Myristicae Semen Extract Protects Excitotoxicity in Cultured Neuronal Cells

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ABSTRACT: Myristica fragrans seed from Myristica fragrans Houtt (Myristicaceae) has various pharmacological activities peripherally and centrally. The present study aims to investigate the effect of the methanol extract of Myristica fragrans seed (MF) on kainic acid (KA)-induced neurotoxicity in primary cultured rat cerebellar granule neuron, MF, over a concentration range of 0.05 to 5 μ g/ml, inhibited KA (500 μ M)-induced neuronal cell death, which was measured by trypan blue exclusion test and 3-[4,5-dimethylthiazol-2-yl-2,5-diphenyl-tetrazolium bromide (MTT) assay. MF (0.5 μ g/ml) inhibited glutamate release into medium induced by KA (500 μ M), which was measured by HPLC. Pretreatment of MF (0.5 μ g/ml) inhibited KA (500 μ M)-induced elevation of cytosolic calcium concentration ([Ca²⁺]_c), which was measured by a fluorescent dye, Fura 2-AM, and generation of reactive oxygen species (ROS). These results suggest that MF prevents KA-induced neuronal cell damage in vitro.

Key words: Myristica fragrans seed, kainic acid, neurotoxicity, cerebellar granule cells

INTRODUCTION

Glutamate is the major excitatory transmitter as well as an important neurotoxin in the CNS (Choi, 1988). Elevated extracellular glutamate levels have been shown to affect neuronal activity profoundly by activating specific ionotropic and metabotropic receptors and have been implicated in neurodegenerative processes associated with ischemia and other neuropathological conditions (Rothman & Olney, 1986). Numerous studies have related ionotropic glutamate receptors to the regulation of cell survival, *in vivo* as well as *in vitro*. In most cases, exposure to agonists of glutamate receptors has been reported to lead to increased cell death, and antagonists were found to be protective. Whereas only N-methyl-D-aspartate (NMDA) receptors

had been initially considered as possible actors in this domain (Tecoma et al., 1989; Regan & Choi, 1991; Lesort et al., 1997), it is presently clear that both kainic acid (KA) and amino-3-hydroxy-5-methylisoxazole-4-propionic acid (AMPA) receptors are also involved (Larm et al., 1996, 1997; Bardoul et al., 1998; Jensen et al., 1998). Neurotoxicity initiated by overstimulation of glutamate receptors and subsequent influx of free Ca²⁺ leads to an intracellular cascade of cytotoxic events (Choi, 1985). Ca2+-dependent depolarization of mitochondria has been suggested to contribute to oxidative stress in neuronal injury, through the production of reactive oxygen species (ROS) such as hydroxyl radical, superoxide anion or nitric oxide (NO) (Choi, 1992; Dykens, 1994; Dugan et al., 1995; Whit & Reynolds, 1996). KA-induced excitotoxicity,

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mediated via KA receptors, is also known to be associated with the excessive release of glutamate that may underlie the pathogenesis of neuronal injury (Arias *et al.*, 1990; Sperk, 1994). KA may induce neuronal damage through the excessive production of ROS and lipid peroxidation (Ben-Ari, 1985; Bondy & Lee, 1993). Thus, KA has been used as a model agent for the study of neurotoxicity.

Myristica fragrans Houtt (Myristicaceae)is an evergreen aromatic tree cultivated in many tropical countries (Ram et al., 1996). It is also mentioned in modern scientific literature as a medicinal plant (Merck Index, 1989). Seeds of Myristica fragrans Houtt (MF), commonly known as nutmeg, have been reported to contain pectin which has anti-oxidant property and niacin which has hypolipidaemic action. It also contains $25 \sim 35$ % fixed oils and $5 \sim 15$ % volatile oils (myristic acid, palmitic acid, stearic acid, oleic acid, linoleic acid and lauric acid) and chemical substances such as myricitin, elimicin and myristic acid (Nadkarni, 1976; Merck Index, 1989). The plant material possesses carminative, astringent, hypolipidaemic, antithrombotic, antiplatelet aggregation, and antiinflammatory activities (Evans, 1996; Nadkarni, 1976). Centrally it has been reported to have anxiogenic and psychoactive or hallucinogenic properties (Brenner et al., 1993; Van Gils & Cox, 1994; Sonavane et al., 2002). It, however, also has sedative effect and has been used for insomnia (Van Gils & Cox, 1994; Huang, 1999). To extend the knowledge on the pharmacological actions of MF in the CNS on the basis of its CNS inhibitory effect, the present study examined whether MF has the neuroprotective action against KA-induced cell death in primarily cultured rat cerebellar granule neurons. The methanol extract of MF exhibited significant protection against the excitotoxicity induced by KA. It was also examined the effect of MF on the KA-induced elevation of cytosolic Ca²⁺ concentration ([Ca²⁺]_c), glutamate release and ROS generation.

