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Advancing Insights into Inborn Errors of Metabolism; Diagnosis and Therapeutics

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Abstract – The diverse group of rare and complex genetically inherited disorders known as inborn errors of metabolism are typically caused by enzymes in various biochemical metabolic pathways of proteins, fats, and carbohydrates not being active. This impairs organelle function, causes toxic substances to build up in cells, and disrupts the body's energy availability, all of which can lead to complex medical conditions that can be fatal. From the early stages of the illness to puberty, the age at which IEM is clinically represented can change. The estimated global incidence of inborn errors of metabolism is approximately 50.9 cases per 100,000 live births with a higher regional incidence in the east Mediterranean region. However, a recently published study claims the incidence of IEM to be 1 case per 891 cases which can e translated to 112 in 100,000 cases. Inborn errors of metabolism are complex disorders that are often misdiagnosed due to a lack of familiarity and understanding among medical professionals. The increasing detection rates of IEM, driven by advancements in diagnostic methods, highlight the growing need for medical professionals to develop a deeper knowledge of their early clinical symptoms. This understanding is crucial for timely diagnosis and effective treatment. The following article offers a thorough assessment of the prevalent clinical symptoms of IEM for the diagnosis, clinical and laboratory findings, and treatment of such illnesses. Lastly, it also emphasizes that IEM is not a rare condition as the outdated notion of it suggests. The article may help to avoid misdiagnosis by medical professionals.

Keywords – Inborn errors of metabolism, genetic disorders, diagnostics, therapeutics

1. Introduction

The network of intricate biochemical reactions that take place in living things to provide energy and sustain the cellular functions that are essential to life is referred to as metabolism [1]. Certain metabolic pathways are used to coordinate these biological processes. To guarantee the correct organization of the pathway for appropriate functioning and the establishment of homeostasis in the body, each pathway is dependent on substrates and enzymes. A collection of hereditary metabolic disorders known as inborn errors of metabolism (IEM) are caused by a malfunction in the mechanism of protein transport in a metabolic pathway or by the inactivity of one or more enzymes, which results in insufficiency or the absence of end products in the human metabolism pathways. As the name suggests, IEMs are birth defects that affect newborns and can be passed down through the family. These errors cause metabolic pathways to malfunction, which can have some very catastrophic repercussions [2]. These medical conditions are brought on by mutations or malfunctioning genes that eventually result in the production of defective enzymes or a lack of a particular enzyme, disrupting the entire pathway. IEM manifests in the body in specific ways, such as the overabundance of certain metabolites that can cause significant medical problems and even death. Most of these rare genetic illnesses are inherited in an autosomal recessive fashion. IEM, such as phenylketonuria, lactose intolerance, and albinism, can manifest at birth or later in life.

The term "inborn errors of metabolism" was first used in 1902 by the British physician Archibald Garrod (1857–1936), who developed the idea of chemical individuality and certain complications that lead to certain disorders like alkaptonuria. Garrod defined inborn errors of metabolism as a lifelong congenital chemical alteration [3]. He also described albinism, cystinuria, porphyria, and pentosuria, among other metabolic abnormalities, later in 1909. The metabolic foundation of alkaptonuria was originally defined by him. However, because the nature of genes was still not fully known, Garrod's work on the manifestations of biochemical individuality was never valued or acknowledged during his lifetime. As time went on, George Beadle and Edward Tatum put forth the one gene, one enzyme idea in 1941, which helped Garrod's work on biochemical uniqueness become clear and his conclusions validated. (as shown in figure 01). Ironically, Garrod's findings are still not widely accepted since medical professionals believe that these are incredibly uncommon occurrences that are not frequently encountered in clinical settings. IEMs are extremely complex since they can change and demonstrate terrible alterations in nearly every organ, from the womb to old age, and they are still everywhere in appearance, making them difficult to spot in standard medical treatment. It has been determined that inborn errors of metabolism (IEM) cause about 300 illnesses [4]. As a result of improvements in diagnostic and treatment methods, the number is continuously rising. Recent research indicates that there are 59 cases of IEM worldwide for every 100,000 live births [5]. Because consanguinity and endogamy are prevalent in the east Mediterranean and south Asian regions, this number is significantly higher there. IEM is the

second most prevalent "rare" disease, according to statistics from a tertiary genetic testing center in India over the last 22 years [6]. According to a study from a Riyadh tertiary hospital, the incidence of IEM is 1:891 [7]. Nonetheless, medical practitioners frequently undervalue the detection and diagnosis of IEM. This underestimation is caused by several things, such as the frequent exclusion of IEM from differential diagnoses, a lack of awareness about the optimal times and techniques to take blood and urine samples, and the vague or mild symptoms of many metabolic diseases [8].

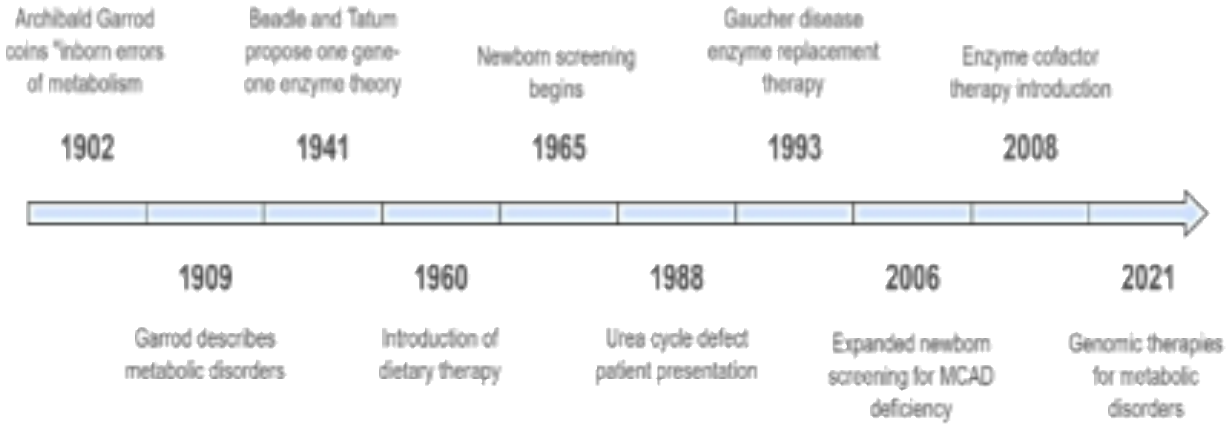

Figure 1. Milestones in the history of IEMs [9]

2. Metabolic Consequences

The production of energy and the preservation of the health of bodily functions are the primary goals of each metabolic cycle.The correct operation and completion of the reactions that result in the final products of all biological reactions relies on a variety of enzymes. A particular metabolic pathway, whether it is involved in the metabolism of fats, proteins, or carbohydrates, is thought to be complicated by enzymes [3]. Recent research has shown that the molecular basis of IEM is hereditary abnormalities caused by mutations in the genes encoding these enzymes that are involved in metabolic pathways. Mutated genes result in the production of defective enzymes that block the metabolic process. This can have a variety of effects, including the accumulation of intermediate metabolites during the metabolic process, the accumulation of products in the cells, the accumulation and elevation of substrate concentrations, or improper product formation. Defects in the particular enzyme involved in the metabolism of amino acids, carbohydrates, lipids, and nucleic acids are another basis for classifying IEM diseases [2]. section should start with first paragraph and should use the right style.

