

12-12-2017

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BouKhazeem, Bouzeed; El-Sherbini, El-Said; Ramadan, Gehad; and Abdel Gawad, Mosbah (2017) "ANTI-ATHEROSCLEROTIC ROLE OF OLIVE OIL IN RATS," *Mansoura Veterinary Medical Journal*: Vol. 18: Iss. 1, Article 30.

DOI: <https://doi.org/10.21608/mvmj.2017.127609>

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Mansoura Veterinary Medical Journal

ANTI-ATHEROSCLEROTIC ROLE OF OLIVE OIL IN RATS

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ABSTRACT

The increase in dietary cholesterol to perform a rat model for atherosclerotic diet would result in a significant increase in serum levels of total cholesterol and malondialdehyde and blood SOD activity in rats. Moreover, there was significant decrease in serum levels of LDL-C, triacylglycerol and GSH, In addition to blood catalase activity. Although, there was a non-significant change in in serum HDL-C and blood GPx activity. However, dietary supplementation with olive oil mixed with atherosclerotic diet ameliorates this undesirable effect.

INTRODUCTION

Atherosclerosis is an inflammatory disorder that involved the erythrocytes and leucocytes in the occurrence of such clinical manifestation which causes local thickness in the wall of blood vessels due to infiltration of cellular debris, inflammatory and immune cells to the site of injury (Falk, 2006).

Atherosclerosis is considered the most common cause of death in several cardiovascular disorders due to the reduction of blood flow to organs and tissues (Campbell et al., 2012).

Olive oil is used extensively in reduction of the risk of cardio vascular disorders. As a result, coronary artery diseases are limited to individual thrive on a diet rich in olive oil due to its content with polyphenols and mono unsaturated fatty acids (Pelucchi et al., 2011).

From this point this study aimed to study the protective effects of olive oil in atherosclerotic induced model in rats.

MATERIAL AND METHODS

I- Chemicals:

Cholesterol was purchased from Oxford Lab Chem., India and administrates orally in the diet at dose rate 1% for 30 days (Park et al., 2005), while Olive oil was purchased from famous market, Libya and administrated orally in the diet at rate of 10% for 30 days (Mortensen et al., 1992).

II- Animals:

Forty healthy male Sprague Dawley rats were used in this study. Rats were kept in metabolic cages in a controlled environment and maintained under a 12 hours' light: dark cycle, air condition at $25\pm3^{\circ}$ and 55-75% humidity and provided with standard basal diet consisted of yellow corn (74%), soya bean meal (15%), concentrates (9%), mineral and vitamin premix (0.25%), Calcium carbonate (0.5%) and water was offered *ad libitum* according to National Research Council (1995).

III-Animal groups:

Group I (G₁), this group consisted of ten adult male rats received basal diet for 30 days. **Group II (G₂),** this group consisted of ten adult male rats received basal diet supplemented with olive oil at a dose of 10% of diet daily for 30 days (**Mortensen et al., 1992**). **Group III (G₃),** this group consisted of ten adult male rats received basal diet supplemented with cholesterol 1% of basal diet daily for 30 days (**Park et al., 2005**), and finally **Group IV (G₄):** - this group consisted of ten adult male rats received basal diet supplemented with olive oil at 10% and cholesterol 1% of diet daily for 30 days.

IV. Blood and tissue sampling

Blood samples were collected at the end of the experiment and each sample was divided into two parts. The first part was collected in heparinized tube used for determination of catalase activity (CAT), superoxide dismutase (SOD) activity and glutathione peroxidase (GPx) activity while the second part of blood sample was collected in vial without anticoagulant and left to coagulate for 30 minutes. The coagulated blood samples were centrifuged at 3000 r.p.m for collection of clear serum sample used for biochemical analysis of serum malondialdehyde (MDA) level, total cholesterol, HDL-C, LDL-C and triacylglycerol. Tissue samples were collected from the heart and fixed in 10% neutral buffered formalin. Paraffin section of 5µ thick

were prepared and stained with hematoxylin and Eosin and examined microscopically (**Fischer et al., 2008**).

