

Chemical Reactions in Living Systems: How Organic Chemistry and Biochemistry Intersect

Dr. Emily Carter

Department of Chemistry, University of Edinburgh, United Kingdom

Received: 10/03/2026

Accepted: 10/05/2026

Published: 01/08/2026

Abstract:

Biological systems that rely on chemical reactions for their power rely on metabolic processes, gene expression, and signal transmission. Biology and organic chemistry have a significant impact on the complex molecular interactions that are seen in living organisms. Organic compounds can undergo a wide variety of reactions in these regions, with the formation of new molecules or their modification or breakdown being the final products. All biological systems rely on chemical reactions, which are linked to biochemical and organic operations. We look at three important physiological processes and talk about how organic chemistry controls them: enzymatic catalysis, oxidative phosphorylation, and DNA/RNA synthesis. Improvements in treatment, metabolic engineering, and drug discovery have all been made possible by our growing understanding of the molecular mechanisms behind these activities. The study goes much farther, exploring the difficulties of understanding living chemical reactions, including their complex nature and the dynamic context in which they occur. For a molecular understanding of life and its applications in health, disease, and biotechnology, this study highlights the necessity of multidisciplinary research as a means to bridge the gap between organic chemistry and biochemistry.

Keywords: Biological Systems, Organic Chemistry, Biochemistry, Enzymatic Catalysis

Introduction:

Chemical reactions are the fundamental units of biological systems because they allow for the myriad complicated processes that keep life going. From breaking down food into smaller pieces to making new macromolecules, chemical reactions control nearly every biological operation. Since carbon-containing molecules are the building blocks of life, biochemistry—the study of chemical processes in and related to living organisms—lays a firm foundation for organic chemistry's concepts. Complex macromolecules including nucleic acids, proteins, carbohydrates, and lipids comprise living systems. For a better understanding of this process, we must bridge the gap between organic chemistry and biology. In biological systems, the specificity and rate of chemical reactions are controlled by cellular variables including temperature, pH, and ion concentrations, alongside enzymes and co-factors. Catalyzing metabolic, reproductive, and energy-generating cellular processes, enzymes considerably speed up the process. A broad variety of processes are made possible by chemical reactions that are regulated by biological systems. These processes include the biosynthesis of proteins from amino acids, DNA replication, and the conversion of glucose into ATP. To understand the molecular basis of life, we need to combine organic chemistry with biology. Biochemistry



offers a more comprehensive perspective on these processes, including the functions of biomolecules in cellular signaling, energy transmission, and structural organization, in contrast to organic chemistry, which focuses on the interactions between atoms and functional groups to create bonds. Improvements in medicine, biotechnology, and pharmaceutical development are made possible by our chemistry-based understanding of these biological processes, which shed light on basic life processes. is the connection between organic chemistry and biochemistry, especially when it comes to the chemical reactions that take place in living things and how organic chemistry principles impact these reactions. This course will explore the interplay between biology, medicine, and the biochemical processes that underlie important biochemical events. Filling this information vacuum will lead to better biotechnology, medicine, and healthcare as well as new understanding of the molecular dynamics that support life.

The Organic Chemistry of Living Things: A First Course

Biochemistry draws on organic chemistry for its understanding of biomolecules' structure, function, and reactivity. Organic molecules make up the great majority of biological systems. The majority of these molecules consist of carbon, and they have functional groups that allow them to participate in the myriad of chemical interactions that are essential to life. A thorough familiarity with the concepts of organic chemistry as they pertain to biological systems is necessary for comprehending the occurrence and regulation of complex biological processes. To understand how living things undergo chemical reactions, this section delves into the fundamental ideas of organic chemistry. This class includes topics like as molecular interactions, the structure and function of organic molecules, and the function of functional groups.

