

天然植物中抗蛇毒活性成分的研究进展^{*}

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摘要:对天然植物中抗蛇毒活性成分的分类、理化性质、结构及药理学活性等研究情况进行了综述。目前治疗蛇伤主要使用抗蛇毒血清,但存在一定的局限性,尤其在偏远山区不易获得抗蛇毒血清,通常采取天然植物进行替代治疗。为了弄清天然植物活性成分治疗蛇伤的机制,近些年来国内外开展了很多抗蛇毒天然植物活性成分的研究和探索。结果显示,从植物的水提取物和醇提取物中得到的活性成分如甾醇类、黄酮类、五环三萜类、植物单宁类、马兜铃酸类等对抗蛇毒均有很好的疗效;特别是植物单宁类是很好的蛋白质沉淀剂,它与蛇毒作用对蛇毒中酶的抑制效果尤为显著。大量抗蛇毒天然植物活性成分的结构与功能得以确定,其在临床医学等研究领域中有着重要的应用背景。随着作用机制等方面研究的不断深入,抗蛇毒活性成分的用途也将越来越广泛。

关键词:蛇毒;天然植物;活性成分

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毒蛇咬伤通常发生在热带和亚热带地区,受害群体多数是乡村人口^[1],尤其在亚洲南部、非洲北部、拉丁美洲及一些中东地区蛇伤发生率极高。据报道,每年约有500万蛇伤患者,其中约有375万人口伤势严重,125万因蛇伤死亡^[2-3]。在印度,每年约有25万人口被毒蛇咬伤,其中约有10万人口死于毒蛇咬伤且大多数人不受社会关注^[4-5]。因贫穷和当地医疗条件有限,蛇伤患者的致死率、致残率较高^[2]。为此,蛇伤被世界卫生组织(WHO)鉴定为最易被忽视的严重危害公众的热带疾病之一。

目前治疗蛇伤最快速有效的方法是使用抗蛇毒血清^[6],全球有20多个国家生产抗蛇毒血清,但它有特定的专一性^[3],治疗中也会出现诸多副作用,如血清病、过敏反应等。为寻找更好的治疗手段和方法,近些年来人们开展很多天然植物抗蛇毒的研究工作,本文即对抗蛇毒天然植物活性成分的相关研究文献进行梳理和总结,以便为抗蛇毒药物的开发和相关研究提供参考。

1 甾醇类(Steroids)

1.1 谷甾醇类(Sitosterol)

植物谷甾醇的存在形式多样,如胆汁酸(Bile acid)、蟛蜞菊内酯(Wedelolactone)及其相关盐类^[7-8]。它们在植物中主要以自由移动和依附于葡萄糖昔上的形式存在。谷甾醇对人类和动物都有很好的抗炎效果,在临幊上曾用来降低血浆胆固醇(已取消使用)和抑制前列腺增生(仍在使用)^[2]。目前从千叶蓍(Achillea millefolium)、木橘(Aegle marmelos)、马兜铃(Aristolochia)、刺果苏木(Caesalpinia bonduc)、金盏花(Calendula officinalis)、徐长卿(Cynanchum paniculatum)、药西瓜(Citrullus colocynthis)、旱莲草(Eclipta aradis)、飞扬草(Euphorbia hirta)、嘉兰(Gloriosa superba)、九层塔(Ocimum basilicum)、蛇根草(Ophiorrhiza mungos)、白花蛇根草(Oldenlandia diffusa)、阔苞菊(Pluchea indica)、伞形大胡椒(Pothomorphe aradis)、锯叶棕(Serenoa repens)、广豆根(Sophora subprostrata)和西洋蒲公英(Taraxacum officinale)等天然植物中提取出的谷甾醇被证

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明在抗蛇毒方面有一定的作用^[9-10]。特别是谷甾醇除了能抑制由蛇毒引起的脂质过氧化作用和超氧化物岐化酶的活性,还能拮抗蛇毒引起的致死、出血、水肿、心脏中毒和呼吸系统的变化^[11]。