V. Determination of serum lipid profile

Serum cholesterol was determined according to the method of **Allain et al., (1966)**, Serum triacylglycerol was determined according to the method of **Fossati et al., (1982)**, Serum HDL-C was determined according to the method of **Lopez-Virella et al., (1977)** and Serum LDL-C was determined according to the method of **Friedwald et al., (1972)**.

VI. Determination of antioxidant and oxidative stress markers:

Reduced glutathione was determined according to **Beutler et al., (1963)**, SOD activity was determined by **Nishikimi et al., (1972)**, Catalase activity was determined according to **Aebi, (1984)**, The concentration of MDA was determined by the method of **Draper and Hadley, (1990)** and GPx activity was determined by the method of **Lawrence and Burk, (1976)**.

VII. Statistical analysis:

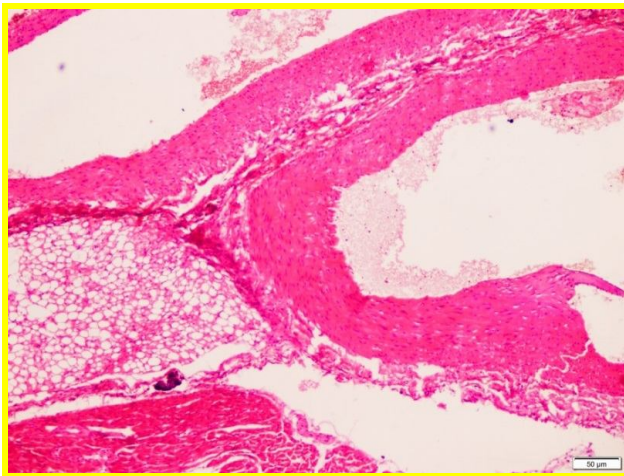
Data was analyzed with SPSS V.17 where means was expressed accompanied with its standard error. Means within groups were analyzed using analysis of variance method at 0.05 significant level.

Table (1): Effect of olive oil supplementation on serum lipid profile in rats

Groups	TC mg/dl	HDL-C mg/dl	LDL-C mg/dl	TAG mg/dl
Group 1	54.90±2.58 ^c	29.80±1.3 ^a	9.30±0.70 ^a	114.2±0.60 ^b
Group 2	54.90±2.01 ^c	29.96±0.25 ^a	8.04±0.65 ^a	92.82±2.93 ^c
Group 3	84.5±1.4 ^a	26.8±0.52 ^a	18.70±1.14 ^c	129.39±2.50 ^a
Group 4	76.8±1.46 ^b	27.90±1.32 ^a	15.97±0.89 ^c	97.00±7.49 ^c

Table (2): Effect of olive oil supplementation on antioxidant status and oxidative stress:

Groups	SOD U/ml	GPx U/ml	GSH mg/dl	CAT U/ml	MDA mg/dl
Group 1	274.20±4.02 ^b	24.61±.28 ^b	2.58±0.54 ^c	973.3±13.80 ^a	4.64±0.939 ^b
Group 2	124.50±10.69 ^c	18.78±0.64 ^b	2.01±0.57 ^c	852.5±24.00 ^b	2.68±0.312 ^c
Group 3	301.80±5.76 ^a	21.28±0.03 ^b	1.40±0.26 ^a	620.0±30.80 ^c	7.18±0.96 ^a
Group 4	262.2±13.61 ^b	46.33±0.59 ^a	1.46±0.99 ^b	902.8±40.19 ^{ab}	3.55±0.79 ^{bc}



Figure(1): showing normal arterial wall with normal vascular wall and large lumen .There are no abnormalities as atheroma, cholesterol clefts or calcification; Control group H&E×40.

