

·论著·

# 葛根异黄酮联合 VitD<sub>3</sub> 对去卵巢骨质疏松大鼠骨组织构造的影响

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**摘要:** 目的 观察葛根异黄酮(TIP)联合 VitD<sub>3</sub> 对去卵巢骨质疏松大鼠骨组织构造的影响,探讨其联合作用是否产生协同效应。**方法** 将3月龄健康雌性SD大鼠随机分为OVX组和Sham组,运用去除大鼠双侧卵巢的方法构建绝经后骨质疏松动物模型,手术后3个月进行重新分组,分别为:Sham组、OVX组、OVX+TIP组、OVX+TIP+VitD<sub>3</sub>组,每组6只,连续给药2个月。给药结束后采集动物血清以及胫骨、股骨组织标本,检测血清E<sub>2</sub>,同时运用病理图像分析系统对骨组织构造进行观察和检测。**结果** OVX大鼠血清E<sub>2</sub>较Sham组显著降低,给药TIP后大鼠血清E<sub>2</sub>回升,但OVX+TIP组、OVX+TIP+VitD<sub>3</sub>组血清E<sub>2</sub>差异不显著( $P > 0.05$ )。OVX大鼠胫骨、股骨骨小梁体积百分率、骨小梁厚度较Sham组显著降低( $P < 0.01$ ),骨小梁间距较Sham组显著增大( $P < 0.01$ )。OVX+TIP组胫骨、股骨骨小梁体积百分率、骨小梁厚度较OVX组显著升高( $P < 0.05$ ),骨小梁间距较OVX组显著减小( $P < 0.05$ ),但是OVX+TIP组胫骨、股骨形态计量学静态指标与Sham组差异显著( $P < 0.05$ ),OVX+TIP+VitD<sub>3</sub>组胫骨、股骨形态计量学静态指标与Sham组无显著差异( $P > 0.05$ )。**结论** 葛根异黄酮与VitD<sub>3</sub>联合给药对去卵巢骨质疏松大鼠骨组织的修复作用优于葛根异黄酮单独给药。

**关键词:** 中医中药;葛根;维生素D<sub>3</sub>;骨质疏松;大鼠;骨构造

## **The effect of total isoflavones of pueraria combined with vitD<sub>3</sub> on bone microarchitecture in ovariectomized rats**

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**Abstract: Objective** To observe the effect of total isoflavones of pueraria combined with vitD<sub>3</sub> on bone microarchitecture in ovariectomy rats, and to investigate whether combination of the two drugs had a synergistic effect. **Methods** Three-month-old healthy female SD rats were randomly divided into OVX group and Sham group. The osteoporosis model was established by removing the ovaries of the rats. After 3-month of the operation, the animals were redivided into Sham group, OVX group, OVX + TIP group, and OVX + TIP + VitD<sub>3</sub> group, with 6 rats in each group. Rats were administered the drug orally for 2 months. The serum, tibia, and femur were collected. Serum E<sub>2</sub> was detected, and the structure of bone tissue was observed and detected with pathological image analysis system. **Results** The serum E<sub>2</sub> in OVX rats was significantly lower than that in Sham group. The serum E<sub>2</sub> increased after administration of TIP, but there was no significant difference of E<sub>2</sub> between OVX + TIP group and OVX + TIP + VitD<sub>3</sub> group ( $P > 0.05$ ). The percentage of trabecular bone, trabecular bone volume, and thickness of trabecular bone in OVX rats was significantly lower than that in Sham group, but the spacing of bone was significantly higher than that in Sham group ( $P < 0.01$ ). The percentage of trabecular bone, trabecular bone volume, and the thickness of bone in OVX + TIP group was significantly higher than that in OVX group, but the spacing of bone was significantly smaller than that in OVX group ( $P < 0.05$ ).

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There was significant difference in the static index of bone morphology between OVX + TIP group and Sham group, but no significant difference in the static index of bone morphology between OVX + TIP + VitD<sub>3</sub> group and Sham group. Conclusion The repair effect of puerarin combined with VitD<sub>3</sub> on bone tissue in ovariectomized rats is superior to that of puerarin alone.