3. Classification of Inborn Errors of Metabolism

Practice guidelines are ideally based on evidence derived from well-designed clinical trials, meta-analyses, and replicated studies. However, for rare diseases such as inborn errors of metabolism (IEMs), large trials and comprehensive analyses are often unavailable. As a result, many current guidelines for IEMs rely on expert consensus, sometimes referred to as “eminence-based” guidelines. While these guidelines are often criticized for lacking a strong evidence base, they still hold value in clinical practice and can support the development of future evidence-based guidelines. Various formal methods have been established to create guidelines, including convening multidisciplinary panels to review the literature (e.g., NIH-style “Consensus Conferences”), conducting structured consensus processes (e.g., Delphi panels), or engaging in brainstorming sessions within professional societies. The Institute of Medicine Committee on Standards for Developing Trustworthy Clinical Practice Guidelines has outlined specific recommendations to ensure the reliability of such guidelines [10]. According to the Society for the Study of Inborn Errors of Metabolism (SSIE), IEM can be divided into 15 main categories, which are then divided into subcategories depending on their biochemical pathways and clinical features [11]. This classification is also included in the 11th edition of the international classification of diseases (ICD11).

3.1. Disorders of Amino Acid Metabolism

Proteins are made-up of amino acids. The illnesses caused by the buildup of metabolic intermediates harm our tissues and organs are called amino acid disorders.

3.1.1. 3.1.1. Phenylketonuria

Intellectual impairment occurs from an autosomal recessive inborn error of phenylalanine if left untreated. Since our bodies are unable to produce phenylalanine, we must obtain it through our food. Phenylalanine builds up in tissues as a result of the enzyme's impaired catalytic activity, which prevents it from being converted into tyrosine. PKU is thought to affect 1 in 10,000 babies.[12]. Patients with PKU experience irreversible biochemical abnormalities, such as mental impairment or neurological malfunction. Certain infants exhibit reduced skin and hair pigmentation, epilepsy symptoms, and characteristics associated with Parkinson's disease. Tandem mass spectrometry or gas chromatography can be used to examine elevated PKU levels or phenyl pyruvate in urine and blood. PKU patients are prohibited from consuming phenylalanine in their diets to prevent buildup and to keep their plasma levels between 2 and 6 mg/dL. Saproprotein adjuvant therapy has also shown promise in the treatment of PKU. New treatments include BH4 therapy, which relies on PHA enzyme replacement therapy, big neutral amino acid therapy, and partial liver or normal hepatocyte transplantation for more severe forms of PKU. whereby phenyl concentration is reduced by raising LNAA conc. and somatic gene therapy is used to fully repair the PHA gene. [13, 14]. (PKU) may benefit from gene addition therapy. This is especially true for individuals who have trouble controlling their blood L-phenylalanine (L-Phe) levels through diet and who suffer from the associated behavioural, mental, and cognitive symptoms. While birth screening and dietary therapy have been successful in averting severe consequences, gene therapy may provide a long-term remedy, particularly for adults. AAV vector-based gene therapies are being developed in the US, although these methods have, problems include figuring out the right dosages, guaranteeing long-term effectiveness, and dealing with restrictions in paediatric applications because of liver expansion. Advanced methods like lentiviral vectors, genome editing using base editors, or AAV-mediated homologous recombination might be used in future tactics [16].

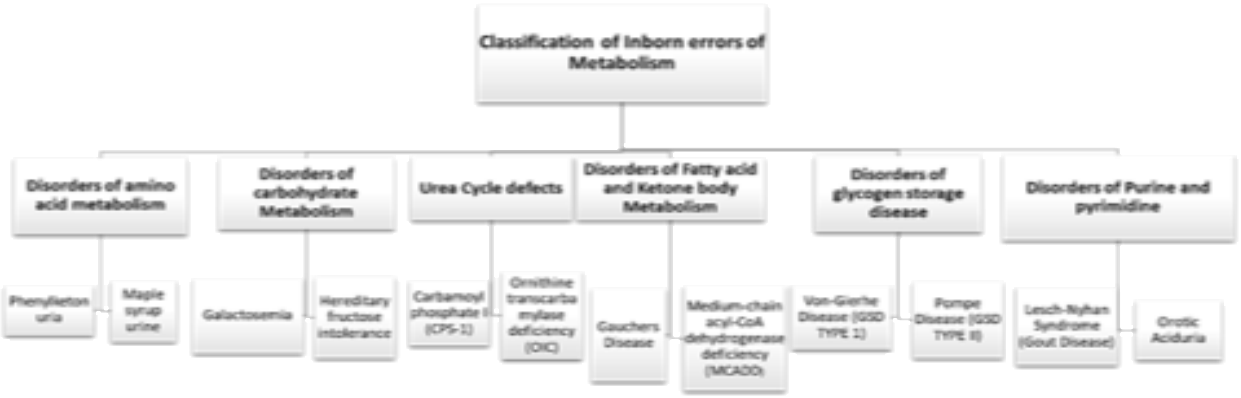

Figure 2. Classification of Inborn Error of Metabolism, categorizing various metabolic disorders into groups such as amino acid metabolism disorders, carbohydrate metabolism disorders, urea cycle defects, fatty acid and ketone metabolism disorders, glycogen storage.

