

# Genetic inheritance: Understanding dominant and recessive traits.

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## Introduction

Genetics, the study of heredity and variation in organisms, has fascinated scientists for centuries. At its core, genetic inheritance explains how traits are passed from parents to offspring. The fundamental principles of inheritance were first outlined by Gregor Mendel in the 19th century, laying the groundwork for modern genetics. One of the key concepts that Mendel discovered was the idea of dominant and recessive traits, which help explain why we inherit certain characteristics from our parents. In this article, we will delve into the concepts of dominant and recessive traits and explore their significance in genetic inheritance [1].

Genetic inheritance refers to the process by which genetic material—specifically DNA—is passed from one generation to the next. DNA, which is composed of genes, carries the instructions for building proteins that determine an organism's traits, such as eye color, height, and blood type. These genes are inherited in pairs, with one gene coming from each parent. The combination of genes inherited from both parents influences the expression of various traits [2].

The terms "dominant" and "recessive" refer to how certain traits are expressed in an organism when two different alleles (versions of a gene) are present. Alleles come in pairs: one inherited from the mother and the other from the father. Dominant alleles are expressed over recessive alleles, meaning that if an individual carries one dominant allele and one recessive allele, the dominant allele will determine the appearance of the trait [3].

For example, if the allele for brown eyes (B) is dominant and the allele for blue eyes (b) is recessive, a person who inherits the allele for brown eyes from one parent and the allele for blue eyes from the other will have brown eyes, as the brown eye allele is dominant [4].

A dominant allele is one that will express its trait in an individual even if only one copy of the allele is present. This means that if an individual inherits one dominant allele and one recessive allele for a specific trait, the dominant allele will determine the characteristic. In genetic notation, dominant alleles are typically represented by uppercase letters [5].

For instance, the gene for height in pea plants can have a dominant allele for tallness (T) and a recessive allele for shortness (t). A plant with a genotype of Tt (heterozygous, or one dominant and one recessive allele) will be tall, because the dominant T allele dictates that characteristic [6].

Dominant traits are often more noticeable in the population because only one copy of the allele is required for the trait to appear. Examples of dominant traits in humans include the ability to roll the tongue, having widow's peak hairline, and having dimples [7].

In contrast, a recessive allele requires two copies—one from each parent—to be expressed. If an individual inherits only one recessive allele, the dominant allele will mask the recessive trait. For the recessive trait to appear, the individual must inherit two copies of the recessive allele, one from each parent [8].

For example, in the case of cystic fibrosis, a genetic disorder caused by a recessive allele, an individual must inherit two copies of the defective gene (one from each parent) in order to develop the condition. If the person inherits only one copy of the defective gene, they will be a carrier but will not exhibit symptoms of the disease [9].

Understanding dominant and recessive inheritance is essential for family planning and genetic counseling. Couples who are carriers of recessive genetic disorders may choose to undergo genetic testing to assess the likelihood of passing on a genetic condition to their children. Additionally, knowing whether a trait is dominant or recessive can help parents understand their chances of having a child with certain traits, such as eye color or blood type [10].

## Conclusion

Genetic inheritance, particularly the understanding of dominant and recessive traits, is key to understanding how traits are passed down from generation to generation. Dominant traits tend to overshadow recessive traits, meaning that the presence of just one dominant allele can determine the appearance of a trait. Recessive traits, on the other hand, only appear when two recessive alleles are inherited. The study of these inheritance patterns has not only deepened our understanding of genetics but also paved the way for advancements in genetic counseling, disease prevention, and family planning. Understanding genetic inheritance is fundamental in the field of medicine and continues to have profound implications for human health.

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