Chapter 11

Nano Robots for Targeted Drug Delivery

Snigdha Bairagi[a*], Shagufta Naz[b], A.Ramya[b]

[a*]*B.Pharm Student, Department of Pharmacology, School of Pharmaceutical Sciences, Vels Institute of Science, Technology & Advanced Studies, Chennai.*

[b]*B.Pharm Student, Department of Pharmacology, School of Pharmaceutical Sciences, Vels Institute of Science, technology & Advanced Studies, Chennai.*

[b]*Assistant Professor, Department of Pharmacology, School of Pharmaceutical Sciences, Vels Institute of Science, Technology & Advanced Studies, Chennai.*

** Corresponding Author: ramya.sps@vistas.ac.in*

Abstract

Nanotechnology has emerged as a revolutionary field in modern medicine, particularly in drug delivery systems. Nanorobots are nanoscale devices designed to perform specific tasks within the human body, including targeted drug delivery to diseased tissues. These microscopic machines can navigate through the bloodstream, recognize specific biological signals, and release therapeutic agents directly at the disease site. Targeted drug delivery using nanorobots improves treatment efficiency while minimizing systemic side effects. The integration of nanotechnology, biotechnology, and artificial intelligence has significantly advanced the development of nanorobotic systems. Nanorobots have shown promising applications in cancer therapy, cardiovascular diseases, and neurological disorders. This chapter discusses the concept, epidemiology,

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pathophysiology, clinical relevance, and emerging research related to nanorobots for targeted drug delivery.

Keywords: Nanorobots, Targeted drug delivery, Nanotechnology, Nanomedicine, Drug delivery systems, Cancer therapy.

1. Introduction

Nanotechnology plays an important role in improving modern pharmaceutical drug delivery systems. It involves the manipulation of materials at the nanoscale level, typically ranging from 1 to 100 nanometers. Nanorobots are tiny robotic devices designed using nanotechnology that can perform specific medical tasks within the human body [1].

Traditional drug delivery systems often distribute drugs throughout the body, which can lead to unwanted side effects and reduced therapeutic efficiency. Targeted drug delivery aims to deliver drugs specifically to diseased tissues while minimizing damage to healthy cells [2].

Nanorobots are engineered to travel through blood vessels, identify diseased cells, and release drugs directly at the target site. These devices may be controlled by external magnetic fields, chemical signals, or biological interactions. The use of nanorobots in drug delivery can significantly improve drug bioavailability, reduce toxicity, and enhance therapeutic outcomes [3].

Recent advances in biomedical engineering, artificial intelligence, and nanotechnology have accelerated the development of nanorobots for medical applications. Although many nanorobotic systems are still in the experimental stage, they hold great potential for future clinical use [4].

2. Epidemiology

Many life-threatening diseases such as cancer, cardiovascular diseases, and neurological disorders require highly precise drug delivery systems. Cancer alone is one of the leading causes of death worldwide, accounting for millions of deaths each year [5].

Conventional treatments like chemotherapy often affect both healthy and diseased cells, leading to severe side effects. Targeted drug delivery using nanorobots has the potential to improve treatment outcomes by delivering drugs directly to tumour tissues while minimizing damage to normal cells [6].

The growing prevalence of chronic diseases has increased the need for advanced drug delivery technologies. Nanorobotic systems are considered promising tools for improving therapeutic efficiency and reducing drug-related toxicity [7].

3. Pathophysiology

The effectiveness of drug therapy depends largely on the ability of drugs to reach the target tissue at an adequate concentration. In many diseases, physiological barriers such as cell membranes, blood-brain barrier, and enzymatic degradation prevent drugs from reaching the desired site of action [8].

Nanorobots can overcome these limitations by navigating through biological environments and delivering drugs precisely at the target location. These devices are designed to recognize specific cellular markers present on diseased cells. Once the target is identified, the nanorobot releases the therapeutic agent in a controlled manner [9].

Some nanorobots are also designed to respond to environmental signals such as pH changes, temperature variations, or chemical

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gradients. This smart response mechanism enables controlled and site-specific drug release [10].

4. Clinical Symptoms

Nanorobot-based drug delivery is mainly used in diseases where precise targeting of drugs is necessary. These diseases often present with severe clinical symptoms that require effective treatment.

Common conditions where targeted drug delivery is beneficial include:

1. **Cancer** – abnormal cell growth leading to tumor formation.
2. **Cardiovascular diseases** – blockage of blood vessels due to plaque accumulation.
3. **Neurological disorders** – degeneration of nerve cells affecting brain function.
4. **Chronic infections** – persistent infections that require targeted antibiotic therapy.

Nanorobots can help reduce the severity of these conditions by delivering drugs directly to the affected tissues [11].

5. Etiology

Several factors contribute to the development of diseases that require targeted drug delivery systems. These factors include:

1. **Genetic mutations** leading to abnormal cell growth.
2. **Environmental factors** such as pollution and exposure to toxins.
3. **Lifestyle factors** including unhealthy diet, smoking, and lack of physical activity.

4. **Microbial infections** that cause chronic inflammatory conditions.

Because these diseases often involve complex biological mechanisms, conventional drug delivery methods may not provide effective treatment. Nanorobotic drug delivery systems help overcome these limitations by providing precise and controlled therapy [12].

6. Emerging Treatment

Nanorobots represent an emerging and innovative approach in targeted drug delivery. Several types of nanorobotic systems are currently being developed for medical applications.

Magnetic nanorobots are controlled using external magnetic fields, allowing precise navigation within the body. **DNA-based nanorobots** are designed to recognize specific molecular signals and release drugs when they detect target cells [13].

Another promising technology involves **biodegradable nanorobots** that break down safely in the body after completing their function. These systems reduce the risk of long-term toxicity and improve patient safety.

Nanorobotic drug delivery has shown potential in cancer therapy, targeted chemotherapy, and gene therapy. These technologies may revolutionize the treatment of many diseases in the future [14].

7. Current Research

Current research in nanorobotic drug delivery focuses on improving the design, safety, and efficiency of nanorobots. Scientists are developing advanced nanoscale devices capable of detecting disease markers and delivering drugs with high precision [15].

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Experimental studies have demonstrated the use of DNA nanorobots for targeted cancer therapy. These nanorobots can recognize tumor cells and release anticancer drugs directly at the tumor site.

Researchers are also exploring the integration of artificial intelligence with nanorobotic systems to improve navigation and decision-making capabilities. Although most nanorobotic technologies are still under development, ongoing research suggests that they may soon become an important part of modern medicine.

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