Liver ABCA1 Gene Expression in Male Rats: Effects of High-intensity Treadmill Running and Black Crataegus-pentaegyna (Siayh-Valik) Extraction

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ABSTRACT
The purpose of the current study was to investigate the effect of a high-intensity treadmill running (8 weeks) with or without aqueous extraction of black Crataegus-Pentaegyna (Siayh-Valik) on liver ABCA1 mRNA expression and plasma HDL-C, total, and direct bilirubin concentration in male rats. Twenty Wistar male rats (4-6 weeks old, 140-170 g weight) were used. Animals were randomly assigned into training (n =10) and control (n =10) groups and further divided into saline-control (SC, n=5), saline-training (ST, n=5), black Crataegus-Pentaegyna (Siayh-Valik) Control (SVC, n=5), and black Crataegus-Pentaegyna (Siayh-Valik)-training (SVT, n=5) groups. Training groups have performed a high-intensity running program (34 m/min on 0% grade, 60 min/day and 5 days/week) on a motor-driven treadmill for 8 weeks. Animals were orally fed with black Crataegus-Pentaegyna (Siayh-Valik) extraction (500 mg/kg body weight) and saline solution for last six weeks. A significant differences have found in liver ABCA1 gene expression between SVC and SVT (P<0.003) and between SVC with SC groups (P<0.038). HDL-C levels were significantly (P<0.036) between groups. A higher HDL level was found in SV treated groups and between SVC and SC groups. The levels of bilirubin total and bilirubin direct remained unchanged. The current results show that high-intensity treadmill running affected liver ABCA1 mRNA expression in different directions in saline (increase) and SV (decrease) treated animals. Findings also indicate an opposite pattern of change in saline and SV treated animals at rest. It seems the existence of opposite effect of exercise with supplementation of SV might be attributed to the suppression of lignds which is provided by SV supplementation at rest. This in turn might be also taking in account in lower liver ABCA1 mRNA expression and its related nuclear receptors such as LXR in SVT not ST groups.

Key Words: ATP-binding cassette protein A1 (ABCA1), HDL-C, Male Rats, High-intensity running, Black Crataegus-Pentaegyna (Siayh-Valik).

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INTRODUCTION
Liver has well been recognized as a main organ in blood glucose regulation, and lipid and lipoprotein metabolism, short energy storage by deposition of excess blood glucose in to glycogen, bile acid secretion, nitrogen fixation, ketogenesis, toxification, and HDL biogenesis (1-5). Regarding HDL biogenesis and its plasmatic formation, liver is accounted as a chief organ for a lipid-poor or lipid-free Apo lipoprotein type A (Apo-I) secretion into blood into blood circulation (6). The exercise has been shown to increase genes which are involved in HDL-C biogenesis and its plasmatic formation such as ABCA1 and ABCG1 genes. The responses of ATP-binding cassette protein transporters (ABCs) family member to different types of physical exercise in human and animal has also been investigated by several researchers (7-10). ATP-binding cassette protein transporters A, particularly, ABCA1 is a multispan molecule with high expression level in the heart and other tissues and upregulated by several factors such as cholesterol influx and physical activity (11). On the other hand, the role of various medicinal plants in reducing heart disease is well established. Crataegus (Valik) species is well known in phytotherapy for the treatment of many cardiovascular diseases (12). Carategus Pentaegyna (Sorkh valik) is the one of best known and favorite edible wild fruit of the Crataegus species, (Rosaceae) which is exist in Mazandaran and other Northern states of Iran. This fruit is believed to have some medicinal beneficial effect on cardiovascular function, blood pressure, and lipid metabolism. In Mazandaran province, this fruit is consumed freshly and as jam, vinegar, and sauce (13). In despite, some information about the effects of Crataegus species extraction (14). There is very less information about the effect of the black Crataegus Pentaegyna (Siyah-Valik) extraction on ABCA1 mRNA expression with or without a high-intensity treadmill running program. This study was conducted to evaluate of the liver ABCA1 mRNA expression eresponse. The second purpose to see a possible change in ABCA1 could be accompanied with significant changes in plasma HDL, bilirubin total and direct concentrations to a high- intensity treadmill running programm and black crataegus pentaegyna (Siyah-Valik) in male rat.

