

Future Directions in Biology Lessons from Nature

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" Experiments are the Only Means of Knowledge at Our Disposal
The Rest is Poetry and Imagination" - Max Planck

New Adage in Science : You must be a Jack of All Trades and Master of One

1. Health Care

2. Agriculture & Sustainability

3. Materials

4. Computation

5. Home Garden

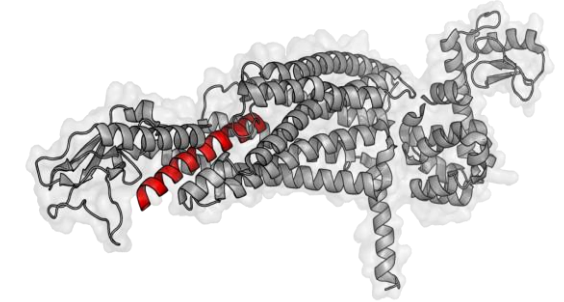
Health Care



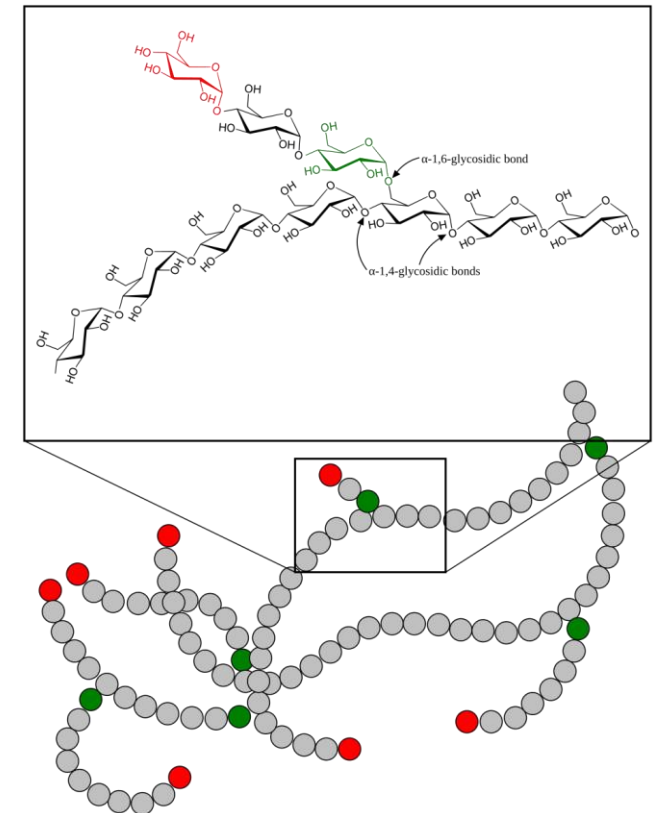
Some Definitions

- Glucagon is a 29-[amino acid polypeptide](#). Its [primary structure](#) in humans is: [NH₂-His-Ser-Gln-Gly-Thr-Phe-Thr-Ser-Asp-Tyr-Ser-Lys-Tyr-Leu-Asp-Ser-Arg-Arg-Ala-Gln-Asp-Phe-Val-Gln-Trp-Leu-Met-Asn-Thr-COOH](#) (HSQGTFTSDYSKYLDsRRaQDFVQWLMNT).
- Binds to the Receptor & Releases Glycogen , which is then converted to Glucose.
- GLP : Glucagon Like Peptide.
- GIP : **Gastric inhibitory polypeptide (GIP)**, also known as **glucose-dependent insulinotropic polypeptide** is to stimulate [insulin](#) secretion
- Agonist : An **agonist** is a chemical that activates a [receptor](#) to produce a biological response.

Essays Biochem, 2020 Sep 25;64(4):649–680. doi: 10.1042/EBC20190042



Glucagon Binding to its Receptor



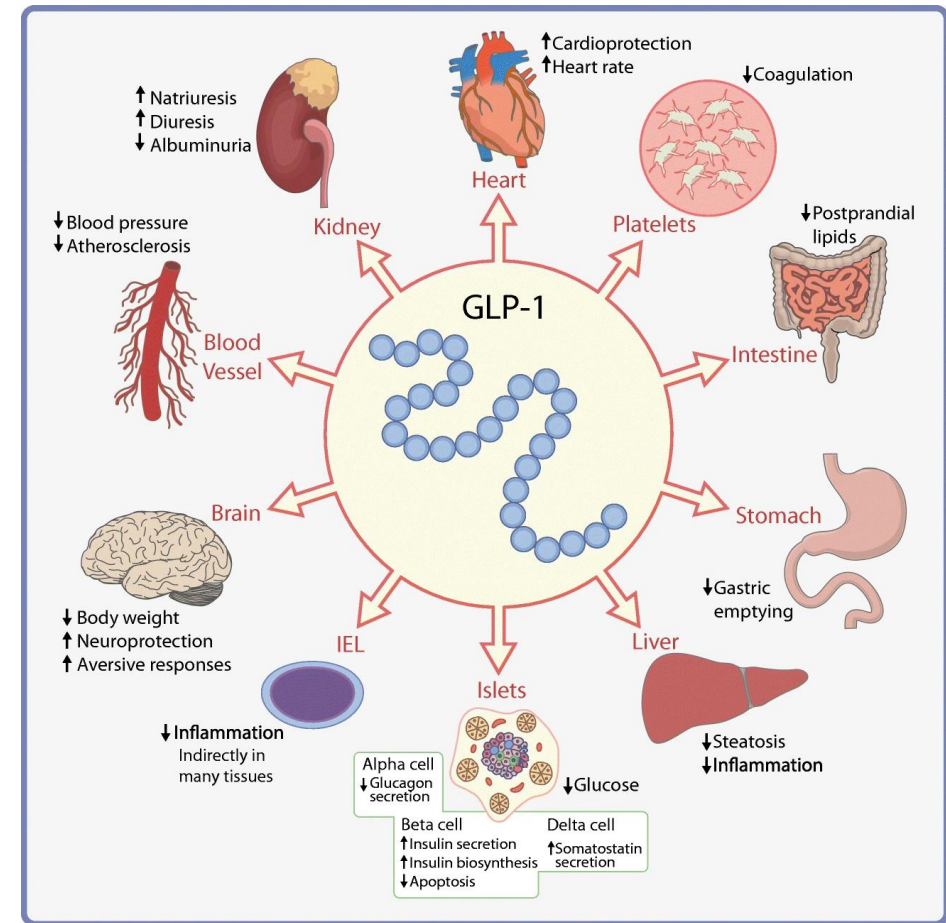
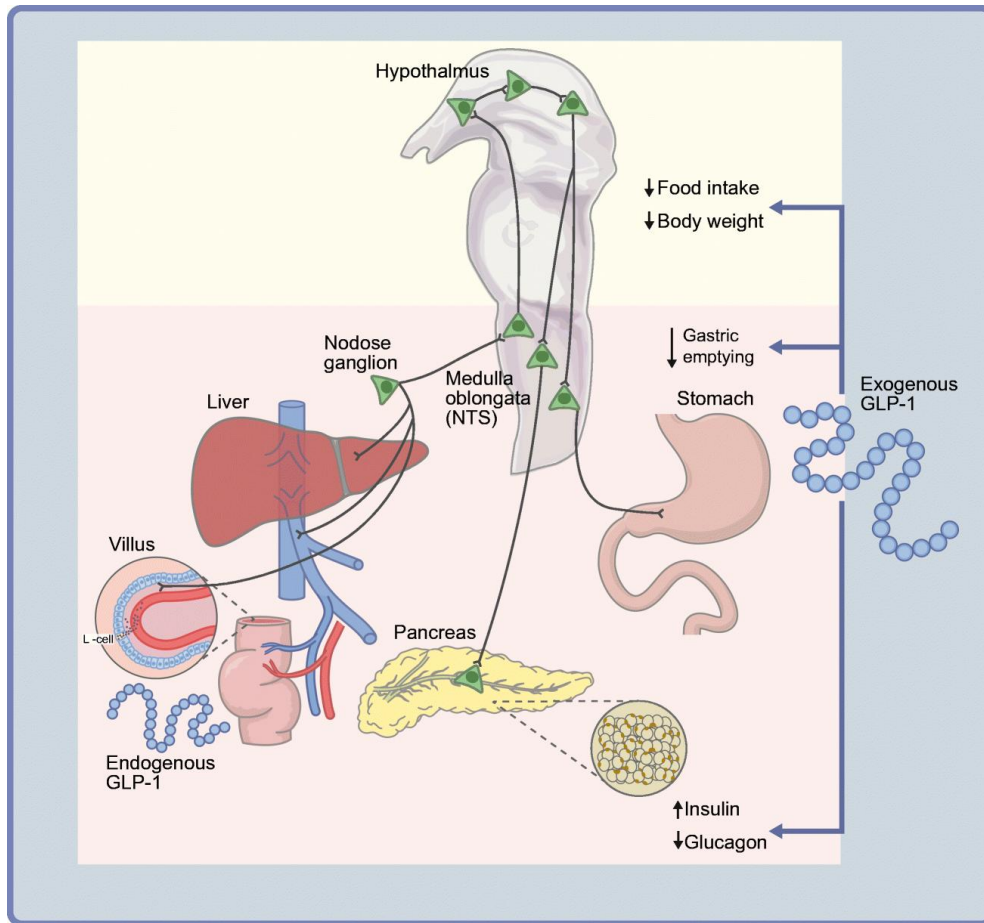
Structure of Glycogen

Mechanism of Action of Glucagon Like Peptide -1 (GLP-1)

- Glucagon-like peptide-1 (GLP-1) released from gut enteroendocrine cells controls meal-related glycemic concentrations through augmentation of insulin and inhibition of glucagon secretion. GLP-1 also inhibits gastric emptying and food intake, actions maximizing nutrient absorption while limiting weight gain
- GLP-1-based therapies for the treatment of diabetes and obesity has stimulated development of orally bioavailable agonists, allosteric modulators, and unimolecular multi-agonists, all targeting the GLP-1R.
- Challenges for development and optimization of GLP-1R agonists in the treatment of metabolic disease.
- Ref: Cell Metabolism , [Volume 27, Issue 4](#) p740-756 April 03, 2018 Open Archive

Mechanisms of Action and Therapeutic Application of Glucagon-like Peptide-1

[Daniel J. Drucker](#)