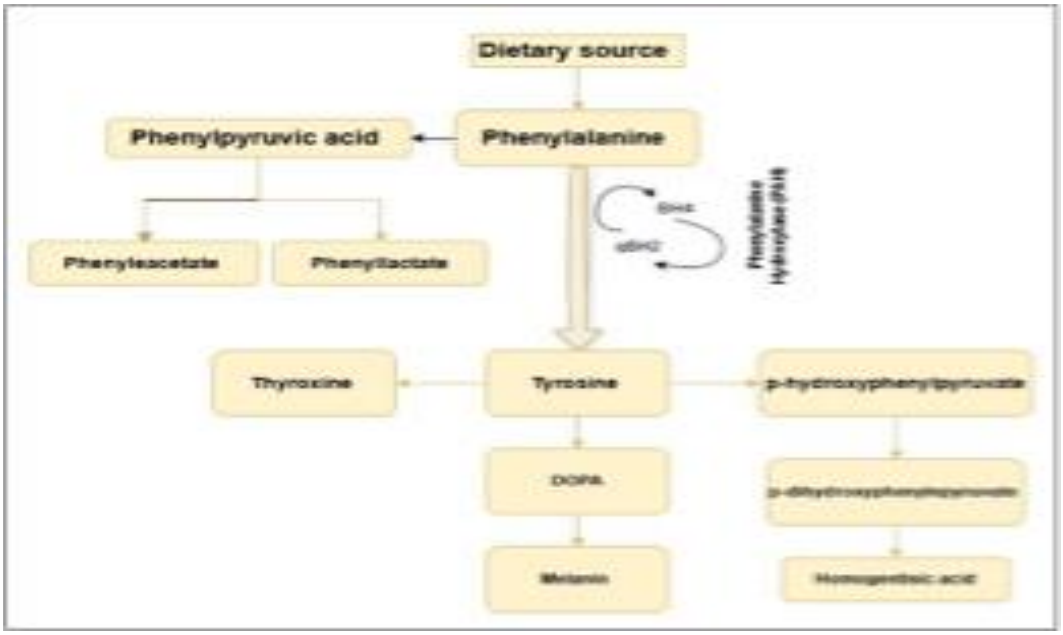

Figure 3. shows the metabolic pathway of PKU where Phenylalanine hydroxylase (PAH) catalyzes the hydroxylation of L-phenylalanine to L-tyrosine. [15]

3.1.2. Maple Syrup Urine Disease (MSUD

Alpha-ketoacids dehydrogenase metabolic insufficiency causes the body to be unable to break down branched chain amino acids, such as valine, leucine, and isoleucine, in Maple Syrup Urine Disease (MSUD). MSUD is brought on by the accumulation of keto acids in the blood and tissues. It is distinguished by sweet-smelling urine that has a maple syrup-like fragrance. Among its biological characteristics are hyperammonemia, vomiting, ketoacidosis, and neurological disorders. Some of the main diagnostic tests for MSUD diagnosis include estimation of the levels of branched chain amino acids in plasma, allo-isoleucine, and urine of ketoacids and branched chain hydroacids. The quantitative ratio of leucine and alanine concentrations on a dry blood sample is the basis for neonatal screening. Leucine tolerance in the diet, medicinal foods free of branched chain amino acids, and prudent use of isoleucine and valine supplements. Allogenic liver tissue transplantation can occasionally save a patient's life from a metabolic crisis. [17]. In addition to this, a liver-directed AAV8 gene therapy was created that targets the BCKDHA gene. AAV8-BCKDHA was administered intravenously to save the lives of neonatal mice with a fatal phenotype. While a liver specific promoter delivered partial, prolonged rescue, a ubiquitous promoter offered complete, sustained disease repair, underscoring the potential of gene therapy for clinical translation [18]

