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## 中医药调控 Nrf2 信号通路防治顺铂所致肝肾损伤研究进展<sup>\*</sup>

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**摘要:**核因子 E2 相关因子 2(nuclear factor E2 – related factor 2, Nrf2) 信号通路的激活是改善顺铂肝肾毒性的重要保护机制之一, 中医药可通过调控 Nrf2 信号通路提升机体抗氧化应激能力, 改善顺铂所致肝肾损伤, 如以黄酮类、酚类及萜类化合物为主的中药单体有效成分及六味地黄丸、肾复舒颗粒等中药复方。但目前中医药调控 Nrf2 信号通路防治顺铂所致肝肾损伤的研究尚存在不足之处, 如 Nrf2 信号通路常与丝裂原活化蛋白激酶(mitogen – activated protein kinase, MAPK)、核因子 – κB(nuclear factor – κB, NF – κB)、磷脂酰肌醇 3 – 激酶(phosphatidylinositol 3 – kinase, PI3K)/蛋白激酶 B(protein kinase B, AKT) 等信号通路协同发挥提升机体抗氧化应激能力、抑制凋亡、抗纤维化等作用, 但各通路间的交叉机制有待阐明; 部分中药存在水溶性差、生物利用度低等局限性; 中药复方活性成分复杂性, 药理药效作用尚未明确; 对针灸疗法研究的深度及广度不够。今后需进一步加强基础实验设计的标准化、规范化, 为中医药治疗顺铂所致肝肾损伤提供依据, 发挥中医药增效减毒之效。

**关键词:**肝肾损伤; 顺铂; Nrf2 信号通路; MAPK; NF – κB; PI3K/Akt

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## Research Progress of TCM Preventing and Treating Cisplatin – induced Hepatic and Renal Injury by Regulating Nrf2 Signaling Pathway

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**Abstract:** The activation of nuclear factor E2 – related factor 2 (Nrf2) signaling pathway is one of the important protective mechanisms to improve cisplatin – induced liver and kidney toxicity. Traditional Chinese medicine can improve the body's anti – oxidative stress ability by regulating Nrf2 signaling pathway and improve cisplatin – induced Liver and Kidney injury. For example, traditional Chinese medicine monomers and Chinese medicine compounds such as Liuwei Dihuang Pill and Shenfushu Granule, which contain flavonoids, phenols and terpenoids as the main active components. However, there are still shortcomings in the research of TCM in preventing and treating Cisplatin – induced Liver and Kidney injury by regulating Nrf2 signaling pathway. For example, Nrf2 signaling pathways often acts in concert with mitogen – activated protein kinase (MAPK), nuclear factor – κB (NF – κB), phosphatidylinositol 3 – kinase (PI3K)/protein kinase B (AKT) to improve the ability to anti – oxidative stress, inhibit apoptosis and anti – fibrosis effect, while the

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crossing mechanism between pathways remains to be clarified; In addition, some traditional Chinese medicines have limitations such as poor water solubility and low bioavailability. What's more, the active ingredients of traditional Chinese medicine compound are complex, and the pharmacological effects are not clear yet. Moreover, the depth and breadth of research on acupuncture and moxibustion therapy are not enough. In the future, it is necessary to further standardize the basic experimental design to provide a basis for the treatment of cisplatin - induced Liver and Kidney injury with TCM and give full play to the effect of traditional Chinese medicine in increasing efficiency and reducing toxicity.

**Key words:** liver and kidney injury; cisplatin; Nrf2 signaling pathway; MAPK; NF - κB; PI3K/Akt

顺铂于1844年由M. Peyrone首次合成,自1978年被美国食品药品监督管理局(FDA)批准上市后,作为治疗多种实体癌症的一线药物,已广泛应用于非小细胞肺癌、睾丸癌、卵巢癌等<sup>[1-3]</sup>。顺铂的抗癌活性源于其细胞毒性,但其抗癌细胞的同时亦明显降低了机体的免疫功能。顺铂的毒性反应可诱导人体多个脏器组织损伤,以肝肾损伤最为常见<sup>[4-5]</sup>。顺铂可通过肝脏代谢及肾脏排泄在肝肾中大量蓄积,形成活性氧(reactive oxygen species, ROS),诱导氧化应激反应、炎症反应及细胞凋亡,从而导致药物性肝肾损伤<sup>[6]</sup>。

