

Nanorobots: The Fight Against Cholesterol

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Abstract

Cardiovascular disease (CVD) is the leading cause of death globally, with atherosclerosis, the buildup of plaque in arteries, playing a central role. Current treatment strategies, including lifestyle changes and medications, often fall short in completely reversing or preventing the progression of atherosclerosis. This has spurred the exploration of innovative approaches, with nanorobotics emerging as a promising avenue for targeted plaque control and high-density lipoprotein (HDL) enhancement. This article discusses how nanorobots could transform the way we manage cholesterol and fight atherosclerosis. We will delve into the mechanisms by which these microscopic machines could be employed to specifically target and remove atherosclerotic plaques, while simultaneously promoting the production and function of HDL, the “good cholesterol.” Traditional therapies often have systemic effects, impacting various parts of the body even when the primary target is the atherosclerotic plaque. Nanorobots, however, offer the potential for highly targeted delivery and action. Imagine swarms of these miniature machines navigating through the bloodstream, guided by sophisticated sensors and algorithms. HDL helps clear excess cholesterol from the body’s tissues and carries it to the liver, where it is eliminated. Enhancing HDL levels and improving its functionality are key therapeutic goals in cholesterol management. While nanorobotics in cardiology is still in its infancy, preclinical studies have yielded encouraging results. For instance, some studies have demonstrated the ability of nanorobots to selectively target and remove plaque in animal models. Other research has shown the potential of nanorobots to deliver drugs directly to atherosclerotic lesions, improving treatment outcomes. These in vivo studies are paving the way for human trials.

Keywords: Nanorobots, cholesterol, plaque, HDL, targeted drug delivery

INTRODUCTION

For decades, managing cholesterol levels has relied on lifestyle changes, like diet and exercise, combined with medications like statins. But what if we could take a more precise and targeted approach? Enter nanorobots – microscopic machines with the potential to revolutionize cholesterol control. While still in the early stages of development, the potential of nanorobotics in this field is generating considerable excitement.

High cholesterol, particularly low-density lipoprotein (LDL) cholesterol, is a major risk factor for heart disease. LDL, often referred to as “bad” cholesterol, can accumulate in artery walls, forming plaques that narrow the arteries and restrict blood flow. This build-up, known as atherosclerosis, can lead to heart attacks, strokes, and other cardiovascular complications [1–10].

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Received Date: February 21, 2025

Accepted Date: March 21, 2025

Published Date: March 29, 2025

Citation: Kazi Kutubuddin Sayyad Liyakat. Nanorobots: The Fight against Cholesterol. Nano Trends: A Journal of Nanotechnology and Its Applications. 2025; 27(2): 23–32p.

Current treatments, while effective, often come with limitations:

- *Lifestyle changes:* Difficult to consistently maintain for many individuals.
- *Medications (e.g., Statins):* Can have side effects, may not be effective for everyone, and

require long-term adherence.

Nanorobots, typically measured in nanometers (billionths of a meter), offer the potential to deliver targeted therapies directly to problem areas within the body. In the context of cholesterol control, nanorobots could be designed as shown in Figure 1.

- *Target and Remove Plaque:* Imagine nanorobots navigating through the bloodstream, identifying areas of plaque buildup in arteries, and then breaking down and removing the plaque. Some researchers are exploring nanobots equipped with enzymes that catalyze the breakdown of cholesterol deposits.
- *Deliver Drugs Directly to Plaque:* Instead of relying on systemic drug delivery, nanorobots could encapsulate cholesterol-lowering medications and deliver them directly to the site of plaque formation. This targeted approach could minimize side effects and maximize the therapeutic effect.
- *Monitor Cholesterol Levels in Real-Time:* Equipped with sensors, nanorobots could provide continuous monitoring of cholesterol levels, allowing for personalized treatment adjustments.
- *Promote HDL (“Good”) Cholesterol:* Research is exploring nanorobots that can facilitate the transport of cholesterol from the arteries to the liver, where it can be eliminated from the body, effectively boosting HDL cholesterol.

