

益母草碱在炎症相关性疾病中作用的研究进展

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【摘要】 益母草碱(leonurine, SCM-198)是中药益母草(*Herba Leonuri*, HL)活性成分之一,现已能人工合成。最新研究证实其在多种炎症相关性疾病动物模型中具有抗炎作用。其核心机制为下调核转录因子- κ B(nuclear transcription factor- κ B, NF- κ B)活性,进而抑制PI3K/Akt、MAPK、ERK、JNK等通路磷酸化,或上调Nrf2通路活性,最终下调肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α)、IL-1 β 、IL-2、IL-6、IL-8、诱导型一氧化氮合成酶(inducible nitric oxide synthase, iNOS)、环氧合酶-2(cyclooxygenase-2, COX-2)、趋化因子、黏附分子等炎症相关细胞因子表达等。由于益母草碱展现出广泛作用于全身多器官系统、给药方便、安全有效等特点,因而具有广阔的临床应用前景。本文主要综述了益母草碱在全身多个器官系统炎症相关性疾病的基础研究进展,以期对炎症相关疾病的研究和临床转化提供新思路。

【关键词】 益母草碱; 炎症; 核转录因子- κ B(NF- κ B); 磷酸化; 细胞因子

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Research progress on the role of leonurine in inflammation-related diseases

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【Abstract】 Leonurine (SCM-198) was discovered as one of the active constituents of the *Herba Leonuri* (HL). Now it can be artificially synthesized. Several recent researches has proven that it exhibits anti-inflammatory effect in several systems in animal models and cell culture *in vitro*. The key mechanism involves downgrading the activity of nuclear transcription factor- κ B (NF- κ B), thereby inhibiting the phosphorylation of several signal pathways such as PI3K/Akt, MAPK, ERK, and JNK, or upregulating the activity of Nrf2 related pathways, resulting in downregulated expression of inflammatory cytokines such as tumor necrosis factor- α (TNF- α), IL-1 β , IL-2, IL-6, IL-8, inducible nitric oxide synthase (iNOS), cyclooxygenase-2 (COX-2), chemokines, adhesion molecules, etc. Owing to the advantages of high safety and efficiency, the ease of administration, as well as its effectiveness in many organs and systems, leonurine has a widely prospect for future research and clinical applications. This article reviews the progress in the fundamental research of leonurine in multiple inflammation-related disease, and it could be expect to offer new possibilities for the treatment of these disease.

【Key words】 leonurine; inflammation; nuclear transcription factor- κ B (NF- κ B); phosphorylation; cytokine

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益母草碱(leonurine, SCM-198)最初提纯自中医妇科要药益母草。益母草别名茺蔚,首载于《神农本草经》,味辛苦、微寒,归心、肝、膀胱经。因其具有活血调经的功效,又被称之为妇产科要药。《景岳全书》记载:益母草善调女从胎产诸证,故有益母之号。能去死胎,滑生胎,活血凉血行血,故能治产难胎衣不下,子死腹中,及经脉不调,崩中漏下,尿血泻血瘀者宜之。除此之外,益母草还具有清热解毒的功效。《本草拾遗》对其记载:捣苗绞汁服,主浮肿,下水。兼恶毒肿。《本草备要》记载:消疗肿乳痈,亦取其散瘀解毒。

现代药理学研究^[1-3]表明,益母草具有抑制血小板聚集、抗血栓形成、扩张外周血管、降低血管阻力、抗高血压等药理作用。该活性作用与其活性成分益母草碱、水苏碱、槲皮素、山奈酚等有关。其中,益母草碱作为最重要的活性成分之一,最初被认识亦是因其具有抗血小板聚集、抗氧化应激、调节L型Ca²⁺通道活性等作用,进而被用于治疗心脑血管疾病的基础和临床研究^[2-7]。近年来朱依淳等课题组先后报道^[8-10]益母草碱除上述药理作用外,还可显著下调核转录因子- κ B(nuclear transcription factor- κ B, NF- κ B)和Toll样受体4(Toll-like receptor 4, TLR4)活化,进而影响其下游一系列信号转导通路,最终产生抗凋亡、抗纤维化、抗缺血-再灌注损伤、抗炎等一系列生物学效应,并在多种心血管疾病模型中证实了其作用。由于益母草碱人工合成方法日趋成熟,通过改进剂型、给药方式等,逐步实现益母草碱研究成果的转化。本文将益母草碱在炎症相关性疾病中作用的研究进展进行综述。