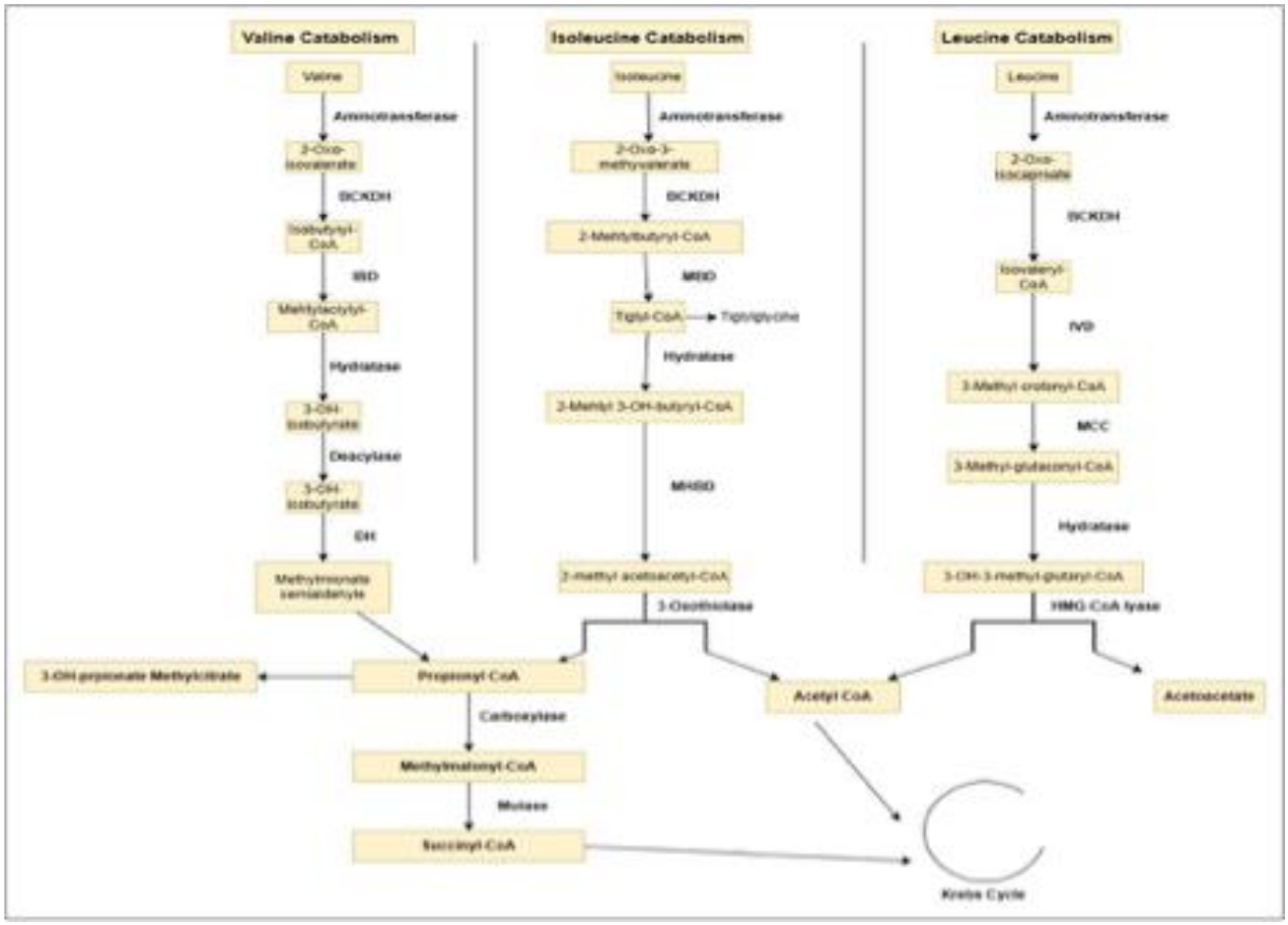

Figure 4. depicts branched-chain amino acid metabolism. MHBD, 2-methyl-3-hydroxybutyryl-CoA dehydrogenase (deficient in 2-methyl-3-hydroxybutyryl-CoA dehydrogenase deficiency); DH, dehydrogenase; PCC, propionyl-CoA carboxylase (deficient in propionic aciduria); MCC, 3-methylcrotonyl-CoA carboxylase (deficient in methylcrotonylglycinuria); hydratase, 3-methylglutaconyl-CoA hydratase (deficient in 3-methylglutaconic aciduria type I); and MCM, methylmalonyl CoA mutase. Italics indicate accumulating pathogenic metabolites [8]

Table 1. significant advancements for PKU and MSUD

Aspect	PKU	MSUD
Title	AAV-Based Gene Delivery	AAV-Mediated Gene Transfer
	mRNA Therapy	CRISPR-Cas9-Based Editing
	CRISPR-Cas9 Gene Editing	
Basic mechanism	Gene delivery using AAV vectors to restore PAH function.	Gene delivery using AAV vectors to restore BCKD enzyme activity.
	Synthetic mRNA encoding PAH.	CRISPR-Cas9 correction of BCKD mutations.
	CRISPR gene correction for PAH.	
Outcomes	Reduced phenylalanine levels, improved metabolic control and quality of life	Normalized amino acid levels, prevention of neurotoxicity
Precision medicine	Enzyme substitution therapy (pegvaliase).	Dietary interventions, newborn screening.
	Personalized diet plans, wearable sensors.	Liver transplantation.
Challenges	Durability, immunogenicity of AAV therapy,	Accessibility, donor availability for
	Off-target effects in CRISPR.	Liver transplantation.

3.2. 3.2. Urea Cycle defects

An autosomal recessive inherited disorder that are caused by defects in urea cycle. The liver is essential to the urea cycle's detoxification of nitrogenous wastes. A byproduct of the urea cycle, urea can build up and be harmful to cells. Urea cycle defects typically appear in the first few days of life and have an estimated incidence of 1 in 80,000. Ammonia and other precursor metabolites accumulate abnormally when there are urea cycle errors. These enzymes include arginase deficit (ARG), carbamoyl phosphate I (CPS-1), arginase synthetase (ASSI), arginase synthetase (ASL), and ornithine transcarbamylase deficiency (OIC). Arginosuccinase and CPS-I produce argenemia, while arginase deficiency causes Academic arginosuccinic and CPS insufficiency [19]. Despite being normal at birth, infants with urea cycle disorders might develop hyperammonemia situations that lead to coma, neurological disorders, cellular edema, anorexia, convulsions, and mental retardation. We can identify UC abnormalities by testing high levels of ammonia, arginine, arginosuccinate, and orotic acid in plasma and urine, respectively. Premature babies can be identified by their normal blood glutamine levels and temporary hyperamonemia. The most popular diagnostic tests are those for parents and newborns. A low-protein diet aids in regulating the body's ammonia levels. The main drug used in treatment is sodium butyrate, which offers a different mechanism for the body to eliminate nitrogen. Where there is an enzyme shortage, liver transplantation is the cure. Immunological treatments and long-term monitoring are necessary for transplant recipients, however for the best neurological results and survival rate, the procedure should be completed when the patient is one year old. Hepatocyte transfusion, an alternative therapy, also showed promisen[20].

3.3. Disorders of Carbohydrate Metabolism

GSD is caused by genetic abnormalities in the glycogen metabolic system. Glycogen breaks destroyed and glucose is produced when blood sugar levels fall. This glucose is then sent to the bloodstream, where it builds up in the muscles and liver and affects other organs [21]. Some of the associated diseases are:

3.3.1. Galactosemia

It is a hereditary disorder that is caused by a high blood level of galactose due to a malfunctioning enzyme that catabolizes galactose. Dairy products and milk naturally contain galactose. The incidence is 1 in 18,000 live births, according to estimates. The hereditary gene that codes for the enzyme galactose-1-phosphate uridyl transferase, which changes galactose-1-phosphate into glucose-1-phosphate, is faulty in galactosemia. Patients and their family suffer greatly since most adults with classic galactosemia are unable to live independently and require daily help. Common symptoms that worsen with age include memory loss, tremors, poor fine motor skills, and speech difficulties. These issues impact daily functioning, communication, and quality of life. Its severe difficulties are highlighted by the fact that the illness frequently results in social isolation, anxiety, frustration, and sadness

[22]. Its biological characteristics include poor weight gain, jaundice, yellow complexion, and lethargy. Common diagnostic procedures include newborn screening and the enzymatic measurement of galactose-1-phosphate uridylyl transferase in blood. Nutritional therapy uses a diet free of galactose and lactose to manage clinical symptoms. Adults should limit their intake of dairy products.

3.3.2. Hereditary Fructose Intolerance (HFI)

The catalytic impairment of the aldolase-B enzyme, which transforms fructose-1-phosphate into glyceraldehyde and dihydroxyacetone phosphate, causes this autosomal recessive genetic condition. This enzyme shortage causes F1P to build up in the kidney, liver, and small intestine. Even with the right care, chronic problems such fatty liver, Fanconi syndrome, growth deficit, and irritable bowel syndrome might still arise [23] Among its typical symptoms are weakness, nausea, and vomiting. Diagnosis is aided by the identification of aldolase-B enzyme activity in liver and kidney tissues. Recently, a mutant aldolase-B enzyme has been found using a PCR-based technique. The most popular methods for managing and controlling HF1 are nutritional therapy and dietary restriction.

3.3.3. Glycogen storage Disorders

GSD is caused by genetic abnormalities in the glycogen metabolic system. Glycogen breaks destroyed and glucose is produced when blood sugar levels fall. This glucose is then sent to the bloodstream, where it builds up in the muscles and liver and affects other organs.[21]. Among the related illnesses are: A study found that 12.5% of patients who had portacaval shunt surgery and glycogen storage disorder type I got hepatocellular cancer after an average of 6.7 years, while 44.4% of patients had hepatic adenoma, often around the age of 14.3. [24]. In addition to the substantial burden of controlling and tracking the condition, patients with GSDIa have a number of unmet biopsychosocial demands.