1.2 胆固醇类(Cholesterol)

含有胆固醇的抗蛇毒天然植物种类不多,洋葱(*Allium cepa*)和长花饼茯苓(*Ehretia buxifolia*)根部中的胆固醇被证明有抗蛇毒的作用^[12]。20世纪初在胆固醇抑制皂素洋地黄皂苷(Saponin digitalis saponins)的溶血性实验中发现了胆固醇的结构,之后又探索出将胆固醇和皂素洋地黄皂苷以1:1结合的复杂分子可以抑制溶血活性^[13]。溶血性是毒蛇咬伤后的反应之一,磷脂酶(Phospholipase)是引起溶血的主要成分,这些磷脂酶作用于血清卵磷脂并裂解血清溶血性卵磷脂。研究发现胆固醇与溶血卵磷脂1:1结合可以抗溶血活性^[14]。Ganguly等^[15]发现印度眼镜蛇(*Naja tripudians*)蛇毒与不同种类的动物血液的溶血性比例与血液中胆固醇含量成反比,如绵羊的红细胞完全不受蛇毒影响是因为该物种血液中的胆固醇含量较高。

1.3 类固醇类(Corticosteroids)

类固醇抗蛇毒尽管有争议,但还是要提及。20世纪60年代,德国研究者将类固醇单独地或者与抗蛇毒血清一起静脉注射到动物中,证明类固醇有抗蛇毒的作用^[16]。通过化学类比,也证明类固醇能够抗蛇毒。例如北美著名的“蛇根草”美远志(*Polygala senega*)民间常用来治疗毒蛇、毒虫、鼠及猫咬伤,外擦可以消肿、止痛、解毒,其植物提取物含有菠菜甾醇(Spinasterol)、潘麻皂素(Hecogenin)和其他类固醇剑麻皂素(Tigogenin),实验结果表明这种植物提取物可以明显抑制蛇毒引起的出血和小鼠体内肌酸激酶(CK)的活性,小鼠背部出血面积明显缩小,腿部肌肉组织损伤明显减轻,证明有很好的抗炎效果^[17-19],所以类固醇类活性成分抗蛇毒不可忽略。

2 黄酮类(Flavonoids)

黄酮类活性成分中碳架结构周围的氢键能与蛇毒分子进行作用达到抗蛇毒效果^[20]。Dinya等人^[21]提出了不同位置化学键之间作用力的模型。Grassmann等人^[22]解释了蛋白质链中酚羟基与黄酮酰基之间的氢键的作用。Jin等人^[23]通过X射线衍射来探测化学结构,可以看到黄酮类芦丁分子中连接在氢键和吡喃酮环羰基上的4个自由羟基能与受体的活性部位作用。文献报道黄酮类具有抗炎、抗肝中毒、抗高血压、抗心律失常、抗血浆胆固醇含量过少、抗过敏、抗癌和抗酶的活性。已有研究发现黄酮类有很好的抑制磷脂酶A₂(PLA₂,蛇毒中重要的成分,该酶可引起肌溶、出血和水肿等症状)的作用^[24]。Lindahl等人^[14]研究了黄酮类的抗蛇毒作用,尤其是药西瓜中的芦丁(Rutin)对蛇毒中PLA₂有很好的抑制的作用。有部分蛇毒含金属蛋白酶,而存在于抗蝎子毒的植物树菠萝(*Artocarpus integrifolia*)和抗蛇毒的植物桑树(*Morus alba*)中的桑色素(Morin)可以抗蛇毒中的金属蛋白酶^[25]。异黄酮存在于鸢尾(*Iris tectorum* Maxim.)的根茎中,有很好的抗蛇毒效果^[26]。黄酮本身固有生物动力学特征,当人类摄取时可以被肠道的微生物分解成有活性的次级代谢产物,最后黄酮可以成为异黄酮(Isoflavonoids)、紫檀素(Pterocarpans)和香豆雌酚(Coumestans),这几种成分都可以抑制蛇毒中的PLA₂,减轻水肿及肌溶症状,有很好的抗炎作用和肝保护作用。