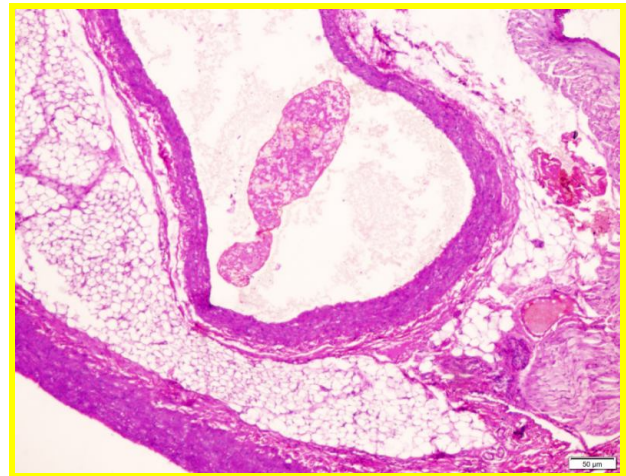


Figure (2): Showing normal arterial wall with normal vascular wall and large lumen. There are no abnormalities. Parts of the cardiac muscles appeared with normal features arrow; Control group H&E x40.

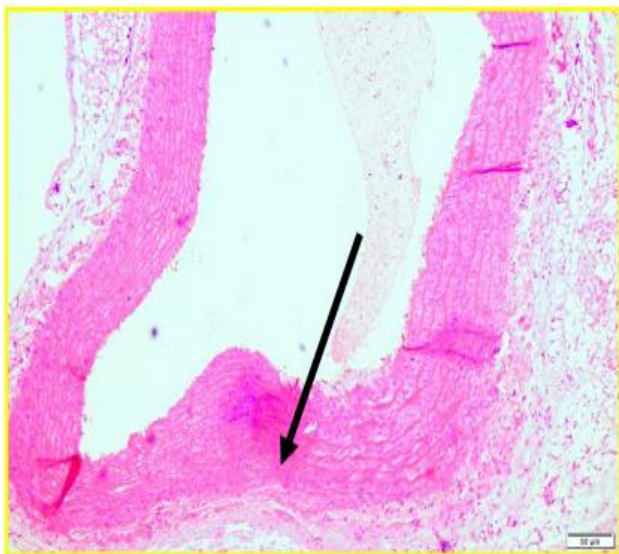


Figure (3): Showing segmental thickening arrow with narrowed lumen; K-3 group H&E x40.

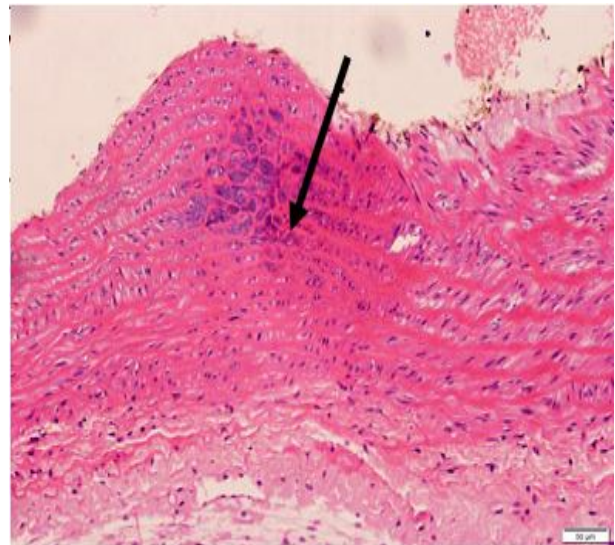


Figure (4): Showing segmental thickening with narrowed lumen. There is early atherosclerotic changes in the form of calcification arrow; K-3 group H&E x100.