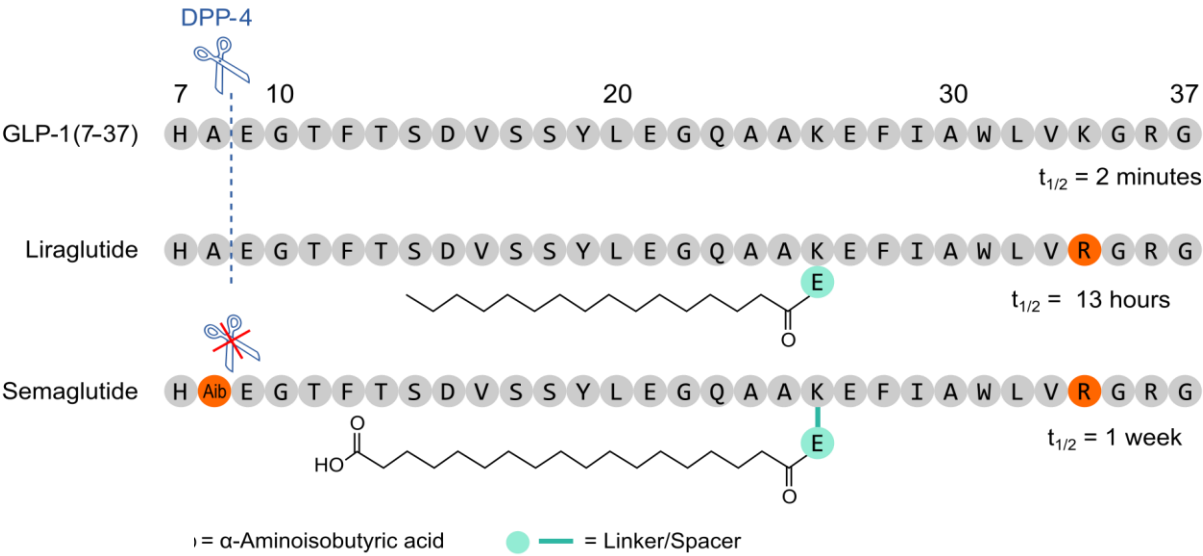
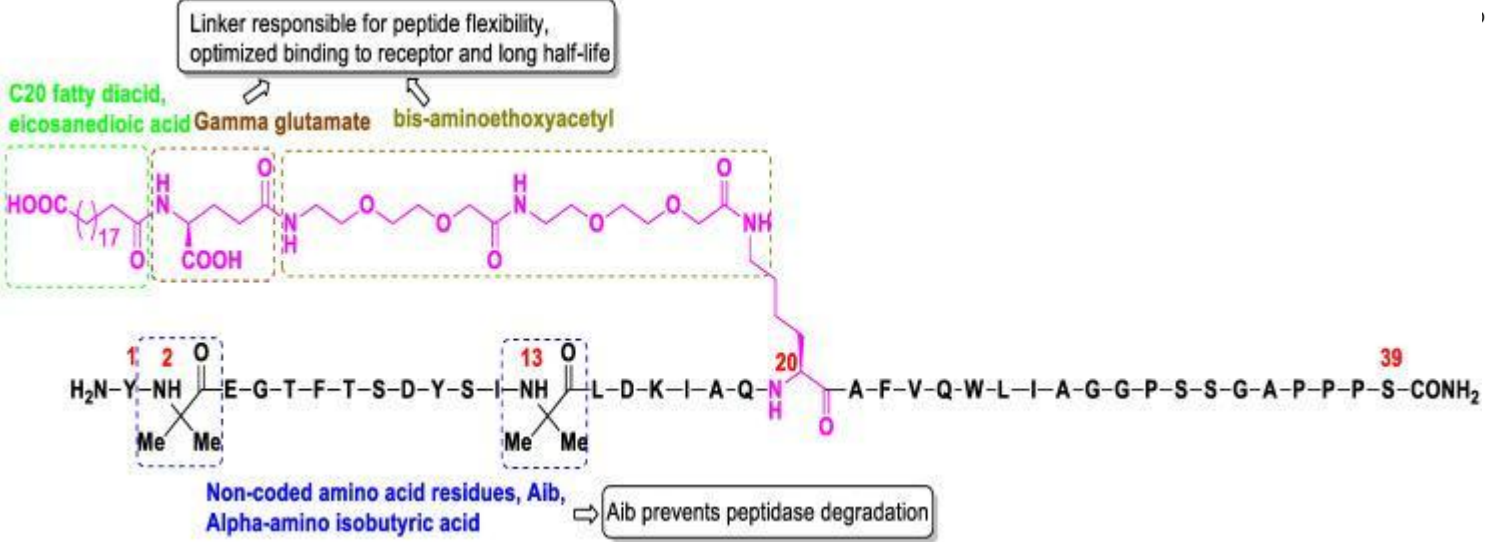
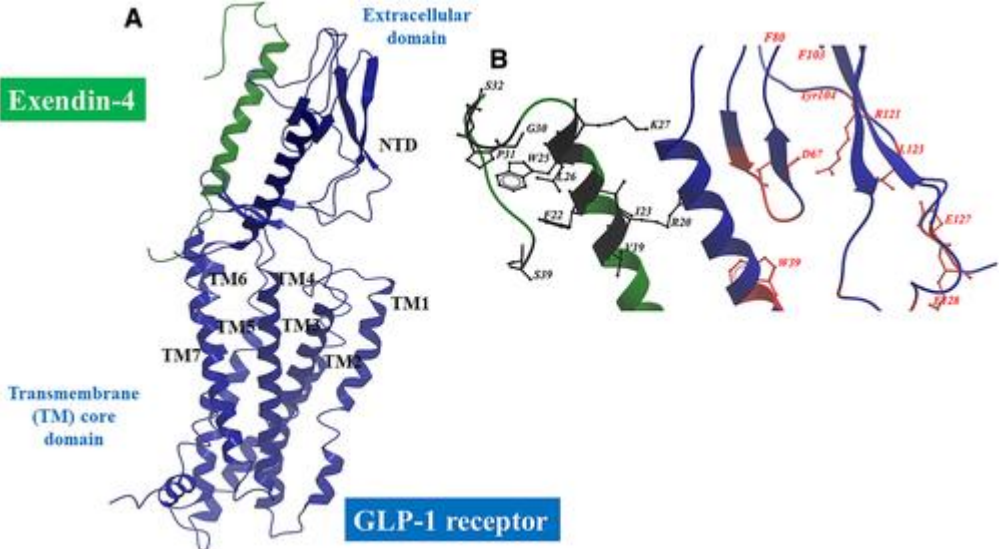


The expanding incretin universe: from basic biology to clinical translation, Drucker et.al., Diabetologia, 66, 1765–1779, 2023.

GLP – The Story of Ozempic

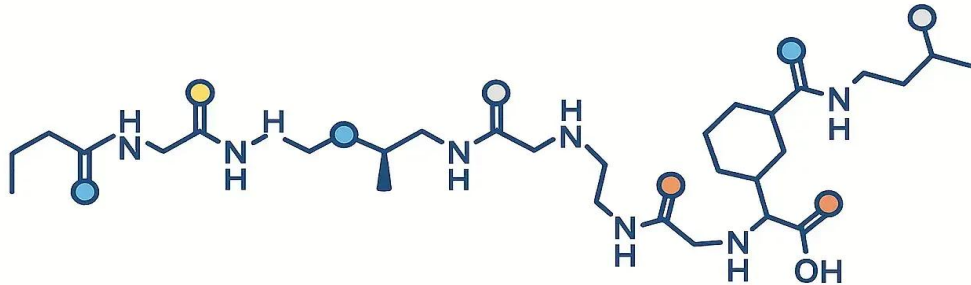


John Raufman , who as a young student , studied venomous creatures, especially Gila Monster



Targets – a Single Hormone Receptor that Regulates Hunger

RETATRUTIDE



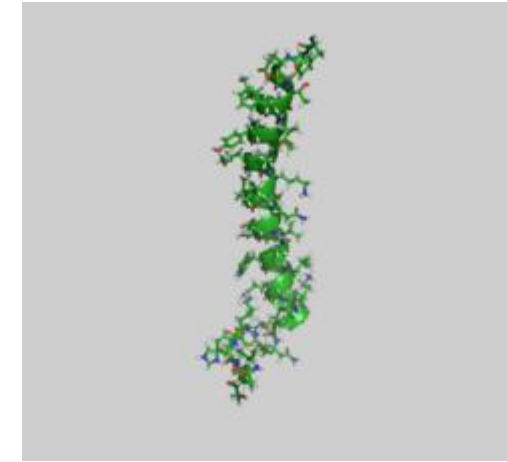
UNIQUE TRIPLE-AGONIST MECHANISM TARGETS

GLP-1

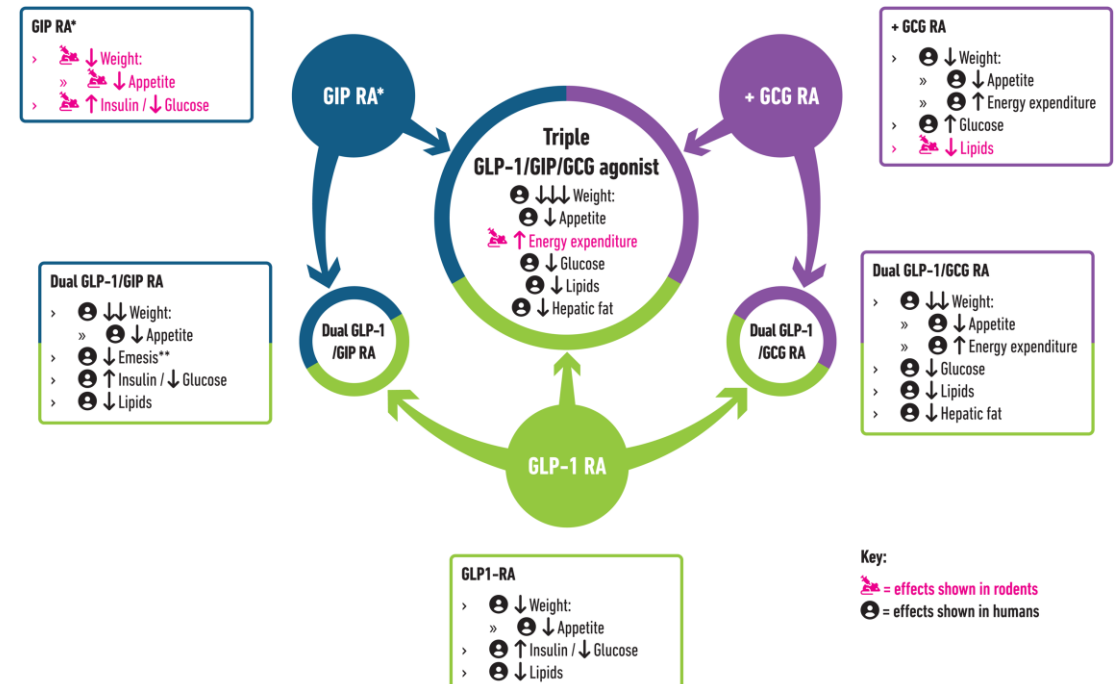
GIP

GLUCAGON

Retatrutide is the first triple agonist (acting on GLP-1/GIP/glucagon receptors) with published phase 2 data in people with obesity as well as in people with T2D. Retatrutide achieved up to 24.2% mean weight loss after 48 weeks in individuals with obesity and 16.9% in those with T2D after 36 weeks. In the T2D study, HbA1c improved by 2.2%, with 82% of participants reaching HbA1c $\leq$ 6.5%. Retatrutide also improved multiple cardiometabolic parameters, including blood pressure, lipids, waist circumference, and liver fat (82% reduction in hepatic steatosis)



Gastric Inhibitory Peptide :

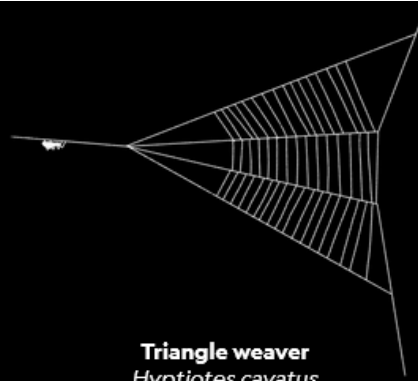


Materials: The Story of Web Spider Web



Funnel-web spider
Atracidae

These aggressive spiders lie in wait for victims inside their dense, silk-lined burrows. The species found in Australia are the world's most deadly spiders.



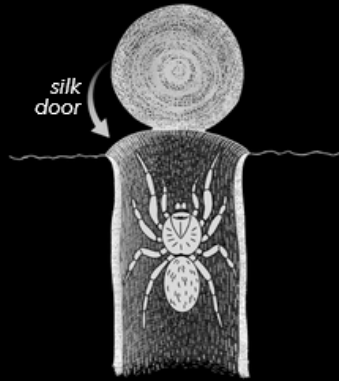
Triangle weaver
Hyptiotes cavatus

These spiders stretch the web's anchor line, pulling it taut. When prey enters a web, the spider releases the line, launching itself toward it at high speed.



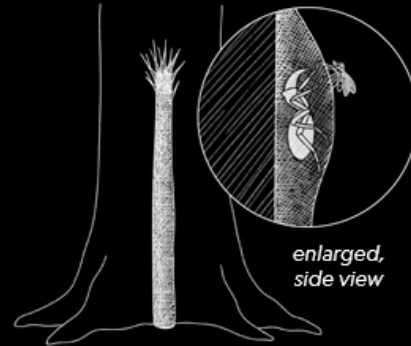
Ogre-faced spider
Deinopis

Spiders of this unique genus create a small, rectangular web that they hold and then drop onto passing prey like a net.



Trapdoor spider
Ctenizidae

Trapdoor spiders are named for their silk-lined, underground burrows with camouflaged trapdoors that allow them to attack victims from below.



Purseweb spider
Atypidae

Purseweb spiders build camouflaged silk tubes up the sides of trees. They bite prey through the silk, envenomate it, and pull it inside.



Diving bell spider
Argyroneta aquatica

The only spider species that lives entirely underwater, the diving bell spider stores a large air bubble in its web, which serves as both home and oxygen tank.

TAYLOR, MAGGIACOMO, NGM STAFF. SOURCES: WORLD SPIDER CATALOG; AUSTRALIAN MUSEUM

Mechanism of Spider Web Spinning Process, Strength & Structure

(How spider silk is one of the most versatile materials on Earth.)

How a spider spins its silk

Spider silk owes its special powers to both a unique molecular structure and an arachnid's intricate spinning process. Scientists have spent decades trying to replicate the spider's all-natural (but-not-so-easy-to-make) supermaterial.

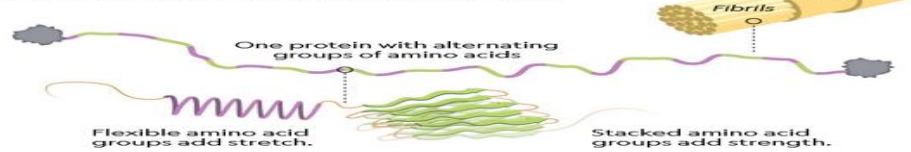
Inside a spider's silk factory

Spider silk production begins with a solution of proteins, called spidroins, that are acidified and dehydrated, then elongated. On demand, spiders use their legs or gravity to pull the thread from their spinnerets.