MATERIALS AND METHODS
Animals. All experiments involving animals were conducted according to the policy of Iranian convention for the protection of vertebrate animals used for experimental and other scientific purposes; the protocol was approved by the Ethics Committee of the Sciences, University of Mazandaran (UMZ) and Babol University of Medical Sciences (BUMS, Mazandaran, Iran). Twenty Wistar male rats (4-6 weeks old, 140-170 gr weight) were acquired from the Pasteur's Institute (Amol, Mazandaran), and maintained in the Central Animal House of the Faculty of Physical Education and Sports Science of UMZ. Five rats were housed per cage (46-L) with a 12-hour: 12-hour light-dark cycle Temperature and humidity were maintained at 22°C ± 1.4°C and 50% ± 5%, respectively. Diets (a pellet form) and water were provided ad libitum. Animals were randomly assigned into control (n =10) and training (n =10) groups. Rats were further divided into saline-control (SC, n=5), saline-training (ST, n=5), Black Crataegus - Pentaegyna (Siyah - Valik)-control, Valik - control (SVC, n =5), and Sorkh Valik - training (SVT) (n=5). The control groups remained sedentary; whereas the training groups underwent a high
intensity (35m/min) treadmill running program.

**Plant Material.** The ripped fruit and well washed samples of red Crataegus - Pentaegyna (Sorkh - Valik) were collected from the Neka forest in the Mazandaran province of Iran. Fruits were dried in oven at 35° C for 4 days and fine powdered by using a. Plant Material was identified by herbarium collection in Department of Biology, Faculty of Basic Sciences, University of Mazandaran (UMZ) Baboulsar, and Mazandaran, Iran.

**Preparation of the Crataegus extraction.** The whole ripped and dried fruits of Crataegus-Pentaegyna were grounded in house electronic grinder to a fine powder. The extract was prepared according to the Cai et al (15). Rats were orally received a single dose (500 mg/kg of body weight or 10 ml/kg of body weight) of liquid extraction of Siyah-Valik at the end of daily exercise training session (16). The saline groups were treated with the same volume of saline solution.

**Liver Biopsy and plasma HDL-C, Total and Direct Bilirubin Concentrations.** Seventy-two hours after the last training session, rats were anesthetized with intra peritoneal administration of a mixture of ketamine (30– 50mg / kg body weight) and xylazine (3– 5mg / kg body weight). The liver was excised, cleaned, divided into two pieces, washed in ice cold saline, and immediately frozen in liquid nitrogen and stored at −80° C until RNA extraction. Blood was also collected in test tubes contain EDTA (1mg/mL) as anticoagulant, and immediately processed for plasma preparation, during a 15 min centrifugation at 3000 rpm. Plasma was stored at -80°C too, for future analysis. Plasma High Density Lipoprotein (HDL) was determined by enzymatic colorimetric method (Pars Azmoun, Tehran, Iran); Plasma total bilirubin (BileT) was determined by enzymatic colorimetric method (Pars Azmoun, Tehran, Iran); intra-assay coefficient of variation and sensitivity of the method were 3.05% and 0.03 mg/dL, respectively. Plasma Direct bilirubin (BileD) was determined by enzymatic colorimetric method (Pars Azmoun, Tehran, Iran); intra-assay coefficient of variation and sensitivity of the method were 3.12% and 0.01 mg/dL, respectively.

**RNA, cDNA Synthesis and Real-time PCR.** Total RNA was extracted from 30 mg of liver tissue using RNA purification kits (QIAGEN, Cat.No: 71104). Complementary DNA (cDNA) was extended by using cDNA synthesis kit (QuantiTect Reverse Transcription Kit cDNA synthesis (Qiagen), Cat.No: 205310) according to the manufacturer’s instructions. Real-time quantitative PCR was performed using Quanti Fast SYBR Green PCR Kit (Cat. No. 204052; Qiagen, GmbH, Germany) in using 10μl reaction containing 1μl single-strand cDNA,5μl Master Mix, 1μl of each forward and reverse primers and 2μl Transferee water. Expected fragment size and Oligonucleotide primer sequences for ABCA1, and GAPDH genes are F: 5׳-ACGAGATTGATGACCGCCTC, R: 5׳-GCATCCACCCACTCTTCCT, and F: 5׳-GTGCCAGCCTGTCTCTATAG, R: 5׳-GACTGTGCCGTTGAACTTGC, Respectively. The PCR was carried out on BIO RAD (C1000 TM Thermal Cycler). Real time PCR system is listed in Table 1. Product specificity was confirmed in the initial experiments by 1.5 % agarose gel electrophoresis and routinely by melting curve analysis.

