Volume. 7, Issue 09, September (2024)

THE GENERAL EFFECT OF PROTEINS, THEIR COMPOSITION AND THE ROLE OF THE ORGANISM

https://doi.org/10.5281/zenodo.13912429

Kasimov Is The Son Of Shahrukhmirza Sherzod
Director of private school "harvard edu exclusive"

Abstract: *This scientific in the article of proteins common influence , content organism role seeing exit on the subject main concepts light up given*

Key words : *Proteins, Proteins , Aleksandra Stepanenko .*

Login : of proteins common influence , content organism role seeing their my organism indispensable one part that seeing exit We protein common concept as acceptance we do : in our diet known amount to be need was homogeneous content we consider substances . But you molecular biology in his laboratory if you work (for example , summer practice for), to the protein different look with look you start

Proteins cell and in the body wide comprehensive important have Here to you good familiar was and a lot organisms (this including humans) in biology important important have , many occurring protein of types one how many example seeing we go out Proteins different in dimensions and in forms occurs . Some of them round (spherical) shape , others while long , thin fibers in the form of will be An example for , in the blood oxygen carrier hemoglobin protein round protein called skin contained collagen while fibrous protein is considered

Protein shape his task for very important and next In the article we are protein shape in storage different different chemical gardens important important have to be seeing we go out Temperature and in pH changes , as well as some chemical of substances existence protein of form violation and task to the loss take coming it is possible process **denaturation** is called

- of proteins another molecules with mutually effect : of proteins Nuclein acids , lipids , carbohydrates and another biomolecules with mutually effect
- Protein biosynthesis : transcription and broadcast mechanisms , protein synthesis in order put
- Protein structure and his function with connection : protein of the molecule structure his properties and functions how determines
- of proteins in nutrition Role : Important amino acids , various of proteins nutritional value
- Proteins and diseases : protein of exchange violation different diseases with how depends

Proteins synthesis for a form of 20 Amino acids - proteinogenic Amino acids (lysine , histidine , arginine , aspartate acid , asparagine , threonine , serine , glutamate acid , glutamine , proline , glycine , alanine , cysteine , isoleucine , leucine , methionine , valine , tyrosine , phenylalanine and from tryptophan). is used .

So proteins basic in immunity (biology). role they play the transport function performs (for example , hemoglobin in the blood gases transport and albumin, fats transportation , storage (for example , casein milk).

Proteins about in general concept :

Alive my organism to the composition biologically from unwanted organic substances the most important and structure in terms of the most complex are proteins . Proteins in the composition nitrogen holder high molecular biological polymers being they are mostly 20 kinds of amino acids organize found Proteins proteins and to protoids is divided .

Protein	**Simple protein**
Proteid	**Complicated protein**

Protein own into received products :

1. Eggs.
2. Linseed , sunflower .
3. Walnuts, almonds , cashews , pistachios .
4. Vegetables - mushrooms , broccoli and spinach
5. Meat products and meat - turkey , beef , fish , pork meat and chicken
6. Legumes - soybeans, peas , lentils and beans
7. Dairy products - yogurt, milk , cottage cheese, cheeses .

Proteins , fats and carbohydrates of diet basis organize does Man health and life quality their right to the ratio depends is food from substances one's lack of or excess to be different to diseases take will come

Nutrition Specialist Aleksandra Stepanenko what to need protein , it consumption to do speed and which in foods the most that there is a lot of protein explained .

of proteins in the body duties

Build (protein all cell of membranes main structural material).

Catalytic or enzymatic (in the body almost all biochemical reactions enzyme proteins because of happened will be).

Transport (membrane proteins substances from the environment to the cell and back active respectively carries).

Protection (of the body immunity system to infections against to fight for proteins has been antibodies work emits).

Hormonal (hormone proteins body functions coordinates).

Plastic (collagen and elastin binder in tissues important role who plays proteins).

Receptor (proteins intercellular contact and in signal transmission main role plays).

Volume. 7, Issue 09, September (2024)

SUMMARY :

Some in proteins denaturation back return can of the polypeptide primary structure still intact (amino acids separate not gone) , to the normal environment when he returns protein his own functional apparently return can Aks without , denaturation constant is stored . Fried egg do not return protein to denaturation example will be Raw egg The albumin in the white is transparent and strong is heat under the influence of to denaturation occurs and raw even when cooled egg to the situation will not return .

USED LITERATURE :

1. Mirhamidova , Bobokhonova , Zikiryoyev " Biological chemistry and molecular biology " Tashkent 2018

2. Torakulov " Biochemistry " Uzbekistan Published in 1996

3. Sobirova " Biological chemistry " 2017

4. Ziyouz.com