ii) to determine paternity of an individual.
- (iii) to identify the dead bodies in any accident by comparing the DNA's of parents or children.
- (iv) to identify racial groups to rewrite biological evolution.

14.5.3 Biological Functions of Nucleic Acids

DNA is the chemical basis of heredity and may be regarded as the reserve of genetic information. DNA is exclusively responsible for maintaining the identity of different species of organisms over millions of years. A DNA molecule is capable of self duplication during cell division and identical DNA strands are transferred to daughter cells. Another important function of nucleic acids is the protein synthesis in the cell. Actually, the proteins are synthesised by various RNA molecules in the cell but the message for the synthesis of a particular protein is present in DNA.

14.6 Hormones

Hormones are molecules that act as intercellular messengers. These are produced by endocrine glands in the body and are poured directly in the blood stream which transports them to the site of action.

In terms of chemical nature, some of these are steroids, e.g., estrogens and androgens; some are poly peptides for example insulin and endorphins and some others are amino acid derivatives such as epinephrine and norepinephrine.

Hormones have several functions in the body. They help to maintain the balance of biological activities in the body. The role of insulin in keeping the blood glucose level within the narrow limit is an example of this function. Insulin is released in response to the rapid rise in blood glucose level. On the other hand hormone glucagon tends to increase the glucose level in the blood. The two hormones together regulate the glucose level in the blood. Epinephrine and norepinephrine mediate responses to external stimuli. Growth hormones and sex hormones play role in growth and development. Thyroxine produced in the thyroid gland is an iodinated derivative of amino acid tyrosine. Abnormally low level of thyroxine leads