**Statistical Analysis.** The relative levels of mRNA were analyzed by using a comparative threshold cycle method (15). Data were normalized and normal distribution was found. A two way ANOVA
were employed and significance was accepted at $P = 0.05$. All findings were expressed as means ± SE and SPSS (Version 13; SPSS, Chicago, IL) software was used for data analysis.

### Table 1. Real-time Cycler Conditions

<table>
<thead>
<tr>
<th>Steps</th>
<th>Time</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCR initial activation step</td>
<td>5 min</td>
<td>95°C</td>
</tr>
<tr>
<td>Two-step cycling</td>
<td>10 s</td>
<td>95°C</td>
</tr>
<tr>
<td>Denaturation</td>
<td>30 s</td>
<td>95°C</td>
</tr>
<tr>
<td>45 Cycle Combined annealing/extension</td>
<td>6.5 min</td>
<td>55 to 95°C</td>
</tr>
</tbody>
</table>

### RESULTS

**ABCA1 mRNA Expression.** A significant differences was found in liver ABCA1 gene expression between SVC and SVT ($P<0.003$) and between SVC with SC groups ($P<0.038$) (Fig.1).

**Plasma Biochemical Variables.** Data analysis revealed a significant differences between groups ($F = 2.905, P<0.03$). Using a suitable following post hoc test showed that plasma HDL-C levels were significantly ($P<0.036$) higher in SV treated rats when compared with S groups. However, a significant difference also was found between SVC and SC groups (Fig 2). The levels of bilirubin total and bilirubin direct remained unchanged (Table 2).

![Real-Time PCR of Liver ABCA1 Relative mRNA Expression in Wild-Type Male Rats](image)

Figure1. *Real-Time PCR of Liver ABCA1 Relative mRNA Expression in Wild-Type Male Rats.* The results are expressed as mean ± SD. Each column is for five rats per group. SC: Saline-Control, ST: Saline- Training, SVC: Crataegus-Pentaegyna-Control (Siyah Valik), and SVT: Crataegus-Pentaegyna–Training (Siyah Valik).

### Table 2. Comparative changes Plasma Variables Concentration (mg/dL)

<table>
<thead>
<tr>
<th>Variables</th>
<th>SC</th>
<th>ST</th>
<th>SVC</th>
<th>SVT</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>BileT, mg/dL</td>
<td>0.68±0.037</td>
<td>0.72±0.03</td>
<td>0.76±0.024</td>
<td>0.78±0.02</td>
<td>0.371</td>
</tr>
<tr>
<td>BileD mg/dL</td>
<td>0.18±0.0</td>
<td>0.14±0.024</td>
<td>0.18±0.02</td>
<td>0.18±0.02</td>
<td>0.061</td>
</tr>
</tbody>
</table>

The results are expressed as mean ± SD. Each column is for five rats per group. SC: Saline-Control, ST: Saline- Training, SVC: Crataegus-Pentaegyna-Control (Siyah Valik), and SVT: Crataegus-Pentaegyna–Training (Siyah Valik).
DISCUSSION