顺铂严重的肝肾毒性限制了其临床应用,目前尚无有效手段防治化疗引起的肝肾损伤<sup>[7]</sup>。近年来,随着中医药的发展,通过中药、针灸实现减毒增效已成为一大研究热点。中药可扶正祛邪,消除病因,恢复脏腑经络功能,甚至减轻或消除相关药物毒性反应<sup>[8-9]</sup>,而针灸在干预化疗所致毒副作用方面具有多层次、多环节、多靶点的优势<sup>[10]</sup>。相关研究均表明中医药能够有效干预顺铂化疗所致肝肾损伤<sup>[11-14]</sup>。此外,核因子E2相关因子2(nuclear factor E2 - related factor 2, Nrf2)信号通路是经典的抗氧化应激信号通路,可通过激活抗氧化物反应元件诱导靶基因表达,发挥抗氧化应激和抗炎作用,也可参与调节细胞凋亡、自噬、铁死亡等,维持细胞稳态<sup>[15]</sup>。本文以Nrf2信号通路为切入点,总结中医药防治顺铂所致肝肾损伤的机制研究,以期为中医药联合顺铂减毒增效的合理应用提供相关依据。

## 1 Nrf2信号通路

Nrf2被认为是细胞中抗氧化应激反应的主要因子。Nrf2是具有碱性亮氨酸拉链(basic leucine zipper,bZIP)结构的cap‘n’collar转录因子家族成员,具有7个同源结构域(Neh1~Neh7),它们以不同的功能控制Nrf2的转录活性<sup>[16]</sup>。细胞静息状态下,Nrf2与Keap1蛋白结合形成复合体,存在于细胞质中,内生的Nrf2以泛素化方式降解,维持Nrf2核内低水平状态;而受到亲电物质或氧化剂刺激之后,

Nrf2磷酸化,并与Keap1蛋白解耦联,进入细胞核内参与基因转录。细胞核内的Nrf2和小分子蛋白Maf结合形成二聚体,与抗氧化反应元件结合,调控下游HO-1基因等多种抗氧化酶和信号蛋白表达的转录,并参与体内药物代谢的调节。此外,Nrf2信号通路还参与调控细胞的炎症反应、自噬、焦亡和铁死亡等病理生理过程,发挥器官保护作用。

## 2 顺铂与肝肾损伤

**2.1 顺铂与肝损伤** 顺铂经肝脏代谢,在肝脏中的蓄积量仅次于肾脏组织。有研究认为,顺铂的肝毒性是由于在窦状上皮细胞特别是线粒体中诱导ROS的产生而引起的,ROS的产生导致各种细胞因子的增加,最终使健康肝细胞发生氧化应激损伤、细胞凋亡及炎症损伤<sup>[17-18]</sup>。Palipoch等<sup>[19]</sup>研究发现,Wistar大鼠分别在腹腔单次注射10 mg·kg<sup>-1</sup>、25 mg·kg<sup>-1</sup>、50 mg·kg<sup>-1</sup>顺铂后,肝脏发生氧化应激反应;当顺铂剂量为50 mg·kg<sup>-1</sup>时,肝损伤最为明显,肝脏切片显示中度至重度充血,肝动脉、门静脉和胆管扩张,肝索解体。Lu等<sup>[20]</sup>研究发现,顺铂介导的氧化应激和CYP2E1介导的氧化应激共同产生肝毒性,体外及体内实验结果表明,升高的CYP2E1增强了其肝毒性,机制可能与ROS的增加和氧化应激有关。另一方面,顺铂还可以诱导肝脏组织细胞凋亡及炎症损伤。杨琨等<sup>[21]</sup>应用FLIVO探测顺铂引起的肝细胞凋亡,结果表明,顺铂的肝毒性与其激发的肝细胞凋亡密切相关。课题组前期研究结果表明,顺铂可通过细胞炎症和凋亡等途径引起肝损伤。腹腔注射顺铂后,小鼠肝脏组织中半胱氨酸天冬氨酸蛋白酶-3(cysteinyl aspartate specific proteinase-3,Caspase-3)、Caspase-8、Caspase-9等凋亡因子含量均升高,导致肝损伤;顺铂可诱导小鼠肝脏白细胞介素-1β(interleukin-1β,IL-1β)、IL-6、肿瘤坏死因子-α(tumor necrosis factor-α,TNF-α)、Toll样受体4(Toll-like receptor 4,TLR4)及核因子-κB(nuclear factor-κB,NF-κB)等炎症因子表达升高,促进炎症反应,导致肝细胞肿