3.3.3.1. Von Gierhe Disease (GSD Type I)

Glucose-6-phosphate (Figure-05) enzyme catalytic deficiency leads to abnormalities (Figure-06) and its accumulation in liver and muscles. Hypoglycemia, lactic acidosis, fatty liver, doll-like features, protuberant abdomen are progressive complications seen in affected people. GSD-1 gene detected by histological examination of the liver and neonatal screening are common diagnostic tests. Nutritional therapy, liver transplantation, and liver function test are its primary treatments. Hepatocyte therapy proves a beneficial alternative to liver transplantation

3.3.3.2. Pompe Disease (GSD type II)

Pompe disease is an autosomal recessive disorder due to mutations in gene (Figure 07) that encode acid-alpha-galactosidase enzyme. This enzyme is found actively functioning in lysosomes of liver, heart, and muscles tissues. Major complication of this disease is the accumulation of lysosomal glycogen in the heart, muscles and nervous system. In toddlers, the common symptoms being reported are muscle weakness, hearing loss and breathing problems. Additionally, the diagnostic techniques includes enzymatic assay of GAA activity and GAA mutational analysis test (Table-02). Nutritional therapy and enzyme replacement therapy are most common therapeutics strategies [25].

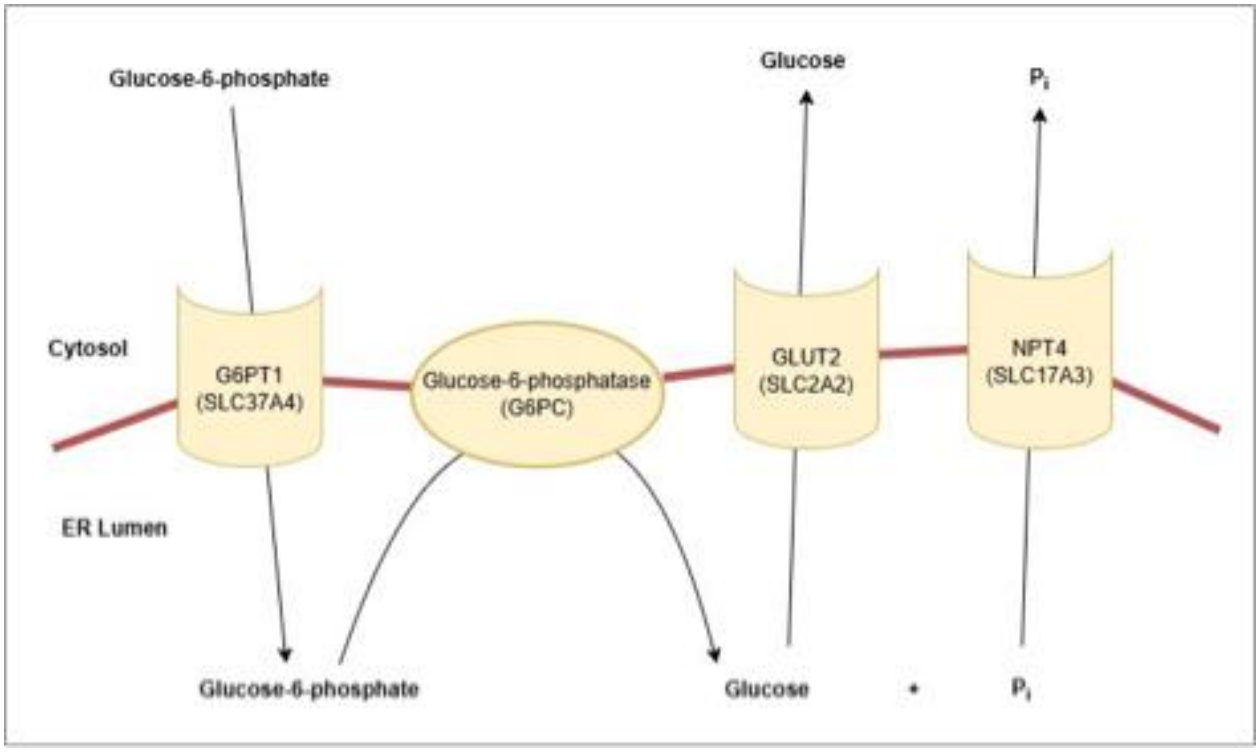

Figure 5. Showing normal pathway where Glucose-6-phosphate (G6P) is transported from the cytosol into the ER lumen