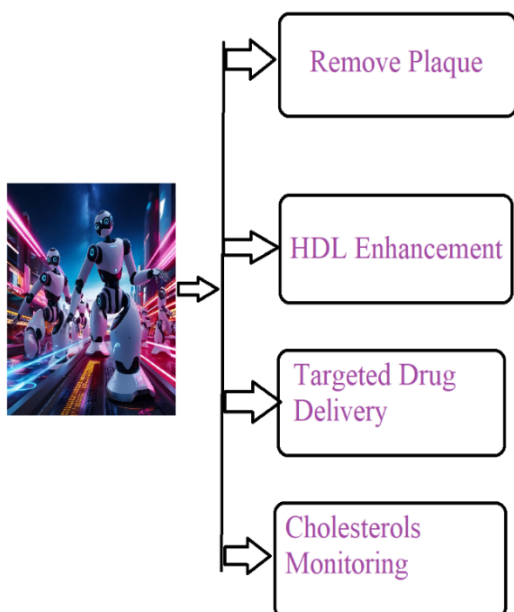


Figure 1. Nanorobots in cholesterol control.

While the concept is promising, nanorobotics in cholesterol control is still largely in the research and development phase. Significant challenges remain, including:

- *Biocompatibility:* Ensuring that nanorobots are safe and do not trigger adverse immune responses within the body is paramount.
- *Targeting and Navigation:* Guiding nanorobots to specific locations within the bloodstream and arteries requires sophisticated navigation systems.
- *Manufacturing and Scalability:* Developing methods for mass production of nanorobots at a reasonable cost is essential for widespread adoption.
- *Long-Term Effects:* The long-term effects of nanorobots within the body need to be thoroughly studied.

Despite the challenges, the potential benefits of nanorobots in cholesterol control are significant. As

research progresses and technology advances, we may see nanorobots playing an increasingly important role in preventing and treating heart disease. In the future, we could envision a scenario where patients receive periodic nanorobot injections to:

- Prevent the formation of new plaque.
- Remove existing plaque buildup.
- Monitor cholesterol levels proactively.

While nanorobots are not a replacement for healthy lifestyle choices, they represent a potentially powerful tool in the fight against heart disease. Continued research and development in this exciting field could pave the way for a more personalized and effective approach to cholesterol control, ultimately leading to improved cardiovascular health for millions.

ROLL OF NANOROBOTS IN CHOLESTEROL CONTROL

High cholesterol, a silent killer often linked to heart disease and stroke, affects millions worldwide. While lifestyle changes and medications are the primary weapons in the fight against it, the future of cholesterol management may lie in the realm of nanotechnology, specifically with nanorobots. These microscopic machines, smaller than a human cell, are showing promising potential in targeting and controlling cholesterol at a level previously unimaginable.

Before diving into the nanorobotic solution, it is crucial to understand the problem. Cholesterol, a waxy substance essential for cell building, travels through the bloodstream via lipoproteins. Low-density lipoprotein (LDL), often referred to as “bad” cholesterol, can accumulate in the arteries, forming plaques that harden and narrow the vessels. This process, known as atherosclerosis, restricts blood flow and increases the risk of cardiovascular events. High-density lipoprotein (HDL), or “good” cholesterol, helps remove LDL from the arteries, offering protection against heart disease.