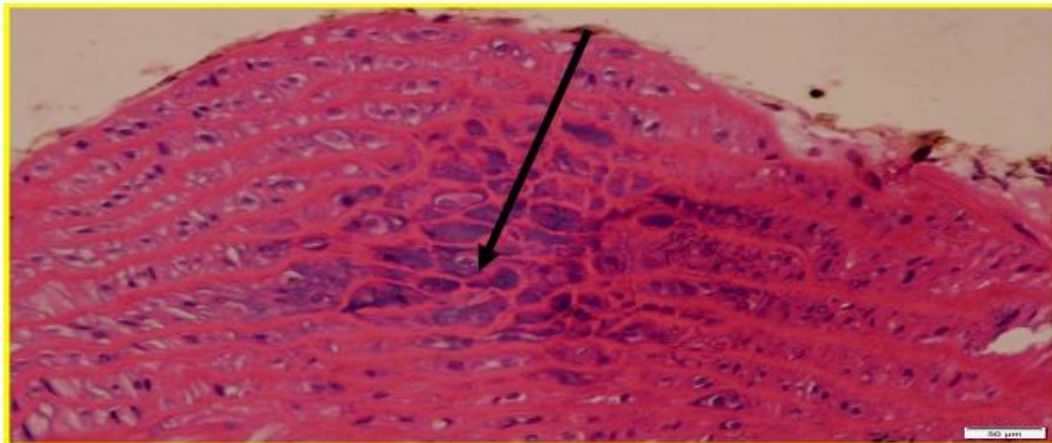


Figure (5): showing atherosclerotic changes in the form of segmental thickening with narrowed lumen; calcification arrow .K group H&E \times 100.

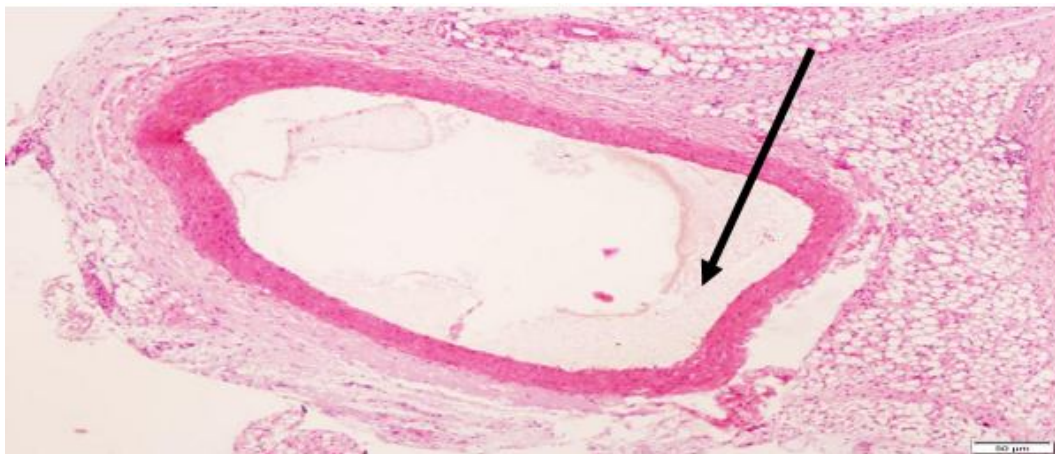


Figure (6): showing segmental atherosclerotic changes in the form of segmental thickening arrow of the arterial wall with narrowed lumen; O+K-group H&E \times 40.

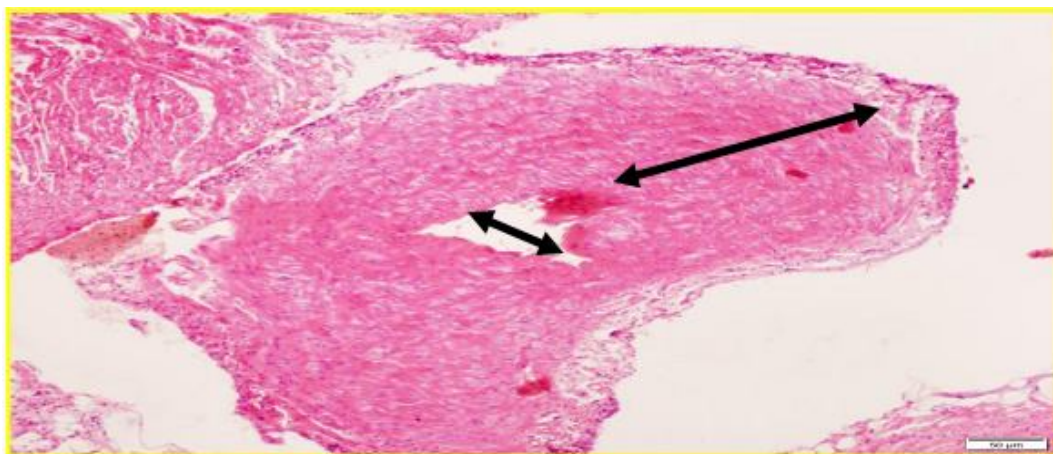


Figure (7): Showing markedly atherosclerotic changes in the form of thickened arterial wall long arrow with narrowed lumen short arrow. K-3 group H&E \times 40