MATERIALS AND METHODS

Materials

MF was purchased from an oriental drug store in

Taegu, Korea, and identified by professor K.-S. Song, Kyungpook National University, KA, 3-[4,5-Dimethylthiazol-2-yl]-2,5-diphenyl-tetrazolium bromide (MTT), o-phthaldialdehyde (OPA), 2mercaptoethanol, trypsin (from bovine pancreas), Dulbecco's modified Eagle's medium (DMEM), poly-L-lysine, amino acids for HPLC standard, cytosine $1-\beta-D$ -arabinofuranoside hydrochloride (cytosine arabinoside), 0.4 % trypan blue solution (pH 7.4), and Fura 2-AM were purchased from Sigma Chemical Co. (St. Louis, MO, USA). 6,7-Dinitroquinoxaline-2.3-dione (DNQX) was purchased from Tocris (Bristol, UK). 2',7' – Dichlorodihydrofluorescin diacetate (H2DCF-DA) was purchased from Molecular probes Inc. (Eugene, OR, USA). Fetal bovine serum and Joklik-modified Eagle's medium were purchased from Gibco (Logan, Utah, USA). All other chemicals used were of the highest grade available.

Preparation of methanol extract of MF

MF (300 g) was extracted three times in a reflux condenser for 24 h each with 2 ℓ of 70 % methanol. The solution was combined, filtered through Whatman NO. 1 filter paper, and concentrated using a rotary vacuum evaporator followed by lyophilization. The yield was about 10 % (w/w).

Primary culture of cerebellar granule neurons

Cerebellar granule cells were cultured as described previously (Koh et al., 2003). Briefly, 7 to 8-day-old rat pups (Sprague-Dawley) were decapitated, and the heads were partially sterilized by dipping in 95 % ethanol. The cerebellum was dissected from the tissue and placed in Joklik-modified Eagle's medium containing trypsin (0.25 mg/ml). After slight trituration through a 5 ml pipette 5~6 times the cells were incubated for 10 min at 37 °C. Dissociated cells were collected by centrifugation (1,500 rpm, 5 min) and resuspended in DMEM supplemented with sodium pyruvate (0.9 mM), L-glutamine (3.64 mM), sodium bicarbonate (40 mM), glucose (22.73 mM), penicillin (40 U/m ℓ), gentamicin (50 μ g/m ℓ) and 10 % fetal bovine serum. The cells were seeded at a density of about 2×10⁶ cells/ml into poly-L-lysine coated 12 well-plates (Corning 3512, NY, USA) for the

measurements of cell death and glutamate release, glass cover slides for the measurements of $[Ca^{2+}]_c$, and coverslips (Fisher Scientific 12CIR, Pittsburgh, PA, USA) for the measurements of ROS. After 2 days incubation, growth medium was aspirated from the cultures and new growth medium containing 25 mM KCl and 20 μ M cytosine arabinoside, to prevent proliferation of nonneuronal cells, was added. Cultures were kept at 37 °C in a 7 % CO₂ atmosphere.

Neurotoxicity experiments

KA and DNQX were solubilized in the incubation buffer described below. MF was dissolved in absolute ethanol with the concentration of 5 mg/ml and further diluted with the buffer. The final concentration of ethanol was 0.1 %, and did not affect cell viability (data not shown). Neurotoxicity experiments were performed on neurons grown for 8-10 days in vitro on either 12-well culture plates or glass coverslips placed in culture dishes. The culture medium was removed and neurons were washed with a HEPESbuffered solution (incubation buffer) containing 8.6 mM HEPES, 154 mM NaCl, 5.6 mM KCl, 2.3 mM CaCl2, 1 mM MgSO4, and 10 mM glucose at pH 7.4. They were then incubated for 30 min in the same medium, and incubated for a further 6 h (unless otherwise indicated) in the presence of KA at 37 °C. For every experiment, MF or DNQX was added 15 min prior to the exposure of cells to KA and was present in the incubation buffer during the KA exposure.

