



Dietary Gum Arabic Alleviates Carbon Tetrachloride Induced Liver Fibrosis in Wistar Rats

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Authors' contributions

This work was carried out in collaboration among all authors. Authors MH and YA designed the study. Authors MH, YA, JAA, HMAH performed the experiments. Authors MH and NAO analyzed the data. All authors were involved in writing. All authors read and approved the final manuscript.

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ABSTRACT

Aims: This study was carried out to investigate the effect of Gum Arabic (GA) on liver fibrosis induced by carbon tetrachloride (CCl₄) in Wistar rats.

Methods: Rats were randomly divided into three groups (each group: n=8). Group 1 served as untreated control with just 2 ml/kg of olive oil. Group 2 administered only by intraperitoneal (I.P) injection of CCl₄ dissolved in olive oil at a dose of 2 ml/kg body weight twice a week for 7 week. Group 3 administered in additional to CCl₄ a basal diets containing GA (5%).

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Results: The outcomes of the current study exhibited that, CCl₄ elevated the serum levels of liver enzymes, malondialdehyde (MDA) and hydroxyproline. In addition, CCl₄ increase the expression of inflammatory cytokines TLR-4, TNF- α , IL-6, IL- β 1 and MCP-1 or fibrotic markers cytokines; TGF β 1 and α -SMA while decreasing the activity of T-AOC, SOD and GSH-Px. Administration of GA effectively attenuated these changes, in addition to promotion of antioxidant enzymes and reducing the collagen deposition and hepatocytes necrosis.

Conclusion: These results suggested that GA has antifibrotic properties and could be used as potential dietary agent against CCl₄-induced liver fibrosis in rats.

Keywords: Gum Arabic; carbon tetrachloride; liver, fibrosis; rats.

1. INTRODUCTION

Liver fibrosis, represent the major health problems that increase morbidity and mortality worldwide and signify the final pathways of almost all chronic hepatocellular injuries [1]. Liver fibrosis may result from excessive accumulation of fibrous connective tissue in the liver and nodule formation leading to loss of liver function, cirrhosis, hepato-cellular carcinoma, and liver failure [2,3]. Carbon tetrachloride (CCl₄) is a recognized toxicant agent used extensively to produce liver fibrosis and oxidative stress [4]. Fibrosis persuaded by CCl₄ is accompanying by the progression of lipid peroxidation, inflammation and the weakening of antioxidant status [5]. Unfortunately, to date no specific anti-fibrotic drugs are available. But in recent years, interventions by antioxidant agents represent an effective potential therapeutic strategy for the treatment and prevention of the liver diseases [4,5].

There are numerous of evidence indicating that natural products from edible and medicinal plants exhibited potent antioxidant activity that could act against hepatic toxicity caused by various toxicants [6,7]. One of those natural products is Gum Arabic (GA). GA is well-defined as an edible, dried gummy polysaccharide acquired from the Acacia trees (*Acacia seyal* & *Acacia senegal*) and rich in non-viscous soluble fiber which is commonly utilized as a stabilizer and emulsifier in the food, cosmetic, and pharmaceutical industry [8,9]. GA has been used in North Africa and the Middle East in the folk medicine to decrease the occurrence of the acute and chronic renal failure [10,11]. It is also reported to be effective as an oral antioxidant substance to treats and prevents the skin and intestinal mucosa inflammation [12]. Additionally, many reports indicated that, GA mitigates gentamicin-induced nephrotoxicity and lipid peroxidation in the kidney tissue [9]. Furthermore, GA has anti-inflammatory,

antidiarrheal, anti-obesity, antihypertensive, and antimicrobial effects [8,13,14]. Moreover, GA has also a potential role in the prevention of liver injury; it has been useful to alleviate the acetaminophen-intoxication by blocking liver macrophage function, reduction of hepatic oxidative stress, and nitric oxide scavenging. It has been confirmed to be used for the inhibition of high fat diet, CCl₄ or trichloroacetate intoxication [15-17].

To the best of our knowledge, there are no reports regarding the antifibrotic effect of GA against CCl₄ intoxication. Therefore, the current study was undertaken to investigate the dietary administration effect of GA on the progression of liver fibrosis induced by CCl₄ in rats based on histopathological alterations and fibrosis quantification, serum biochemical parameters, oxidative stress, anti-inflammatory and fibrogenesis genes expression.