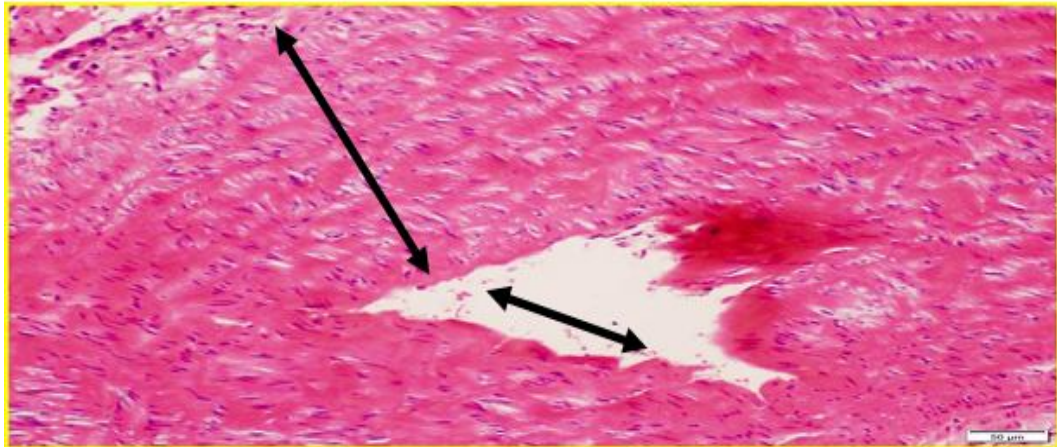


Figure (8): Showing markedly atherosclerotic changes in the form of thickened arterial wall (long arrow) with narrowed lumen (short arrow). K- group H&E x100.

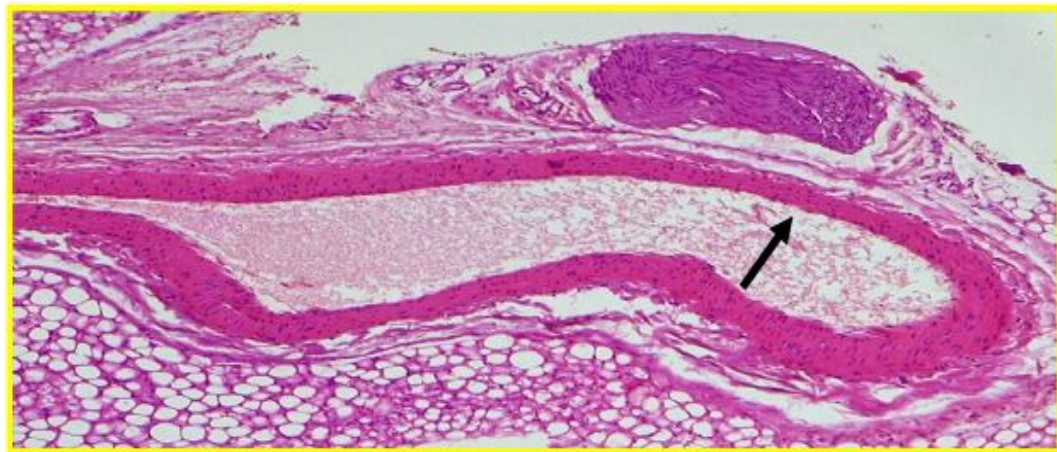


Figure (9): Showing normal arterial wall with normal vascular wall and large lumen. There are no abnormalities as atheroma, cholesterol clefts or calcification; O-2 group H&E x100.