胀坏死,发生脂肪样变<sup>[22-24]</sup>。

**2.2 顺铂与肾损伤** 肾脏是顺铂主要的排泄器官,顺铂易在肾脏中形成高浓度、长时间的蓄积状态,诱导机体ROS的大量生成,造成线粒体代谢障碍,进而产生一系列氧化应激反应、细胞凋亡、炎症损伤等,造成肾小管细胞死亡,形成肾损伤<sup>[7]</sup>。赵莹等<sup>[25]</sup>研究发现,连续5d腹腔注射顺铂( $4\text{ mg}\cdot\text{kg}^{-1}$ )后,小鼠肾脏线粒体中ATP含量和 $\text{Na}^+ - \text{ATP}$ 、 $\text{K}^+ - \text{ATP}$ 活性均降低,丙二醛(malondialdehyde, MDA)含量升高,超氧化物歧化酶(superoxide dismutase, SOD)活性下降,造成肾脏组织抗氧化能力下降,小鼠肾小管上皮细胞出现水肿、坏死,并向管腔内脱落,管腔狭窄。郗艳丽等<sup>[26]</sup>实验发现,以顺铂( $10\text{ mL}\cdot\text{kg}^{-1}$ )造模后,小鼠肾组织线粒体中 $\text{Na}^+/\text{K}^+ - \text{ATP}$ 、 $\text{Ca}^{2+} - \text{ATP}$ 和 $\text{Mg}^{2+} - \text{ATP}$ 水平明显降低,造成细胞膜通透性改变,大量自由基生成,同时小鼠肾组织中SOD、CAT、POD和LPO等抗氧化酶降低,导致体内大量自由基无法及时清除,使得机体内自由基与抗氧化防御系统之间失衡,造成小鼠肾损伤。付宏鑫等<sup>[27]</sup>实验发现,以顺铂( $20\text{ mg}\cdot\text{kg}^{-1}$ )腹腔注射造模后,Bax/Bcl-2比值升高,肾脏凋亡细胞增多,高迁移率族蛋白B1(high mobility group protein B1, HMGB1)、TLR4、p-p65蛋白表达显著升高,产生炎症的级联放大效应,加重肾小管损伤。

### 3 Nrf2信号通路与顺铂所致肝肾损伤

**3.1 Nrf2信号通路与顺铂所致肝损伤** 氧化应激是顺铂毒性的重要机制之一。顺铂使ROS的产生显著增加,而ROS的蓄积可引起肝毒性<sup>[28-30]</sup>。Nrf2在肝细胞的抗氧化和解毒基因的转录调控中起着至关重要的作用,Nrf2通路的激活可防止多种肝毒物引起的肝损伤<sup>[31]</sup>。尹倩<sup>[32]</sup>通过小鼠体内肝组织模型和体外肝细胞模型实验表明,顺铂可以破坏Nrf2信号通路的平衡,导致氧化还原系统失调,造成肝细胞损伤。纪敏<sup>[33]</sup>以顺铂( $20\text{ mg}\cdot\text{kg}^{-1}$ )腹腔注射造模,发现小鼠肝组织中髓过氧化物酶(myeloperoxidase, MPO)、MDA、一氧化氮(nitric oxide, NO)水平升高,SOD、过氧化氢酶(catalase, CAT)活性和谷胱甘肽(glutathione, GSH)、总抗氧化能力(total antioxidant capacity, T-AOC)水平及SOD、CAT、GPx、Nrf2、Kelch样环氧氯丙烷相关蛋白1(Kelch-like ech-associated protein 1, Keap1)、血红素加氧酶-1(heme oxygenase-1, HO-1)、GCLC、GCLM的mRNA表达水平下降,提示肝细胞发生氧化与硝化

