

## CYTOTOXIC AND CYTOPROTECTIVE ACTIVITIES OF CURCUMIN

### EFFECTS ON PARACETAMOL-INDUCED CYTOTOXICITY, LIPID PEROXIDATION AND GLUTATHIONE DEPLETION IN RAT HEPATOCYTES

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**Abstract**—The cytoprotective effect of curcumin, a natural constituent of *Curcuma longa*, on the cytotoxicity of paracetamol in rat hepatocytes was studied. Paracetamol was selected as a model-toxin, since it is known to be bioactivated by 3-methylcholanthrene inducible cytochromes P450 presumably to *N*-acetyl-*p*-benzoquinone imine (NAPQI), a reactive metabolite which upon overdosage causes protein- and non-protein thiol-depletion, lipid peroxidation and cytotoxicity measured as LDH-leakage. At low concentrations curcumin was found to protect significantly against paracetamol-induced lipid peroxidation, without protection against paracetamol-induced LDH-leakage and without protection against paracetamol-induced GSH-depletion. At a 100 times higher concentration of curcumin the observed protective effect on lipid peroxidation was accompanied with a tendency to increase cellular GSH-depletion and LDH-leakage. No time-dependency was found as to the curcumin-induced effects: treatment of the hepatocytes 1 hr before, concomitantly or 1 hr after the addition of paracetamol to the cells had similar effects. In contrast to what was expected on the basis of previous *in vivo* experiments, at higher concentrations curcumin itself was found to be slightly cytotoxic. Curcumin-induced LDH-leakage was accompanied by a significant depletion of GSH. It has been concluded that the observed cytoprotective and cytotoxic activities of curcumin may be explained by a strong anti-oxidant capacity of curcumin and the capability of curcumin to conjugate with GSH. Furthermore, it has been concluded that lipid peroxidation is not playing a causal role in cell-death induced by paracetamol or by curcumin.

Paracetamol (acetaminophen) is a widely used analgesic and antipyretic drug, which is known to cause severe hepatic necrosis at very high doses both in man and experimental animals [1–3]. As to the molecular mechanism of cell injury induced by high doses of paracetamol, so far several hypotheses have been put forward. Firstly, covalent binding of a reactive metabolite of paracetamol, presumably *N*-acetyl-*p*-benzoquinone imine (NAPQI) formed by cytochrome P450, to thiol groups of glutathione (GSH) and cellular proteins was thought to initiate the paracetamol-induced hepatic necrosis [4, 5]. More recently, however, the paracetamol-induced hepatic necrosis was also due to a cellular oxidative stress, resulting both in lipid peroxidation [6–8], protein and non-protein thiol oxidation [9–11] and in changes in the intracellular calcium homeostasis [9, 10, 12]. Moreover, recent evidence indicated that alkylation of membrane protein(s) by the reactive metabolite may also be a factor of importance in the onset of hepatic necrosis after paracetamol [12, 13]. Taking the various bio-activation and bio-inactivation mechanisms into consideration, much research has been directed to the prevention of paracetamol-induced hepatotoxicity. Thus the inhibition of cytochrome P450 with cobaltous chloride,

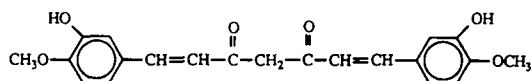


Fig. 1. Chemical structure of curcumin.

the stimulation of GSH-resynthesis by administration of *N*-acetyl-*L*-cysteine or methionine [1, 15, 16], the protection against oxidative stress by  $\alpha$ -tocopherol or ascorbic acid [17, 18], as well as co-administration of acetylsalicylic acid [19] have been shown to protect against hepatotoxicity under experimental conditions in animals. Alternatively, however, prevention of paracetamol-induced hepatotoxicity has been accomplished by modification of the chemical structure of paracetamol. Thus, for example, *N*-methylation [20], 2,6-dimethylation [21] and 3,5-dialkylation [22–24] have been shown to be effective in the protection against the hepatotoxic potential, with or without negative effects on the analgesic activity of paracetamol [20, 25]. However, none of these approaches do further improve the risk-benefit ratio, as far as the anti-inflammatory activity of paracetamol is concerned.