2. MATERIALS AND METHODS

2.1 Chemicals

Carbon tetrachloride was acquired from Shoude Institute (Nanjing, China). Superoxide (SOD), malondialdehyde (MDA), glutathione peroxidase (GPx), total antioxidant capacity (T-AOC), alkaline phosphatase (ALP), alanine aminotransferase (ALT), aspartate aminotransferase (AST), and hydroxyproline assay kits were provided by Jiancheng Biotechnology (Nanjing, China). Antibodies against TLR-4 and α -SMA were purchased from Abcam, (Cambridge, UK). Gum Arabic (SUPERGUM™ EM 10) was obtained from San-Ei Gen FFI Inc, Japan.

2.2 Animals, Diet and Experimental Design

Twenty-four male Wistar rats of (190 – 230 g) body weight were obtained from the center for

laboratory animals, Yangzhou University (Yangzhou, China). The rats were kept at $25^{\circ}\text{C}\pm 3$ with 12 h dark / light cycles and provided with rat food and water ad libitum and acclimatized for one week before the experiment. The dose of GA was designated according to a previous report [18]. The animals were randomly assigned to three groups. The first group (n=8; Control) was given 2 mL/kg body weight of olive oil through I.P twice a week for 7 weeks, the second group (n=8; CCl_4) was given 2 mL/kg body weight of CCl_4 mixed with olive oil through I.P twice a week for 7 weeks, and the third group (n=8; CCl_4 + GA) was given 2 mL/kg body weight of CCl_4 mixed with olive oil through I.P twice a week and fed with GA 5.0% for 7 weeks. The rats were detected daily regarding food and water intake. The rats were slaughtered after the 7th week after fasting overnight. Blood and liver samples were collected from all groups; liver sections were immediately frozen in liquid nitrogen and stored at -80°C until subsequent analyses.

2.3 Liver Function Indices Analysis

ALP, ALT and AST hepatic specific indices of serums were assessed using an automated chemistry analyzer. (BS-300, MindrayMedical International Limited). According to the instructions.

2.4 Evaluation of an Antioxidant Enzyme Activities and Lipid Peroxidation Levels

Liver tissue homogenates were used for estimating antioxidant enzymes activity T-AOC, SOD, and GSH-PX in addition to lipid peroxidation marker (MDA), according to the manufacturer's guidelines.

2.5 Hepatic Hydroxyproline Evaluation

The stages of hydroxyproline content were evaluated from wet liver tissues as $\mu\text{g/g}$ following the guidelines of the commercial assay kit.

2.6 Histopathological Evaluation

Liver tissue sections were fixed in 10% formaldehyde solution, embedded in paraffin, and sectioned into $4\mu\text{m}$ thicknesses. The sections were stained by Hematoxylin and eosin and Sirius red using standard procedures to examine the grade of liver fibrosis by using a

computerized image analysis system for 5 random fields on each slide. (Image-Pro Plus version 6.0; Media Cybernetics, Md., USA.) [19].

2.7 Immunohistochemical Estimation

Paraffin embedding sections of the liver were exposed to immunohistochemical estimation by blocking and incubating with mouse monoclonal antibody against TLR-4 (1:100). The sections were also pounted and incubated with a secondary antibody according to our previous publications [20].

2.8 mRNA Extraction and Real-time Quantitative RT-PCR

Frozen liver tissues were used to extract the total RNA by Trizol reagent (Invitrogen), following the instructions. Synthesis of cDNA was performed by using PrimeScript RT Master Mix Perfect Real Time (Takara Co., Otsu, Japan), and were amplified using SYBR Green (Takara Co., Otsu, Japan) as previously reported [19]. The Real-time quantitative RT-PCR was conducted on an ABI Prism 7300 Detection System (Applied Biosystems, USA). Primers for TLR-4, TNF- α , IL-6, IL- β 1, MCP-1, TGF β 1, α -SMA and GAPDH were designed by online Primer-Blast of NCBI and showed in Table 1.

2.9 Statistical Analysis

Data were statistically analyzed by One-way analysis of variance (ANOVA) and Duncan test using SPSS 20 for Windows, followed by a least-significant difference (LSD) test for specific comparisons. The experimental data were expressed as mean \pm S.E.M.; the *P* value of 0.05 or less was considered to be a significant difference between the groups.