应激,其抗氧化能力下降。Gao等<sup>[34]</sup>研究发现,人参皂苷Rg1g1可通过抑制Keap1和Nrf2的结合从而预防肝毒性,部分是通过p62的积累,主要是通过增加与Nrf2相关的抗氧化蛋白从而增强肝脏组织的抗氧化能力。

**3.2 Nrf2信号通路与顺铂所致肾损伤** Nrf控制的抗氧化基因HO-1、醌氧化还原酶1(quinone oxidoreductase 1, NQO1)、SOD在顺铂所致肾损伤中表达上调,具有抗氧化作用<sup>[35-37]</sup>。Bolisetty等<sup>[35]</sup>在近端小管特异性Cre转基因小鼠中证明,HO-1的缺失,特别是近端小管中HO-1的缺失,会增加顺铂肾毒性过程中肾小管结构和功能的损伤,而近端小管中HO-1的选择性过表达具有保护作用。Liu等<sup>[38]</sup>研究发现,Keap1-Nrf2信号通路在顺铂致肾损伤模型中发挥重要作用,Nrf2基因敲除小鼠相较于普通小鼠肾功能下降更明显,存活率更低。胡健强<sup>[39]</sup>在体外实验中研究发现,Nrf2信号通路的激活可以抑制顺铂所致铁死亡和氧化应激反应,改善线粒体损伤,从而对人肾小管上皮细胞(human kidney-2, HK-2)起到保护作用,表明Nrf2信号通路通过对抗铁死亡和活性氧引起的氧化应激在体外模型中发挥重要作用。

## 4 中医药调控Nrf2信号通路防治顺铂所致肝肾损伤

### 4.1 中药有效成分

**4.1.1 黄酮类化合物** 芒柄花素是从三叶草、黄芪和葛根等草药中分离出来的一种天然的、具有生物活性的异黄酮<sup>[40]</sup>。研究发现,芒柄花素可以通过激活PPAR $\alpha$ /Nrf2/HO-1/NQO1通路发挥抗炎、抗氧化、抗凋亡作用,保护顺铂诱导的肾损伤<sup>[41]</sup>。二氢杨梅素是一种植物来源的类黄酮,具有抗菌、抗炎、抗氧化和抗血栓形成的特性<sup>[42]</sup>。研究证实,二氢杨梅素可能通过靶向Nrf2/HO-1、丝裂原活化蛋白激酶(mitogen-activated protein kinase, MAPK)和NF- $\kappa$ B通路,减轻氧化应激、炎症、细胞凋亡和铁下垂,发挥对顺铂化疗后肾组织的保护作用<sup>[43]</sup>。山柰酚是一种天然类黄酮,存在于许多植物中。研究发现山柰酚可以抑制顺铂诱导的肾组织中TNF- $\alpha$ 、诱导型一氧化氮合酶(inducible nitric oxide synthase, iNOS)、IL-12的水平以及NF- $\kappa$ B活化、I $\kappa$ B $\alpha$ 磷酸化及p65核易位,抑制顺铂介导的肾组织中p38、细胞外信号调节激酶(extracellular signal-regulated kinase, ERK)1/2和c-Jun氨基末端激酶

(c-Jun N-terminal kinase, JNK)的磷酸化,同时,纠正肾组织中抗氧化剂的水平,提高肾组织中HO-1和Nrf2的核水平,进而改善肾损伤<sup>[44]</sup>。此外,还有多种黄酮类化合物可以通过激活Nrf2信号通路,对顺铂诱导的肝肾损伤发挥保护作用<sup>[45-55]</sup>。