Nanorobots offer a fundamentally different approach compared to conventional therapies. Instead of relying on systemic effects, they can be programmed to target specific areas within the body, delivering precise payloads and performing intricate tasks. In the context of cholesterol control, here is how they could potentially revolutionize treatment:

- *Plaque Removal:* Imagine nanorobots designed to navigate within the bloodstream and identify atherosclerotic plaques lining the arterial walls. These tiny robots could then be programmed to break down these plaques, either mechanically or by delivering enzymes that dissolve the cholesterol buildup. This could directly address the root cause of atherosclerosis and improve blood flow.
- *Targeted Drug Delivery:* Current cholesterol-lowering medications, such as statins, have systemic effects, meaning they affect the entire body. Nanorobots could be used to deliver these medications directly to the cells that produce or absorb cholesterol, maximizing efficacy and minimizing potential side effects. This targeted approach could significantly improve patient outcomes.
- *HDL Enhancement:* Nanorobots could be engineered to enhance the function of HDL, the “good” cholesterol. They might be designed to transport cholesterol from the arteries to the liver for excretion, effectively boosting the body’s natural defense mechanisms against atherosclerosis.
- *Real-Time Monitoring:* Beyond treatment, nanorobots could also act as continuous biosensors, monitoring cholesterol levels in real-time and providing valuable data for personalized treatment plans. This constant feedback loop would allow doctors to adjust therapies based on individual needs, optimizing efficacy and minimizing risks.

While the potential of nanorobots in cholesterol control is exciting, significant challenges remain before they become a clinical reality:

- *Biocompatibility:* Ensuring that nanorobots are safe and biocompatible within the human body is paramount. They must be designed from materials that do not trigger adverse immune responses or cause toxicity.

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- *Targeting Accuracy:* Guiding nanorobots to the precise location within the body is crucial for effective treatment. Developing sophisticated navigation systems that can accurately target plaques or specific cells is a major hurdle.
 - *Manufacturing and Scalability:* Producing nanorobots on a large scale is a significant engineering challenge. Developing cost-effective and reliable manufacturing processes is essential for widespread adoption.
 - *Ethical Considerations:* As with any advanced technology, ethical considerations surrounding the use of nanorobots must be addressed. Issues, such as data privacy, potential for misuse, and equitable access to treatment need careful consideration.

Nanorobots represent a promising frontier in the fight against high cholesterol and cardiovascular disease. While still in its early stages of development, this technology has the potential to revolutionize treatment by offering targeted therapies, real-time monitoring, and a more personalized approach to cholesterol management. Overcoming the existing challenges through continued research and responsible development will pave the way for a future where nanorobots play a crucial role in controlling cholesterol and improving cardiovascular health for millions. The journey is long, but the potential benefits are immense.

NANOROBOTS PROMISE TARGETED PLAQUE REMOVAL

Imagine microscopic robots, smaller than the width of a human hair, navigating through your bloodstream, identifying and dismantling atherosclerotic plaque. This vision, once relegated to science fiction, is gradually becoming a reality as researchers around the world are developing and refining these tiny therapeutic agents.

The beauty of nanorobots lies in their potential for precision. Unlike systemic medications that affect the entire body, these robots can be programmed to specifically target and interact with the components of plaque. Researchers are exploring various approaches, including:

- *Targeted Drug Delivery:* Nanorobots can be loaded with drugs that break down cholesterol deposits or inhibit the inflammatory processes that contribute to plaque formation. They can then deliver these drugs directly to the plaque site, maximizing effectiveness and minimizing off-target effects.
- *Mechanical Disruption:* Some nanorobot designs incorporate mechanical tools, such as tiny drills or lasers, capable of physically breaking down the plaque into less harmful particles so that the body can naturally clear away.
- *Immune System Modulation:* Another approach focuses on using nanorobots to stimulate the body's own immune system to recognize and remove plaque. This involves delivering specific molecules that attract immune cells to the plaque site, prompting a controlled and localized cleanup.

While the potential of nanorobots is immense, several challenges need to be addressed before widespread clinical application:

- *Biocompatibility:* Ensuring that nanorobots are non-toxic and do not trigger adverse immune responses is paramount. Extensive testing is needed to evaluate their long-term safety within the body.
- *Targeting Accuracy:* Precise navigation and targeting are crucial for effective plaque removal without damaging healthy tissue. Research is focused on developing sophisticated guidance systems that utilize biomarkers or magnetic fields to guide the nanorobots to their target.
- *Clearance and Biodegradability:* Once their task is complete, the nanorobots need to be safely cleared from the body or be designed to biodegrade into harmless substances.
- *Scalability and Manufacturing:* Producing nanorobots on a large scale while maintaining consistent quality and functionality remains a significant hurdle.