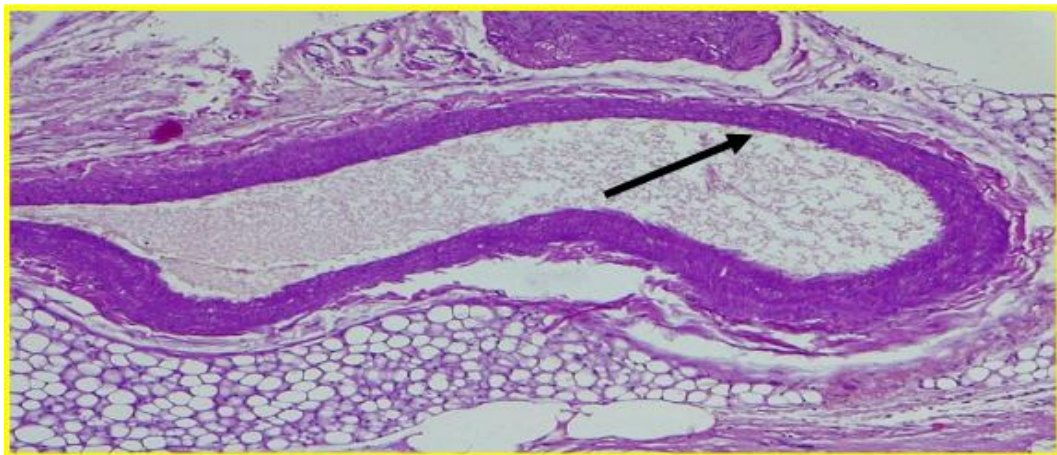


Figure (10): Showing normal arterial wall with normal vascular wall and large lumen. There are no abnormalities as atheroma, cholesterol clefts or calcification; O-2 group PAS x100.

RESULTS & DISCUSSION

The obtained results (table 1 and graph 1) revealed that Dietary supplementation of cholesterol 2% produced a significant increase in total cholesterol in serum of rats in comparison with that of control one and the addition of olive oil to diet result in a significant decrease in the level of total cholesterol but still a significantly higher than that of the control group. This result is supported by that of **Shrapnel et al, (1992)** who cited that Dietary cholesterol increased serum cholesterol levels in some people and may increase risk of coronary heart disease.

Moreover, in agreement with that of **Widmer et al., (2013)** Diets rich in plant-derived polyphenols such as olive oil (OO) and/or catechins such as epigallocatechin 3-gallate (EGCG) have been improving endothelial function, an important surrogate for atherosclerosis. The possible shown to reduce the incidence of cardiovascular diseases, potentially by augmentation of endothelial function with the combined efforts of OO and EGCG is intriguing, yet unknown. In the aspect, **Moreno Luna et al., (2012)** found that the consumption of a diet containing polyphenol-rich olive oil can decrease BP and improve endothelial function in young women with high-normal BP or stage 1 essential hypertension. Furthermore, our findings demonstrate that there is a strong relationship between plasma and aortic arterial wall levels of cholesterol oxides and suggest that in addition to exogenous sources, formation of cholesterol oxides proceeds via free radical oxidation acting upon elevated cholesterol levels resulting in the accumulation of these potentially cytotoxic and atherogenic products

The present results (tables 2, 3 and 4 Figures, 2, 3 and 4) revealed a significant increase in serum TAG of cholesterol group and the addition of olive oil resulted in a significant decrease in TAG level in comparison with the serum level of control group. Furthermore, the addition of cholesterol or olive oil has a non-significant effect on serum HDL-c of rats. Although, the addition of cholesterol 2% to rat's diet produced a significant increase in serum LDL-c level and the addition olive oil resulted in a significant decrease in serum level when compared with that of control group. The obtained results agree with that of **Packard et al., (1983)** who examine the effects of increased dietary cholesterol (6 eggs/d) on the metabolism of low density lipoproteins in a group of seven healthy volunteers. Egg supplementation raised high density and low density lipoprotein cholesterol levels by 18 and 40%, respective .

The reduction in the level of LDL-c by olive oil feeding is due to the primary source of fat in the Mediterranean diet which is associated with a low mortality for cardiovascular disease. In spite of this, data concerning olive oil consumption and primary end points for cardiovascular disease are scarce. However, a large body of knowledge exists providing evidence of the benefits of olive oil consumption on secondary end points for cardiovascular disease. The benefits of olive oil consumption are beyond a mere reduction of the low-density lipoprotein cholesterol. Here, we review the state of the art concerning the knowledge of the most important biological and clinical effects related to the intake of olive oil rich diets on lipoprotein metabolism, oxidative damage, inflammation, endothelial dysfunction, blood pressure, thrombosis, and carbohydrate metabolism. The extent to which we possess

evidence of the health benefits of olive oil minor components is also assessed. The wide range of anti-atherogenic effects associated with olive oil consumption could contribute to explain the low rate of cardiovascular mortality found in Southern European Mediterranean countries, in comparison with other western countries, despite a high prevalence of coronary heart disease risk factors (Covas, 2007).