Analysis of cell viability

Trypan blue exclusion assay

After completion of incubation with KA (500 μ M), the cells were stained with 0.4 % (w/v) trypan blue solution (400 μ l/well, prepared in 0.81 % NaCl and 0.06 % K₂HPO₄) at room temperature for 10 min. Only dead cells with a damaged cell membrane are permeable to trypan blue. The numbers of trypan blue-permeable blue cells and viable white cells were counted in 6 randomly chosen fields per well under a phase contrast microscope (Olympus IX70, Tokyo, Japan). MF and DNQX (10 μ M) were pretreated 15 min prior to the KA treatment.

MTT colorimetric assay

This method is based on the reduction of the tetrazolium salt MTT into a crystalline blue formazan product by the cellular oxidoreductases (Berridge & Tan, 1993). Therefore, the amount of formazan produced is proportional to the number of viable cells. After completion of incubation with KA (500 μ M), the culture medium was replaced by a solution of MTT (0.5 mg/ml) in serum-free growth medium. After a 4 h incubation at 37 °C, this solution was removed, and the resulting blue formazan was solubilized in 0.4 ml of acid-isopropanol (0.04 N HCl in isopropanol), and the optical density was read at 570 nm using microplate reader (Bio-Tek ELX808, Vermont, USA). Serumfree growth medium was used as blank solution. MF $(0.5 \mu g/m\ell)$ and DNQX $(10 \mu M)$ were pretreated 15 min prior to the KA treatment.

Measurement of [Ca²⁺]_c

Cells grown on glass cover slides were loaded with 5 μM Fura 2-AM [dissolved in dimethyl sulfoxide (DMSO)] for 40 min in serum-free DMEM at 37 ℃ in the CO₂ incubator, and washed with the incubation buffer. Cell culture slides were mounted into spectrophotometer cuvette containing 3 ml incubation buffer. Fluorescence was measured with a ratio fluorescence system (Photon Technology International, RatioMasterTM, NJ, USA) by exciting cells at 340 and 380 nm and measuring light emission at 510 nm. Baseline of [Ca²⁺]. was measured for 120 sec prior to the addition of KA (50 μ M). In order to test the effects of MF (0.5 μ g/m ℓ) and DNQX (10 μM) on KA-induced [Ca²⁺]_c change, the cells were exposed to the compounds in the incubation buffer for 15 min, after being loaded with Fura 2-AM and washed. The compounds were also present in the cuvette during the measurement of the KA-induced [Ca2+]c change. KA was applied into the cuvette through a hole using a micropipette and mixed by an attached magnetic stirring system. The increase of [Ca²⁺]_c was expressed as the fluorescence intensity ratio measured at 340 nm and 380 nm excitation wavelength (F340/ F380). This experiment was carried out in the dark.

Measurement of glutamate concentration

After completion of incubation with KA (500 μ M)

for 6 h, glutamate secreted into the medium from the treated cells was quantified by high performance liquid chromatography with an electrochemical detector (ECD) (BAS MF series, Indiana, USA) (Ellison *et al.*, 1987). Briefly, after a small aliquot was collected from the culture wells, glutamate was separated on an analytical column (ODS2; particle size, 5 μ m; 4.6×100 mm) after pre-derivatization with OPA/2-mercaptoethanol. Derivatives were detected by electrochemistry at 0.1 μ A/V, and the reference electrode was set at 0.7 V. The column was eluted with mobile phase (pH 5.20) containing 0.1 M sodium phosphate buffer with 37 % (v/v) HPLC-grade methanol at a flow rate of 0.5 ml/min. MF (0.5 μ g/ml) and DNQX (10 μ M) were pretreated 15 min prior to the KA treatment.

Measurement of ROS generation

The microfluorescence assay of 2',7'-dichlorofluorescin (DCF), the fluorescent product of H₂DCF-DA, was used to monitor the generation of ROS (Gunasekar et al., 1996). Cells, grown on coverslips, were washed with phenol red-free DMEM 3 times and incubated with the buffer at 37 °C for 30 min. Then, the buffer was changed into the incubation buffer containing 500 μ M KA, and the cells were incubated for a further 1 h. In order to test the effects of MF $(0.5 \mu g/ml)$ and DNQX (10 μ M) on KA-induced generation of ROS, the compounds were added 15 min prior to the treatment with KA. The uptake of H2DCF-DA (final concentration, 5 \(\mu\mathbb{M}\mathbb{D}\) dissolved in DMSO was carried out for the last 10 min of the incubation with KA. After washing, coverslips containing granule cells loaded with H2DCF-DA were mounted on the confocal microscope stage, and the cells were observed by confocal scanning laser microscopy (Bio-rad, MRC1021ES, Maylands, England) using 488 nm excitation and 510 nm emission filters. The average pixel intensity of fluorescence was measured within each cell in the field and expressed in the relative units of DCF fluorescence. Values for the average staining intensity per cell were obtained using the image analyzing software supplied by the manufacturer. The challenge of H2DCF-DA and measurement of fluorescence intensity was performed in the dark.