Curcumin (diferuloyl methane, Fig. 1), which is an important constituent of *Curcuma longa* has been used widely and for a long time in the treatment of sprain and inflammation in indigenous medicine [26].

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The anti-inflammatory activity of curcumin has been reported to be as potent as that of phenylbutazone in an acute model inflammation test, and half as potent as that of phenylbutazone and in a chronic inflammation test [27, 28]. In addition to that, relatively high concentrations of curcumin ( $10^{-4}$ – $10^{-3}$  M) have been shown to inhibit lipid peroxidation induced by carragenin in liver homogenates of oedemic mice [29] and in rat brain homogenates [30]. These activities most likely can be due to strong antioxidant properties of curcumin [30]. Interestingly, curcumin has also been found to possess an anti-hepatotoxic activity [31]. Thus hepatotoxicity in rats induced by an oral overdose of paracetamol was reported to be prevented efficiently by oral pretreatment of the animals with relative small doses (2 mg/kg) of curcumin [32]. However, the mechanism of this hepatoprotective activity has not been elucidated yet.

The primary aim of the present study was to investigate possible mechanisms underlying the reported anti-hepatotoxic action of curcumin *in vitro*. For this purpose, paracetamol was used as a model-toxin, and the effects of curcumin on the paracetamol-induced GSH-depletion, lipid peroxidation, and LDH-leakage were studied in freshly isolated hepatocytes from 3-methylcholanthrene pretreated rats. So far, no studies on curcumin in animals have shown significant toxicological effects of the drug, even at very high doses [33–36]. Recently, however, using bacterial indicator-systems it has been shown that curcumin might possess some phototoxic activity [37]. Therefore, and because curcumin itself has structural elements, which, in principle, might lead to GSH-conjugation, the cytotoxic potential of curcumin was also investigated in rat hepatocytes.

#### MATERIALS AND METHODS

**Materials.** Paracetamol was obtained from Brocacef (Delft, The Netherlands). Curcumin (97% purity) was purchased from Merck (Darmstadt, F.R.G.). Because of light sensitivity curcumin was kept in the dark. Collagenase and pyruvate were obtained from Boehringer (Mannheim, F.R.G.). 3-Methylcholanthrene, bovine serum albumin and reduced GSH were purchased from the Sigma Chemical Co. (St Louis, MO).

**Animals and isolation of hepatocytes.** Male albino Wistar Rats, weighing 200–225 g (Harland-T.N.O., Zeist, The Netherlands) were used. Since hepatocytes from 3-methylcholanthrene-induced rats are more susceptible to paracetamol-induced toxicity [22], the rats were pretreated with 3-methylcholanthrene (40 mg/kg, dissolved in arachides oil), once injected intraperitoneally 48 hr before use. Rats were fasted overnight before isolation of the hepatocytes took place. Hepatocytes were isolated by collagenase perfusion according to the method of Seglen [38], with some modifications [22]. Cells isolated in this way usually contained more than 90% viable cells as judged from trypan blue exclusion measurements.

**Incubation of hepatocytes.** Freshly isolated hepatocytes ( $1.5$ – $2 \times 10^6$  cells/mL) were incubated in 6 mL volumes of Krebs–Henseleit buffer containing