3. RESULTS

3.1 Effects of GA on General Features of Rats

The differences in the final body weight, liver weight and index, food and water intake between control and treatment groups during the experimentation are given in Table 2. Group treated only by CCl_4 showed high decrease ($P=0.007$) in final body weight as compared with control group. The final body weight of GA + CCl_4 group was increased significantly ($P<0.001$) compared to the group treated only by CCl_4 . Group treated only by CCl_4 showed high

increase ($P<0.001$) in the liver weight as compared with control group. The liver weight of GA + CCl₄ group was decreased ($P<0.001$) compared to the group treated only by CCl₄. The liver index of CCl₄ group was increased opposed to control group ($P<0.001$), while GA + CCl₄ group revealed significant reduce ($P<0.001$) in the liver index opposed to group treated by CCl₄ alone.

The food intake decreased significantly in the CCl₄ group compared with that of the control group ($P=0.003$). The group treated with GA + CCl₄ improved the levels of food intake compared to the CCl₄ group ($P=0.031$). Water intake significantly increased in the CCl₄ group compared to the control group ($P<0.001$). However, GA + CCl₄ supplementation significantly lowered the water intake levels compared with the CCl₄-treated group ($p<0.001$).

3.2 Evaluation of the Serum Enzymes

The effect of GA on serum levels of AST, ALT and ALP were shown in Fig. 1. The AST, ALT

and ALP serum levels of rats treated only by CCl₄ prominently increased compared with the control group ($P<0.001$). The group treated with GA + CCl₄ showed reduced ($P<0.001$) biochemical levels of AST, ALT and ALP compared to the CCl₄ group.

3.3 Histopathological Evaluation

The liver histopathology forms of control and others treated rats was shown in (Fig. 2). The histopathological appearance of the control liver sections showed typical histological architecture (Fig. 2A). Group treated only by CCl₄ demonstrated massive necrosis with severe inflammation and inflammatory cells infiltration in addition to hepatocytes steatosis, and collagen accumulation (Fig. 2B). Whereas GA + CCl₄ groups showed obvious lessening in the hepatocytes damage and collagen accumulation when compared with group treated only by CCl₄ (Fig. 2C).

Table 1. Primer pairs used for Real-Time PCR

Gene	Primers: sequences (5' 3')	Accession
TNF- α	F: CTGTGCCTCAGCCTCTTCTC R: ACTGATGAGAGGGAGCCCAT	NM_012675.3
IL-6	F: AGCGATGATGCACTGTGTCAGA R: GGA ACTCCAGAAGACCAGAGC	NM_012589.2
TGF- β_1	F: AGGGCTACCATGCCAACTTC R: CCACGTAGTAGACGATGGGC	NM_021578.2
α -SMA	F: ACCATCGGGAATGAACGCTT R: CTGTCAGCAATGCCTGGGTA	NM_031004.2
MCP-1	F: TGATCCCAATGAGTCGGCTG R: GGTGCTGAAGTCCTTAGGGT	NM_031530.1
TLR-4	F: TCCACAAGAGCCGGAAAGTT R: TGAAGATGATGCCAGAGCGG	NM_019178.2
IL- β_1	F: AGGCTGACAGACCCCAAAG R: CTCCACGGGCAAGACATAGG	NM_031512.2
GAPDH	F: GCGAGATCCCCTAACATCA R: CTCGTGGTTCACCCCATCA	XM_017593963.1

Table 2. Effects of Gum Arabic (GA) and GA+CCl₄ on the food intake, water intake, body weight, liver weight and liver index (liver weight/ body weight x 100%) of rat*

	Control	CCl ₄	CCl ₄ +GA
Initial body weight (g)	222.75 \pm 3	219.75 \pm 2.5	212.75 \pm 7.9
Final body weight (g)	281 ^a \pm 4.6	225 ^c \pm 3.4	272.5 ^b \pm 6.5
Liver weight (g)	9.35 ^b \pm 0.46	13.31 ^a \pm 0.23	10.15 ^b \pm 0.29
Liver index (%)	3.33 ^b \pm 0.22	5.95 ^a \pm 0.04	3.71 ^b \pm 0.21
Food intake(g/day)	21.5 ^b	14.7 ^d	17.2 ^c
Water intake(ml/day)	17.3 ^d	47.2 ^a	24.4 ^b

*Data are represented as mean \pm SEM (n = 8). Different letters above the values within each test parameter indicate significant differences between groups ($p < 0.05$)

To evaluate the impact of GA on CCl₄-induced hepatic fibrosis, hepatic sections were stained with Sirius red to notice the accumulation of collagens. CCl₄-treated rats developed substantial collagens deposition as indicated by intensive red staining (Fig. 2B) when compared with control group that showed absence of collagen fibers (Fig. 2A). However, treatment with GA + CCl₄ showed few areas containing collagen as compared with the group treated only by CCl₄ (Fig. 2C).