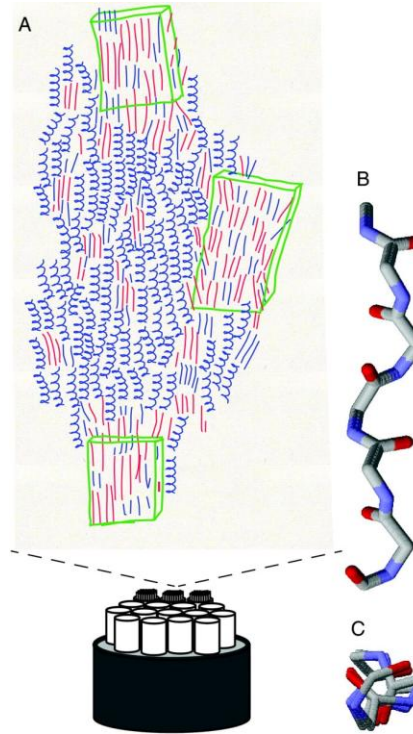


The secret of spider silk proteins

Extraordinarily long, spidroins contain two amino acid groups, one coiled for stretchability and another compact for strength. Bundled in a complex matrix of fibrils, the proteins imbue spider silk with its signature traits.



Diana Marques, NGM Staff. Source: Randy Lewis, Utah State University



(A) Proposed model for spider dragline silk: a skin-core organization, with a multitude of fibrillar substructures and covered by a hard skin, forms the fiber. The molecular structure consists of β sheet regions, containing alanine (red lines) and glycine (blue lines), interleaved with predominantly 3_1 -helical parts (blue curls), which do not contain alanine. All chains tend to be parallel. The crystallites are irregular and strongly depend on processing [e.g., drawing speed]. Depending on the method, larger or smaller ordered domains can be identified as crystalline (green boxes) (B and C) Side and top projections of a repetitive model peptide with dihedral angles (-60, 135) to show the approximate 3-fold symmetry.

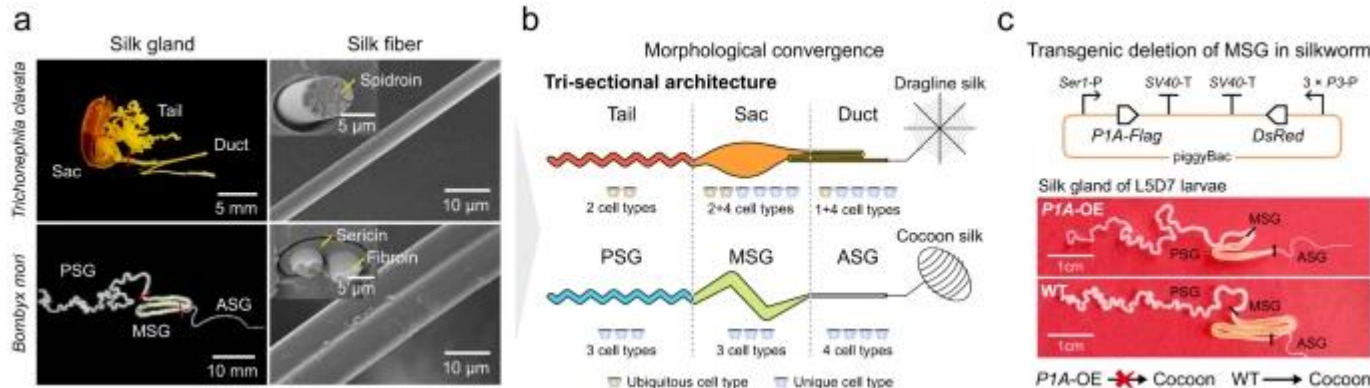
The molecular structure of spider dragline silk:
Folding and orientation of the protein backbone.

Meier et.al. July 29, 2002

99 (16) 10266-10271,

<https://doi.org/10.1073/pnas.152162299>

Convergent evolution of the tri-sectional silk gland between *T. clavata* and *B. mori*.



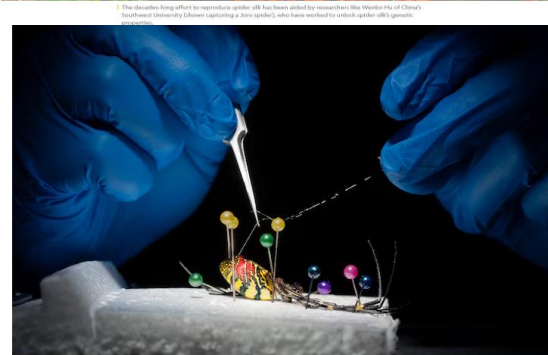
A molecular atlas reveals the tri-sectional spinning mechanism of spider dragline silk.

Yi Wang et.al. [Nature Communications](#) volume 14, Article number: 837 (2023)

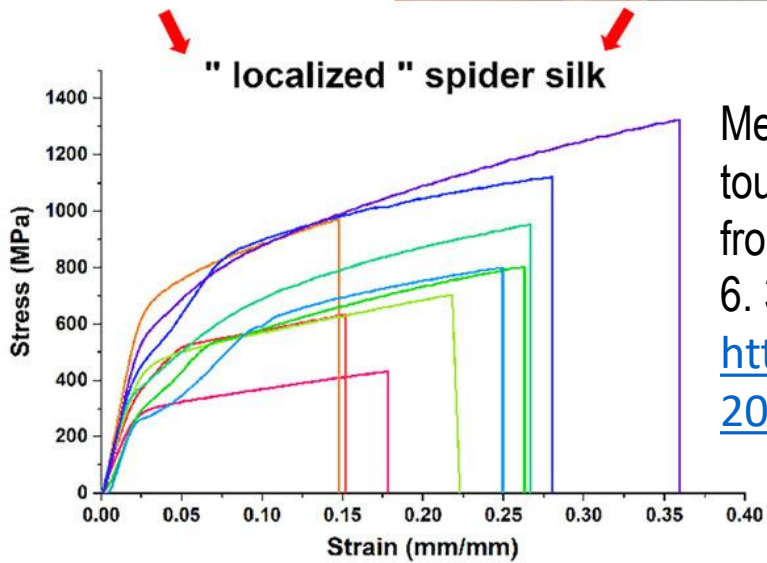
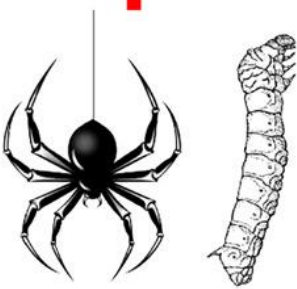
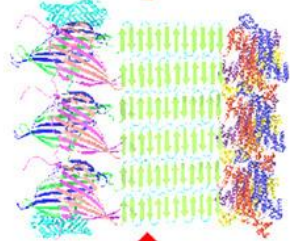
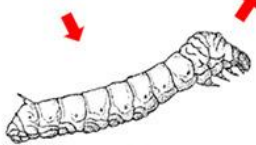
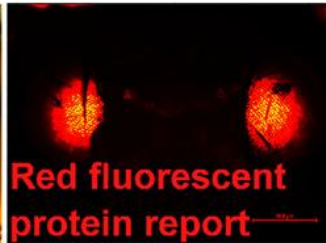
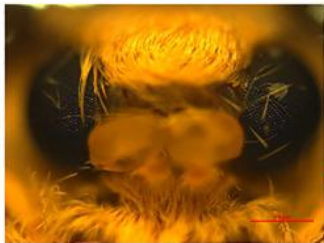
The Joro Spider which Weaves Large Webs of Exceptional Strength



Joro spiders are known to weave exceptional large webs. In this case, a joro spider web was strong enough to support a perching cardinal.

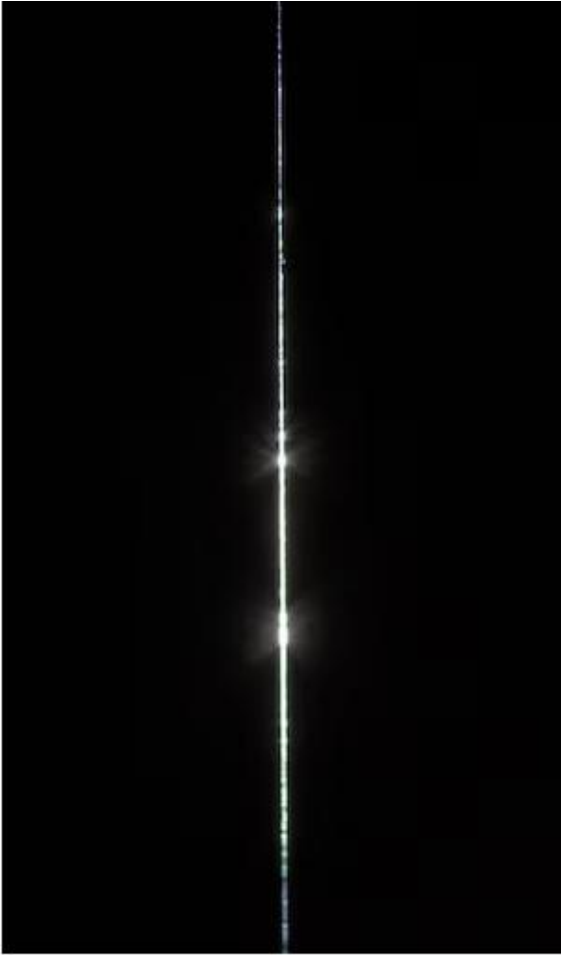


Extracting a strand of silk from a live pinned-down Joro spider requires precision, as Hu demonstrates in a lab at Southwest University.



Meng *et. al.* High-strength and ultra-tough whole spider silk fibers spun from transgenic silkworms, *Matter*, 6. 3661, 2023.
<https://doi.org/10.1016/j.matt.2023.08.013>.

Properties of Engineered Silk



At Soochow University, in eastern China, a single fiber of supersilk produced by a transgenic silkworm is stress tested to see how it compares with true spider silk.



Kraig Biocraft CEO Kim Thompson is hopeful that his company's silk will impress the luxury fashion brands beginning to line up for sample shipments in 2026.

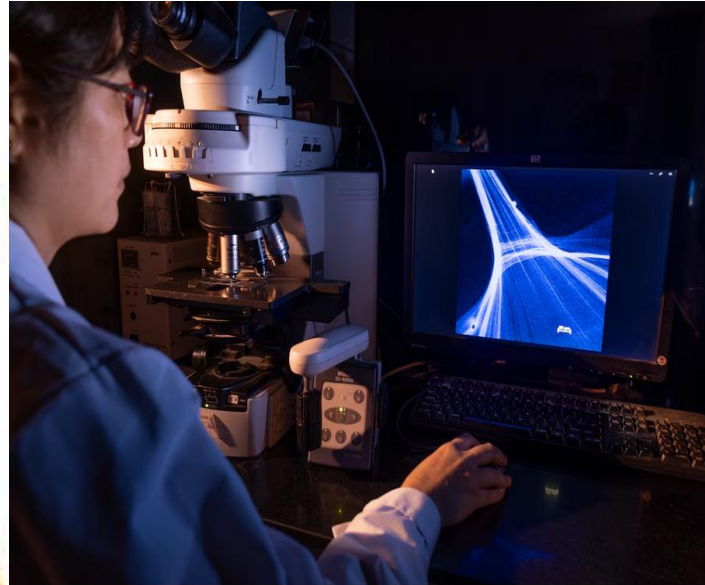
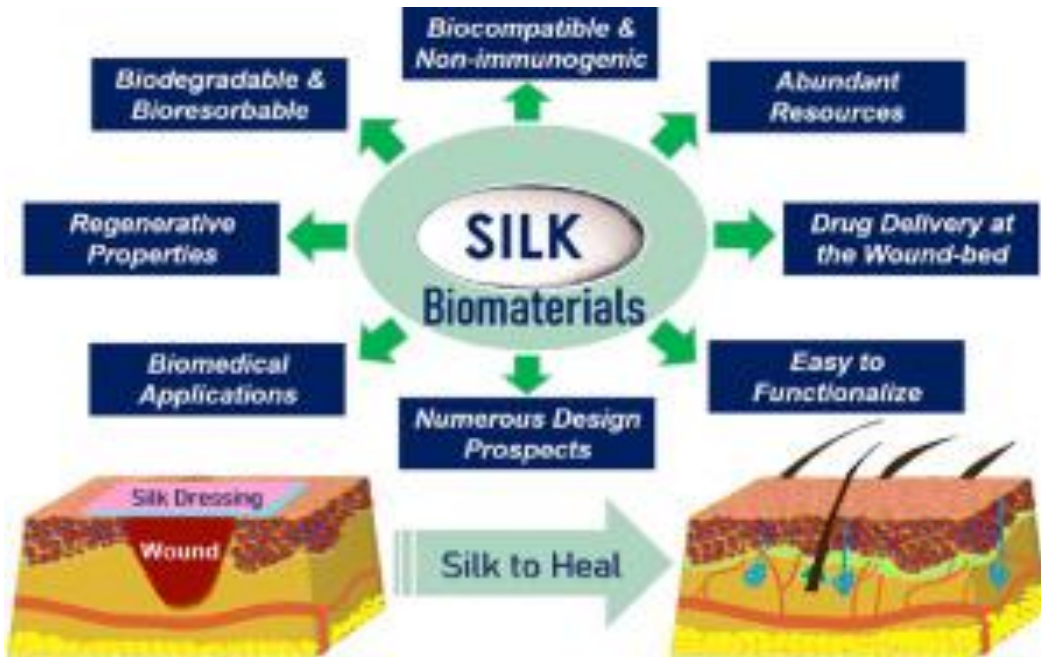


Supersilk's almost miraculous ability to stretch without breaking gets put to the test in National Geographic's photo studio by photo engineer Eric Flynn, who rigged a 170-pound tractor tire to hang from a 0.35-ounce loop of Kraig Biocraft's silk.