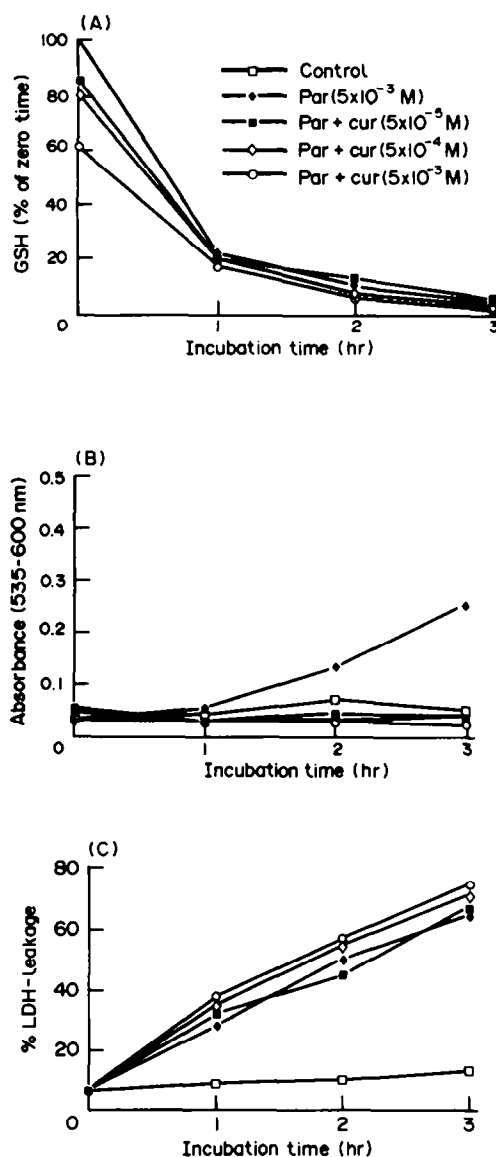


Fig. 2. Effects of curcumin pretreatment (1 hr before paracetamol incubation) on paracetamol-induced (A) GSH-depletion, (B) lipid peroxidation, and (C) LDH-leakage in isolated hepatocytes from 3-methylcholanthrene-pretreated rats. Results of one typical experiment out of three.

2% bovine serum albumin, 10 mM lactic acid and 1 mM pyruvate. The cells were equilibrated at 37° with 95% oxygen and 5% carbon dioxide for 15 min prior to the addition of curcumin and paracetamol, dissolved in incubation medium. During incubation aliquots of each time 0.5 mL were taken for the assay of LDH, GSH and LPO.

**Assays.** Cell-destruction was determined by measurement of cytosolic lactate dehydrogenase (LDH)-leakage from cells into the medium [38] and it was expressed as a percentage of the total LDH-activity present in cells. Lipid peroxidation (LPO) was monitored by measuring thiobarbituric acid

Table 1. Effects of curcumin on paracetamol-induced GSH-depletion, lipid peroxidation and LDH-leakage in hepatocytes of 3-methylcholanthrene pretreated rats

Treatment	GSH-depletion (%)		Absorbance 535-600 nm*		% LDH-leakage†	
	<i>t</i> = 0 hr	<i>t</i> = 3 hr	<i>t</i> = 0 hr	<i>t</i> = 3 hr	<i>t</i> = 0 hr	<i>t</i> = 3 hr
Control	100	81.4	0.030	0.072	8.8	15.0
Paracetamol ( $5 \times 10^{-3}$ M)	100	5.0	0.030	0.250	8.8	61.1
+ Curcumin ( $5 \times 10^{-5}$ M)	100	5.0	0.030	0.034	8.8	58.7
+ Curcumin ( $5 \times 10^{-4}$ M)	100	7.1	0.030	0.037	8.8	64.3
+ Curcumin ( $5 \times 10^{-3}$ M)	100	4.0	0.030	0.034	8.8	68.9
Curcumin ( $5 \times 10^{-5}$ M)	100	77.8	0.030	0.034	8.8	17.1
Curcumin ( $5 \times 10^{-4}$ M)	100	65.0	0.030	0.026	8.8	18.7
Curcumin ( $5 \times 10^{-3}$ M)	100	41.1	0.030	0.025	8.8	28.1

Curcumin was added to the hepatocytes concomitantly with paracetamol. The effects of curcumin itself on these cytotoxicity parameters are also given. Results are expressed as means of two separate experiments.