3.4 Effects of Gum Arabic on the Antioxidant Enzymes and Lipid Peroxidation

T-AOC, SOD, GSH-PX and MDA were assessed in the current study (Fig. 3a). There were a significant reduction in T-AOC, SOD and GSH-PX activities in the liver homogenates of rats treated only by CCl₄ as compared to the control animals ($P = 0.006$, $P=0.003$ and $P<0.001$, respectively). The supplementation of GA with CCl₄ produced a significant increase in T-AOC, SOD and GSH-PX activities when compared with CCl₄ animals ($P = 0.028$, $P=0.044$ and $P=0.004$, respectively). CCl₄ injection caused a significant increase in MDA opposed to control rats ($P < 0.001$). While treatment with GA plus CCl₄ resulted in a significant decrease in MDA opposed to rats treated only by CCl₄ ($P = 0.009$).

3.5 Hepatic hydroxyproline level

Liver hydroxyproline was approved to inspect the influence of GA on the grade of hepatic fibrosis induced by CCl₄ (Fig. 3b). The rats treated only by CCl₄ revealed a high content of hydroxyproline opposed to control rats ($P = 0.012$), which was decreased in GA + CCl₄ group ($P = 0.046$), demonstrating the antifibrotic effect of GA.

3.6 Effect of Gum Arabic on Hepatic Proinflammatory Cytokines

The mRNA expression levels of TLR-4, TNF- α , IL-6, IL- β 1 and MCP-1 were markedly increased following CCl₄ treatment as compared with the control group ($P < 0.001$). GA + CCl₄ treatment significantly reduced ($P = 0.001$, $P<0.001$, $P<0.001$, $P = 0.002$ and $P < 0.001$ respectively) the expression of these above cytokines compared with the group treated only by CCl₄ (Fig. 4a). These finding were also confirmed by immunohistochemistry expression of TLR-4. A high expression of TLR-4 in the CCl₄-treated rats

which was reduced in GA + CCl₄ group, indicating the anti-inflammatory influence of GA (Fig. 4b).

3.7 Effects of Gum Arabic on Hepatic Fibrotic Genes Expression

The mRNA expression levels of α -SMA and TGF β 1, in the hepatic tissues were significantly increased following exposure to CCl₄ alone as opposed to control rats ($P < 0.001$). GA + CCl₄ treatment obviously decreased ($P = 0.006$ and $P < 0.001$ respectively) the mRNA expression of α -SMA and TGF β 1 compared with the CCl₄ only treated group (Fig. 5a). These findings were also confirmed by immunohistochemistry expression of α -SMA. A high expression of α -SMA in the CCl₄-treated rats which were reduced in the GA + CCl₄ group, indicating the antifibrotic influence of GA (Fig. 5b).

4. DISCUSSION

Liver fibrosis is a consequence of numerous chronic illnesses and associated with substantial and life-threatening complications, such as hepatocellular carcinoma, portal hypertension, liver failure and represents the most important cause of morbidity and mortality worldwide [2,21]. At present-day there is no accepted and effective treatment for liver fibrosis. Gum Arabic is effective an antioxidant and anti-inflammatory natural product, it has a possible role in the inhibition of liver damage [15,22].

In this study administration of GA considerably mitigated the progression of hepatic fibrosis in rats intoxicated by CCl₄ injection. This is evident from the reduction in the severity of hepatocellular necrosis, lipid peroxidation, proinflammatory cytokines, collagen accumulation and the expression of α -SMA and TGF β 1 in addition to the improvement of liver and antioxidant enzymes. CCl₄ is a well-known hepatotoxic element, which induces liver damage and fibrosis by the free radicals that react with cell membrane constituents, and disrupt cell membrane integrity, which result in the secretion of ALT, AST and ALP. Therefore, these enzymes are used as biochemical markers of liver damages [4,23]. In the current study, we noted that, GA could suggestively decline the activities of serum AST, ALT and ALP enzymes compared with the CCl₄ only treated group, which suggest that GA had protective effect on liver damages.