**The Weight of this Spider Silk is ~ 6gms!
It holds a 80 kg Tractor Tire !**

Kraig projects it could produce up to 10 metric tons of spider silk annually at its new facility in Vietnam.

Biomedical Applications



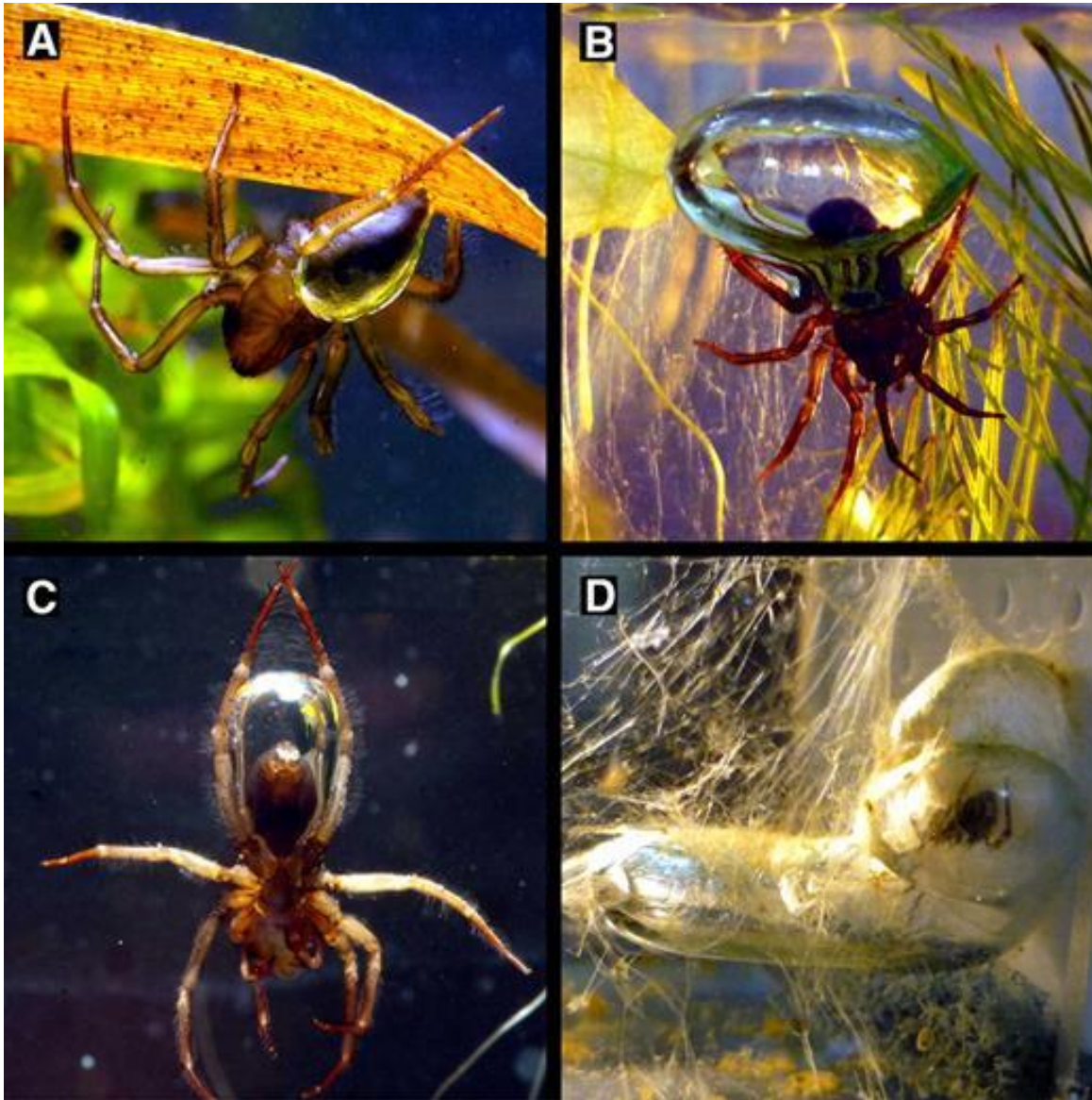
Silkworms are not the only way to produce spider silk proteins. Some companies and researchers, like Soochow University biologist Xingmei Qi, modify fermented bacteria.



Scientists at Beijing's Tsinghua University use silk protein-based sensors to detect brain wave patterns—one of the myriad applications the proteins could have in the medical world.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10967872/>

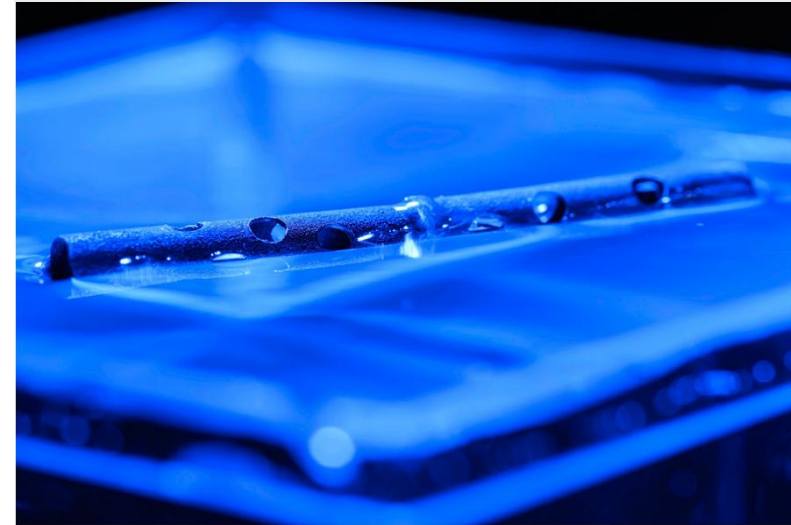
Diving Bell Spider & the Quest for Unsinkable Metal



Argyroneta aquatica with its physical gill. (A) Air clinging to the hydrophobic hairs on the abdomen of a spider away from the diving bell. (B) A small diving bell, supported by invisible web, large enough to admit the abdomen only. (C) A large bubble, captured at the surface and held on the abdomen and rear legs, is carried down to the diving bell. (D) A female in her diving bell, below the cocoon.



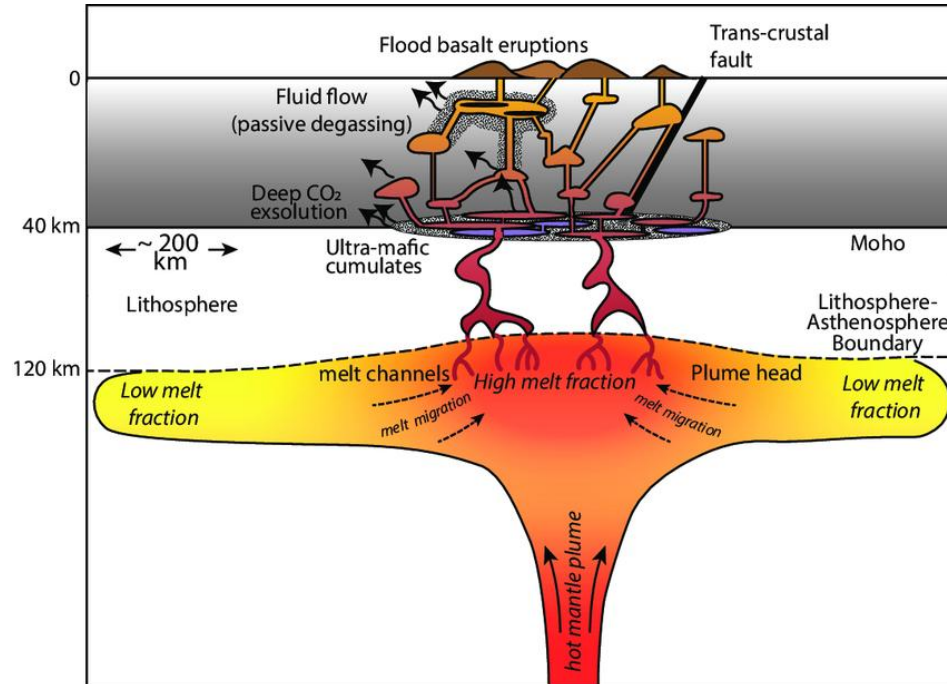
An "unsinkable" metal tube floats in distilled water in the lab of University of Rochester professor Chunlei Guo on January 9, 2026. J. Adam Fenster/University of Rochester



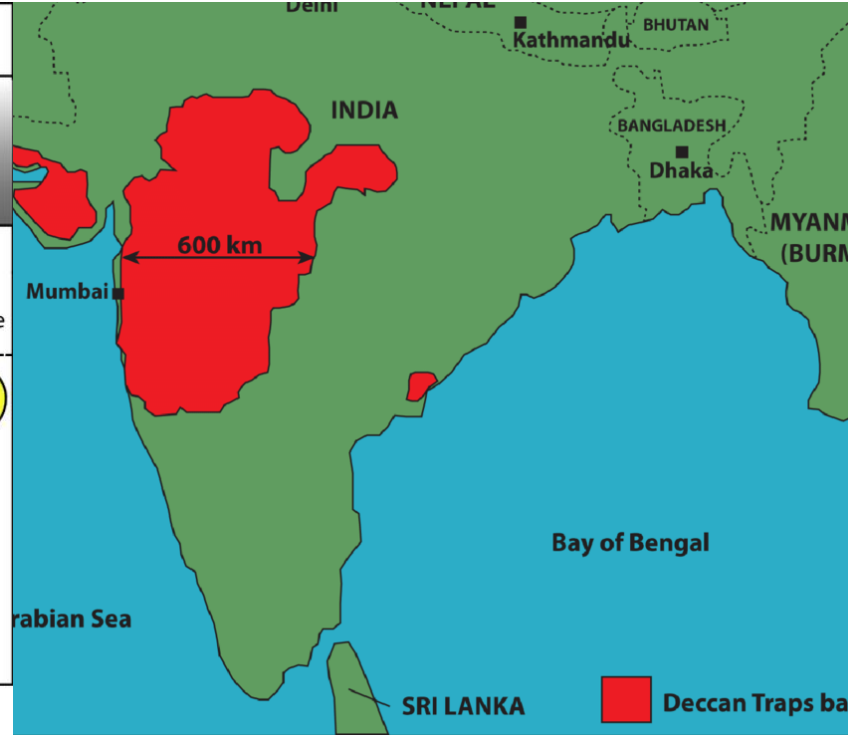
An "unsinkable" metal tube damaged with holes floats in distilled water in the lab of University of Rochester professor Chunlei Guo on January 9, 2026. J. Adam Fenster / University of Rochester

1. Seymour , R.S. & Hetz, K.S. The diving bell and the spider: the physical gill of *Argyroneta aquatica* . J. Exp. Biol. 214, 2175, **2013**.
<https://doi.org/10.1242/jeb.056093>
2. Guo *et.al.* Geometry-Enabled Recoverable Floating Superhydrophobic Metallic Tubes, Advanced Functional Materials <https://doi.org/10.1002/adfm.202526033>

Agriculture & Sustainability



Formation of Basalt During the Volcano Eruption in India ~66-67 Million Years Ago



The Event was the Eruption of a super volcano. The lava flow was 1500 kms long.