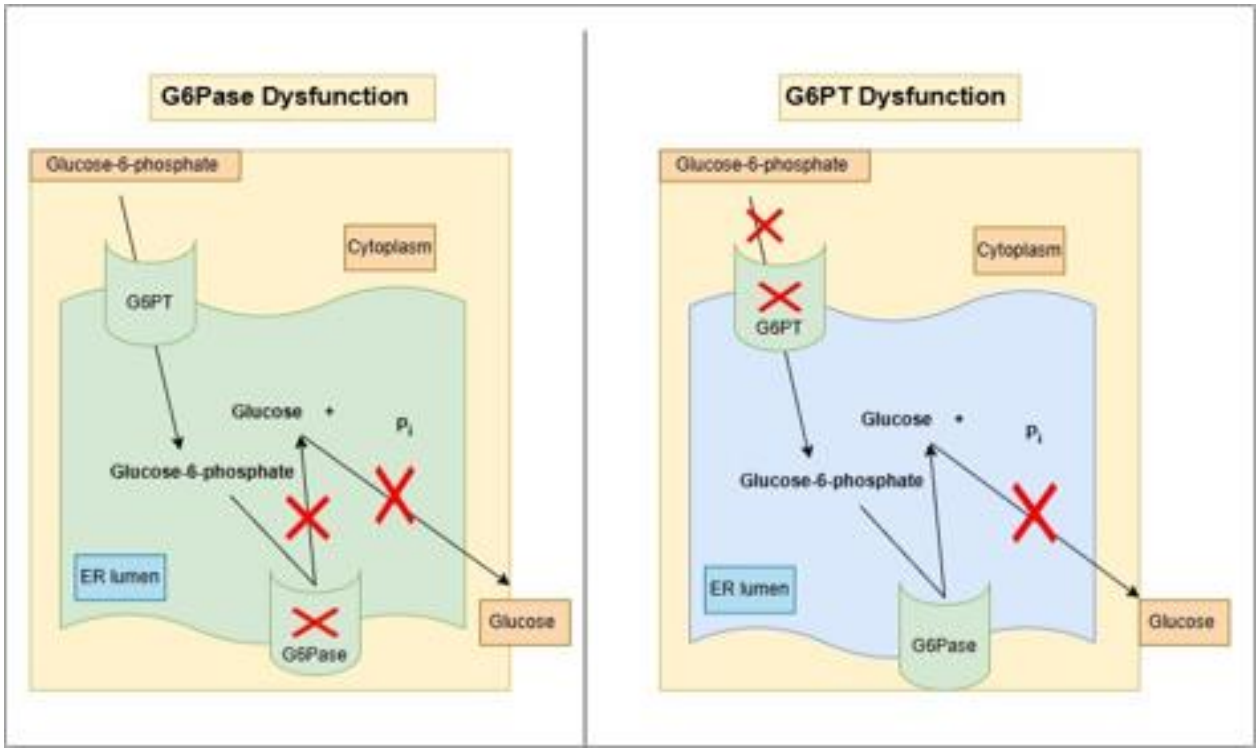

Figure 6. Demonstrating abnormal pathways where Glucose-6-phosphatase-α (G6Pase-α) and glucose-6-phosphate transporter (G6PT) in the ER membrane of gluconeogenic organs (liver, kidney, intestine) maintain blood glucose homeostasis by converting G6P into glucose and phosphate

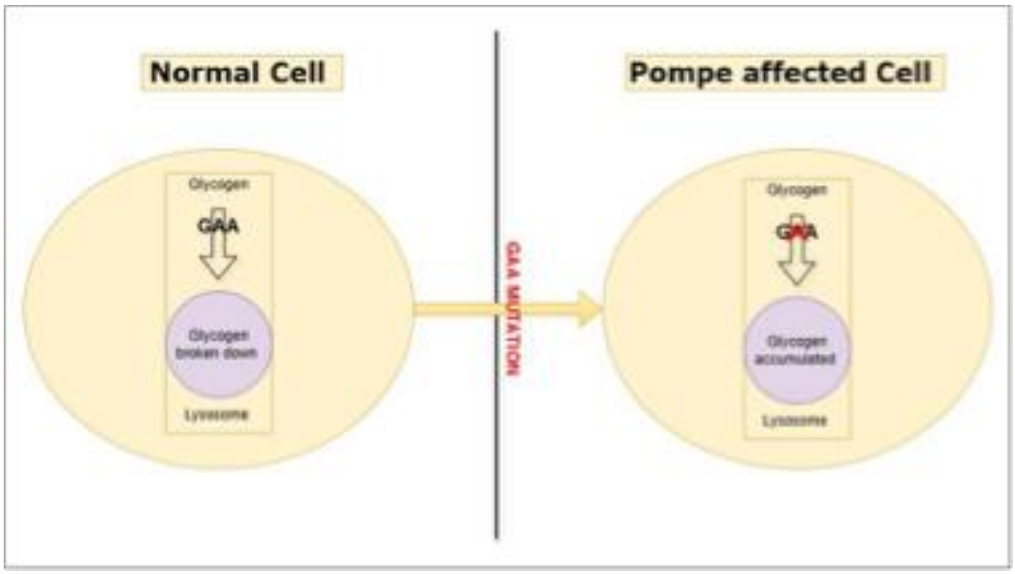

Figure 7. Schematic representation of GAA alteration that caused glycogen storage in lysosomes of PD cells. [26]

Table 2. Comparative analysis of Galactosemia, HFI, GSD Type-01 and GSD Typer-02

Disease	Galactosemia	Hereditary Fructose Intolerance (HFI)	Von-Gierhe Disease (GSD TYPE 1)	Pompe Disease (GSD TYPE II)
Symptoms	Lethargy, yellow skin, jaundice, poor weight gain	Vomiting, abdominal pain, and weakness	Hypoglycemia, lactic acidosis, fatty liver, doll-like features, protuberant abdomen.	Muscle weakness, hearing loss and breathing
Diagnosis	Newborn screening and enzymatic assay of galactose-1-phosphate uridylyl transferase in blood	Detection of aldolase-B enzyme activity in liver and kidney tissues and PCR based test for aldolase-B enzyme	GSD-1 gene detected by histological examination of liver and neonatal screening	Enzymatic assay of GAA activity and GAA mutational analysis
Treatment	Nutritional therapy	Nutritional therapy and dietary restriction	Nutritional therapy and liver transplantation	Nutritional therapy and enzyme replacement therapy

3.4. Disorders of Fatty acid and Ketone body Metabolism

These disorders mainly arise from some inherited genetic defects in lipid metabolic pathway that leads to lipid accumulation in ectopic tissues, liver and heart. Lipid disorders are due to sphingolipids metabolic defect. Current treatments for such disorders are limited so novel therapies have to be developed. For Gaucher disease (GD), several gene therapy experiments are underway. Prevail Therapeutics and Eli Lilly are exploring an AAV9 vector in type 2 GD newborns in the PROVIDE trial, while Freeline Therapeutics is using a liver-directed AAV construct in the GALILEO-1 experiment. AVR-RD-02 and enzyme replacement therapy are being compared in another trial for GD1. The size of the liver and spleen has decreased somewhat, and there has been a slight rise in enzyme activity in a recently cancelled lentiviral HSC treatment experiment. Most trial outcomes are still awaited [27]. Additionally, In defective human fibroblasts, a recombinant adenovirus vector expressing MCAD protein has demonstrated potential in reversing mitochondrial failure, hence facilitating additional in vivo research [28].

3.4.1. Gaucher Disease (Glycosyl Cereamide Lipodosis)

Gaucher disease is associated with the accumulation of glucose and ceramide in lysosomes and macrophages due to Beta-glucocerebrosidase enzyme deficiency that results in cell enlargement known as Gaucher cells. The common symptoms reported are osteopenia, sclerotic lesions, and anemia. If not treated timely, complications can arise in peripheral and central nervous system. Diagnostic methods include analysis based on genes responsible for glucocerebrosidase enzyme deficient activity in blood. Enzyme replacement therapy and substrate reduction therapy are common therapeutic strategies [30].

3.4.2. Medium-chain acyl-CoA dehydrogenase deficiency (MCADD)

Medium-chain acyl-CoA dehydrogenase deficiency (MCADD) is an inherited metabolic disorder affecting fatty acid β-oxidation [29]. Symptoms include hypoketotic hypoglycemia, vomiting, lethargy, and potentially coma or death [29].Diagnosis involves detecting elevated octanoylcarnitine levels in blood and abnormal urinary metabolites using tandem mass spectrometry and gas chromatography-mass spectrometry [30]. Newborn screening is crucial for early diagnosis and improved outcomes. Treatment focuses on preventing fasting-induced stress and maintaining a high-carbohydrate, reduced-fat diet. During acute episodes, immediate intravenous glucose administration is necessary. With proper management, patients can develop normally and have optimistic prognoses.