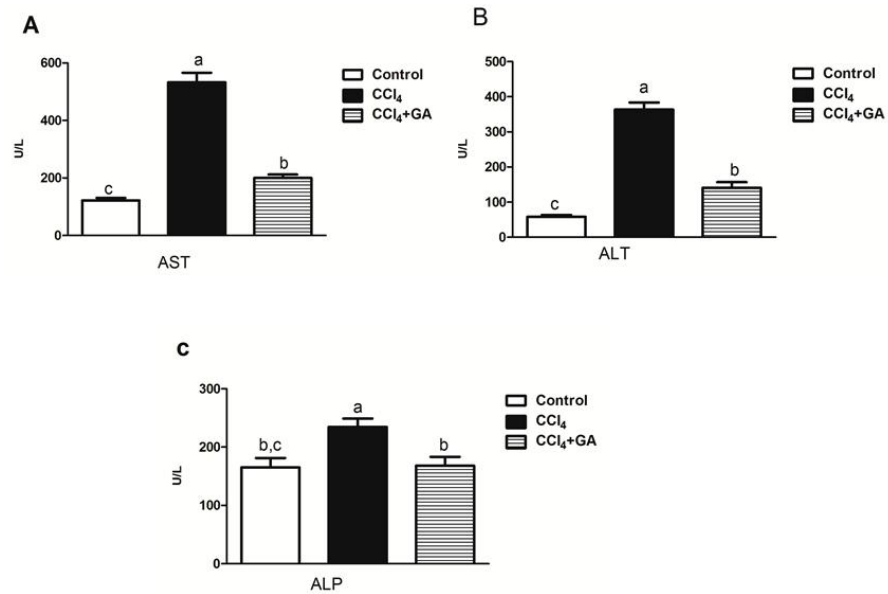


Fig. 1. Effects of GA on liver marker enzymes in the serum (A) Serum aspartate aminotransferase; (B) serum alanine aminotransferase; and (C) serum alkaline phosphatase. Data are represented as mean \pm SEM (n=8). Columns with different letters differ significantly ($P < 0.05$)

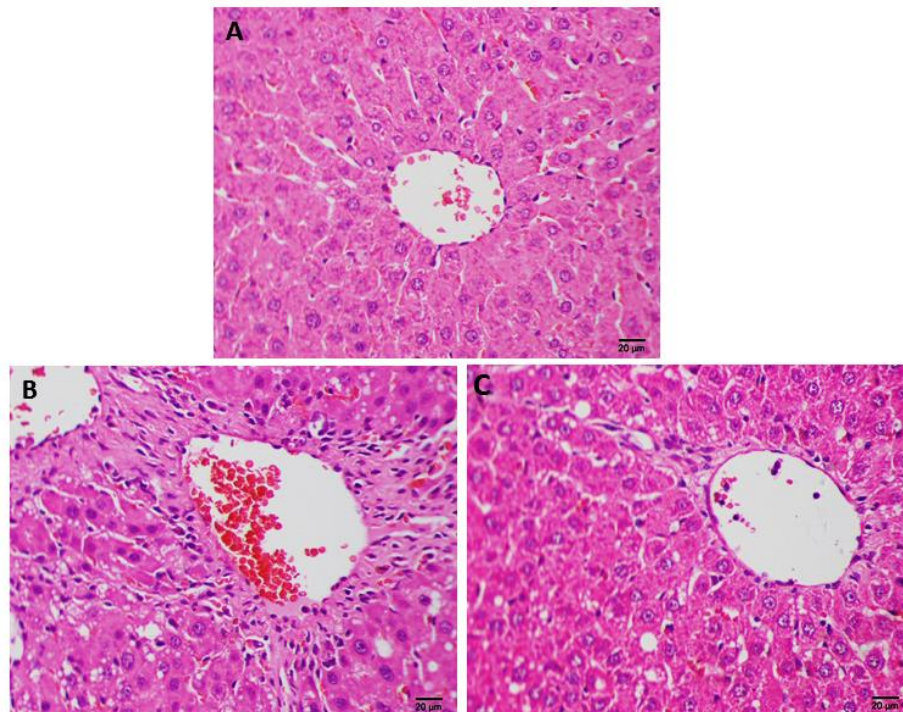


Fig. 2. Liver sections stained with H & E (scale bar = 20 μ m). (A) Control group, (B) CCl₄ group, and (C) GA+ CCl₄ group