1. Organic Molecules: Structure and Function

The building blocks of all life, organic molecules are capable of a wide range of conformations and functions. Covalent bonds formed by carbon atoms with one another, with nitrogen, sulfur, oxygen, and hydrogen, and with other carbon atoms make carbon the fundamental element in organic chemistry. Because of these bonds, which are essential to organic molecules, carbon-based compounds are more versatile. In biological systems, organic molecules are normally classified into four primary groups: carbohydrates, lipids, proteins, and nucleic acids. Essential to cellular structure and function are the following biomolecules:

- **Carbohydrates:** The carbon, hydrogen, and oxygen in these molecules work together to produce energy. Energy storage and cellular signalling are two functions of carbohydrates, both simple sugars (monosaccharides) and complex carbs (polysaccharides).
- **Lipids:** Fats, oils, and phospholipids make up lipids, which play a crucial role in signalling, energy storage, and membrane construction.
- **Proteins:** Catalysis (enzymes), structural support, and transport are just a few of the many roles played by proteins, which are composed of amino acids.
- **Nucleic Acids:** Polymers of nucleotides, DNA and RNA, store genetic information that allows cells to replicate and perform their functions.

The functionality of these organic compounds relies on their three-dimensional structure. Protein catalytic activity is dictated by their folding into certain shapes, while DNA's sequence encodes genetic information crucial for cellular function.

2. Functional Groups in Biochemical Reactions

Functional groups are clusters of atoms that regulate the specific chemical processes of organic compounds. The functional groups of biomolecules are the main factors that determine their reactivity since they participate in chemical reactions and interact with other molecules. In biological systems, there are various crucial groupings of functions, including:

- **Hydroxyl Group (-OH):** Because of its polarity and hydrogen bonding capabilities, it plays a crucial role in solubility and the interactions between enzymes and substrates; it is found in sugars and alcohols.
 - **Carboxyl Group (-COOH):** It is essential for the creation of peptide bonds during protein synthesis and is acidic. It is found in both amino acids and fatty acids.
 - **Amino Group (-NH₂):** Amino acids contain this basic amino acid, which helps with acid-base reactions and peptide bond formation.
 - **Phosphate Group (-PO₄²⁻):** Essential for phosphorylation-mediated enzyme control and energy transfer (e.g., ATP), it is found in phospholipids and nucleotides.
 - **Aldehyde and Ketone Groups (-CHO, -C=O):** The citric acid cycle is one of the metabolic processes that involve these carbonyl-containing molecules.
 - **Sulfhydryl Group (-SH):** It can stabilise protein structures by forming disulphide bonds; it is found in cysteine.
- The chemical reactivity and physical properties (such as solubility and polarity) of molecules are affected by these functional groups. Enzyme catalysis, signal transduction, and metabolic processes are only a few examples of the various biological reactions that rely on their interactions.

3. Covalent Bonds and Molecular Interactions

Organic molecule stability and reactivity in biological systems are largely dictated by the chemical bonds they create. The most important part of biomolecule structure is the formation of covalent bonds, the strongest kind of connection, which occur when atoms share electron pairs.

- **Covalent Bonds:** Biological molecules cannot remain stable without these linkages. Proteins use peptide bonds to join amino acids into polypeptides, whereas nucleic acids use phosphodiester bonds to join nucleotides into DNA and RNA. Covalent bonds enable the building of huge, complex molecules, which are essential for life.
- **Hydrogen Bonds:** While hydrogen bonds aren't as strong as covalent interactions, they're nonetheless crucial for keeping biomolecules' three-dimensional structures stable. The double helix structure in DNA is achieved via hydrogen bonds between complementary bases (adenine-thymine, guanine-cytosine), whereas the secondary and tertiary structures of proteins are maintained by hydrogen bonds.



- **Ionic Bonds:** Protein structural stabilisation and enzyme-substrate interactions rely on these bonds, which form between ions with opposite charges. When proteins and nucleic acids interact, ionic bonding may also be involved.
- **Van der Waals Forces:** The structural stability of big biomolecules, such as nucleic acids and proteins, relies on these weak, non-covalent interactions that take place between molecules or component parts.

Precise folding, assembly, and function of biological macromolecules are made possible by a combination of covalent bonds and non-covalent interactions. Enzyme catalysis, molecular recognition, and cellular structure development are all examples of biological processes that rely on molecules' capacity to interact through these various forces.