**Key words:** Traditional Chinese medicine; Pueraria; Vitamin D<sub>3</sub>; Osteoporosis; Rat; Bone microarchitecture

I型骨质疏松即绝经后骨质疏松症(PMOP),是中老年妇女的常见病和多发病,由于妇女的骨峰值较男性低,绝经后骨丢失明显加速,停经15~20年的妇女有可能丢失其全身骨骼总量的30%,因此绝经妇女很容易患PMOP,在我国由骨质疏松所致的髋部骨折的患者中85%为女性<sup>[1]</sup>。西医用雌孕激素替代治疗PMOP效果明显,但存在副作用大,并发症多等问题<sup>[2]</sup>。

植物雌激素异黄酮副作用小,其防治绝经后骨质疏松症的作用备受关注。葛根是目前发现的异黄酮含量最高的植物。葛根异黄酮与雌二醇结构相似,可以产生与雌激素样的生物学活性,研究发现,葛根异黄酮对去卵巢大鼠骨质疏松具有防治作用<sup>[3,4]</sup>,但也有研究表明其单独作用药效较弱<sup>[5]</sup>。由于维生素D<sub>3</sub>(VitD<sub>3</sub>)在骨生长和骨量维持方面起重要作用,本研究用切除大鼠双侧卵巢的方法构建绝经后骨质疏松动物模型,比较葛根异黄酮单独给药与葛根异黄酮联合VitD<sub>3</sub>给药对去卵巢大鼠骨组织结构的作用,观察葛根异黄酮与VitD<sub>3</sub>联合给药能否发挥协同作用,能更有效地抑制骨质流失。

## 1 材料与方法

### 1.1 实验动物

健康雌性3月龄未孕SD大鼠30只(由第四军医大学实验动物中心提供),体质量225~280g,分笼饲养,自由饮水,适应性饲养一周后进行试验。

### 1.2 卵巢去除手术

将30只SD大鼠分为假手术组(Sham组)和去卵巢组(OVX组),其中Sham组6只,OVX组24只。OVX组大鼠参考我们先前报道的方法实施卵巢去除手术<sup>[6,7]</sup>。Sham组大鼠实施假手术,术后一周对OVX组大鼠进行阴道涂片,连续5d,观察去卵巢组不出现动情周期,表明卵巢去除成功。

### 1.3 动物分组及给药

手术后3个月,对上述动物进行重新分组,分别是OVX+TIP(TIP 50mg/kg/d)、OVX+TIP+VitD<sub>3</sub>(TIP 50mg/kg/d+VitD<sub>3</sub> 0.2ug/kg/d)、OVX(模型对照组)和Sham(正常对照组),每组6只,连续灌胃给药2个月。

### 1.4 血清E<sub>2</sub>检测

动物给药第4周、第8周末,10g/L戊巴比妥钠腹腔注射麻醉后采集眼眶静脉血,4000r/min离心10min,分离血清,保存于-20℃冰箱待测。按照大鼠血清E<sub>2</sub>检测试剂盒说明书进行检测。

### 1.5 骨组织样品采集及骨组织形态计量学分析

灌胃给药2个月后处死动物,取其左侧胫骨和股骨,3.7%多聚甲醛4℃固定24h, PBS漂洗,10%EDTA(pH 8.0)4℃,脱钙21d。将脱钙标本以PBS充分漂洗,依次脱水、透明、浸蜡、包埋、石蜡切片(5μm),H&E染色。显微观察各组大鼠骨组织形态,并应用Image-Pro Plus显微测量系统,进行骨组织形态计量学相关静态参数的测定,共测量以下3个参数:总组织面积(T.Ar)、骨小梁面积(Tb.Ar)和骨小梁周长(Tb.Pm)。用校正公式计算如下3个参数:小梁面积百分率% Tb.Ar = Tb.Ar / T.Ar × 100%;骨小梁厚度 Tb.Th = (2/1.99) × (Tb.Ar / Tb.Pm);骨小梁间距 Tb.Sp = (T.Ar - Tb.Ar) / Tb.Pm<sup>[8,9]</sup>。