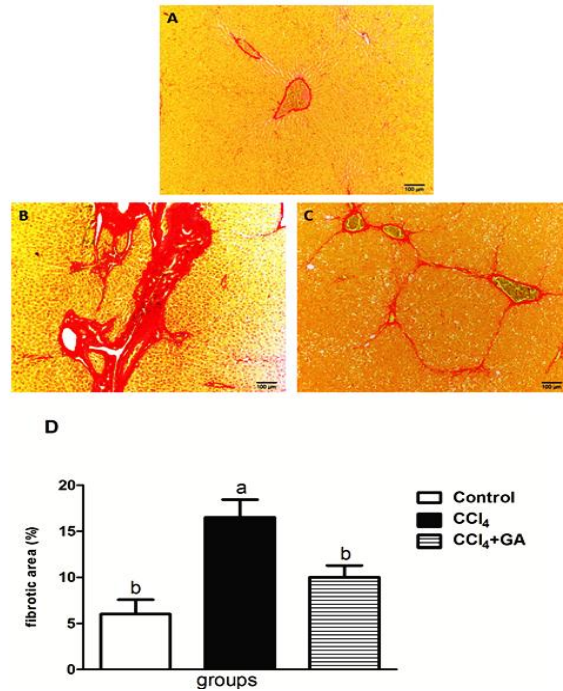


Fig. 3. Liver sections were stained with Sirius red (scale bar = 100 μ m). (A) Control group, (B) CCl₄ group, and (C) CCl₄ + GA group. The Area ratio of stained collagen was quantified from 5 different fields of 8 liver sections and shown in (D). Values of each bar are means \pm SEM (n = 8). Columns with different letters differ significantly ($P < 0.05$)

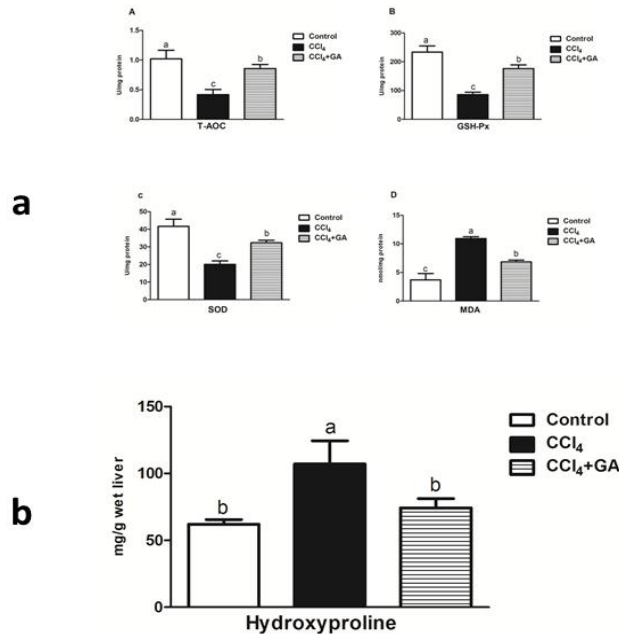


Fig. 4. (a) Effects of GA on hepatic oxidative stress parameters. (A) the levels of T-AOC; (B) the levels of GSH-Px; (C) the activities of SOD; and (D) the levels of MDA. Data are represented as mean \pm SEM (n=8). Columns with different letters differ significantly ($P < 0.05$). (b) Effects of GA on hepatic hydroxyproline content. Data are represented as mean \pm SEM (n = 8). Columns with different letters differ significantly ($P < 0.05$)