20世纪80年代修订了黄酮的主要生物学特性^[27]。在报春花属植物中发现了很多简单的黄酮类活性成分,例如印度报春花(*Primula malacoides*)中的报春花黄素19(Primetin)(5,8-二羟基丙酮)^[28]。天然植物中可以抗蛇毒的黄酮类也包括槲皮素(Quercetin)和苷类,例如在大叶合欢(*Albizzia lebbeck*)和洋葱皮中的槲皮素20的抗蛇毒能力达到40%~80%^[29]。据报道出现在欧蓍草(*Achillea millefolium*)、飞扬草、连翘(*Forsythia arabis*)、夹竹桃(*Nerium indicum*)、芸香(*Ruta Graveolens*)、茴香(*Foeniculum vulgare*)、向日葵(*Helianthus annuus*)、拳参(*Polygonum bistorta*)和大黄(*Rheum palmatum*)等天然植物中芦丁的抗蛇毒能力也达到20%~80%^[30]。巴西科学家研究发现芦丁抗蛇毒的效果与抗组织胺的效果都非常显著。其他抗蛇毒天然植物含有的黄酮类如下:碧桃(*Prunus persica*)中的橙皮素(Hesperetin)和柚皮素(Naringenin);芝麻(*Boehmeria nivea*)中的芹黄素(Apigenin);决明(*Cassia tora*)中的山奈酚(Kaempferol);芍药(*Paeonia lactiflora*)、三齿鱼黄草(*Merremia aradisiaca*)的中香叶木素(Diosmetin);金疮小草(*Ajuga decumbens*)中的木犀草素(Luteolin);薊罂粟(*Argemone mexicana*)中的鼠李素(Isorhamnetin);桑树中的桑色素;杨梅(*Myrica rubra*)中的杨梅素(Myricetin);珠子草(*Phyllanthus niruri*)中的槲皮素、苷类芦丁、槲皮苷(Quercitrin)和异槲皮苷(Isoquercitrin)。在天然植物花的部位有抗蛇毒的黄酮类包括金盏花中的鼠李素;木芙蓉(*Hibiscus mutabilis*)中的槲皮素;凤仙花(*Impatiens balsamina*)中的杨梅素和金银花(*Lonicera japonica*)中的木犀草素^[5,31]。

3 五环三萜类(Pentacyclic triterpenes)

五环三萜类有很好的抗蛇毒效果,它的羧酸盐基团可以抗蛇毒中 PLA₂活性和肌酸激酶的活性。电脑分子模型模拟对接研究表明五环三萜类桦木醇(Betulin)可以连接 PLA₂的活性部位;实验表明五环三萜类的疗效相当于豆甾醇直接作用于 5-羟色胺受体的效果,可以减缓疼痛,呕吐和组织坏死等中毒症状^[24,32]。例如齐墩果酸(Oleanolic acid)和熊果酸(Ursolic acid)都是五环三萜类,它们的抗炎抗水肿效果很好,齐墩果酸存在于土牛膝(Achyranthes aspera)、大叶合欢、洋葱、金盏花、车前草(*Plantago depressa*)和麝香草(*Thymus vulgaris*)中;熊果酸存在于夹竹桃、香茶菜(*Rabdosia amethystoides*)和麝香草中^[29]。桦木醇和桦木酸(Betulinic acid)五环三萜类有很好的抗 PLA₂的作用,桦木醇存在于糙皮桦(*Betula utilis*)中,桦木酸存在于石榴(*Punica granatum*)中^[33]。如软木三萜酮(Friedelin)存在于大裂叶五桠木(*Pentaclethra macroloba*)中;远志皂甙元(Preselegenin)存在于美远志中;匙羹藤新苷元(Gymnemagenin)存在于匙羹藤(*Gymnema sylvestre*)中;棉根皂甙元(Gypsogenin)存在于具盖丝瓜(*Luffa operculata*)中^[29]。其他抗蛇毒天然植物中含有的五环三萜类成分如:羽扇豆醇(Lupeol)存在于木橘、印度菝葜(*Hemidesmus indicus*)、余甘子(*Lanthus emblica*)和广豆根中;蒲公英萜醇(Taraxerol)存在于飞扬草、杨梅、蒲公英中;表无羁萜醇(Epifriedelolin)存在于地胆草(*Elephantopus scaber*)、大裂叶五桠木和首乌(*Fallopia multiflora*)中;赤杨酮(Alnusenone)存在于首乌中;刺囊酸(Echinocystic acid)存在于大叶合欢中;环阿屯醇(Cycloartenol)存在于亚麻(*Linum usitatissimum*)中^[5]。