View of the Deccan Traps near Pune. Trap is derived from the Swedish word **Trappsteg** for Steps

Minerals in Deccan Traps

Table 1. Average composition of Deccan basalts and other differentiated rocks (wt. percent oxide).

Oxide	Lower Deccan basalt (Qz-tholeiite)		Upper Deccan basalt (Qz-tholeiite)		Average Deccan basalt ⁺⁺		Olivine tholeiite	Olivine basalt	Alkali olivine basalt	Nephelinite	Saturated intermediate differentiates	Under-saturated intermediate differentiate	Acid rock
	1	S	2	3	S	4	5	6	7	8	9	10	
SiO ₂	49.65	0.86	48.37	48.97	2.08	46.03	44.76	45.73	44.55	51.03	51.84	68.69	
TiO ₂	2.66	0.48	2.18	2.49	0.89	2.02	1.47	1.81	0.84	1.30	0.83	0.58	
Al ₂ O ₃	12.71	1.05	15.10	13.66	1.68	13.76	10.44	14.37	16.50	17.54	18.88	13.52	
Fe ₂ O ₃	3.70	1.20	5.14	4.15	1.49	3.99	2.25	4.82	6.54	4.74	3.92	2.66	
FeO	9.93	2.10	7.37	9.02	1.68	8.12	9.69	8.47	2.06	4.24	2.88	2.48	
MnO	0.21	0.03	0.20	0.20	0.08	0.19	0.15	0.13	0.43	0.20	0.14	0.14	
MgO	5.31	0.46	5.28	5.90	1.69	8.97	15.57	7.95	1.76	3.96	1.63	0.69	
CaO	10.19	0.69	9.65	9.88	1.44	10.79	10.32	8.52	10.40	6.80	4.07	1.84	
Na ₂ O	2.35	0.29	2.91	2.50	0.67	2.17	1.53	4.18	5.82	3.29	7.20	3.70	
K ₂ O	0.64	0.28	0.94	0.72	0.40	0.76	0.65	1.14	1.43	3.12	5.67	4.10	
H ₂ O ⁺	1.93	0.69	1.75	1.47	0.71	1.20	2.60	2.00	4.43	1.85	1.82	0.45	
H ₂ O ⁻	0.57	0.32	0.75	0.98	0.79	1.22	0.97			0.32	0.25	0.15	
P ₂ O ₅	0.31	0.08	0.37	0.29	0.13	0.26	0.17	0.33	0.57				
CO ₂								0.62	4.28	2.14	0.41		
Total	100.16		100.01	100.23		99.48	100.57	100.07	99.61*	100.53	99.54	100.13	
No. of analyses	44		65	99		10	3	15	8	9	20	38	

⁺⁺ Superior analyses of basalts containing silica percentage between 44 to 54.

S=Standard deviation. * Also contains SO₃=0.24.

N.B. Detailed sources of analyses are available from the author.

Rocks included for average composition are:

col. 6 - mugearite, limburgite, oceanite and other ne-normative basalts.⁺

col. 8 - trachyte, quartz micro-syenite and micro-lusitanite.

col. 9 - phonolite, tinguite, nepheline micro-syenite, alkali syenite and pulaskite.

col. 10 - rhyolite, rhyodacite, granophyre, pitchstone, felsite, acid porphyry, micro-granite, micro-mono-granite and dacite.

Name of the minerals	Apophyllite	Stilbite	Mordenite
Chemical Composition	(K, Na) Ca ₄ Si ₈ O ₂₀ (F,OH) 8H ₂ O (Hatch, 1912)	(Ca, Na ₂ , K ₂) (Al ₂ Si ₇ O ₁₈) 7H ₂ O (Hatch, 1912)	(Ca, Na ₂ , K ₂) (Al ₂ Si ₇) O ₁₈ H ₂ O (Hatch, 1912)
Crystal System	Tetragonal	Monoclinic	Orthorhombic
Form	Crystalline	Acicular	Radiating
Color	Colorless, Pale Green	Brownish	White, Colorless
Luster	Vitreous	Vitreous to Pearly	Vitreous Silky
Streak	White	White	Colourless
Fracture	Uneven	Uneven	Uneven
Cleavage	Perfect on {001}, imperfect on {110}	{010} Perfect	{010} Perfect
Hardness	4.5 to 5.0	2.1 to 2.2	5
Specific Gravity	2.33 to 2.37	3.5 to 4.0	2.12

Apophyllite

a mineral occurring typically as white glassy prisms, usually as a secondary mineral in volcanic rocks. It is a hydrated silicate and fluoride of calcium and potassium.

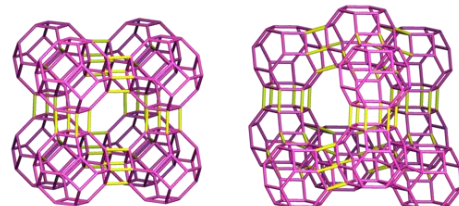
Stilbite

a mineral in the series of tectosilicate minerals of the zeolite group. with the mineral species being named:

- Stilbite-Ca
- Stilbite-Na, sometimes also called *stilbite*

Mordenite

a mineral in the zeolite group it is one of the six most abundant zeolites and is used commercially



Zeolites are a group of several microporous crystalline aluminosilicate minerals commonly used as commercial adsorbents and catalysts. They mainly consist of silicon, aluminium, and oxygen, and have the general Formula $M^{n+}_{1/n}(AlO_2)^-(SiO_2)_x \cdot yH_2O$ where $M^{n+}_{1/n}$ is either a metal ion or H^+ .

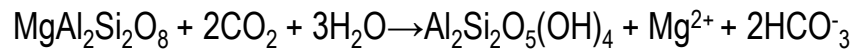
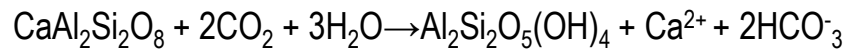
Reactions of Basalt

Chemical & CO₂ Sequestration Reactions

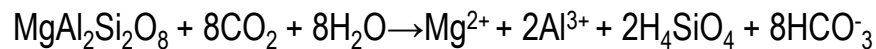
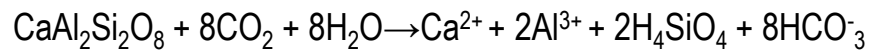
Stilbite: Used in water purification. Its natural properties make it effective in removing impurities and contaminants from water. Stilbite can absorb heavy metals, an essential feature in treating industrial wastewater and protecting environmental quality. It is a class A zeolite used in many Catalytical Process.

Mordenite : Mordenite-bearing zeolitic tuff is dried and crushed to produce a variety of products including adsorbents for soaking up oil/chemical spills and animal wastes, animal feed supplements, water treatment, and sports turf and slow release fertilizer. mordenite-rich tuffs have been operating in Japan since the end of the

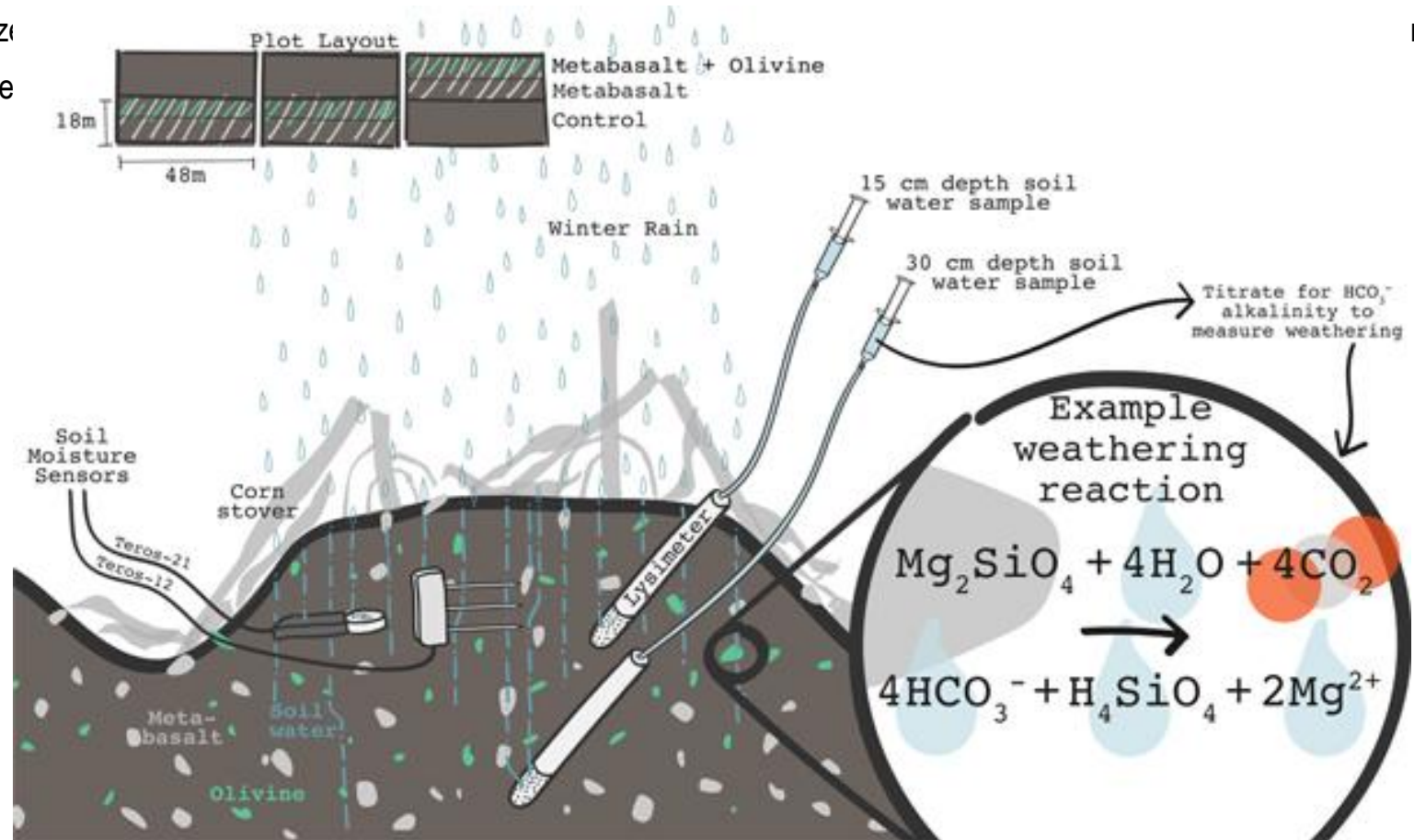
CO₂ Sequestration by Basaltic Rocks

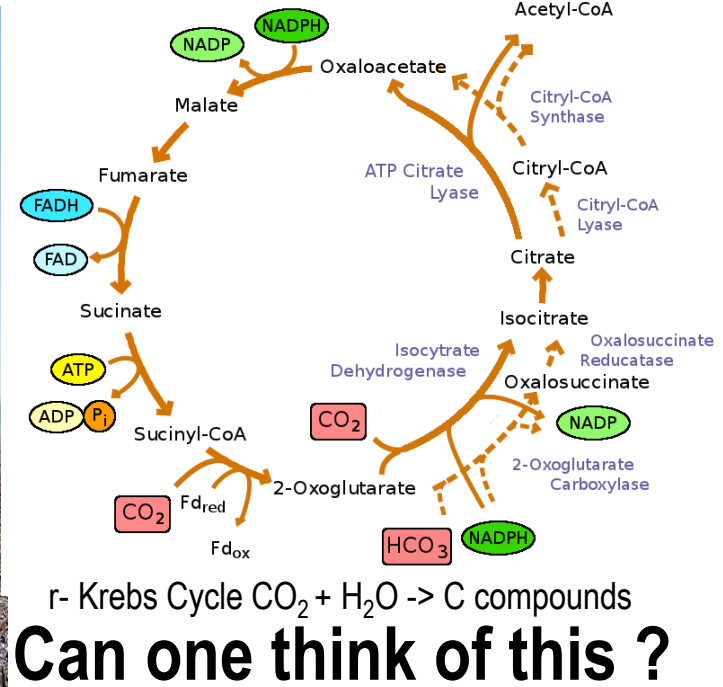


whereas the congruent reaction is given by:

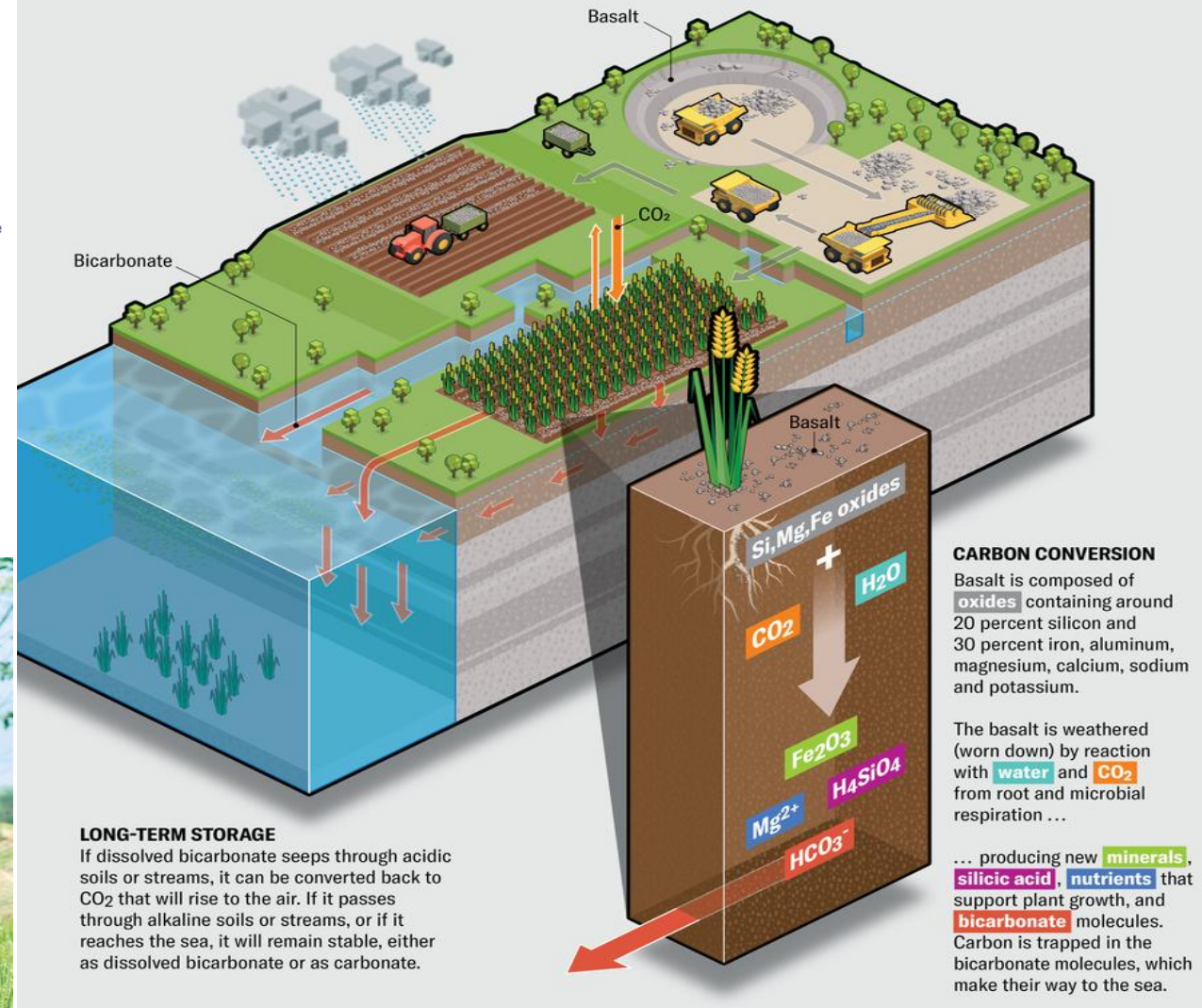


By sequestering CO₂ and subsequent hydrolysis Ca²⁺, SiO₂, Mg²⁺ residual Fe³⁺ and other metal ions which are beneficial for overall Plant growth are released in the soil.





Crushed basalt rock spread across farm fields could help draw carbon dioxide from the atmosphere, easing global warming. It could also enhance soil nutrients, which could raise crop yields. Carbon is stored long term as it reacts with water in the soil and eventually runs off into the sea, although it is difficult to predict how much capture would occur.

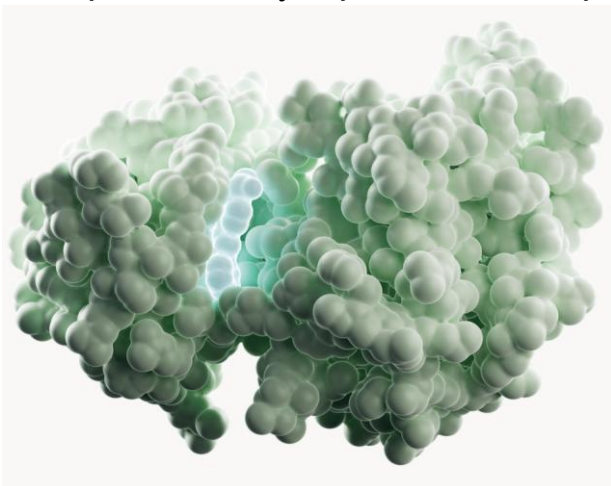


For a superb Discussion on the reverse Krebs Cycle
Transformer: The Deep Chemistry of Life and Death, Nick Lane, (2023) . Available at
www.amazon.in for Rs. 640.

Computation



<https://thedailyexplainer.com/alphafold-protein-folding-ai-deepmind-guide/>



Karl Freed, Professor of Chemistry,
University of Chicago.



Prof. M. Bawendi, MIT, Nobel Prize
Chemistry, 2023. Ph.D advisor, K. Freed &
T. Oka.



Dr. J. Jumper, Google Deep Mind, Nobel
Prize Chemistry, 2024. Ph.D advisor, K.
Freed & T. R. Sosnik.

Reality: It solved a specific, critical *prediction* problem. Biology is about dynamics, interactions, regulation, and function in living systems. AlphaFold provides a static snapshot of one player—a vital piece, but far from the whole puzzle.

“It replaces experimental structural biology.”

Reality: It transforms it. Experimentalists are freed from the slowest, most tedious steps and can now focus on the most interesting, complex targets: flexible proteins, large complexes, and structures with bound drugs. Cryo-EM and crystallography are more important than ever for validating AI predictions and solving what AI cannot. **T**

The predictions are perfect and always correct.”

• **Reality:** They are astonishingly accurate for many proteins, but the **pLDDT confidence score is essential**. Low-confidence regions (often flexible loops or disordered segments) may be incorrect. The model can also hallucinate plausible-looking but wrong structures for proteins with very few evolutionary relatives.

• **“It can predict how any protein will interact with any drug.”**

• **Reality:** Predicting protein-drug binding (**molecular docking**) is a separate, though related, challenge. While AlphaFold structures improve docking, accurately predicting binding affinity and the induced fit of the protein around the drug molecule requires additional, specialized AI tools and simulations.

<https://www.biorxiv.org/content/10.1101/2024.11.19.624167v1.full>, boltz.bio

Success Stories

THE PROTEIN FOLDING AI: How DeepMind's AlphaFold Solved a 50-Year Grand Challenge and Is Now Designing New Medicines



The Search for a “Plastic-Eating” Enzyme Variant

- Challenge:** While the enzyme PETase can break down PET plastic, it is not stable or efficient enough for industrial use.
- Solution:** A global team used AlphaFold to model thousands of hypothetical mutant versions of PETase, predicting which mutations would improve stability at high temperatures without disrupting the active site.
- Outcome:** They identified a set of five mutations that, when combined, created a “**FAST-PETase**” variant. Experimentally confirmed, this AI-guided enzyme depolymerizes 51 different PET products within a week and works at 50°C, making it a viable candidate for large-scale biological recycling.

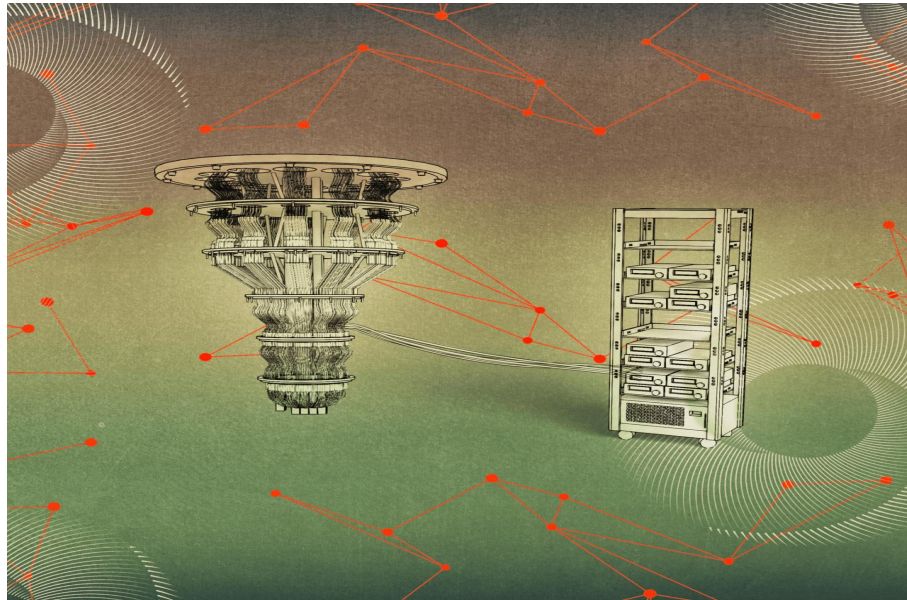
Unlocking the “Malaria Parasite’s Secret Weapon”

- Challenge:** The *Plasmodium* parasite, which causes malaria, has a mysterious protein called **PfCyRPA** that is essential for invading human red blood cells. Its structure was unknown, hindering vaccine design.
- Researchers** used AlphaFold to predict the structure of PfCyRPA with high confidence. The model revealed it had a well-defined, stable shape with a surface likely targeted by antibodies.
- This prediction directly guided the engineering of a stable, immunogenic protein fragment for a new malaria vaccine candidate, now in preclinical development. What might have taken years of trial-and-error crystallography was achieved in days.

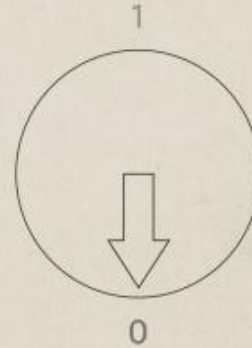
Designing a Hyperstable Vaccine for RSV

- Challenge:** The respiratory syncytial virus (RSV) F protein is a key vaccine target but is unstable and shape-shifts, making it hard to design an effective immunogen.
- Solution:** Scientists at the University of Washington used **Rosetta design software combined with AlphaFold checks** to computationally design over 100,000 new versions of the F protein with mutations aimed at locking it into its most vulnerable shape.
- Outcome:** They produced a novel protein, **DS-Cav1**, which was far more stable and elicited powerfully protective antibodies in animal models. This computationally designed antigen is a core component of several leading RSV vaccine candidates now on the market or in late-stage trials.

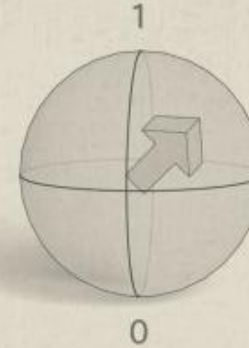
Quantum Computation - Introduction



Traditional bits



Quantum bits



Quantum computers, instead, use quantum bits, or “qubits.” Most qubits are subatomic particles, like electrons, that are put in “superposition,” or many states at once: a 1, a 0, and all values between the two.

When the qubit is taken out of superposition, its value between 1 and 0—representing a probability—is captured.

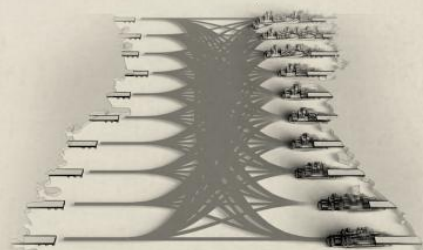
Traditional computer



Now imagine it scaled up.

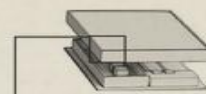
If there were 10 origins and 10 destinations, there would be 100 unique options.

Quantum computer

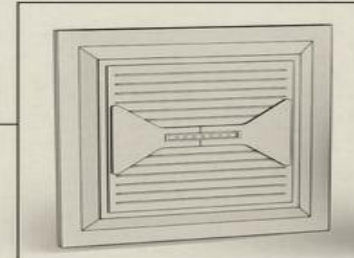


A traditional computer still needs to try each combination sequentially, while a powerful-enough quantum computer can evaluate all options at once.

Companies have a variety of approaches for putting qubits in chips, each needing a different larger component.

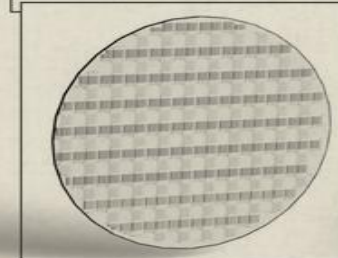


IonQ's **trapped ion** chips use atoms as qubits, manipulating them with lasers and microwave antennas.