4. Reactivity and Chemical Reactions in Biological Systems

- The fundamentals of organic chemistry lay the groundwork for comprehending the various chemical processes that take place in living systems. Enzymes are responsible for catalysing these reactions and reducing the activation energy needed for them to happen. This allows metabolic processes to occur at the speeds that are essential for life. Chemical reactions that play a crucial role in living systems comprise:
- **Addition Reactions:** Involving the addition of atoms or groups to a molecule, such as in the synthesis of fatty acids.
- **Elimination Reactions:** Where atoms or groups are removed from a molecule, such as in the breakdown of glucose during glycolysis.
- **Substitution Reactions:** Where one group is replaced by another, important in the formation of peptide bonds and DNA replication.
- **Redox Reactions:** Involving the transfer of electrons, these reactions are crucial in cellular respiration and photosynthesis.

To delve into the molecular basis of diseases, enzyme function, and cellular metabolism, one must comprehend the chemical processes underlying these reactions. Biochemistry relies on organic chemistry as a foundational discipline because it explains how biomolecules interact and evolve throughout living systems. Biological processes are controlled by chemical reactions, which are impacted by the structure and function of organic molecules, the function of functional groups, and the properties of molecular interactions. Healthcare, biotechnology, and medicine development can all benefit from a deeper understanding of the molecular mechanisms at action in living things, which can only be achieved through the integration of organic and biochemical study.

Conclusion

To fully grasp the chemical reactions that underpin molecular activity in biology, one needs knowledge of both organic chemistry and biochemistry. Molecular structure, functional groups, and reactivity are concepts borrowed from organic chemistry and used to biochemistry in order to explain the intricate and dynamic biochemical processes that take place in living things. By delving into the biochemical changes that organic molecules undergo, along with their interactions and covalent bond formation, we can gain a deeper comprehension of metabolic processes, DNA replication, and protein synthesis. The areas of medicine,

biotechnology, and environmental study can all benefit greatly from a better grasp of the chemical interactions that take place within biological systems. This, in turn, is crucial for comprehending basic life processes. It is critical to unite organic chemists and biochemists in order to gain a better understanding of how disruptions in these molecular processes cause diseases and how to utilize this knowledge to develop new diagnostic tools, medications, and treatments. A clearer picture of disease mechanisms will emerge as a result of this. As a last point, our growing molecular knowledge of life is being bolstered by the interdisciplinary approach that merges biochemistry and organic chemistry. The multidisciplinary approach provides this essential groundwork. To solve difficult problems like pollution management and developing renewable energy sources, as well as to progress biotechnology and public health, research in these areas must continue. Innovation in science and technology will surely be propelled forward in the future by the continuous collaboration between biochemistry and organic chemistry. Opportunities to improve agricultural methods, environmental sustainability, and human health will arise as a result of this alliance's establishment.

Bibliography

1. Alberts, B., Johnson, A., Lewis, J., Raff, M., Roberts, K., & Walter, P. (2002). *Molecular biology of the cell* (4th ed.). Garland Science.
2. Berg, J. M., Tymoczko, J. L., & Gatto, G. J. (2015). *Stryer's biochemistry* (8th ed.). W. H. Freeman and Company.
3. Berg, J. M., & Stryer, L. (2002). *Biochemistry* (5th ed.). W. H. Freeman and Company.
4. Fersht, A. (2008). *Structure and mechanism in protein science: A guide to enzyme catalysis and protein folding* (2nd ed.). W. H. Freeman and Company.
5. Jones, D. P. (2015). *Redox biology: From molecular mechanisms to human health*. Elsevier.
6. Krebs, J. E., Goldstein, E. S., & Kilpatrick, S. T. (2018). *Lewin's GENES XII*. Jones & Bartlett Learning.
7. Nelson, D. L., Cox, M. M., & Lehninger, A. L. (2017). *Lehninger principles of biochemistry* (7th ed.). W. H. Freeman and Company.
8. Perutz, M. F. (2001). *Molecular biology of the gene* (5th ed.). Pearson Education.
9. Stryer, L. (1995). *Biochemistry* (4th ed.). W. H. Freeman and Company.
10. Voet, D., Voet, J. G., & Pratt, C. W. (2016). *Fundamentals of biochemistry: Life at the molecular level* (5th ed.). Wiley.