4 植物单宁(Vegetable tannins)

日本研究者报道了来自于未成熟的柿子中的单宁具有抗蛇毒的作用^[34-35],该单宁的化学结构经 Matsuo 等人^[36]研究发现,它由缩合单宁(Condensed tannin)、儿茶素(Catechinic acid)和倍儿茶素的重复单元组成。飞扬草中的鞣花单宁(Ellagittannins)具有消炎、止痛和镇静等作用,可以减缓由蛇毒引起的水肿等症状^[37]。其他含有单宁酸的天然植物,如金合欢、芍药、龙牙草(*Agrimonia pilosa*)和悬钩子(*Rubus corchorifolius*)等也被证明有很好的抗蛇毒效果,具有抗水肿、抗凝血、杀菌抗炎、止血镇痛和保肝等作用^[35]。香蕉树(*Musa aradisiaca*)根茎中也含有单宁酸,在加勒比地区人们用香蕉树根茎的汁液来治疗毒蛇咬伤^[38]。药物研究发现单宁是很好的蛋白质沉淀剂,在目前所发现的抗蛇毒的化合物中,通过蛋白质与单宁酸相互作用的结合位点可以推断单宁有较好的治疗毒蛇咬伤效果,特别是对蛇毒中酶的抑制效果最为显著^[39-40]。

5 马兜铃酸(Aristolochic acids)

据报道马兜铃植物的根部在抗蛇毒方面有很好的疗效,可以减缓由蛇毒引起的溶血和水肿等症状,所以它有“蛇根马兜铃”之称。从马兜铃属天然植物紫檀(*Pterocarpus indicus*)分离提纯得到的 2-羟基-4 甲氧基苯甲酸(2-OH-4-methoxy benzoic acid)具有很强的抗炎、解热、抗出血和抗水肿的性质,它在抗圆斑蝰(*Vipera russelli*)蛇毒方面相当于抗蛇毒血清的作用,主要是羟基和甲氧基这两个基团与蛇毒作用达到中和蛇毒的效果^[41-42]。大多数研究表明马兜铃属植物根部中的有机硝基化合物有菲核(存在于马兜铃酸和马兜铃酰胺中),这些菲核与蛇毒中的诱导水肿的酶相互作用可以抗蛇毒^[43]。马兜铃酸也可以抗蛇毒中的 PLA₂,Vishwanath^[44]通过圆二色谱和近紫外区的光谱研究发现马兜铃酸与 PLA₂形成 1:1 的像一个非竞争型酶抑制剂的复杂结构,这是由于马兜铃酸对酶的抑制作用引起了蛋白质二级结构的改变。