循环系统——减轻多种心血管病中的炎症反应 益母草碱最初及最成熟的基础和临床研究均来自心血管系统疾病领域^[10-13],目前已实现临床转化。虽最初研究围绕缺血性脑卒中、心肌梗死等疾病模型中的抗血小板聚集、阻滞L型钙通道、减轻氧化应激等病理生理机制进行,但近年来研究证实,炎症反应也是循环系统、神经系统疾病发生发展的重要因素。例如高脂血症中,粥样斑块形成、不稳定、破裂等主要损害均为炎症反应所致,且常规抗炎治疗效果不显。Zhang等^[14]报道与对照组相比,益母草碱剂量依赖地减轻新西兰白兔高脂血症模型中冠脉硬化的大体表现、改善冠脉和主动脉血液

流变学、减轻平滑肌细胞迁移及纤维化等。在该模型研究中观察到益母草碱亦可剂量依赖地降低主动脉血小板内皮细胞黏附分子-1(platelet-endothelial cell adhesion molecule-1, PECAM-1)、可溶性血管细胞黏附分子-1(soluble vascular cell adhesion molecule 1, sVCAM-1)、可溶性细胞间黏附分子-1(soluble intercellular adhesion molecule-1, sICAM-1)表达,上调高密度脂蛋白胆固醇(high density lipoprotein cholesterol, HDL-C)和下调甘油三酯(triglyceride, TG)表达,及下调iNOS、IL-、基质金属蛋白酶-9(matrix metalloprotein-9, MMP-9)、单核细胞趋化蛋白-1(monocyte chemotactic protein-1, MCP-1)、TNF- α 等炎症相关介质表达,并通过上调过氧化氢酶(catalase, CAT)、超氧化物歧化酶-1(superoxide dismutase-1, SOD-1)、谷胱甘肽过氧化物酶(glutathione peroxidase, GSH-Px)、GSH等细胞因子,及减轻脂质过氧化而减轻炎症反应。

对于高脂血症、冠心病等疾病,血管内皮细胞炎症反应是病情进展的关键环节之一。其炎症反应多为患者自身免疫功能紊乱所致,治疗较为棘手。Liu等^[9,15]报道益母草碱对LPS介导的离体培养的人脐静脉内皮细胞炎症性损伤有良好的保护作用,表现为剂量依赖地在mRNA水平下调ICAM-1、VCAM-1、E-选择素及MCP-1,在蛋白质水平下调ICAM-1、VCAM-1、TNF- α 、COX-2等炎症介质,最终通过下调I κ B α 及NF- κ Bp65活性,降低胞内活性氧生成,抑制炎症反应。

进一步研究表明,益母草碱通过下调MAPKs和NF- κ B通路,减轻炎症反应,降低血管紧张素Ⅱ水平,减轻离体心肌细胞损伤;在体研究发现,10 mg/kg、20 mg/kg每日口服给药可减轻模型大鼠心功能不全^[16]。益母草碱还被报道可通过减轻炎症反应,改善肥胖相关心功能不全^[17]。

神经系统——减轻卒中、认知障碍 脑血管疾病是益母草碱最早开展研究的领域之一,传统研究关注点多集中在抗氧化、线粒体功能调节等方面^[18]。然而,脑血管病的病理生理机制亦与炎症反应相关,故其抗炎作用亦受到关注。Liu等^[19]报道在SD大鼠实验性缺血性脑卒中模型中,益母草碱可减轻局部炎症反应。炎症反应是阿尔茨海默病(Alzheimer disease, AD)进展的重要因素,Xie等^[20]报道益母草碱可通过减轻氧化应激和炎症反应,改

善AD模型小鼠的认知障碍。Deng等^[21]发现益母草碱可通过减轻氧化应激和NO/NOS通路减轻脑损伤。

Tang等^[22]制备的益母草碱纳米脂质体颗粒,可在离体和在体水平实现血脑屏障重建;在大鼠缺血性卒中模型中,通过尾静脉注射给药,可观察到前述通路减轻炎症反应及其所致脑组织损伤,且较益母草碱溶液灌胃给药具有更好的生物利用度、安全性和生物相容性,是可期望的新药研发方向。