The obtained results are in agreement with those of Vessby et al., (1982) who found that both HDL and LD cholesterol are reduced in subjects on diets enriched in polyunsaturated fatty acids (PUFA diets). The only exceptions to this rule are hyper triglyceridemic patients with low HDL or LDL concentrations. The changes in HDL and LDL cholesterol are inversely related to the respective HDL and LDL concentrations before dietary treatment. These results are supported by histopathological examination (Graph 1-10).

The present results showed a significant increase in malondialdehyde level in rats after feeding of cholesterol 2% and the addition of olive oil produced a significant reduction in malondialdehyde level. On the other hand, cholesterol feeding in rats caused a significant decrease in glutathione peroxidase (GPX) and catalase activities in addition to GSH level. While olive oil feeding produced an opposite effect when compared to those of control group. These results are supported by histopathological examination (Graph 1-10).

These results are nearly similar to those of Mohamedain et al., (2000) who concluded that Erythrocyte glutathione peroxidase (GPx) activity significantly decreased whereas catalase activity significantly increased in HC rabbits. In rats' cholesterol feeding increased the plasma cholesterol only twofold and had

no effect on plasma or liver lipid peroxidation. Only 7 α - and 7 β -hydroxycholesterol increased and no change was observed in any of the antioxidant enzymes activity in the erythrocytes. Although cholesterol feeding caused a 10-fold increase of liver cholesterol as ester in both rats and rabbits, the antioxidant enzyme GPx and catalase activities in the liver significantly increased in rats but significantly decreased in rabbits. The increase of GPx and catalase activities in the liver of cholesterol fed rats could have a protective role against oxidation, thus preventing the formation of lipid peroxidation and oxysterols.

The obtained result supported by that of Deniz et al., (2007) Hypercholesterolemia diet induced significant increases in GSH ($p < 0.001$) and Cu Zn SOD ($p < 0.001$) levels, whereas a significant decrease in GPx activity ($0.05 > p > 0.02$) was observed in aged rats. In young rats hypercholesterolemic diet caused a significant increase in both GSH and CuZnSOD levels. Our results indicate an imbalance between radical production and destruction in favour of pro-oxidant conditions in the young rats and the induction by hypercholesterolemic diet of the antioxidant response in erythrocytes. Furthermore, Guasch-Ferré et al., (2014) Olive oil consumption, specifically the extra-virgin variety, is associated with reduced risks of cardiovascular disease and mortality in individuals at high cardiovascular risk.

On the opposite side, the obtained results disagree with those of Mohammed et al.; (2014) who demonstrated that feeding oils rich in polyunsaturated fatty acids (PUFA) increases lipid peroxidation significantly and may raise the susceptibility of tissues to free radical oxidative damage.

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الملخص العربي دور زيت الزيتون في تصلب الشرايين في الجرذان

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من هذه الدراسة نستنتج ان تناول الغذاء ذات الكوليسترول العالي يؤدي الى زيادة في مستوى الكوليسترول الكلى ومعدل المألون داي الدهيد في مصل الدم وكذا نشاط انزيم السوبر اوكسيد دبسميوتيز في دم الفئران كما تؤدي الى نقص معنوي في معدل الكوليسترول منخفض الكثافة ومعدل الجلوتاثيون المختزل وكذا نشاط انزيم الكتاليز. كما حدث تغير غير معنوي في معدل الكوليسترول عالي الكثافة وكذا نشاط انزيم الجلوتاثيون بروكسيديز في الفئران. وقد تم تأكيد هذه النتائج بنتائج الهستوباثولوجي. ووجد ان تناول زيت الزيتون يقلل من خطر امراض القلب والكوليسترول.

من هذه الدراسة ننصح بأن تناول زيت الزيتون الطازج يقلل من خطر امراض القلب وتصلب الشرايين.