\* Corresponding to lipid peroxidation.

† Expressed as % of total activity in cells.

Table 2. Effects of curcumin on paracetamol-induced GSH-depletion, lipid peroxidation and LDH-leakage in hepatocytes of 3-methylcholanthrene pretreated rats

Treatment	GSH-depletion (%)		Absorbance 535-600 nm*		% LDH-leakage†	
	<i>t</i> = 0 hr	<i>t</i> = 3 hr	<i>t</i> = 0 hr	<i>t</i> = 3 hr	<i>t</i> = 0 hr	<i>t</i> = 3 hr
Control	100	84.3	0.048	0.070	8.25	13.4
Paracetamol ( $5 \times 10^{-3}$ M)	100	11.1	0.048	0.275	8.25	58.1
+ Curcumin ( $5 \times 10^{-5}$ M)	100	9.9	0.048	0.075	8.25	56.2
+ Curcumin ( $5 \times 10^{-4}$ M)	100	7.1	0.048	0.072	8.25	56.1
+ Curcumin ( $5 \times 10^{-3}$ M)	100	4.3	0.048	0.050	8.25	60.0

Curcumin was added to the hepatocytes 1 hr after the addition of paracetamol. Results are means of two separate experiments.

\* Corresponding to lipid peroxidation.

† Expressed as % of total activity in cells.

(TBA) reactive material [40]. Hepatocyte GSH-levels were determined with fluorescence detection after reaction of the supernatant of the trichloroacetic acid (TCA)-deproteinized hepatocyte solution with the reagent *o*-phthalaldehyde at pH 8, according to the method of Hissin and Hilf [41]. Data shown are results of a representative experiment out of three.

## RESULTS

### Effect of curcumin on paracetamol-induced LDH-leakage

Using LDH-leakage as a parameter, paracetamol was found to be cytotoxic in hepatocytes freshly isolated from 3-methylcholanthrene pretreated rats. As shown in Fig. 2C, a concentration of  $5 \times 10^{-3}$  M of paracetamol strongly induced LDH-leakage after 3 hr of incubation, namely to about 65%. Pretreatment of the hepatocytes with curcumin at concentrations of  $5 \times 10^{-5}$ ,  $5 \times 10^{-4}$ , or  $5 \times 10^{-3}$  M, 1 hr before the addition of paracetamol did not protect the cells against the paracetamol-induced LDH-leakage (Fig. 2C).

In order to clarify a possible time-dependent effect of curcumin-pretreatment on the paracetamol-induced LDH-leakage, we also measured the cytotoxicity after treating the cells with curcumin concomitantly, and 1 hr after the addition of paracetamol. Neither curcumin-treatment concomitantly with the addition of paracetamol nor 1 hr afterwards influenced the paracetamol-induced LDH-leakage from the hepatocytes, however (Tables 1 and 2, respectively).

### Effect of curcumin on paracetamol-induced lipid peroxidation

As is shown in Fig. 2B,  $5 \times 10^{-3}$  M of paracetamol consistently and strongly induced lipid peroxidation, measured as the formation of TBA-reactive material, in the hepatocytes. The paracetamol-induced lipid peroxidation was completely prevented by pretreatment of the hepatocytes with all of the three curcumin concentrations created by adding curcumin 1 hr before the addition of paracetamol (Fig. 2B). Concomitantly added with paracetamol, or 1 hr afterwards, curcumin similarly protected against the

lipid peroxidation induced by paracetamol (Tables 1 and 2, respectively).