### 1.6 统计学处理

利用SPSS 17.0统计软件对数据进行单因素组间方差分析和比较,结果以“平均值±标准差”表示,P<0.05时差异有统计学意义。

## 2 结果

### 2.1 各实验组血清E<sub>2</sub>检测结果

各实验组大鼠血清E<sub>2</sub>测量结果见表1。如表1所示,OVX组第4周、第8周血清E<sub>2</sub>与Sham组、OVX+TIP组、OVX+TIP+VitD<sub>3</sub>组相比有显著差异( $P < 0.01$ ),OVX+TIP组血清E<sub>2</sub>与同时期OVX+TIP+VitD<sub>3</sub>组相比无显著差异( $P > 0.05$ )。

表1 各组大鼠给药不同时期血清E<sub>2</sub>

检测结果( $\bar{x} \pm s$ , ng/L, n=6只/组)

Table 1 Serum E<sub>2</sub> results in each rat group of different time ( $\bar{x} \pm s$ , ng/L, n=6)

组别	给药第4周	给药第8周
Sham组	20.07 ± 3.12	18.17 ± 2.79
OVX组	3.29 ± 0.39	2.89 ± 0.51
OVX+TIP	14.39 ± 2.12	14.79 ± 3.04
OVX+TIP+VitD <sub>3</sub>	15.98 ± 2.54	16.35 ± 3.14

## 2.2 骨组织病理学观察

组织学观察显示 Sham 组股骨干骺端骨小梁致密, 小梁较厚, 小梁间距较小, 相互连接, 小梁上分散有较多的成骨细胞, 股骨干骺端骨膜较厚且排列整齐; OVX 组股骨干骺端的髓质骨骨小梁稀疏、断裂、排列紊乱, 小梁厚度变小, 小梁间距变宽, 骨髓腔增

大; OVX + TIP 组和 OVX + TIP + VitD<sub>3</sub> 组股骨干骺端组织形态较 OVX 组明显改善, 骨密质增厚, 骨小梁变粗, 变密。两个治疗组骨组织切片光镜下的形态结构没有明显的区别(见图 1)。胫骨的组织病理学变化同股骨。

