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## SUPPLEMENTARY MATERIAL

### UNIT XIV: Biomolecules

#### 14.5 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 to hypothyroidism which is characterised by letharginess and obesity. Increased level of thyroxine causes hyperthyroidism. Low level of iodine in the diet may lead to hypothyroidism and enlargement of the thyroid gland. This condition is largely being controlled by adding sodium iodide to commercial table salt ("Iodised" salt).

Steroid hormones are produced by adrenal cortex and gonads (testes in males and ovaries in females). Hormones released by the adrenal cortex play very important

role in the functions of the body. For example, glucocorticoids control the carbohydrate metabolism, modulate inflammatory reactions, and are involved in reactions to stress. The mineralocorticoids control the level of excretion of water and salt by the kidney. If adrenal cortex does not function properly then one of the results may be Addison's disease characterised by hypoglycemia, weakness and increased susceptibility to stress. The disease is fatal unless it is treated by glucocorticoids and mineralocorticoids. Hormones released by gonads are responsible for development of secondary sex characters. Testosterone is the major sex hormone produced in males. It is responsible for development of secondary male characteristics (deep voice, facial hair, general physical constitution) and estradiol is the main female sex hormone. It is responsible for development of secondary female characteristics and participates in the control of menstrual cycle. Progesterone is responsible for preparing the uterus for implantation of fertilised egg.

### UNIT XVI: Chemistry in Everyday Life

#### 16.4.3 Antioxidants in Food

These are important and necessary food additives. These help in food preservation by retarding the action of oxygen on food. These are more reactive towards oxygen than the food material which they are protecting. The two most familiar antioxidants are butylated hydroxy toluene (BHT) and butylated hydroxy anisole (BHA). The addition of BHA to butter increases its shelf life from months to years.

Sometimes BHT and BHA along with citric acid are added to produce more effect. Sulphur dioxide and sulphite are useful antioxidants for wine and beer, sugar syrups and cut, peeled or dried fruits and vegetables.