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Effect of the Hyperinsulinic Clamp or Intranasal Insulin on Cognitive Function

Hari Prasad Devkota*
Department of Pharmaceutical Sciences, Kumamoto University, Japan

DESCRIPTION

A common type of carbohydrate, glucose is a simple sugar. When broken down, glucose is the body's primary source of energy. Without it, our brain and muscles would not be able to work. Controlling the amount of glucose in the blood is essential. Although excess glucose in the blood can cause health issues, glucose is necessary for the body to function properly. Insulin allows glucose to enter cells to be used for energy as it moves through the blood and comes into contact with them. The onset, peak, and duration of insulin's action are what separate it from other drugs. Depending on its function, insulin is divided into two main categories prenatal (rapid-acting or "mealtime" insulin) and basal (long-acting insulin). The majority of basal insulin is made to be injected once or twice a day to maintain a constant level of insulin action throughout the day and to provide sufficient insulin levels at night. When you don't eat, basal insulin helps keep your blood sugar levels stable, but it doesn't cover spikes in glucose after meals. The majority of brain insulin is absorbed by the brain *via* what appears to be a receptor-based carrier from the pancreas. Insulin (derived from the Latin word "insula," which means "island") is a peptide hormone produced by the INS gene-encoded beta cells of the pancreatic islets in humans. It is thought to be the body's primary anabolic hormone. It directs the digestion of carbs, fats and protein by advancing the assimilation of glucose from the blood into liver, fat and skeletal muscle cells. Through lipogenesis or glycogenesis, the absorbed glucose is transformed into either glycogen (glycogen) or fats (triglycerides) in these tissues, or both in the liver. High blood insulin concentrations significantly inhibit the liver's ability to produce and secrete glucose. The synthesis of proteins in a wide range of tissues is also affected by insulin that is circulated. As a result, it is an anabolic hormone that encourages the conversion of blood molecules into cells large molecules. The blood's low insulin levels promote widespread catabolism, particularly of reserve body fat, which has the opposite effect. Insulin uptake and content in the brain are reduced in animal models of type 2 diabetes associated with insulin resistance. Obesity-related insulin resistance has been linked to changes in the insulin receptor cascade, suggesting that insulin receptors in the brain also become less sensitive to insulin, which may reduce synaptic plasticity. Insulin transport to the cerebrum is decreased in maturing and in a few creature models of type 2 diabetes Insulin resistances in the brain may also be present. Changes in brain neuroelectric parameters in evoked brain potentials consistent with improved attention or memory processing have been found in studies examining the effect of the hyperinsulinic clamp or intranasal insulin on cognitive function. Elevated insulin levels in the brain appear to be the cause of these effects. Insulin Growth Factor-I (IGF-I) levels in the peripheral tissues have an impact on glucose disposal and are linked to glucose regulation. The brain's decreased sensitivity to insulin or IGF-I, as seen in aging, obesity, and diabetes, may hinder amyloid clearance, according to some evidence. The insulin receptor cascade is involved in this decrease, which can also increase amyloid toxicity.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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Corresponding author Hari Prasad Devkota, Department of Pharmaceutical Sciences, Kumamoto University, Japan, E-mail: devkotah@kum-u.ac.jp

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