内分泌系统——降低2型糖尿病的炎症反应和血糖水平 炎症反应是2型糖尿病病理生理过程中的重要环节。Huang等^[23]在糖尿病小鼠模型中研究发现,益母草碱亦可通过下调NF- κ B活性,下调I κ B水平,降低炎症因子TNF- α 、IL-1 β 、IL-6等的表达,进而升高HDL水平、降低TAG水平;并通过Akt相关途径在转录水平上修复肝酶代谢,调节葡萄糖激酶(glucokinase, GK)、葡萄糖-6-磷酸酶(glucose-6-phosphatase, G6Pase)、磷酸烯醇型丙酮酸激酶(phosphoenolpyruvate carboxykinase, PEPCK)等表达,调控血糖水平,益母草碱能有效降低糖尿病模型小鼠血糖水平,且和阳性对照组(吡格列酮)相比无显著差异,均能显著降低糖尿病小鼠快速血糖。益母草碱每日口服200 mg/kg,持续3周,未见明显不良反应。由于研究时间较短,对长期高血糖所致组织损伤的保护作用尚待进一步研究。

骨骼系统——延缓炎症介导的骨质破坏 益母草碱的抗炎作用亦体现在骨骼系统疾病中。骨质疏松被公认为炎症相关性疾病之一。Yuan等^[24]报道,与离体的静脉内皮细胞中所得结果类似,在离体的R246.7细胞和小鼠骨髓单核细胞(bone-marrow mononuclear cells, BMMs)中,益母草碱均通过下调I κ B α 及NF- κ B p65活性,进而抑制PI3K/Akt、ERK/MAPK、AP-1通路磷酸化,下调相关蛋白受体表达,起到抑制破骨细胞增生、进而延缓骨质破坏的作用。Zhao等^[25]报道了益母草碱通过相似机制对骨髓间充质干细胞的保护作用。

风湿免疫系统——降低类风湿关节炎的炎症反应 在类风湿性关节炎模型中,益母草碱可通过调节Treg/Th17细胞比例,减轻炎症反应^[26]。Meng等^[27]进一步报道了益母草碱纳米脂质体颗粒在类风湿关节炎离体细胞培养中显示的良好抗炎作用

且无明显细胞毒性;大鼠尾静脉注射益母草碱纳米脂质体颗粒与阴性对照组相比,可限制降低炎症因子表达、改善临床症状,且无明显不良反应。益母草碱脂质体颗粒在类风湿性关节炎治疗中具有较好的临床转化前景。

呼吸系统——减轻多种变应性和感染性炎症

支气管哮喘、变应性鼻炎等疾病以气道高反应性、组胺释放为特点,自身免疫性炎症在其发生发展中起重要作用。Xu等^[28]报道益母草碱通过激活细胞色素P450家族成员CYP2A13,降低支气管和肺泡上皮细胞反应性,减轻炎症反应。Bai等报道^[29],益母草碱可在离体和在体水平通过p38 MAPK/NF- κ B途径,降低TNF- α 和IL-6表达,抑制下游炎症反应,减轻卵清蛋白(ovalbumin, OVA)致敏的模型小鼠哮喘。阳性对照组每日口服地塞米松5 mg/kg,实验组每日口服益母草碱15 mg/kg或30 mg/kg,两组小鼠炎症因子IL-4、IL-5和免疫球蛋白IgE的表达水平无统计学差异;但地塞米松阳性对照组的支气管肺泡灌洗液嗜酸性细胞、中性粒细胞、单核细胞、淋巴细胞等炎症细胞计数均显著少于各浓度益母草碱实验组。益母草碱体现了一定的抗炎作用。在感染性炎症方面,Zhang等^[30]报道了益母草碱可以通过激活Nrf2通路,减轻LPS所致BEAS-2B细胞的炎症反应和损伤;Qiu等^[31]报道益母草碱可通过相似机制减轻甲型流感病毒所致肺炎动物模型的炎症反应和肺部损伤。