#### Effect of curcumin on paracetamol-induced GSH-depletion

Addition of paracetamol ( $5 \times 10^{-3}$  M) to the isolated hepatocytes within 1 hr resulted in depletion of GSH-levels to approximately 20% of the control levels and subsequently within another 2 hr of incubation to less than 5% (Fig. 2A). Pretreatment of the hepatocytes with curcumin at concentrations of  $5 \times 10^{-5}$ ,  $5 \times 10^{-4}$  and  $5 \times 10^{-3}$  M, 1 hr before the addition of paracetamol, did not protect the hepatocytes against the paracetamol-induced GSH-depletion (Fig. 2A). In contrast, curcumin itself was found to increase the depletion of GSH-levels to some extent. Treatment of the cells with curcumin concomitantly nor 1 hr after the addition of paracetamol influenced the paracetamol-induced GSH-depletion (Tables 1 and 2, respectively).

#### Cytotoxic effects of curcumin

Since curcumin has two  $\alpha$ ,  $\beta$ -unsaturated ketone functionalities, which in principle could enable curcumin to conjugate with GSH, the cytotoxic effects of curcumin itself were also studied in hepatocytes of 3-methylcholanthrene-pretreated rats. At concentrations of  $5 \times 10^{-5}$  and  $5 \times 10^{-4}$  M curcumin did not significantly increase the LDH-leakage normally observed in control incubations of the hepatocytes. However, a concentration of  $5 \times 10^{-3}$  M curcumin tended to increase LDH-leakage from the cells, i.e. from 15% to about 25% (Fig. 3C). In the case of curcumin alone, when added at concentrations of  $5 \times 10^{-5}$ ,  $5 \times 10^{-4}$  or  $5 \times 10^{-3}$  M, no lipid peroxidation was observed. In contrast, curcumin tended to prevent the slight spontaneous lipid peroxidation normally observed in control incubations of the hepatocytes (Fig. 3B). As far as GSH-levels are concerned, curcumin was indeed found to deplete cellular GSH by about 10% at a curcumin concentration of  $5 \times 10^{-5}$  M (Fig. 3A). Increasing the concentration of curcumin up to  $5 \times 10^{-3}$  M even resulted in a depletion of GSH to about 40% of the control levels (Fig. 3A).

#### DISCUSSION

The primary aim of the present study was to investigate effects of curcumin on the paracetamol-induced GSH-depletion and lipid peroxidation in rat hepatocytes, as possible mechanisms underlying the previously reported anti-hepatotoxic action of curcumin [32].

Curcumin is a yellow pigment, isolated from the rhizome of the perennial herb *Curcuma longa* (Turmeric). The compound or an alcoholic extract of curcuma rhizome has a reputation as colour agent in textile and pharmaceutical industry, as a food-additive and as an active principle in indigenous medicine [26, 28, 42]. Apart from strong anti-inflammatory and anti-oxidant activities [28, 30], curcumin was also shown to possess anti-hepatotoxic activities *in vivo* at relatively low doses [32], apparently without significant toxicological effects, even at rather high doses [33, 36].