Despite the challenges, the progress in nanorobotics for plaque removal is encouraging. Researchers are actively exploring different materials, designs, and functionalities to optimize these tiny therapeutic machines. As technology advances, we can expect to see:

- *More sophisticated targeting mechanisms:* Improved sensors and navigation systems will enable more precise targeting of plaque and reduce the risk of off-target effects.
- *Combination therapies:* Nanorobots could be used in conjunction with existing treatments, such as statins, to enhance their effectiveness and minimize side effects.
- *Personalized medicine approaches:* Nanorobots could be tailored to individual patients based on their specific plaque composition and cardiovascular risk factors.

Nanorobots represent a paradigm shift in how we approach cardiovascular disease. While still in the early stages of development, they hold the promise of revolutionizing plaque removal, offering a highly targeted, minimally invasive, and potentially curative approach to managing cholesterol and preventing heart attacks and strokes. The future of cardiovascular care may very well be written on a nanoscopic scale [11–20].

CHOLESTEROL CONTROL THROUGH HDL ENHANCEMENT USING NANOROBOTS

For decades, we have been bombarded with information about cholesterol, primarily focusing on lowering LDL (low-density lipoprotein), often dubbed “bad” cholesterol. But what about HDL (high-density lipoprotein), the “good” cholesterol? HDL plays a crucial role in scavenging LDL from the arteries and transporting it back to the liver for processing, effectively preventing plaque buildup and reducing the risk of cardiovascular diseases.

While lifestyle modifications, like exercise and a healthy diet, can boost HDL levels, they often fall short for individuals with genetically low HDL or those seeking more targeted interventions. This is where the exciting field of nanorobotics enters the picture, offering a potentially revolutionary approach to HDL enhancement.

Nanorobots, microscopic machines engineered at the nanoscale, are rapidly emerging as powerful tools in various medical applications, including drug delivery, diagnostics, and even surgery. Their precise targeting capabilities and customizable functionalities make them uniquely suited to address the complexities of cholesterol control.

The vision for nanorobotics in HDL enhancement revolves around several potential mechanisms:

- *Targeted Delivery of HDL-Boosting Drugs:* Traditional medications designed to increase HDL levels often come with unwanted side effects due to their systemic distribution. Nanorobots can be programmed to deliver these drugs directly to specific cells or tissues involved in HDL production, like the liver, minimizing off-target effects and maximizing therapeutic efficacy.
- *Direct HDL Synthesis and Release:* Imagine nanorobots capable of synthesizing HDL particles directly within the bloodstream. These tiny factories could be engineered to assemble the necessary components – apolipoproteins and lipids – and release functional HDL molecules, effectively boosting overall levels.
- *Scavenging LDL for HDL Conversion:* Some nanorobotic designs propose a dual-action approach, where nanorobots actively target and bind to LDL particles in the arteries. They would then facilitate the conversion of this captured LDL into HDL, effectively clearing arteries while simultaneously increasing good cholesterol levels.
- *Delivery of Genetic Material for Upregulation of HDL-Related Genes:* Gene therapy holds immense potential for long-term HDL enhancement. Nanorobots could be employed to safely and efficiently deliver genetic material to cells, upregulating the expression of genes involved in HDL production and metabolism, leading to a sustained increase in HDL levels.

While the concept of using nanorobots for HDL enhancement is incredibly promising, significant challenges remain before this technology can be widely implemented.