3.5. Disorders of Purine and Pyrimidine Synthesis

Disorders of purine and pyrimidine synthesis are inherited metabolic conditions caused by genetic mutations affecting enzymes in nucleotide biosynthesis, salvage, or

degradation pathways. These nucleotides are essential for DNA, RNA, and energy production, and their imbalance can lead to immunodeficiency, anemia, neurological deficits, or gout. Early diagnosis and treatment are vital to managing these conditions and reducing complications.

Some of these conditions are:

3.5.1. Lesch-Nyhan Syndrome (Gout Disease)

This condition arises due to hypoxanthine-guanine phosphoribosyl transferase enzyme deficiency. The mentioned enzyme is involved of purine metabolism via salvage pathway that convert hypoxanthine into inosine monophosphate and guanine into guanosine monophosphate.

Most common reason for Gout disease is hyperglycemia, known as the uric acid accumulation. Normally, it's found as monosodium urate form in the blood where it is converted into urate crystals due to its high levels and its accumulation. Urate crystals deposition leads to kidney damage, stones, and joint pain. Toddlers have developed Hypotonia and delayed development in this condition. Primary diagnostic tests include estimation of HGPRT enzyme and high urate concentration in serum. Additionally, Urinary-urate to creatinine also indicates hyperuricemia. Dietary restriction includes High rich meat diet and sea food. Recommendations for better management includes allopurinol drug usage that inhibits xanthine activity and non-steroidal anti-inflammatory drugs for its reduction.

3.5.2. Orotic Aciduria

It is an autosomal recessive disorder due to UMP synthase deficiency. UMP is an bifunctional protein whose role is evident in pyrimidine metabolism targeting orate phosphoribosyl transferase and orotidine-5" phosphate decarboxylase activity. They enzymes catalyzes orate to OMP and then into UMP. Orotic aciduria results in accumulation of orotic acids in tissues and then in urine that cause swerve health problems [31]. Common complications include cardiac malfunctioning and neuropathy. Gas-chromatography and tandem mass-spectrometry are the most common diagnostic techniques to analyze urinary orotic acid. Recommendations for disease control includes replacement therapy with uridine and usage of Allopurinol for orotic acid level reduction in urine.

4. Diagnosis for Inborn Errors of Metabolism

IEMs are complicated disorders that need to be identified and treated as soon as possible. These disorders are identified using a variety of diagnostic techniques as discussed above and (as shown in Table 04). Originally created to diagnose phenylketonuria, neonatal screening has evolved into a vital tool for identifying a number of genetic and metabolic disorders early on, lowering morbidity and death. An important development is tandem mass spectrometry, which enables sensitive, simultaneous screening for several conditions, including aminoacidopathies, organic acidurias, and problems in fatty acid oxidation [32]. IEMs can be found in urine samples using metabonomics based on nuclear magnetic resonance (NMR), and next-generation metabolic screening provides more sophisticated diagnostic tools [33, 34]. Through particular elevation patterns, plasma amino acid analysis aids in the diagnosis of diseases such as urea cycle abnormalities, maple syrup urine illness, and phenylketonuria. For the detection of hypoketotic hypoglycemia, a defining feature of fatty acid oxidation disorders, blood glucose measurement is essential, particularly in children who are experiencing acute sickness or changed mental status. The diagnosis of hyperammonemia, which is frequently associated with urea cycle abnormalities and organic acidemias, depends on plasma ammonia levels because untreated cases might result in encephalopathy or death. Organic acidemias are characterized by metabolic acidosis with high anion gaps, which can be detected with the use of electrolyte panels, such as bicarbonate. Carnitine analysis measures the levels of free and total carnitine in urine and plasma; higher levels of carnitine esters suggest ketosis or organic acidemias [35]. Finally, plasma samples are the ideal specimen for these studies, and plasma acylcarnitine profiling plays a key role in the diagnosis of several organic acidemias and fatty acid oxidation diseases.In addition to all these methods, a recent study reports in cases of fetal hyperechoic kidneys, a characteristic of some metabolic and monogenic diseases, exome sequencing is useful in detecting harmful variations. After ruling out infections, urinary blockages, and chromosomal anomalies, conditions such as glutaric acidemia type 2 should be taken into consideration [36].

Finally, numerous AI-based methods have demonstrated potential in identifying disease-causing variations and diagnosing rare diseases (RDs). CliniPred, which combines gradient boosting and random forests, is quite good at predicting missense SNVs, and allele frequency data helps it perform better. While SilVA concentrates on synonymous variations using factors like RNA folding energy and codon use, exhibiting value despite insufficient data, Weka combines sequence and structure-based features to improve uncommon variant analysis. DeepGestalt helps with diagnosis and the discovery of new RDs by classifying genetic disorders using facial analysis and deep learning. Phen–Gen outperforms genotype-only methods by integrating symptoms and sequencing data using Bayesian models. By leveraging clinical and genomic criteria to prioritize variations, Xrare and DeepPVP outperform tools such as CADD and Exomiser in terms of accuracy and the identification of illness genes that were previously unlinked [37]. Together, these tools significantly advance RD

5. Therapetic Strategies for inborn errors of metabolism

Numerous treatment approaches (as shown in Figure 05) are now available for inborn errors of metabolism, a class of genetic illnesses. These include dietary measures to prevent the buildup of substrates in diseases such as galactosemia, maple syrup urine disease, and phenylketonuria. Enzymatic inhibitors are employed to treat diseases like tyrosinemia, whereas toxic substrates are

eliminated in urea cycle abnormalities and amino acidopathies. Cofactors are used in maple syrup urine illness and the urea cycle to increase enzymatic activity[38]. To lessen intoxication, missing products are occasionally substituted, especially in cases of urea cycle abnormalities. Galactosemia, amino acidopathies, and organic acidemias can all be managed with nutritional therapy. For lysosomal storage disorders, cutting-edge therapies such as bone marrow or stem cell transplantation, including umbilical cord blood from unrelated donors, show promise[39]. While hematopoietic cell transplantation has shown greater success for illnesses like lysosomal or peroxisomal disorders, liver transplantation, despite its benefits, confronts difficulties because of the lack of available donors. Additional treatments include gene therapy for conditions including galactosemia, Pompe disease, and congenital fructose intolerance; substrate reduction therapy; chaperone-mediated enzyme augmentation; and enzyme replacement for conditions like orotic aciduria and glycogen storage illnesses [32].