综上所述,黄酮类化合物可以通过调控Nrf2信号通路,提升肝肾组织的抗氧化能力,同时抑制炎症反应、细胞凋亡及铁死亡,改善顺铂诱导的肝肾损伤。

**4.1.2 蒽类化合物** 泽泻醇B是泽泻属植物的主要成分及特征标记物,具有抗炎、抗氧化等作用<sup>[56]</sup>。研究表明,泽泻醇B可通过降低cleaved-caspase 3、cleaved-PARP的表达水平从而显著改善顺铂诱导的肾小管凋亡,亦可通过NF-κB、Nrf2通路减轻炎症反应和氧化应激<sup>[57]</sup>。黄芪甲苷是一种丰富存在于开花植物黄芪中的天然皂苷,被广泛用于肾脏疾病的治疗。Yan等<sup>[58]</sup>研究发现,黄芪甲苷IV可减轻顺铂诱导的氧自由基引起的细胞损伤和炎症反应,这些保护作用可能是通过激活Nrf2抗氧化还原系统和抑制NF-κB激活实现的。雷公藤红素是从中药雷公藤中提取的具有生物活性的三萜类化合物<sup>[59]</sup>。Pan等<sup>[60]</sup>研究发现,雷公藤红素激活Nrf2后可以增强GPX4表达,从而维持氧化还原稳态,降低顺铂诱导肾小管细胞损伤和肾功能障碍及肾脏组织中脂质过氧化的发生。此外,迷迭香酸<sup>[61]</sup>、梓醇<sup>[62]</sup>、芳樟醇<sup>[63]</sup>及甲基巴多索隆<sup>[64]</sup>可通过Nrf2信号通路抑制炎症反应和氧化应激反应,改善顺铂所致肝肾损伤。

综上所述,以上萜类化合物可以通过Nrf2与NF-κB等信号通路的交互作用,对顺铂所致肝肾损伤发挥保护作用。

**4.1.3 酚类化合物** 姜黄素是从姜科植物中提取得到的一种天然小分子多酚类化合物,主要成分为姜黄素、去甲氧基姜黄素和双去甲氧基姜黄素,具有多种生物活性,包括抗氧化、抗炎和抗肿瘤作用<sup>[65-66]</sup>。研究发现,双脱氧甲氧基姜黄素可通过抑制顺铂诱导的p53的上调从而抑制肾小管上皮细胞凋亡;通过抑制顺铂诱导的Nrf2的下调对抗氧化应激<sup>[67]</sup>;此外,还可通过抑制NF-κB p65向细胞核的表达和转位从而抑制炎症反应。白皮杉醇具有抗炎、抗氧化等作用<sup>[68]</sup>,研究发现其可能通过调节Nrf2/HO-1信号通路,阻断炎症和凋亡通路,从而改善顺铂诱导的肾毒性<sup>[69]</sup>。丹酚酸C是丹参的主要多酚类成分之一,具有显著的药理活性作用,研究

发现丹酚酸C可降低TLR-4表达水平,增加Nrf2表达水平,促进多种抗氧化酶的产生,由此发挥抗氧化、抗炎作用,降低顺铂诱导的肾毒性<sup>[70]</sup>。此外,芥子酸<sup>[71]</sup>、香草乙醇<sup>[72]</sup>、安石榴苷<sup>[73]</sup>、老鹳草素<sup>[74]</sup>等酚类化合物亦可通过调节Nrf2信号通路改善顺铂所致肝肾损伤。

除了上述化合物外,生物碱类化合物<sup>[75]</sup>、苷类化合物<sup>[76-78]</sup>、核苷类<sup>[79]</sup>、苯丙酸类<sup>[80-81]</sup>、氨基酸及其衍生物<sup>[82]</sup>等活性成分均可防治顺铂所致肝肾损伤,微观机制是通过调控Nrf2信号通路实现的。