- *Biocompatibility and Biodegradability*: Ensuring the safety and biocompatibility of nanorobots is paramount. They must be designed with materials that are non-toxic, non-immunogenic, and readily biodegradable or excretable from the body.
- *Precise Targeting and Navigation*: Navigating the complex circulatory system and accurately targeting specific cells or tissues requires sophisticated control mechanisms and advanced algorithms.
- *Scalability and Manufacturing*: Producing nanorobots on a large scale while maintaining quality control and cost-effectiveness is a major hurdle.
- *Regulatory Approval and Clinical Trials*: Rigorous testing and clinical trials are essential to demonstrate the safety and efficacy of nanorobotic therapies before they can be approved for widespread use.

Nanorobotics represents a cutting-edge frontier in cholesterol management, offering the potential for highly targeted and personalized interventions to enhance HDL levels and combat cardiovascular disease. While still in its early stages of development, this field is rapidly advancing, driven by advancements in materials science, microfabrication, and artificial intelligence.

As research progresses and technological hurdles are overcome, nanorobots may one day become a commonplace tool in the fight against heart disease, providing a powerful and precise approach to optimizing cholesterol profiles and promoting long-term cardiovascular health. This exciting prospect holds tremendous promise for revolutionizing the way we approach cholesterol control in the future.

DESIGNING STEPS SUGGESTED

High cholesterol is a silent epidemic, contributing to heart disease, stroke, and other serious health problems. While lifestyle changes and medication are often prescribed, the potential of nanotechnology offers an exciting new frontier in cholesterol control: nanorobots. These microscopic machines, designed and programmed to perform specific tasks within the body, hold the promise of targeted and efficient cholesterol management [21–27].

But how are these tiny warriors designed to combat cholesterol? Here is a breakdown of the key design steps (Figure 2) involved in creating nanorobots for cholesterol control.

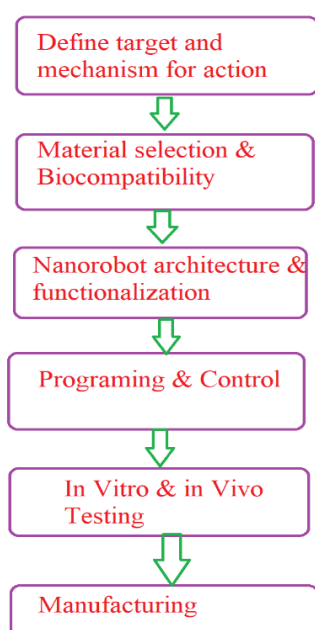


Figure 2. Design steps.

Defining the Target and Mechanism of Action

The first and most crucial step is identifying the specific cholesterol targets and the mechanism by which the nanorobot will interact with them. Several targets exist, including:

- *Low-Density Lipoprotein (LDL) Cholesterol*: Often referred to as “bad” cholesterol, LDL contributes to plaque buildup in arteries. Nanorobots could be designed to selectively bind and sequester LDL particles, preventing them from contributing to plaque formation.
- *Arterial Plaque Removal*: Existing plaques are a major source of risk. Nanorobots could be designed to dissolve or break down existing plaque deposits, restoring arterial health.
- *High-Density Lipoprotein (HDL) Cholesterol Enhancement*: “Good” cholesterol, HDL, helps remove cholesterol from the arteries. Nanorobots could potentially stimulate HDL production or enhance their cholesterol scavenging capabilities.
- *Inhibition of Cholesterol Synthesis*: Targeting enzymes, like HMG-CoA reductase, which is crucial in cholesterol production, could be another approach. Nanorobots could deliver inhibitors directly to these enzymes, reducing cholesterol synthesis.

The chosen target will dictate the nanorobot’s functional components. For example, targeting LDL would require a specific binding site on the nanorobot for LDL particles.