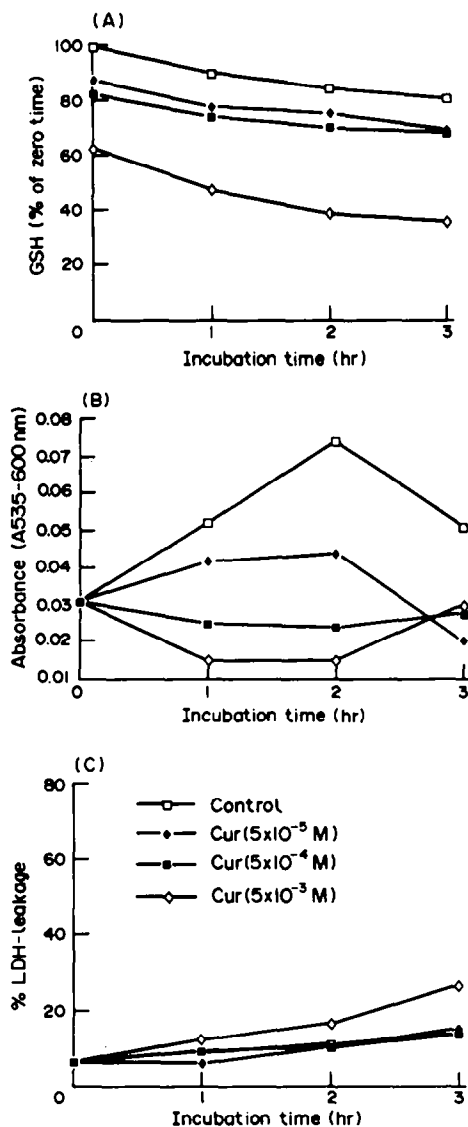


Fig. 3. Cytotoxic effects of curcumin in hepatocytes from 3-methylcholanthrene-pretreated rats. Effects of curcumin on (A) GSH-levels, (B) lipid peroxidation and (C) LDH-leakage. Results are of one typical experiment out of three.

Since the hepatotoxic action of paracetamol in animal and man, as well as the underlying molecular mechanisms *in vivo* [1, 4, 23] and *in vitro* [11, 22, 43, 44] are rather well documented, the cytotoxicity induced by this drug in freshly isolated hepatocytes of 3-methylcholanthrene pretreated rats was used as a model-system to study the hepatoprotective action of curcumin. The mechanism by which paracetamol causes hepatic necrosis upon over-dosages involves metabolic conversion of the drug into a reactive *N*-acetyl-*p*-benzo-quinone imine (NAPQI) by cytochrome P450 [4, 43], notably 3-methylcholanthrene-inducible isoenzymes of cytochrome P450 [15, 45]. This electrophilic species has been shown to be responsible for the irreversible depletion

of hepatocellular GSH stores [4, 9, 11, 24], for the covalent binding to cysteinyl thiol groups of proteins [4, 5, 46] and for the induction of an oxidative stress in hepatocytes manifesting itself in the form of lipid peroxidation [6, 9, 11, 24, 44], oxidative depletion of protein thiol-levels [9, 10, 11, 24] and disturbances of the cellular  $\text{Ca}^{2+}$ -homeostasis [9, 12]. Several studies with paracetamol, NAPQI [8, 18, 44, 48] or analogues of these compounds [11, 24, 47], have demonstrated that the processes of covalent binding to GSH and proteins, lipid peroxidation and oxidative protein thiol-depletion are more or less independent.

Unexpectedly, the present investigation demonstrated that curcumin in hepatocytes of 3-methylcholanthrene pretreated rats at a concentration of  $5 \times 10^{-5}$  M did not result in any significant protective effect on the cell death induced by paracetamol (Fig. 2C). This lack of protection was found to be independent from the moment of administration of curcumin to the hepatocytes, since the effect of administration of curcumin, 1 hr before, simultaneously and 1 hr after the addition of paracetamol was not different (Tables 1 and 2). Increasing curcumin concentrations up to  $5 \times 10^{-4}$  and  $5 \times 10^{-3}$  M did not protect the cells from the paracetamol-induced cytotoxicity either. In contrast the cells tended to become slightly more sensitive as judged from LDH-leakage values (Fig. 2C; Tables 1 and 2).