6. Gaps

There are significant clinical gaps in terms of recognition and diagnostic approach for some particular diseases. This ambiguity arises due to general physicians misinterpretations of these diseases clinical symptoms. There is still uncertainty regarding the use of laboratory tests, where the attention is diverted towards the use of biochemical and molecular basis of biochemical cycles. The aim of this approach is the development of more precise lab tests and screening methods. Furthermore, a lack of awareness and lack of in-depth knowledge is also contributes to diagnostic challeneges, particularly for conditions like IEM. Additionally, gaps in treatment and disease management remain, with ongoing ambiguity regarding optimal drug dosage, as this area has not been extensively explored.

7. Conclusion

In conclusion, inborn errors of metabolism (IEM) are complicated, multifaceted illnesses that are frequently misdiagnosed and mistreated due to a lack of understanding. Geneticists, doctors, and researchers must work together to share resources and expertise in order to address these issues. Expanding neonatal screening using cutting-edge technologies like next-generation sequencing, developing collaborations for novel diagnoses and therapies, and introducing IEM-focused training into medical education are important steps. By filling up knowledge gaps and revolutionizing IEM management, utilizing AI and big data will further enhance individualized care and diagnostic accuracy for better patient outcomes.

Conflict of Interest

There is no conflict of Interest.

Table 3. Comparative analysis of disorders of carbohydrate, disorders of amino acid metabolism, disorders of fatty acid and ketone body metabolism, urea cycle defects, glycogen storage diseases and disorders of purine and pyrimidine synthesis

Different parameters	Disorder in carbohydrate metabolism	Disorder in amino acid metabolism	Disorder in fatty acids and ketone body metabolism	Urea cycle defects	Glycogen storage diseases	Disorder in purine and pyrimidine
Disorder	Galactosemia, HFI	PKU and MSUD	Gaucher disease	CPS, Acidemia	Von-Gierhe, Pompe disease	Gout and orotic aciduria
Cause	Autosomal inherited, Accumulation of sugars	Accumulation of metabolic intermediates	Sphingolipid metabolic defect	Hyperammonemia	Hypoketotic, hypo-glycemia,	Enzyme gene deficiency
Clinical symptoms	Lethargy, poor weight gain, vomiting	Hyperammonemia and elevation in certain amino acids	Osteopenia, central and peripheral dysfunctioning	Cerebral edema, coma, seizures	Fatty liver, respiratory problems, lethargy	Hyperuricemia, cardiac malfunctioning
Diagnosis	Newborn screening, tandem mass spectrometry	Neonatal screening, PAA	Enzymatic assay	Newborn screening, urine orotic acid	Enzymatic assay, GSD-Gene detection	Gas-mass spectrometry, newborn screening
Treatment	Nutritional therapy, ERT	ERT, Gene therapy, Nutritional therapy	ERT, Substrate reduction therapy	Nutritional therapy, hepatocyte transfusion	Nutritional therapy, hepatocyte transplantation	ERT, Nutritional therapy

Table 4. Comparative table of diagnostic methods for 'Inborn Errors of Metabolism' with parameters like sensitivity, specificity, cost, and availability

Diagnostic Method	Parameters	Sensitivity	Specificity	Cost	Availability
Neonatal screening	Disorders like PKU and MSUD	High	High	High	High
Tandem mass spectrometry (MS/MS)	Fatty acid oxidation defects, organic acidurias, aminoacidopathies	Very high	Very high	Very high	Very high
Nuclear magnetic resonance (NMR)	For detecting complex metabolic profiles	High	High	High	High
Next-generation screening (NGS)	For genetic-based metabolic disorders	Very high	Very high	Very high	Very high
Plasma amino acid analysis	For amino acidopathies (e.g., pku, msud, urea cycle defects)	High	High	High	High
Blood glucose test	For detecting metabolic disorders affecting glucose metabolism	Moderate	Moderate	Moderate	Moderate
Ammonia level test in plasma	For urea cycle defects and organic acidemias	High	High	High	High
Electrolyte panel test	For detecting metabolic acidosis in organic acidemias	High	High	High	High
Carnitine analysis	For fatty acid oxidation disorders and organic acidemias	High	High	High	High
Plasma acylcarnitine profile	For fatty acid oxidation defects and organic acidemias	High	High	High	High

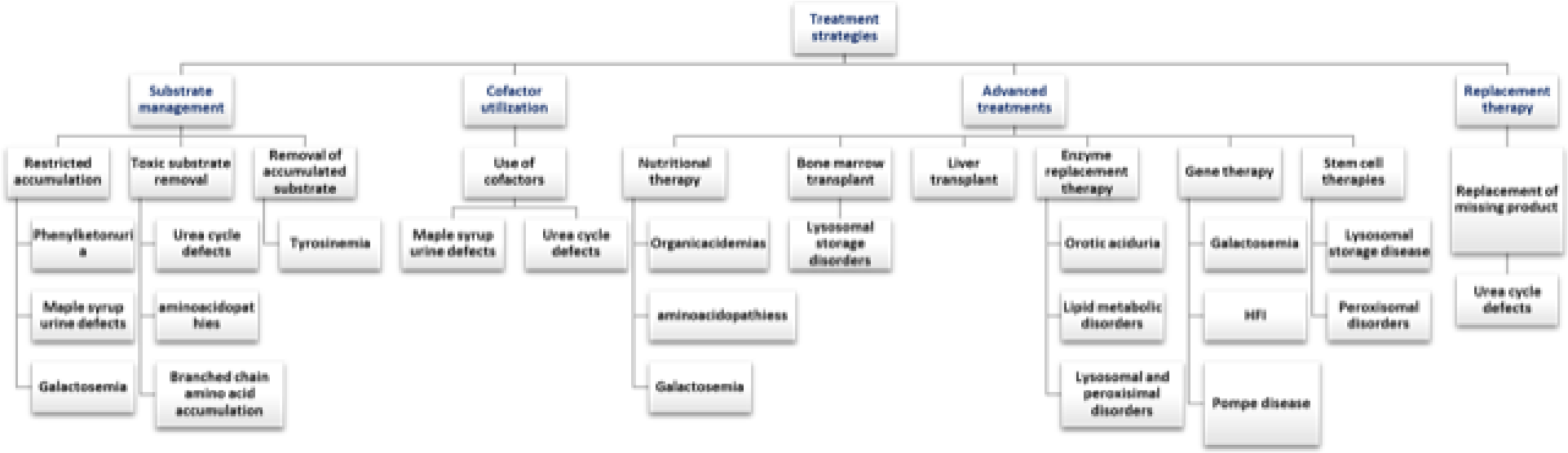

Figure 8. Overview of treatment strategies for metabolic disorders, categorized into substrate management, cofactor utilization, advanced treatments, and replacement therapy, highlighting specific approaches and associated conditions

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