

JIM C – HEALTH TERMS

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HOW DID THE *TERM “METABOLISM” ORIGINATE?*

Definition: Sum of all biochemical processes involved in life.

- 1) Anabolism - the building up of complex organic molecules**
- 2) Catabolism - the breakdown of complex substances into simpler molecules, often accompanied by the release of energy.**

Online Etymology: In physiology sense, 1878, from French *métabolisme*, from Greek *metabole* "change," from *metaballein* "to change," from *meta-* "over" + *ballein* "to throw." *Metabolic* is first attested 1845 in this sense, from German *metabolisch* (1839).

Wikipedia: The history of the scientific study of metabolism spans several centuries and moved from examining whole animals in early studies to examining individual metabolic reactions.

- 1213-1288: *Ibn al-Nafis* stated that "the body and its parts are in a continuous state of dissolution and nourishment, so they are inevitably undergoing permanent change."**
- 20th Century: Eduard Buchner discovered enzymes that started modern biochemistry by separating the study of the chemical reactions of metabolism from the biological study of cells.**

Conventional Wisdom: Metabolism = Life's Chemical Reactions

Moment of Zen: If metabolism stops, a living thing dies.