泌尿系统——减轻急性肾损伤

急性肾损伤(acute kidney injury, AKI)的发病机制与氧化应激、缺血-再灌注损伤、炎症反应等密切相关,其中炎症反应是发病的重要机制。多种感染、非感染因素均可作为病因,AKI临床治疗困难、继发多器官功能障碍综合征(multiple organ dysfunction syndrome, MODS)和病死率高。Xu等^[32]报道,给予小鼠每日口服益母草碱50 mg/kg、共两周预防后再以LPS介导的AKI模型中IL-1、IL-6、IL-8、KIM-1、TNF- α 表达较阴性对照组均显著下调,I κ B α 和p65磷酸化抑制,同样显示益母草碱通过下调NF- κ B等途径减轻了小鼠AKI中的炎症反应,且具有一定的组织保护作用。另有学者认为其机制还与NLPR3通路下调、Nrf2通路激活、线粒体保护等有关^[32-33]。

消化系统——控制炎症性肠病

Qi等报道^[35],在炎症性肠病小鼠模型中,益母草碱可通过上调

Nrf2/HO-1 和下调 TLR4/NF- κ B 通路,减轻模型小鼠的炎症反应。相似机制亦见于保护铁超载导致的肝毒性损伤研究^[36]。益母草碱还可通过调节肠道菌群、减少溃疡性结肠炎动物模型中肠道炎症因子释放,进而减轻小肠的组织损伤^[37]。

对其他急性感染性和非感染性炎症的控制作用 急性乳腺炎是典型感染性炎症,因患者多为哺乳期女性,临床治疗以手术引流为主,药物对因或对症治疗受限较多,疗效不佳。Song 等^[38]报道,大肠埃希菌 LPS 成功造模 24 h 后的小鼠急性乳腺炎模型予益母草碱腹腔给药,发现实验组 TLR4 和 NF- κ B 活性下调,p38、ERK、JNK 等多条通路磷酸化被抑制,进而炎症前细胞因子 TNF- α 、IL-6 表达下调,抗炎细胞因子 IL-10 表达上调,并抑制 iNOS 和 COX-2 表达;且组织切片 HE 染色亦显示实验组炎症反应轻于阴性对照组。值得关注的是,给药 30 mg/kg 益母草碱组的抗炎效果与 5 mg/kg 地塞米松阳性对照组相似,益母草碱显示了与糖皮质激素类似的抗炎活性且无显著全身不良反应。如能进一步进行安全性评价,可望为急性乳腺炎治疗提供新的选择。

本课题组前期研究^[39]发现,益母草碱口服给药可减轻 LPS 所致大鼠急性内毒素性葡萄膜炎(endotoxin induced uveitis, EIU)模型的葡萄膜炎反应,且 10 mg/kg、20 mg/kg 益母草碱组与 5 mg/kg 地塞米松眼部抗炎作用强度相当,且能避免 2 周以上地塞米松全身给药带来的体重减轻等不良反应。眼部抗炎作用机制与 NF- κ B 通路下调相关,显示益母草碱不仅具有抗炎活性,还具有一定的血-房水屏障和血-视网膜屏障通透性,是潜在的眼后段抗炎药物选择。

结语 益母草碱在全身多系统的炎症相关性疾病动物模型或离体培养细胞中,均显示出稳定的抗炎作用。动物实验中,益母草碱全身给药在脑部具有显著作用,不仅可改善相关分子生物学和形态学指标,且能显著改善实验动物行为^[40],显示其可较好地透过血-脑屏障。下调 NF- κ B 活性是益母草碱抗炎作用的核心环节。NF- κ B 是广泛存在于真核细胞中的一个早期转录因子家族,由于其激活不需蛋白调控,故在炎症等病理生理过程中反应迅速、地位重要。众多下游通路如 PI3K/Akt、MAPK、ERK、JNK 等磷酸化及级联反应产生均与之相关,多种重要炎症细胞因子如 TNF- α 、IL-1 β 、IL-2、IL-

6、IL-8、iNOS、COX2、趋化因子、黏附分子等表达均受其调控。益母草碱通过下调 NF- κ B 活性,抑制下游信号通路激活、进而下调炎症相关细胞因子表达等,起到的稳定抗炎作用,使其拥有重要的深入研究和临床应用价值。且益母草是传统医学常用药,安全性和有效性已被广泛证实。已有临床研究将益母草碱单体应用于心血管疾病治疗,在大剂量应用中,至今未见明显不良反应的报道。炎症相关性疾病亟待攻克,传统抗炎药物如激素、免疫抑制剂等,长期会产生局部或全身不良反应。益母草碱独特的作用机制使其在多种炎症相关性疾病,尤其是复杂性炎症相关性疾病中有着广阔的应用前景,值得进一步探索。

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