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Diploma in Pharmacy 2nd Year
Biochemistry & Clinical Pathology
Important Questions
Chapter 9 : Minerals

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Chapter 9
Minerals
IMPORTANT Questions

Q1. What are Minerals ? Write types of Minerals.

Ans.

Minerals

- → Minerals are the elements which are necessary for different types of Physiological functions and many of biochemical process.
- → Minerals are essential for the normal growth and maintenance of the body. Many of the essential minerals are widely distributed in foods, and most people eating a mixed diet are likely to receive adequate intakes. daily requirement of mineral is more than 100 mg, they are called major elements or macro minerals. If the requirement of minerals is less than 100 mg/day, they are known as minor elements or microminerals or trace elements.
- → Mineral availability depends on the region/soil or environmental condition because of mineral percentage vary region to region.

Types

1) **Macro-Minerals or Essential or Major Minerals :** The minerals are required more than 100mg per day as a daily requirement are called Macro-minerals such as : Sodium , Potassium , Calcium , chloride , Magnesium , Phosphorus.
2) **Micro-Minerals or Trace Minerals :** The minerals are required less than 100mg per day as a daily requirement are called Macro-minerals such as : Iodine , Fluorine , Copper , Cobalt , Manganese , iron , zinc, Selerium , Sulphate , Arsenic , Vanadium.

Q2. Describe the function of Minerals.

Ans.

Functions of Minerals

- ➢ They are required for :
  - For transport of Oxygen (Fe)
  - For maintenance of tissues and bones . (Ca++)
  - For working of nervous system . (Ca++)
  - For muscle contraction . (Ca++)
  - For blood coagulation (Ca++)
  - For Cardiac activity (K+)
  - For acid-base balance (Na+)
  - For thyroid Hormone synthesis (Iodine)
  - For formation of sperms (Zn)
  - For maintenance of Osmotic pressure of blood (Na+ , K + , Cl -)