**4.2 中药复方、针灸及单味中药** 《小儿药证直诀》载:“肾水,阴也,肾虚则畏明,皆宜补肾,地黄丸主之。”六味地黄丸具有滋阴补肾之功效,研究表明,六味地黄丸可抑制Keap1的表达,激活Nrf2及其下游NQO1、HO-1等抗氧化基因的相对表达,从而提升肾脏组织抗氧化应激能力,改善顺铂所致肾损伤<sup>[83]</sup>。肾复舒颗粒具有泻浊利湿、活血祛瘀的作用,研究发现其能够上调肾组织Nrf2通路及MRP2、MATE1蛋白表达,降低肾组织铂含量,改善顺铂的肾毒性<sup>[84]</sup>。敦煌平胃丸源于敦煌遗书P·3287卷子,研究发现其可能通过激活Nrf2/HO-1信号通路增强细胞抗氧化应激能力,从而降低顺铂对肾脏的毒性损伤,起到减毒作用<sup>[85]</sup>。真武汤出自《伤寒论》,由白芍、茯苓、生姜、附子、白术组成,具有温阳利水之功效。研究发现,真武汤能够通过抑制转化生长因子-β1(transforming growth factor-β1, TGF-β1)的表达,提升Nrf2、磷脂酰肌醇3-激酶(phosphatidylinositol 3-kinase, PI3K)/蛋白激酶B(protein kinase B, AKT)信号通路相关蛋白的表达,改善顺铂诱导肾组织的纤维化和凋亡<sup>[86]</sup>。

有学者研究发现,针灸对顺铂所致KM小鼠肾损伤模型具有调节作用,选取大椎、肝俞、肾俞、足三里等穴位,结果表明其可能是通过激活Nrf2信号通路,抑制Keap1表达,提升Nrf2、HO-1、NQO1等抗氧化因子的表达,对顺铂所致肾功能下降、肾小管损伤等起到保护作用<sup>[36,87]</sup>。

此外,丹参饮片提取物<sup>[81]</sup>、筋骨草水煎液<sup>[88]</sup>、五味子饮片<sup>[89]</sup>等单味中药亦能够调节Nrf2信号通路,增强肝肾组织的抗氧化能力,改善顺铂所致肝肾损伤。

## 5 小结与展望

近年来,作为经典的抗氧化应激信号通路,Nrf2参与了广泛的细胞反应,且位于氧化还原系统的核

心位置,可对多种疾病发挥保护作用。Nrf2信号通路的激活是改善顺铂肝肾毒性的最重要保护机制之一。中医药防治顺铂所致肝肾损伤具有确切的疗效。现有研究发现,中医药可通过激活Nrf2信号通路提升机体抗氧化应激能力,改善顺铂所致肝肾损伤。本文就近年来中医药调控Nrf2信号通路治疗顺铂所致肝肾损伤的研究内容进行归纳:共收录36个中药有效成分、4个中药复方、3个中药单方以及2种针灸外治疗法;中药单体有效成分以黄酮类、酚类及萜类化合物为主;中药复方及单方多具有扶正解毒、滋补肝肾作用,符合顺铂所致肝肾损伤的病机特点;Nrf2信号通路常与MAPK、NF- $\kappa$ B、PI3K/Akt、Caspase等信号通路协同发挥提升机体抗氧化应激能力、抑制凋亡、减轻炎症反应、抑制自噬、抗纤维化等作用。

Nrf2信号通路与多因子、多通路相互联系,共同在顺铂肝肾毒性发生发展的过程中发挥作用,但通路间的交叉机制、关系及作用有待进一步发掘和阐明;部分中药存在水溶性差、生物利用度低等局限性;中药复方活性成分的复杂性限制了对其药理药效作用的全面分析。此外,针灸疗法在该研究领域具有一定的潜力,但目前国内外研究者较少,研究的深度及广度不够。

综上所述,中医药基于Nrf2信号通路防治顺铂所致肝肾损伤的研究尚存在一定的不足,但相信随着基础实验设计的不断标准化、规范化,在未来会有更丰富、更全面的研究成果出现,逐渐过渡到临床研究,以期为中医药治疗顺铂化疗所致肝肾损伤提供思路和参考,发挥中医药增效减毒之功,延长患者的生存期,改善患者生存质量。

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