African Journal of
Biochemistry and Molecular Biology Research

ISSN : 1595-7926

Index: Harvard, Boston, Sydney University, Dimensions, Lens, ResearchGet Scilit, Semantic, Google Scholar, Base etc

https://doi.org/10.58578/AJBMBR.v2i2.5484

Emerging Applications and Challenges of Nanotechnology in Medicine and Nutrition

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Article Info:

Submitted:	Revised:	Accepted:	Published:
Mar 23, 2025	Apr 7, 2025	Apr 19, 2025	Apr 24, 2025

Abstract

Emerging applications of nanotechnology in medicine and nutrition present both significant opportunities and challenges that warrant thorough investigation. This study aims to explore the intersection of nanotechnology and genomic nutrition, focusing on how these advancements can enhance preventive care and health outcomes. Employing a qualitative descriptive methodology, we conducted a comparative analysis of existing literature and case studies to assess the implications of these technologies on dietary customization and patient-provider relationships. Our findings reveal that nanotechnology facilitates the development of targeted nutritional interventions that align with individual genetic profiles, thereby improving adherence to dietary guidelines and mitigating disease risk. Furthermore, we identify that the integration of continuous health monitoring technologies fosters a collaborative partnership between patients and healthcare providers, enhancing communication and decision-making processes in treatment and

preventive initiatives. The implications of this research underscore the necessity for healthcare systems to adopt technological advancements to address the complexities of modern medicine effectively. By embracing these innovations, the potential for precision medicine is significantly amplified, paving the way for improved health outcomes and personalized nutrition strategies in the future.

Keywords: Nanotechnology, Genomic Nutrition, Preventive Care, Precision Medicine, Health Outcomes.

Introduction

Nanotechnology involves the manipulation of materials at the scale of nanometers—typically 1 to 100 nanometers. (Fahrner et al.,2005)Due to their size, nanoparticles possess unique functions and characteristics. Nanotechnology plays a significant role in medicine, especially in diagnostics and drug delivery. Nanodevices can monitor cellular changes, target diseased cells, and regenerate tissues. (Genchi et al.,2017)These nano-machines can enter the bloodstream, target specific organs, kill pathogens, and aid in tissue repair.

Despite its potential, nanomedicine faces several challenges. (Riehemann et al.,2009).Concerns include its environmental impact, as well as cultural, legal, and ethical implications. In the field of nutrition, nanotechnology is vital in analyzing bioactive compounds, cellular metabolites, and biomarkers. It improves bioavailability assessments of nutrients and aids in food quality enhancement. (Fernández-García et al.,2009) Applications include modifying food texture and flavor, enhancing packaging for longer shelf life, and detecting pathogens. (Kapetanakou et al.2016) In markets worldwide, nano-enabled food products are increasingly common. Nanoparticles also enhance the nutritional value of food.

Challenges of Nanoparticles in Medicine and Nutrition

Despite their advantageous qualities, nanostructured materials may be hazardous to human health and the environment. Their toxicity is influenced by characteristics including surface area, reactivity, solubility, and biopersistence. (Utembe et al.,2015)Dr. Philbert and other scientists created biocompatible nanoparticle coatings to lessen these impacts. (Schubert et

al.,2018)Toxicological problems have been the subject of several investigations (Lindon et al.,2003)

Nanotechnology in Nutrient Delivery & Bioavailability

Turmeric contains polyphenols, which have been demonstrated to have anti-inflammatory, antioxidant, and anti-cancer effects the demand for these supplements in tablet and pill form is rising. (El-Sayed et al.,2023)Their bioavailability, stability, and quality are all enhanced by nanotechnology.

Nutrigenomics: Nutrition and Gene Expression

Nutrient	Genetic Impact	Associated Disease
Niacin	DNA repair	Neurological disorders
Flavones	DNA transcription and RNA synthesis	Cancer
Theaflavins	RNA modulation in arthritis	Arthritis
Vitamin E	DNA oxidation prevention	Immune dysfunction, heart disease, cancer
Vitamin D	mRNA stabilization	Kidney issues
Folic Acid	DNA methylation	Cancer

Applications of Nutrigenomics

Polyphenols, which are found in turmeric, have been shown to have anti-inflammatory, antioxidant, and anti-cancer properties. There is an increasing demand for these supplements in pill and tablet form. Their quality, stability, and bioavailability are all improved by nanotechnology. (Wang et al.,2014)In the field of nutrition and health, nutrigenomics uses customized diets to help avoid long-term conditions like cancer. (Singh et al.,2023) It covers demographic differences in illness risk, food absorption, and metabolism.

Additionally, this technology helps athletes and patients with illnesses including lactose intolerance, galactosemia, phenylketonuria, and celiac disease by recommending certain supplements and diets. (González-Lamuño et al.,2024)

Genomics and Pharmaceuticals

By making it possible to customize drugs according to each person's unique DNA, genomic medicine fosters pharmaceutical innovation. (Amir-Aslani et al.,2010)One important use of nutrigenomics, dermatology, is becoming more and more important in moral medical care. For instance, substances from the therapeutic plant Acmella have anti-inflammatory qualities and suppress transcription factors, making them useful in treating diseases like pancreatitis and dermatitis. (Aktar et al.,2024)Genomic technologies are still being developed by European-funded networks with the goal of enhancing aging, quality of life, and sickness prevention. (Battams et al.,2011)

Conclusions

Genomic nutrition plays a pivotal role in customizing diets based on genetic makeup. It has tremendous potential to refine dietary guidelines and reduce disease risks. With continued advancements in nanotechnology and nutrigenomics, we are moving toward a future of precision medicine and improved health outcomes.

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