Material Selection and Biocompatibility

The nanorobot’s structure must be built from biocompatible materials to minimize adverse reactions and ensure longevity within the body. Common materials under consideration include:

- *Biopolymers*: Naturally derived polymers, like proteins, polysaccharides (e.g., chitosan), and DNA, offer excellent biocompatibility and biodegradability.
- *Liposomes*: Spherical vesicles made of lipid bilayers, like cell membranes, provide a natural and safe encapsulation for drugs or targeting molecules.
- *Gold Nanoparticles*: Relatively inert and easily functionalized with various molecules, gold nanoparticles can be used as building blocks or carriers.
- *Carbon Nanotubes*: Possessing high strength and unique electrical properties, carbon nanotubes can be explored for building complex structures and potentially for sensing cholesterol levels.

The chosen material must also be amenable to the fabrication processes used to create the nanorobot.

Nanorobot Architecture and Functionalization

This step involves designing the physical structure of the nanorobot and attaching the necessary functional molecules. This architecture can be described using:

- *Shape and Size*: The size and shape of the nanorobot will influence its ability to navigate through blood vessels and interact with target molecules. Smaller nanorobots can access tighter spaces, while larger robots can carry a heavier payload.
- *Targeting Ligands*: These molecules act as “homing beacons,” guiding the nanorobot to the desired target. Examples include antibodies, aptamers (DNA or RNA molecules that bind to specific targets), or peptides that specifically recognize LDL or plaque components.
- *Drug Delivery System (if applicable)*: If the nanorobot is designed to deliver drugs, a mechanism must be in place to encapsulate and release the drug at the target site. This could involve stimulus-responsive release based on pH, temperature, or enzymatic activity.
- *Actuation and Navigation*: This determines how the nanorobot will move and be directed inside the body. Current methods being explored include magnetic fields, ultrasound, and self-propulsion mechanisms.

Programming and Control

Nanorobots need to be programmed to execute their tasks autonomously or remotely. This programming can be achieved through:

- *Internal Programming*: Designed within the physical structure of the nanorobot, such as through

specific chemical reactions triggered by physiological signals.

- *External Control*: Using external stimuli, such as magnetic fields, focused ultrasound, or light to guide and control the nanorobot's movement and activation.
- *Feedback Mechanisms*: Integrating sensors to monitor cholesterol levels or plaque size, allowing the nanorobot to adjust its activity based on real-time data.

In Vitro and In Vivo Testing

Rigorous testing is essential throughout the design process.

- *In Vitro Studies*: Initial tests are conducted in cell cultures or simulated body fluids to assess biocompatibility, target efficiency, and the effectiveness of the nanorobot in interacting with cholesterol.
- *In Vivo Studies*: Animal models are used to evaluate the nanorobot's performance in a living organism, including biodistribution, toxicity, efficacy in reducing cholesterol levels, and long-term safety.

Scalability and Manufacturing

The final step involves developing scalable and cost-effective manufacturing processes to produce nanorobots in large quantities. Techniques, like microfluidics, self-assembly, and 3D printing, are being explored to achieve this goal.

While the potential of nanorobots in cholesterol control is immense, significant challenges remain. These include:

- *Safety Concerns*: Ensuring the long-term safety and biocompatibility of nanorobots is paramount.
- *Biological Barriers*: Overcoming physiological barriers like the immune system and the blood-brain barrier.
- *Targeting Accuracy*: Achieving high targeting specificity to minimize off-target effects.
- *Regulation and Ethical Considerations*: Establishing clear regulatory frameworks and addressing ethical concerns related to the use of nanotechnology in healthcare are crucial.

Despite these challenges, research in nanorobotics is rapidly advancing. Future directions include developing more sophisticated nanorobots with enhanced functionality, incorporating artificial intelligence for autonomous operation, and exploring personalized medicine approaches tailored to individual patient needs.

Nanorobots represent a groundbreaking approach to cholesterol control, potentially revolutionizing the treatment and prevention of cardiovascular diseases. As research progresses and technology matures, these tiny guardians may become a vital tool in the fight against high cholesterol, paving the way for a healthier future.