Statistical analysis

Data were expressed as mean ± SEM and statistical significance was assessed by one-way analysis of variance (ANOVA) with subsequent Turkey's tests. P values of <0.05 were considered to be significant.

RESULTS

MF protects neurons from toxicity induced by KA

Cell death after plasma membrane damage was assessed with the ability of cerebellar granule neurons to take up trypan blue. The trypan blue assay that detects multiple forms of cell death, including apoptosis or necrosis, has been used as an initial non-specific indicator of cell death. The number of cells stained by trypan blue with plasma membrane damage significantly increased with the exposure of cells to KA. In control cultures, the number of trypan blue-negative cells reached 96.8 ± 0.7 %, while the value decreased to 40.3 ± 2.5 % with the treatment with 500 μ M KA. MF showed concentration-dependent inhibition on the increase of neuronal cell death induced by KA (500 μM) over a concentration range of 0.05 to 5 μ g/m ℓ , showing 94.0 ± 1.1 % with 5 μ g/m ℓ (Fig. 1). DNQX (10 μ M), a KA receptor antagonist, also caused a marked inhibition

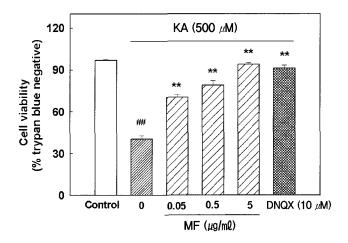


Fig. 1. Inhibitory effect of MF on KA-induced cell death in cultured cerebellar granule neurons. Neuronal death was measured by the trypan blue exclusion test. Results are expressed as mean±SEM values of the data obtained from four independent experiments performed in 2 or 3 wells. ## p<0.01 compared to control. ** p<0.01 compared to 500 µM KA.

on the KA (500 μ M)—induced neuronal cell death. For the following experiments, the concentration of 0.5 μ g/ml for MF was used for the determination of the protective effects on the KA—induced neuronal cell damage.

As an additional experiment to assess KA-induced neuronal cell death, the MTT assay was performed. The MTT assay is extensively used as a sensitive, quantitative and reliable colorimetric assay for cell viability. When cerebellar granule neurons are exposed to 500 μ M KA, the MTT reduction rate decreased to 49.4±3.2 %. MF (0.5 μ g/m ℓ) significantly reduced the decrease of cell viability induced by KA, showing 77.8±3.0 % (Fig. 2). Similarly, DNQX (10 μ M) significantly inhibited the decrease of the MTT reduction rate caused by 500 μ M KA.

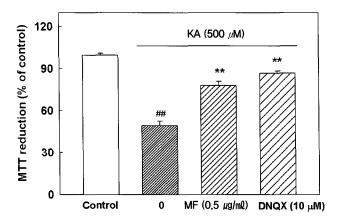


Fig. 2. Inhibitory effect of MF on KA-induced cell death in cultured cellebellar granule neurons. Neuronal death was measured by the MTT assay. The absorbance of non-treated cells as 100 %. Results are expressed as mean±SEM values of the data obtained from four independent experiments performed in 2 or 3 wells. *** p<0.01 compared to 500 μM KA.

MF inhibits KA-induced elevation of [Ca²⁺].

The increase of $[Ca^{2+}]_c$ has been postulated to be associated with cell death in many studies. The fluorescence intensity ratio of 340 nm excitation to 380 nm excitation (F340/F380) from Fura 2-AM loaded cells is proportional to $[Ca^{2+}]_c$. As shown in Fig. 3, $[Ca^{2+}]_c$ started to elevate immediately after the treatment with 50 μ M KA and reached maximal fluorescence intensity after 3-4 min. In contrast, KA

application in the presence of DNQX (10 μ M) failed to produce the increase of [Ca²+] throughout the measurement period. MF (0.5 μ g/m ℓ) significantly, but not completely, inhibited the KA-induced [Ca²+] elevation. MF or DNQX did not affect basal [Ca²+] (data not shown).