PsiQuantum's **photonic** chips use photons as qubits, manipulating them by splitting and recombining lightwaves.

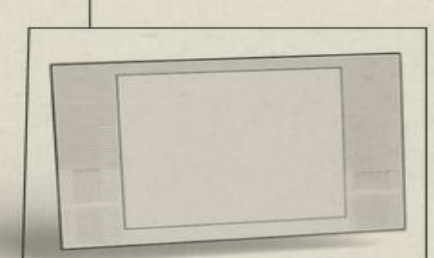
The company produces many chips at once on silicon wafers.



LARGER COMPONENT  CHIP



IBM's **superconducting** chips use tiny electrical circuits as qubits, manipulating them with microwave pulses.



How Does GPS Work

The satellites transmit radio signals towards the Earth. These signals identify the satellites and tell the receiver where they are located. The receiver then calculates how far away each satellite is by figuring out how long it took for the signals to reach it. Since it knows how far away the satellites are and where they are in space, it has all the information it needs. If the receiver knows its distance from four satellites, there is only one place on Earth it can be.

So, when you plug 'pizza' into your smartphone, this is what it is thinking:



What satellites are talking to me right now?



Hey there, satellites! I know you guys! And I know where you are in the sky right now, too!



Let me listen to your signal to figure out how far away I am from each of you...



Oh! I must be right here! There's no other place that is the right distance away from each of you!



OK, let me check the internet to see what pizza places are near me...

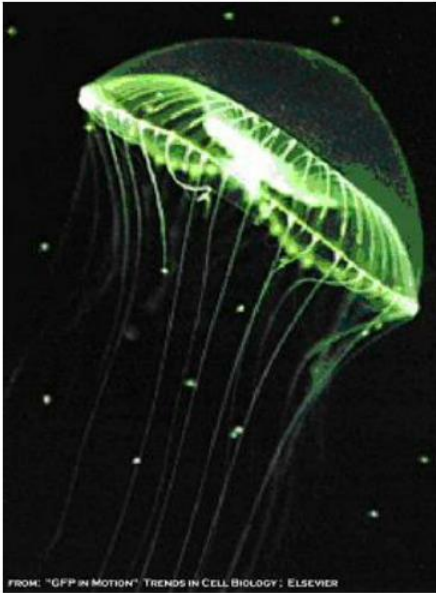
Your phone connects the dots between the two points and leads you right to your pizza. All in a matter of seconds!

Space Place
in a Snap!

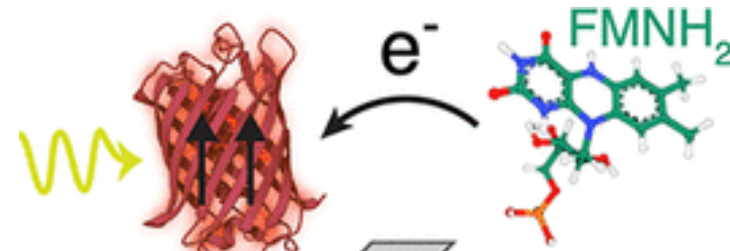
Quantum Sensing

Jellyfish GFP gene

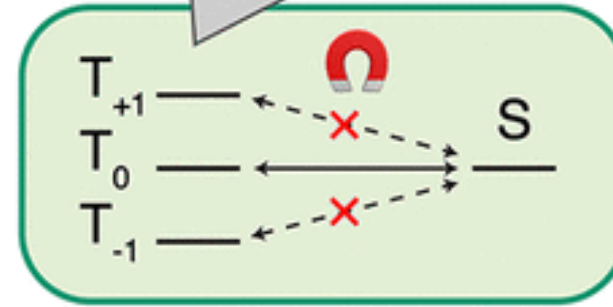
- Bioluminescent jelly fish *Aequorea victoria*: natural host of green fluorescent protein (**GFP**)
- **GFP** is produced in special photogenic cells in the base of the jellyfish umbrella



FROM: "GFP IN MOTION", TRENDS IN CELL BIOLOGY : ELSEVIER



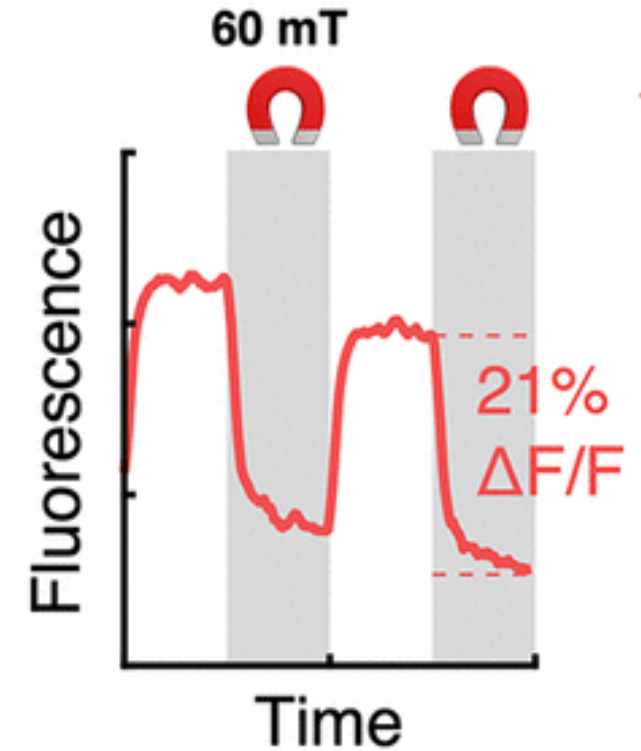
FMNH₂ : Reduced Flavin Mononucleotide



dark



bright



doi:10.5281/ZENODO.8137174

Science, Sustainability & You : Measure, Measure and Record it in a Notebook



Residual Water



Vegetable Peels



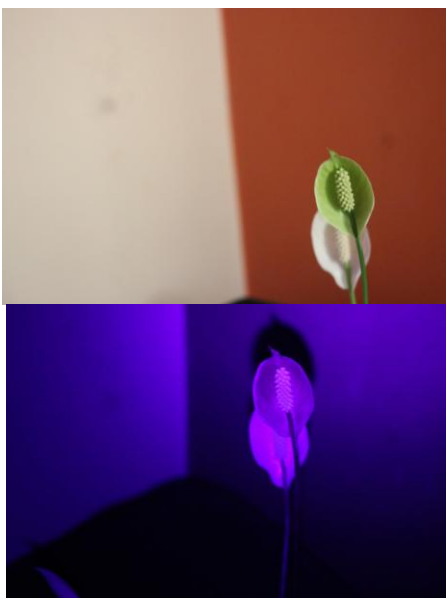
Mascerated in a Blender



Vermi/Milli compost bin



Steaming Vegetables



Peace Lily Flower

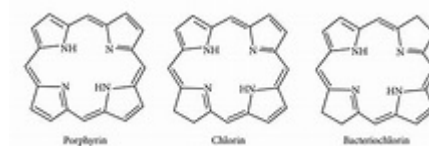
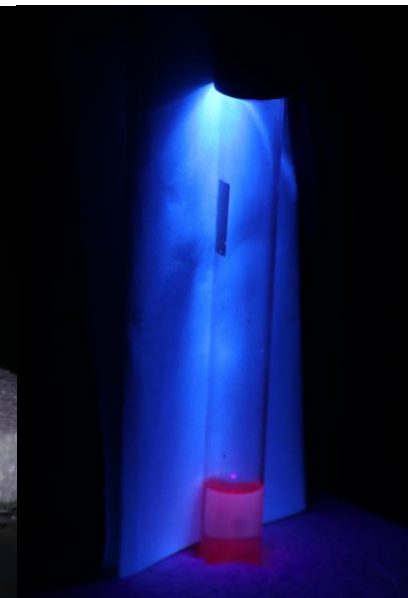
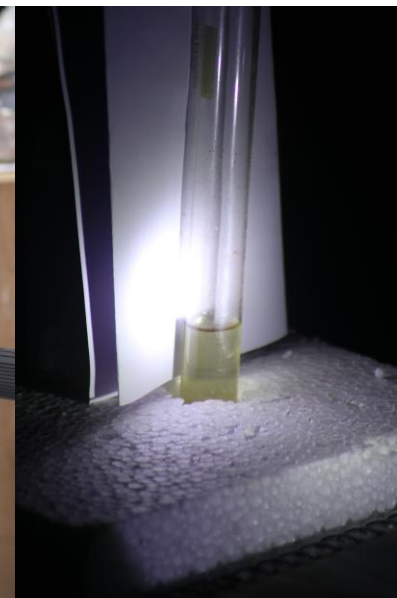
1. Normal Light
2. UV Light (390-400 nm).



1. Laboratory Notebook, Fountain Pen.
2. Screw Gauge, Vernier Calipers, Tape Measure, Weighing Scale, UV Flashlight (390-400 nm). Total Cost ~ Rs.2500.



Fix a Speedometer to the Bicycle. Calculate Average Speed Daily.



Science, Sustainability & You (Observe, Observe , Observe and Carry Out Experiments)



Plectranthus amboinicus (Karpuravalli)

Fluorescence of the leaves (390 nm)

Home made Drip Irrigation

Ocimum tenuiflorum (Tulsi)

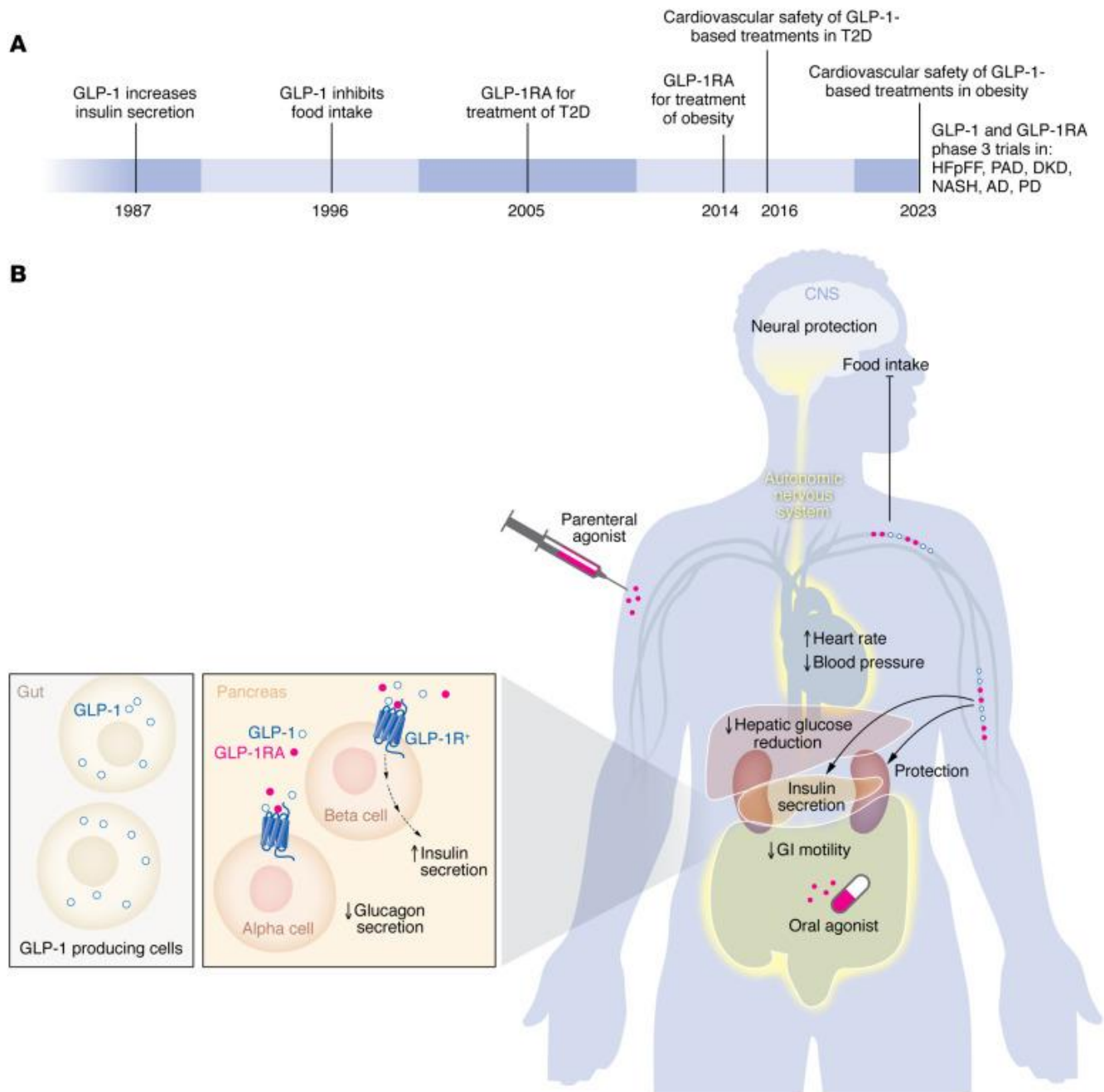
1. Can one develop a cellphone App to quantify chlorophyll ?
2. Will Red Light increase the Production of Volatile Products ?
3. Can the Volatiles be Collected and their Analysis Done ?
4. Techniques to be used Gas Chromatography & Mass Spectrometry ?
5. Can the Fine Hairs on the Stem & Leaves of the Plants be collected and Microscopy studies carried out to find their Microstructure ?