DISCUSSION

Cardiovascular disease (CVD) remains a leading cause of death worldwide, often stemming from elevated cholesterol levels and the subsequent formation of atherosclerotic plaques in arteries. Traditional treatments, including lifestyle changes and medications, are effective but can have limitations and potential side effects. In recent years, the field of nanomedicine has been exploring innovative solutions, and nanorobots are emerging as a promising tool for targeted plaque control and HDL enhancement, potentially revolutionizing cholesterol management.

Atherosclerosis, the underlying cause of many CVDs, develops when low-density lipoprotein (LDL) cholesterol accumulates in artery walls, triggering inflammation and plaque formation. These plaques narrow arteries, restricting blood flow and increasing the risk of heart attack and stroke. Furthermore,

low levels of high-density lipoprotein (HDL) cholesterol, known as “good cholesterol,” hinder the body’s ability to remove LDL from artery walls, further contributing to plaque buildup. Current therapies aim to lower LDL cholesterol and sometimes increase HDL cholesterol, but achieving optimal levels and addressing existing plaque remains a challenge.

Nanorobots, microscopic machines designed to perform specific tasks at the nanoscale, offer a targeted and precise approach to tackle the complexities of cholesterol control and plaque management. Research and early-stage studies are exploring several promising applications of nanorobots in this area, including:

- *Plaque Removal and Stabilization:* Novel nanorobots are being engineered to selectively target and remove atherosclerotic plaques. These nanorobots can be equipped with molecules that bind to specific components of plaque, such as oxidized LDL or inflammatory markers. Once attached, they can employ various mechanisms to break down or detach the plaque, either by enzymatic degradation or physical disruption. By removing plaque, nanorobots can restore blood flow and reduce the risk of cardiovascular events. Beyond removal, other designs focus on stabilizing existing plaques, preventing them from rupturing and causing acute events like heart attacks. This stabilization could involve delivering drugs directly to the plaque that reduce inflammation and promote plaque stability.
- *HDL Enhancement:* Nanorobots can be designed to increase HDL levels by scavenging cholesterol from artery walls and transporting it to the liver for excretion, mimicking the natural function of HDL. These nanorobots could be coated with molecules that attract cholesterol or contain internal compartments to sequester cholesterol molecules. Another approach involves delivering compounds that stimulate the production of HDL by the liver. By enhancing HDL function, nanorobots can help prevent the formation of new plaques and promote the regression of existing ones.
- *Targeted Drug Delivery:* Nanorobots can act as delivery vehicles for drugs directly to cells or tissues involved in cholesterol metabolism. This targeted delivery minimizes systemic exposure to the drug, reducing potential side effects and maximizing therapeutic efficacy. For instance, nanorobots could deliver statins directly to liver cells, enhancing their cholesterol-lowering effects.
- *Diagnostic Capabilities:* Certain nanorobot designs incorporate imaging agents capable of visualizing atherosclerotic plaques with high precision. They could also be embedded with sensors for in vivo cholesterol level monitoring and inflammatory markers, enabling early detection of arterial damage.

CONCLUSIONS

Nanorobots offer a revolutionary approach to cholesterol management and atherosclerosis treatment. By providing targeted plaque control and enhancing HDL function, they hold the potential to significantly reduce the burden of cardiovascular disease. While several hurdles remain, the continued advancement of nanotechnology and biomedical engineering promises a future where nanorobots play a vital role in preventing and treating atherosclerosis, ultimately improving cardiovascular health worldwide. Nanorobots hold immense promises for revolutionizing cholesterol control and plaque management in cardiovascular disease. By offering targeted plaque removal, HDL enhancement, and drug delivery, nanorobots have the potential to overcome the limitations of traditional therapies and improve patient outcomes. While numerous challenges remain, ongoing research and development efforts are paving the way for the clinical translation of this exciting technology. As the field matures, nanorobots could become an indispensable tool in the fight against cardiovascular disease, ushering in a new era of precision medicine.

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