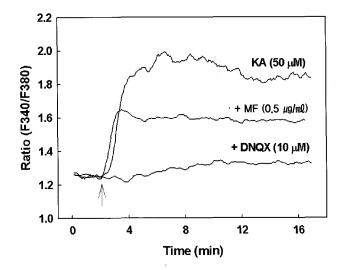


Fig. 3. Change of (Ca²⁺)₆ in response to KA in the presence or absence of MF and DNQX in cultured cerebellar granule neurons. (Ca²⁺)₆ was monitored using a ratio fluorescence system. In the plots shown, each line represents F340/F380 ratio from a representative cell population.

MF inhibits KA-induced elevation of glutamate release

Glutamate released into the extracellular medium was quantified after the incubation of cells with 500 μ M KA for 6 h. As shown in Fig. 4, 500 μ M KA markedly elevated the basal glutamate level from 0.33 ± 0.02 to $1.89\pm0.08~\mu$ M and MF $(0.5~\mu\text{g/ml})$ strongly blocked the KA-induced elevation of glutamate release showing $0.67\pm0.06~\mu$ M. In addition, DNQX $(10~\mu\text{M})$ markedly inhibited KA-induced elevation of glutamate.

MF inhibits KA-induced ROS generation

KA increased glutamate release and the cytosolic concentration of free Ca²⁺. Furthermore, the pathological condition induced by glutamate is associated with accelerated formation of ROS. In H₂DCF-DA-loaded cerebellar granule cells, KA increased the fluorescence intensity, indicating the generation of ROS. The fluorescence intensity in 500 μM KA-treated cells

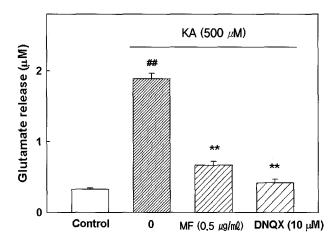


Fig. 4. Inhibitory effect of MF on KA-induced glutamate release in cultured cerebellar granule neurons. The amount of released glutamate was measured by HPLC with ECD. Results are expressed as mean±SEM values of the data obtained in four independent experiments performed in 2 or 3 wells. **# p< 0.01 compared to control. *** p<0.01 compared to 500 μM KA.

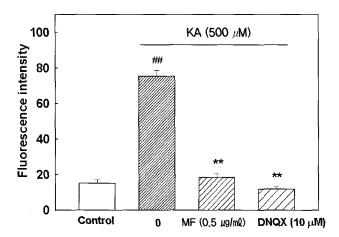


Fig. 5. Inhibitory effect of MF on KA-induced ROS generation in cultured cerebellar granule neurons. Values represent mean±SEM of relative fluorescence intensity obtained from four independent experiments performed in 2 or 3 wells. *** p<0.01 compared to control. *** p<0.01 compared to 500 μM KA.

was increased about 5 folds to 75.5 ± 3.4 compared to control cells of 15.2 ± 2.0 . MF (0.5 μ g/m ℓ) and DNQX (10 μ M) significantly blocked KA-induced increase in fluorescence intensity (Fig. 5). MF did not show direct reaction with H₂DCF-DA to generate fluorescence.

DISCUSSION

Most of the previous hypothesis dealing with neurodegenerative diseases have invoked abnormal release and/or decreased uptake of the excitatory amino acid glutamate as playing a key role in the process of excitotoxicity. The neuronal death in such conditions as ischemia, hypoglycaemic coma, cerebral trauma or action of neurotoxins appears to be mediated at least in part by the extensive release of glutamate and its interaction with receptors (Coyle & Puttfarcken, 1993). The released glutamate, acting on glutamate receptors, secondly triggers Na⁺ influx and neuronal depolarization. This leads to Cl⁻ influx down its electrochemical gradient, further cationic influx and osmotic lysis of the neuron, resulting in neuronal cell death (Van Vliet et al., 1989). There is a great deal of data which shows that activation of the NMDA receptors elevates the influx of Ca2+ and non-NMDA (AMPA and KA) receptors promote the influx of Na⁺, which can lead to membrane depolarization. In turn, depolarization can activate membrane voltage-sensitive Ca2+ channels, leading to additional Ca2+ influx. Many studies have shown that KA-induced elevation of [Ca²⁺], plays a fundamental role in the process of excitotoxicity (Choi, 1988; Weiss & Sensi, 2000). A sustained increase in [Ca2+]; triggers a series of events including the elevation of cGMP, the glutamate release and the activation of NOS (Mei et al., 1996; Baltrons et al., 1997). Released glutamate secondly acts on glutamate receptors and therefore potentiates the neurotoxicity. KA-induced neurotoxicity is blocked by KA antagonists, 6-cyano-7-nitroquinoxaline-2,3-dione (CNQX) and DNQX, and Ca2+ channel antagonists (Carroll et al., 1998; Simonian et al., 1996; Weiss et al., 1990). NOS inhibitors significantly reduce the KA-induced cell death in cell culture systems (Brorson et al., 1994).