Acknowledgments

1. My wife Mrs. Rama Gautam for putting up With my Idiosyncrasies. Sometimes she wishes that I had not retired and go to work everyday.
2. Dr. Ketika Garg for patiently going through various iterations of the talk and offering many helpful suggestions and comments.
3. Dr. Anuj Pennathur for his usual pithy comments.



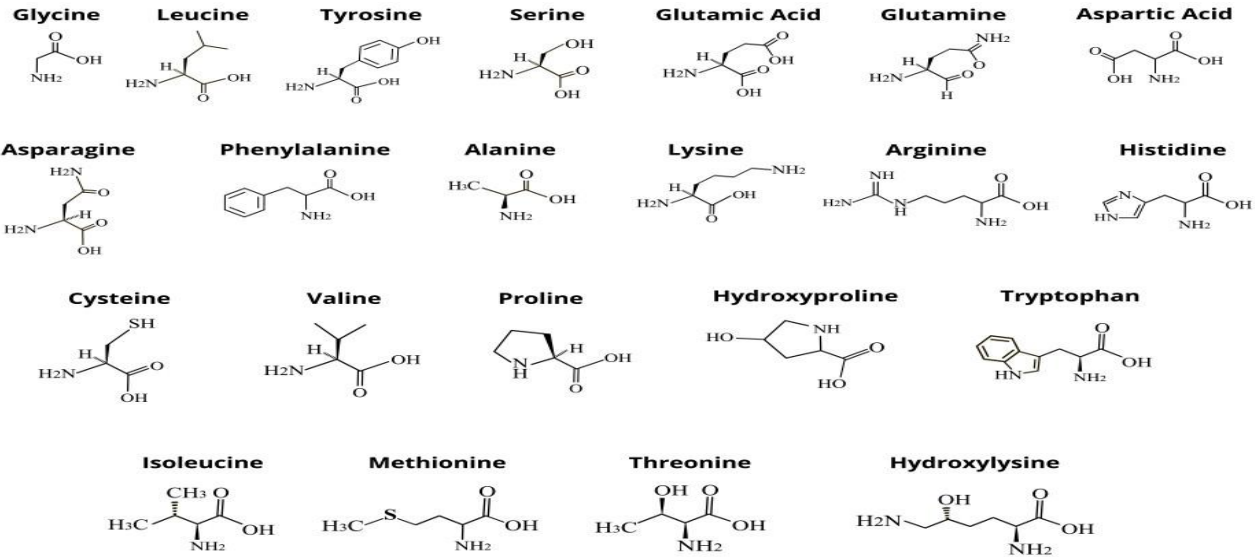


A) Data revealing GLP-1–stimulated insulin secretion supported the approval of the first GLP-1RA for the treatment of T2D in 2005. Nine years later, the link between GLP-1 and reduced food intake resulted the development and approval of the first GLP-1RA for obesity. The cardiovascular safety of GLP-1–based medicines was first demonstrated in T2D in 2016, and in people with obesity in 2023. GLP-1RA are currently being studied in phase 3 trials for the treatment of HFpEF, peripheral artery disease (PAD), diabetic kidney disease (DKD), metabolic liver disorders such as nonalcoholic steatohepatitis (NASH), and neurodegenerative disorders.

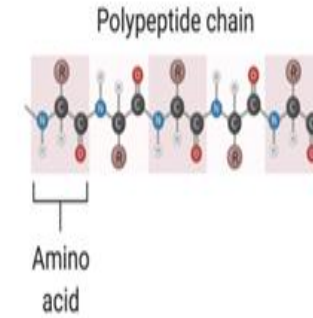
(B) GLP-1 and GLP-1RAs act through the GLP-1R, which is a G protein coupled receptor. GLP-1 potentiates glucose-dependent insulin secretion in β -cells. The GLP-1R is also widely expressed in multiple tissues including several regions of the brain. Notably, activation of GLP-1R⁺ neurons in the hypothalamus and brainstem reduces food intake and promotes weight loss. GLP-1R⁺ neurons in the hindbrain also suppress hepatic glucose production. Further, GLP-1R influences BP and HR via the autonomic nervous system.

Ref: **The GLP-1 journey: from discovery science to therapeutic impact** [Daniel J Drucker](#), Journal of Clinical Investigations 16;134(2):, 2024, e175634. doi: [10.1172/JC1175634](https://doi.org/10.1172/JC1175634)

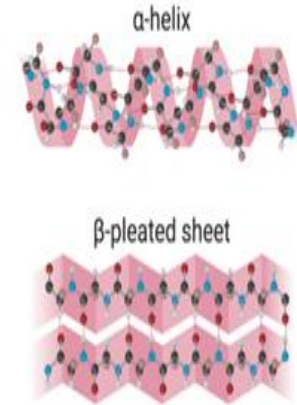
Amino Acids



Primary structure



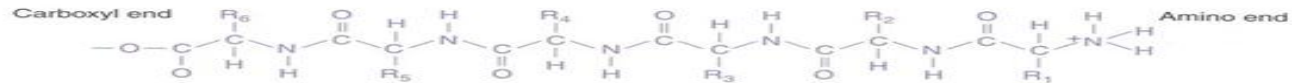
Secondary structure



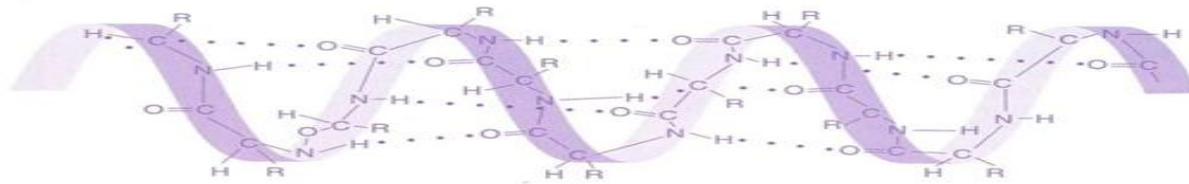
VectorStock

VectorStock.com/36498086

(a) Primary structure



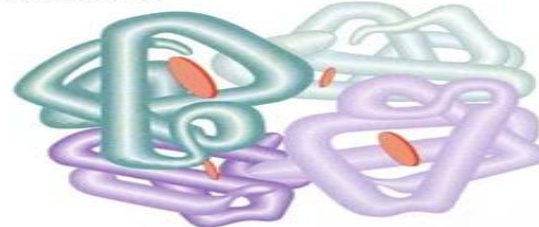
(b) Secondary structure



(c) Tertiary structure



(d) Quaternary structure



Tertiary structure

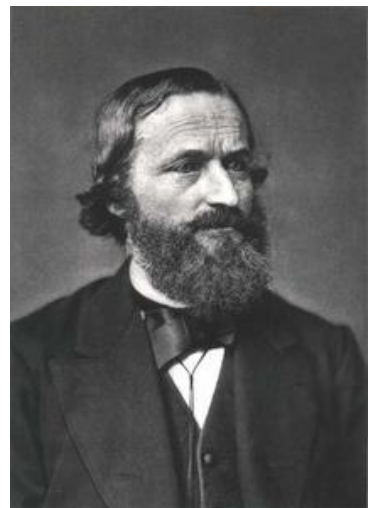


Quaternary structure

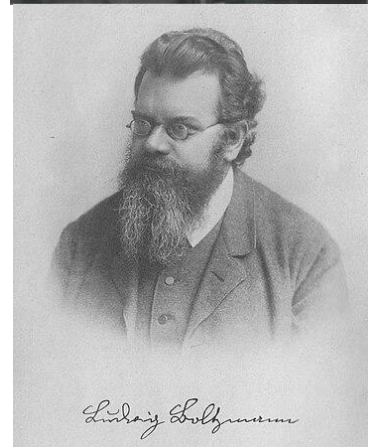


Amino acid	Three letter code	One letter code
alanine	ala	A
arginine	arg	R
asparagine	asn	N
aspartic acid	asp	D
asparagine or aspartic acid	asx	B
cysteine	cys	C
glutamic acid	glu	E
glutamine	gln	Q
glutamine or glutamic acid	glx	Z
glycine	gly	G
histidine	his	H

isoleucine	ile	I
leucine	leu	L
lysine	lys	K
methionine	met	M
phenylalanine	phe	F
proline	pro	P
serine	ser	S
threonine	thr	T
tryptophan	trp	W
tyrosine	tyr	Y
valine	val	V

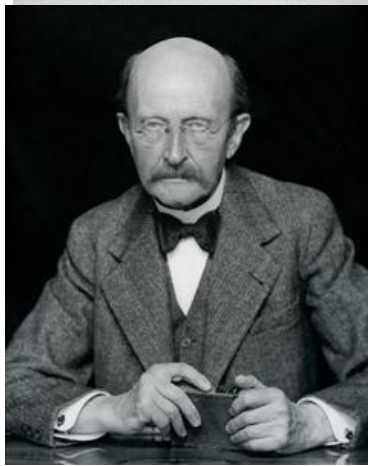


Gustav Kirchhoff was a superb experimentalist and the leading scientist in thermodynamics and was Professor of Physics at the University of Berlin. Planck was appointed Professor on Kirchhoff's Death. Accurately measured wavelengths emitted by a blackbody by designing his own spectroscope .



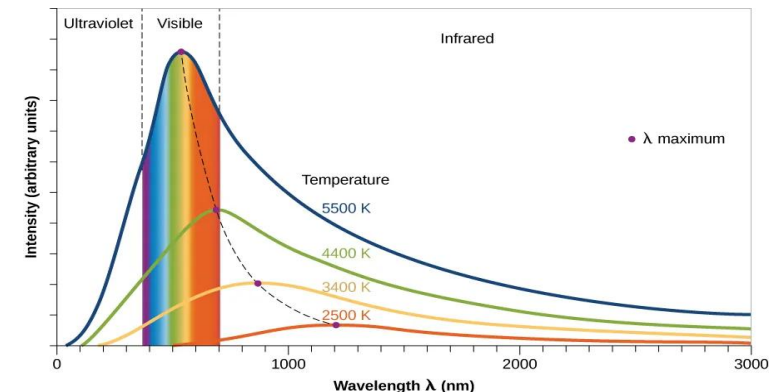
Introduced the statistical interpretation of the Entropy. Defined States and discrete energy levels. His most famous quote "Bring forward what is true. Write it so that it is clear. Defend it to your last breath."

"The life contest is not a struggle for raw materials, nor for energy which exists in plenty, but a struggle for entropy."



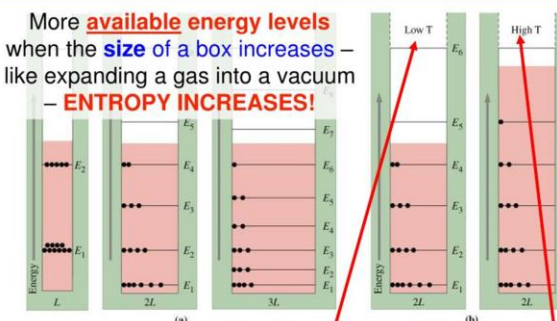
" to interpret U_N [the vibrational energy of N oscillators] not as a continuous, infinitely divisible quantity, but as a discrete quantity composed of an integral number of finite equal parts" . Planck was able to calculate the value of h from experimental data on black-body radiation: his result, 6.55×10^{-34} J·s, is within 1.2% of the currently defined value. He also made the first determination of the Boltzmann constant k_B from the same data and theory.

$E = hf$ (Einstein – Planck Relation) ($h =$, Hilfsgrösse, Auxiliary Energy,(the unit for action) , later the Planck's constant)



Boltzmann equation and entropy

More **available energy levels** when the **size of a box increases** – like expanding a gas into a vacuum – **ENTROPY INCREASES!**



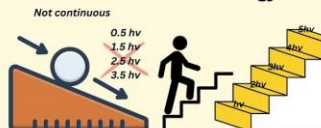
More **energy levels are accessible** when the **temperature increases** – **ENTROPY INCREASES!**

Planck's Quantum Theory

$$E = n h \nu$$



Quantization: Discrete Energy Levels



Intensity wavelength graph