Hepatic reduced GSH plays an important role in the protection against chemically-induced cellular injury [49]. Depletion of GSH-levels, e.g. by covalent binding to diethylmaleate [4] or by inhibiting GSH-reductase [9, 11, 24] has been shown to enhance the susceptibility to cytotoxicity, whereas the reverse is true for agents which promote GSH-synthesis, such as *N*-acetyl-*L*-cysteine and methionine [15, 16]. In the present study curcumin was found not to protect the hepatocytes from a strong depletion of GSH induced by paracetamol, neither in a concentration (Fig. 2A), nor in a time-dependent manner (Tables 1 and 2). The observed lack of protection of curcumin against the paracetamol-induced cytotoxicity seems to corroborate with the lack of protection against GSH-depletion, since paracetamol-induced GSH-depletion is generally thought to precede covalent binding of paracetamol to proteins and, furthermore, to be inversely related to it [4, 24]. However, a number of *in vivo* and *in vitro* studies have also claimed a "dissociation" of the covalent binding process from cell-death. For instance, *N*-acetyl-*L*-cysteine, (+)-catechin and  $\alpha$ -tocopherol protected against hepatotoxicity without significant effects on covalent binding of paracetamol to proteins [17, 18]. Furthermore sulphydryl antidotes [1] and acetylsalicylic acid [19] prevented against paracetamol-induced hepatotoxicity, even if administered up to 10 hr after paracetamol administration, i.e. when covalent binding already has taken place [4]. Recent studies using immunochemical detection of covalent adducts of paracetamol to proteins tend to support the hypothesis of critical and less critical covalent adducts as mediators of the hepatotoxicity [13].

In contrast to the observed lack of protection of curcumin against GSH-depletion pre-treatment with

the lowest concentration of curcumin already completely protected the hepatocytes from lipid peroxidation induced by paracetamol and measured as TBA-reactive material (Fig. 2B). Lipid peroxidation induced by paracetamol was also completely prevented by higher curcumin concentrations and by adding curcumin simultaneously or 1 hr after administration of paracetamol (Tables 1 and 2). This inhibition of lipid peroxidation is most likely caused by the fact that curcumin may act as a strong antioxidant due to its two phenolic groups. Methylation of these phenolic groups was demonstrated to depress this activity significantly [30]. However, based on the present experiments, inhibition of the cytochrome P450-mediated bioactivation of paracetamol [45] or the NAPQI-induced uncoupling of cytochrome P450 leading to oxygen radicals [14] cannot be excluded. The fact that curcumin in the hepatocytes was found to protect against lipid peroxidation at rather low concentrations without protection against paracetamol-induced LDH-leakage and GSH-depletion supports the hypothesis that lipid peroxidation is not playing a causal role in the development of cytotoxic effects of paracetamol. This hypothesis was also supported by previous studies in mice treated with deferrioxamine and paracetamol [8], in hepatocytes treated with paracetamol and dithiolthreitol [48] as well as in hepatocytes treated with 3-alkyl- [24] and with 3,5-dialkyl-substituted analogues of paracetamol [22, 24].

In contrast to what was expected on the basis of literature data [33–36], curcumin itself was found to be slightly cytotoxic at higher concentrations. Curcumin ( $5 \times 10^{-3}$  M) tended to increase LDH-leakage from the hepatocytes, i.e. from 15% to about 25% (Fig. 3C and Table 1). This slight increase in cytotoxicity was accompanied by an increasing depletion of GSH, namely up to 40% of the control-levels. As yet no biotransformation data on curcumin are available. However, due to the presence of two  $\alpha$ ,  $\beta$ -unsaturated ketone functionalities, spontaneous or enzymatic conjugation to GSH and/or protein thiols can be anticipated. Most likely due to a strong intrinsic anti-oxidant activity of curcumin no lipid peroxidation was observed in the hepatocytes. At the higher curcumin concentrations the control production of TBA-reactive material was even decreased instead. Further studies are needed to delineate the importance of these mechanisms *in vivo*.

In conclusion, we have shown that low concentrations of curcumin can protect rat hepatocytes against paracetamol-induced lipid peroxidation at concentrations which are not protective against paracetamol-induced cytotoxicity. These effects were independent of the moment of curcumin (pre-) treatment: 1 hr before, concomitant and 1 hr after addition of paracetamol to the cells gave similar results. At higher concentrations, however, curcumin itself decreased cellular GSH-levels which were accompanied by a slight curcumin-induced LDH-leakage. The relevance of the latter two cytotoxic effects at higher concentrations of curcumin in relation to the former cytoprotective effect at lower concentrations remains to be further elucidated *in vivo* situations.

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