The results of the present study indicate that SV extraction was able to enhance liver ABCA1mRNA expression in our experimental condition. The other main findings of the current study were a higher ABCA1 mRNA expression in SV treated groups. The results also indicated that high-intensity treadmill running program with or without SV treatment had different impact on liver ABCA1mRNA expression. Another main finding was a higher plasma HDL-C in SVC group when compared with SC, ST, and SVT groups. It should be noted that on the basis of our Knowledge, this is the first report to demonstrate alterations of male rat liver ABCA1mRNA expression in response to a high intensity training and black Crataegus - Pentaegyna (Siyah - Valik) extraction. It is well known that ABCA1 is the initiator element of reverse cholesterol transport (RCT) process which plays a crucial role in HDL biogenesis, maturation, and its plasmatic formation. The effect of moderate intensity of treadmill running with moderate and long term (60, 90 min) for 6 and 12 weeks on ABCA1mRNA expression in rat liver, small intestine, and heart tissues have been previously reported by several investigators (8-10, 16). Our finding related to ABCA1mRNA expression in saline treated animals is in agreement with previous reports, but the results of SV trained rats is not in consistent with other reports. However, according to Ghanbarni-Niaaki et al. (2013) using the same treadmill running protocol resulted in a similar pattern but not significant changes in rat heart ABCA1mRNA expression (8). It seems that the tendency of treadmill-running induced reduction in ABCA1mRNA expression is similar in both liver and heart tissues following the same amount of SV extraction. A higher level of ABCA1mRNA expression in liver with SV treatment at rest and a reduction following the treadmill running was a novel and interested finding. The antilipidemic, antioxidative, and lowering cholesterol effects of Crataegus species very well known (11, 12), but the information about the effect of black Crataegus-Pentaegyna (Siyah-valik) on ABCA1 mRNA at rest and training is lacking. It has been suggested that the activation of PPAR-γ
Effects of High Intensity Training on liver ABCA1 and Plasma variables


CONCLUSION

Taken together, the findings of the current study indicate that SV extraction enhanced plasma HDL levels, but the effect of SV at rest reduced by high intensity treadmill running in somewhat. Data also indicate that SV extraction induced an exercise-like effect on ABCA1mRNA expression at rest, while it showed opposite response to high intensity treadmill running program. The present study has shown that SV extraction could be consider as cardioprotector herb such as Crataegus oxyacantha for minimizing atherosclerotic process. Further studies are warranted to clarify the effects of different parts of this Crataegus species on other related genes which are involved in ABCA1mRNA expression.

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پاسخ زن ABCA1 کبدی در رت‌های نر: اثر تمرین شدید و عصاره خام کراتاگوس (سیاه و لیک)

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چکیده
فعالیت‌های ورزشی منظم و پهپادی از داروها یا مصرف، کاهش و ساز مشابه چربی و تنظیم آن در کبد اثرات زیادی از دست رفته از آن‌ها تأثیر گرفته و به نتیجه‌گیری‌های قبلی نشان داده شده است. در این اکثریت از تحقیقات، اثر تمرین با سطح سخت و مناسب بر تغییرات جسمانی و رفتار کلیک بر محیط‌های سلامتی در انجام شده است. اما تجویز اثر تمرین شدید در محیط‌های سلامتی به وجود نمی‌آید. به‌طور کلی این اکثریت با مراحل‌های مختلفی از این تمرین و کاهش سطح نشان داده شده‌اند. به‌طور کلی این اکثریت با مراحل‌های مختلفی از این تمرین و کاهش سطح نشان داده شده‌اند. 

مقدمه

در این مقاله با به‌کارگیری اقلام ویژه ورزشی و بررسی اثر تمرین شدید در محیط‌های سلامتی، اغلب از تقویت متابولیسم الشیمی و جهت افزایش سطح سانسورهای همچنین اثرات مثبت سطح HDL و عصاره خام کراتاگوس از نظر تأثیراتی بر محیط‌های سلامتی، این بررسی انجام گرفت.

نتایج

در این مقاله با بررسی اثر تمرین شدید در محیط‌های سلامتی، اغلب از تقویت متابولیسم الشیمی و جهت افزایش سطح HDL و عصاره خام کراتاگوس از نظر تأثیراتی بر محیط‌های سلامتی، این بررسی انجام گرفت.

بحث

به‌طور کلی این اکثریت با مراحل‌های مختلفی از این تمرین و کاهش سطح نشان داده شده‌اند. به‌طور کلی این اکثریت با مراحل‌های مختلفی از این تمرین و کاهش سطح نشان داده شده‌اند.

結論

به‌طور کلی این اکثریت با مراحل‌های مختلفی از این تمرین و کاهش سطح نشان داده شده‌اند.

واژگان کلیدی: ABCA1، بهبود ورزشی، تمرین شدید و عصاره لیک.