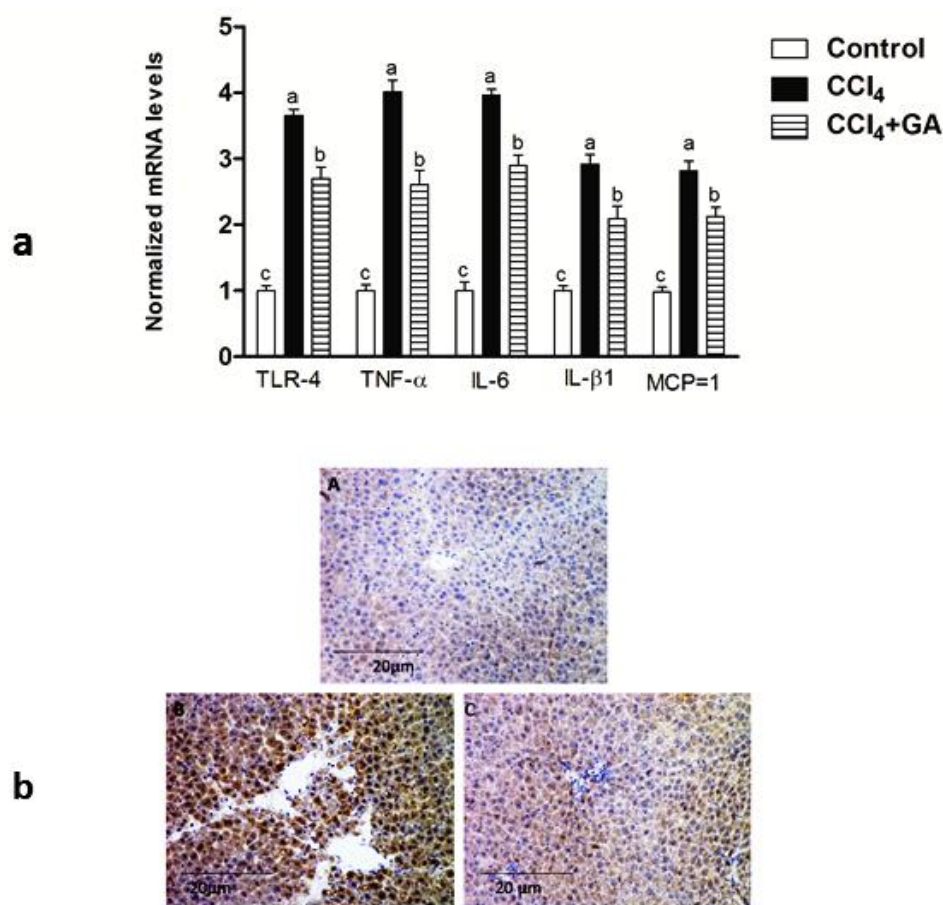


Fig. 5. (a) Effects of GA on the hepatic mRNA expression of some inflammatory factors; TLR-4, TNF-α, IL-6, IL-β1 and MCP-1 of different groups by Quantitative Real-Time PCR. GAPDH served as internal control. Data were presented as mean ± SEM (n=8). Columns with different letters differ significantly ($P < 0.05$). (b) The expression of TLR-4 by immunohistochemistry staining (scale bar = 20 μm). (A) Control group, (B) CCl₄ group, and (C) CCl₄+ GA group

Reactive oxygen species (ROS) induce weakening of cellular membrane integrity and hepatocyte necrosis by lipid peroxidation [4,24]. Malondialdehyde is the main lipid peroxidation yields, its raised levels could reveal the grades of lipid peroxidation damage in the liver tissue [25]. However, GSH-Px could particularly initiate the reductive action of GSH to prevent the stability of plasma membrane and functions [26]. While SOD is a scavenger of peroxide anion radicals, which could prevent the stimulation of lipid peroxidation by free radicals [27]. Our finding displayed that the amount of MDA in liver tissue augmented in the CCl₄ only treated group, and the activities of T-AOC, GSH-Px, and SOD, reduced correspondingly. Gum Arabic obviously reserved the rise of MDA level and enhanced the levels of the T-AOC, GSH-Px, and SOD. These

outcomes showed that GA had protected effects against lipid peroxidation [22].

Increasing evidences display that inflammation is a significant constituent in the initiation and progression of hepatic fibrosis [28,29]. Chronic inflammation of the liver may be accompanied by increased expression of proinflammatory cytokines, including TNF-α, ILβ1, IL-6, TLR-4, and MCP-1 [29,30]. Activated hepatic stellate cells (HSCs) have a capability to produce fibrogenic and inflammatory cytokines leading to collagen accumulation and liver inflammation. Furthermore, numerous inflammatory cell interactions with Kupffer cells, endothelial cells, platelets, and hepatocytes mediated by IL-6, ILβ1 and TNF-α are implemented in the mechanism of fibrosis [2,31]. Our finding

exposed raised levels of the inflammatory mediators counting TNF- α , IL β 1, IL-6, TLR-4, and MCP-1 in CCl₄-intoxicated rats which could be associated with the free radicals overproduction that enhances elevated expression of proinflammatory cytokines. Increased levels of proinflammatory cytokines were also earlier informed in the hepatic fibrogenesis in rats [32-34]. In the present study, the inflammatory reaction in our data was considerably inhibited by administration of GA, which suggests the anti-inflammatory effects of GA as a protective tool for hepatic fibrosis in the CCl₄-intoxicated liver.