6 结语

本文总结了天然植物中抗蛇毒的化学活性成分包括甾醇类、黄酮类、五环三萜类、植物单宁和马兜铃酸,众多文献研究表明这些活性成分能够抑制蛇毒中酶的活性。蛇毒由复杂的多肽和蛋白质组成,其中包含许多酶,天然植物活性成分抗蛇毒的作用机制有待进一步研究^[46-47],很大程度由植物活性成分阻断,结构倾向于化学攻击;特别是金属蛋白酶中的金属锌,通过与天然植物活性成分的螯合作用从而达到了抑制酶的作用^[48]。毒素分子免疫学研究表明生物体内源性肽与外源性植物化学活性成分共同作用也可以抑制矛头蝮(*Bothrops jararaca*)蛇毒中的金属蛋白酶,给毒液提供了多个反应的结合位点。天然植物提取物谷甾醇除了能抑制由蛇毒引起的脂质过氧化作用和超氧化物岐化酶的活性,还能拮抗蛇毒引起的致死、出血、水肿、心脏中毒和呼吸系统的变

化。植物提取物类固醇类可以明显抑制蛇毒引起的出血和小鼠体内肌酸激酶的活性,小鼠背部出血面积明显缩小,腿部肌肉组织损伤明显减轻。黄酮类、五环三萜类、单宁类可以抗蛇毒引起的出血、凝血、水肿等。综上所述可以看出天然植物活性成分具有研发成有效的治疗蛇毒的药物的潜力。

但是由于条件限制,很多满足条件的天然植物的抗蛇毒机制尚未完全弄清楚,有报道平滑果铁苏木(*Apuleia leiocarpa*)的树干和树皮中的水提物对美洲矛头蝮蛇毒有100%的抑制作用,所用的样品里鉴定出有谷甾醇、 β -香树脂醇和几种黄酮;叶下珠(*Phyllanthus klotzschianus*)被报道也具有100%抗蛇毒效果,已鉴定出含有 β -谷甾醇葡萄糖甙、原儿茶酸、槲皮素、芦丁等成分;艳山姜(*Alpinia speciosa*)含有大量山奈酚,被报道也具有100%抗蛇毒效果。但是具体是一种活性成分或者几种活性成分协同作用达到抑制作用还有待进一步研究^[49-51]。

天然植物活性成分可以模拟动物体内源性大分子的生物活性,比如鸦片碱连接阿片受体模拟内源性阿片肽与内啡肽的反应,如旱莲草中的蟛蜞菊内酯抑制不同形式的PLA₂的活性^[52-55]。总而言之,小分子可以代替动物血清治疗毒蛇咬伤,人们也可以通过天然植物提取物活性成分的结构分析找到与蛇毒分子的结合位点从而达到中和蛇毒的作用。

除此之外,天然植物抗蛇毒还有其他优点,价格便宜,取材容易,室温下保存也相对稳定,可以中和大部分蛇毒。许多研究者目前都倾向于研究从天然植物提取物中分离提纯单一组分抗蛇毒,由于实验分离条件的限制,在多数实验情况下天然植物提取物比单一的活性组分在抗蛇毒方面更有效,需要人们进一步探索新的分离方法得到更有效的单一抗蛇毒组分,获知组分的化学结构并大量应用于实践。

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Progress on the Acitive Components from Natural Plants against Snake Venoms

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Abstract: The classification, the physical and chemical properties, structures as well as pharmacological activities of these active anti-venom components were briefly reviewed. The current clinical treatment of snakebite mainly depending on the usage of antisera, which has its own limitations, especially in rural areas it is not easy to get antisera, usually alternatively acitive components was used to replace the antisera for snakebite therapy. In order to explore the mechanism of acitive components from natural plants to cure snakebite, recently at home and abroad, many active components of natural plants against snakebite were studied and explored. The anti-venom active components were usually obtained from both aqueous extracts and ethanol extracts of plants, such as steroids, flavonoids, pentacyclic triterpenes, vegetable tannins and aristolochic acids have a good curative effect against snake venom. Especially vegetable tannins is found to be a good protein precipitation agent, the effect of the tannin and the snake venom inhibit the snake venom enzyme activity particularly significant. An increasing number of anti-venom active components' structures and functions have been determined, which makes the anti-venom active components have broad application in clinical medicine. With further research in the aspect of the mechanism of action, the use of anti-venom active components will be more and more extensive.

Key words: snake venom; natural plants; active components

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