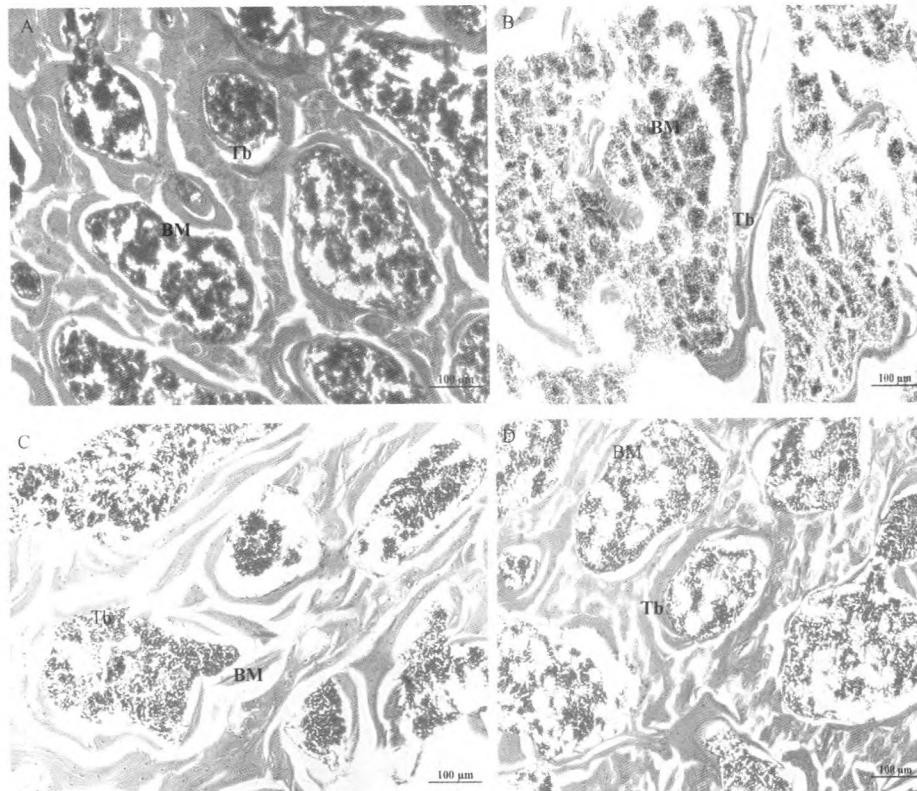


图 1 各试验组大鼠股骨干骺端组织结构

A. Sham 组股骨干骺端 HE 100×; B. OVX 组股骨干骺端 HE 100×; C. OVX + TIP 组股骨干骺端 HE 100×; D. OVX + TIP + VitD<sub>3</sub> 组股骨干骺端 HE 100×; Tb. 骨小梁; BM. 骨髓腔

**Fig. 1** The histological structure of the metaphysis of the rat femur in each group

A. Metaphysis of the femur in Sham group, HE 100×; B. Metaphysis of the femur in OVX group, HE 100×; C. Metaphysis of the femur in OVX + TIP group, HE 100×; D. Metaphysis of the femur in OVX + TIP + VitD<sub>3</sub> group, HE 100×; Tb, trabecular bone; BM, bone marrow.

## 2.3 骨组织形态计量学结果

如表 1、表 2 所示, OVX 组胫骨、股骨骨小梁体积百分率、骨小梁厚度较 Sham 组显著降低 ( $P < 0.01$ ), 骨小梁间距较 Sham 组显著增大 ( $P < 0.01$ )。OVX + TIP 组、OVX + TIP + VitD<sub>3</sub> 组胫骨、股骨骨小梁体积百分率、骨小梁厚度较 OVX 组显著升高 ( $P$

$< 0.05$ ), 骨小梁间距较 OVX 组显著减小 ( $P < 0.05$ ), OVX + TIP 组胫骨、股骨形态计量学静态指标与 Sham 组差异显著 ( $P < 0.05$ ), 而 OVX + TIP + VitD<sub>3</sub> 组胫骨、股骨形态计量学静态指标与 Sham 组无显著差异 ( $P > 0.05$ )。

表 2 各组大鼠胫骨近端干骺端形态计量学静态指标 ( $\bar{x} \pm s, n = 6$  只/组)

**Table 2** The histomorphometric parameters of the proximal tibial metaphysis ( $\bar{x} \pm s, n = 6$ )

组别	骨小梁面积百分率 % Tb. Ar	骨小梁厚度 Tb. Th (μm)	骨小梁间距 Tb. Sp (μm)
Sham	60.05 ± 8.14	104.17 ± 19.46	85.16 ± 19.59
OVX	32.18 ± 4.97	50.18 ± 8.05	117.21 ± 20.56
OVX + TIP	49.96 ± 6.43	85.78 ± 10.15	103.43 ± 15.78
OVX + TIP + VitD <sub>3</sub>	58.62 ± 7.29	99.32 ± 15.91	87.34 ± 16.45

表3 各组大鼠股骨干骺端形态计量学静态指标( $\bar{x} \pm s, n = 6$ 只/组)  
Table 3 The histomorphometric parameters of the femoral metaphysis ( $\bar{x} \pm s, n = 6$ )

组别	骨小梁面积百分率 % Tb. Ar	骨小梁厚度 Tb. Th(μm)	骨小梁间距 Tb. Sp(μm)
假手术组	55.48 ± 6.79	85.23 ± 10.57	89.79 ± 13.57
去卵巢组	23.12 ± 4.24	37.12 ± 5.68	135.42 ± 21.15
OVX + TIP	40.13 ± 6.01	67.79 ± 8.92	102.54 ± 19.33
OVX + TIP + VitD <sub>3</sub>	52.50 ± 7.12	80.14 ± 12.41	92.39 ± 14.24