In the present study, long-term treatment with KA (500 µM) produced neuronal cell death in cultured rat cerebellar granule cells, in accordance with many previous reports. KA caused significant elevation of [Ca²⁺]_c, glutamate release and ROS generation. This neurotoxicity induced by KA was completely reversed by DNQX, indicating that the neurotoxicity was

mediated by the activation of the receptor. MF showed the concentration—dependent protection on KA—induced neuronal cell death, and blocked the KA—induced increase of [Ca²⁺]_c, glutamate release and ROS generation.

The elucidation of the variety of events occurring downstream of neuronal Ca²⁺ overloading is still a matter for further research. ROS generation undoubtedly takes place in glutamate neurotoxicity (Pereira & Oliveira, 2000) and is likely due to Ca2+ influx in the cytosol. Ionotropic glutamate receptor agonists have been reported to increase the rate of ROS formation in an isolated synaptoneurosomal fraction derived from rat cerebral cortex (Bondy & Lee, 1993; Giusti et al., 1996). Long glutamate treatment results in permanent damage of mitochondria and large uncoupling, which occurs simultaneously with high mitochondrial ROS production. In this case, cytosolic Ca²⁺ deregulation is followed by membrane permeability transition (Nicholls & Budd 2000). In contrast with many reports that Ca2+ signals activate enzymes which are associated in ROS generation (e.g. xanthine oxidase, nitric oxide synthase, phospholipase A2) leading to lipid peroxidation and neuronal damage, it has been demonstrated that ROS generation can facilitate [Ca²⁺]; increase by damaging the [Ca²⁺]; regulatory mechanism and activating Ca2+ release from intracellular Ca2+ stores (Duffy & MacViar, 1996). It was not elucidated whether MF suppressed ROS generation through the inhibition of [Ca²⁺]_c increase, or vice versa, in the present study. It was presumed, however, that the neuroprotective effects of MF were mainly due to the inhibition on KAinduced elevation of [Ca²⁺]_c, as shown in many compounds having the CNS inhibitory activities due to their inhibition on neuronal depolarization, and then this effect was followed by the inhibition on ROS generation and glutamate release. In addition, further study is necessary to clarify whether MF inhibits Ca2+ entries from extracellular medium or Ca2+ release from intracellular stores in cultured cerebellar neurons.

MF has been demonstrated to have sedative effect and been used for insomnia (Van Gils & Cox, 1994; Huang, 1999). Elevated extracellular glutamate levels have been implicated in convulsion through KA receptor stimulation. Therefore, systemic administration of KA

induces repeated convulsive seizures (Hellier et al., 1998; Sperk, 1994). KA receptor antagonists such as DNQX are shown to have anticonvulsive actions (Sierra-Paredes et al., 2000). DNQX acts by preventing Ca2+ and Na+ flow through KA receptor-coupled ionic channel showing inhibition on β -amyloid peptideinduced neurotoxicity (Blanchard et al., 1997), as proved in the present study. It also has been reported that inhibition of KA receptor prevents oxygen free radical formation, which is deeply involved in convulsive pathophysiology (Dutrait et al., 1995; Milatovic et al., 2002; Liang & Patel, 2004). MF blocked KA-induced increase of [Ca2+] and ROS generation, and in result, prevented neuronal cell death. These MF-induced neuroprotection might be related to anticonvulsant effect of it.

In conclusion, we demonstrated in the present study a novel pharmacological action of MF and its mechanism. The KA receptor—mediated neuroprotection by MF may help to explain at least some of its central inhibitory actions like anticonvulsive effect, and furthermore provide the pharmacological basis of its clinical usage in treatment of neurodegenerative condition such as stroke and Alzheimer's desease.

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