Inactivation of HSCs and the fibrotic markers such as TGF- β 1 and α -SMA are considered as the main targets in the antifibrotic treatment

[35,36]. Moreover, α -SMA and TGF- β 1 are involved in the fibrogenesis through inflammation and free radicals production [37,38]. In the current study, hepatic fibrosis was indicated by the substantial great hepatic stages of hydroxyproline and by Sirius red staining that displayed elevated collagen accumulation in the CCl₄-intoxicated rats. Our data exposed also augmented levels and expression of TGF- β 1 and α -SMA in CCl₄-intoxicated rats demonstrating liver fibrosis and HSCs activation as previously reported [39]. The present study confirmed that, GA could reduce CCl₄-induced liver fibrosis through decreasing collagen accumulation and expression of α -SMA and TGF- β 1, confirming its role in the protecting fibrosis and HSCs activation.

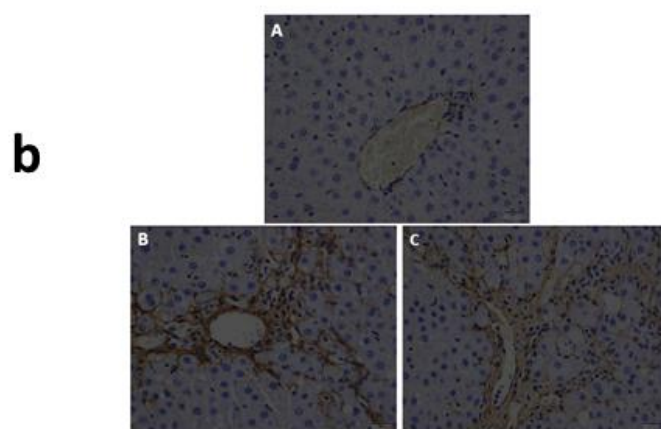
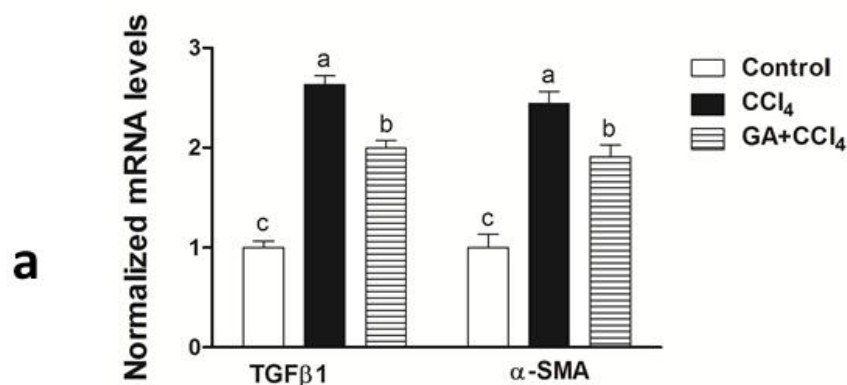


Fig. 6. (a) Effects of GA on the hepatic mRNA expression of some fibrotic markers; α -SMA and TGF- β 1 of different groups by Quantitative Real-Time PCR. GAPDH served as internal control. Data were presented as mean \pm SEM (n=8). Columns with different letters differ significantly ($P < 0.05$). **(b)** The expression of α -SMA by immunohistochemistry staining (scale bar = 20 μ m). **(A)** Control group, **(B)** CCl₄ group, and **(C)** CCl₄+ GA group

CONCLUSION

In conclusion, our results confirmed the role of GA as a potential dietary agent in the progression of liver fibrosis and the protection of hepatocytes via antioxidant, anti-inflammatory mechanisms, suppression of the fibrogenic marker cytokines α -SMA and TGF- β 1 and inactivation of HSCs.

ETHICAL APPROVAL

The animals' experiment in this study was approved by the Animal Care Committee for laboratory animal experiments of Nanjing Agricultural University (Certification No.: SYXK (Su) 2011-0036). And with "Principles of Laboratory Animal Care and Use in Research" (State Council of China, 1988).

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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