### 3 讨论

葛根属豆科类植物,异黄酮是葛根的主要有效成分,某些品种的葛根异黄酮含量可达8%~10%,因此,葛根是目前为止发现的异黄酮含量最高的植物<sup>[10]</sup>。葛根异黄酮(total isoflavones of Pueraria, TIP)主要包括葛根素(占50%左右)、大豆甙和甙元(占20%左右)、金雀异黄素、拟雌内酯和芒柄花黄素等,上述异黄酮的结构相似,因此,其理化性质和生物学作用也十分类似<sup>[11]</sup>。研究发现葛根异黄酮具有雌激素样活性,对骨质疏松大鼠具有保护作用<sup>[12]</sup>,但也有研究表明葛根单独作用药效较弱,单独使用的效果并不理想。由于维生素D<sub>3</sub>(VitD<sub>3</sub>)在骨生长以及骨量的维持方面起重要作用<sup>[14]</sup>,因此,本研究用卵巢切除的(ovariectomized, OVX)大鼠作为绝经后骨质疏松动物模型,观察葛根异黄酮与VitD<sub>3</sub>联合使用能否发挥1+1>2的效应,更有效地抑制骨质流失和骨密度下降。周艳等曾对此进行过相关的研究,但仅进行了骨密度和骨钙含量的测定,没有进行骨组织构造的观察<sup>[13]</sup>。

对不同给药组大鼠血清雌二醇的检测发现,OVX组大鼠体内雌激素水平较Sham组显著降低,连续灌胃给药TIP2个月可使OVX大鼠血清雌激素水平显著提高,TIP和VitD<sub>3</sub>联合灌胃给药2个月同样可使OVX大鼠血清雌激素水平显著提高,但是OVX+TIP组和OVX+TIP+VitD<sub>3</sub>组血清雌二醇差异不显著。

组织病理学分析发现,OVX大鼠子宫萎缩,OVX+TIP组和OVX+TIP+VitD<sub>3</sub>组子宫恢复正常,此外,去卵巢骨质疏松大鼠股骨干骺端、胫骨干骺端骨小梁稀疏、断裂、排列紊乱,小梁厚度变小,小梁间距变宽,骨髓腔增大;OVX+TIP组和OVX+TIP+VitD<sub>3</sub>组股骨、胫骨干骺端组织形态较OVX组明显改善,骨密质增厚,骨小梁变粗,变密。骨组织形态学观察提示单独给药TIP和TIP联合VitD<sub>3</sub>给药均具有改善骨组织构造、增加骨密度的功效。

为了比较TIP单独给药和TIP联合VitD<sub>3</sub>给药对骨组织结构改善的作用,本研究通过组织形态计量学方法进行了骨小梁面积百分率、骨小梁厚度、骨小梁间距的测量和统计分析,研究数据表明OVX+TIP组胫骨、股骨骨小梁体积百分率、骨小梁厚度较OVX组显著升高( $P < 0.05$ ),骨小梁间距较OVX组显著减小( $P < 0.05$ ),但是OVX+TIP组胫骨、股骨形态计量学静态指标与Sham组差异显著( $P < 0.05$ ),OVX+TIP+VitD<sub>3</sub>组胫骨、股骨形态计量学静态指标与Sham组无显著差异( $P > 0.05$ ),也就是说OVX+TIP+VitD<sub>3</sub>组胫骨、股骨形态更接近于正常大鼠。因此,我们可以得出结论葛根异黄酮与VitD<sub>3</sub>联合给药对去卵巢骨质疏松大鼠骨组织的修复作用优于葛根异黄酮单独给药。虽然葛根异黄酮与VitD<sub>3</sub>抗骨质疏松的机制不同,前者主要发挥雌激素样作用,直接促进成骨细胞增殖<sup>[15]</sup>,后者则是诱导成骨细胞分化,与维生素D受体结合促进骨桥蛋白、骨钙蛋白的合成,从而促进骨的形成<sup>[16]</sup>,本研究虽然没有证实其在骨代谢方面的协同作用,但是二者联合作用的确在治疗大鼠骨质疏松方面取得了满意的结果。在后续的试验中我们将从骨代谢、作用机制等方面对其进行深入研究。

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