"*In-vitro* assessment of cholinesterase inhibitory and antioxidant activities of plant *Pterocarpus santalinus*"

A research paper is submitted to the Department Of Pharmacy, East West University in conformity with the requirements for the degree of Bachelor of Pharmacy

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Dedicated to my parents, my sister, my respected teachers and my friends, for their love and support…

Declaration by the Research Candidate

I, **Sayyed Md. Jubair Prodhan,** hereby declare that the dissertation entitled ***In-vitro* Assessment of Cholinesterase Inhibitory and Antioxidant Activities of Plant *Pterocarpus santalinus*"**submitted by me to the Department of Pharmacy, East West University, in the partial fulfilment of the requirement for the award of the degree Bachelor of Pharmacy is a complete record of original research work carried out by me during 2017, under the supervision and guidance of **Kushal Biswas**, Lecturer, Department of Pharmacy, East West University.The thesis has not formed the basis for the award of any other degree/diploma/fellowship or other similar title to any candidate of any university.

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Certificate by the Supervisor

This is to certify that the thesis entitled **""*In-vitro* Assessment of Cholinesterase Inhibitory and Antioxidant Activities of Plant *Pterocarpus santalinus* ""**submitted to the Department of Pharmacy, East West University, in the partial fulfilment of the requirement for the degree of Bachelor of pharmacy was carried out by **Sayyed Md. Jubair Prodhan**, **ID: 2013-1-70-049** in 2017, under the supervision and guidance ofme.

The thesis has not formed the basis for the award of any other degree/diploma/fellowship or other similar title to any candidate of any university.

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Acknowledgement

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Abstract

Abstract Alzheimer's disease (AD) is a progressive neurodegenerative disorder, and the most predominant cause of dementia in the elderly. Traditionally *Pterocarpus santalinus* (L.) has widely known for its medicinal use. Our aim is to investigate the cholinesterase inhibitory activities, and antioxidant properties of the plant extracts in the treatment of AD. The crude methanol extract was prepared by cold extraction method and four fractions namely petroleum ether, chloroform, ethyl acetate, and water fraction were assessed for acetylcholinesterase and butyrylcholinesterase inhibitory activity by the Ellman method, and their antioxidant properties were assessed by several assays including reducing power, scavenging of DPPH and hydroxyl radicals together with quantitative analyses of endogenous substances. The extracts are found moderately active against the Acetylcholinesterase enzyme. The results revealed that methanol extract, possibly due to its phenolic compounds, exerts moderate antioxidant and cholinesterase inhibitory activities which may be useful in the treatment of AD.

Keywords:

Pterocarpus santalinus, AChE inhibitor, Antioxidant, Alzheimer's disease

CHAPTER 1:

INTRODUCTION

1. Introduction:

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear in their mid-60s. Alzheimer's largest risk factor is aging. However, it is not a normal part of aging. While the majority of people who have Alzheimer's are over the age of 65, it can happen in someone younger. Early-onset Alzheimer's is when the disease becomes noticeable in someone in their 40s or 50s. About 5 percent of people with this disease are in this age group.

This is a disease that progressively gets worse over time. In late stages, someone with Alzheimer's may not be able to communicate or reason with those around them. They will also eventually need full-time care for everyday life. According to the Alzheimer's Association, it is the 6th leading cause of death in the United States. The average life span of someone with the disease is eight years after diagnosis, but they can live up to 20 years depending on other health conditions. There is no cure at this time. However, there are treatments that can slow the progression and improve the quality of life for those with the disease. Alzheimer's disease is the most common cause of dementia. The word dementia describes a set of symptoms that can include memory loss and difficulties with thinking, problem-solving or language. These symptoms occur when the brain is damaged by certain diseases, including Alzheimer's disease.

Alzheimer's disease, named after the doctor who first described it (Alois Alzheimer),is a physical disease that affects the brain. During the course of the disease, proteins build up in the brain to form structures called 'plaques' and 'tangles'. This leads to the loss of connections between nerve cells, and eventually to the death of nerve cells and loss of brain tissue. People with Alzheimer's also have a shortage of some important chemicals in their brain. These chemical messengers help to transmit signals around the brain. When there is a shortage of them, the signals are not transmitted as effectively. As discussed below, current treatments for Alzheimer's disease can help boost the levels of chemical messengers in the brain, which can help with some of the symptoms.

Alzheimer's is a progressive disease. This means that gradually, over time, more parts of the brain are damaged. As this happens, more symptoms develop. They also become more severe. (Alzheimer's Disease Fact Sheet, 2008)

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1.1 Difference between Dementia & Alzheimer's Disease:

Dementia is the decline of memory and other cognitive functions in comparison with the patient's previous level of function as determined by a history of decline in performance and by abnormalities noted from clinical examination and neuropsychological tests. A diagnosis of dementia cannot be made when consciousness is impaired by delirium, drowsiness, stupor, or coma or when other clinical abnormalities prevent adequate evaluation of mental status. Dementia is a diagnosis based on behavior and cannot be determined by computerized tomography, electroencephelography, or other laboratory instruments, although specific causes of dementia may be identified by these means.

Alzheimer's disease is a progressive, dementing disorder, usually of middle or late life. The clinical criteria for the diagnosis of PROBABLE, POSSIBLE, and DEFINITE. Clinical diagnosis of probable Alzheimer's disease can be made with confidence if there is a typical insidious onset of dementia with progression and if there are no other systemic or brain diseases that could account for the progressive memory and other cognitive deficits. Among the disorders that must be excluded are manic-depressive disorder, Parkinson's disease, multi-infarct dementia, and drug intoxication; less commonly encountered disorders that may cause dementia include thyroid disease, pernicious anemia, luetic brain disease and other chronic infections of the nervous system, subdural hematoma, occult hydrocephalus, Huntington's disease, Creutzfeldt-Jakob disease, and brain tumors. A diagnosis of definite Alzheimer's disease requires histopathologic confirmation. A clinical diagnosis of possible Alzheimer's disease may be made in the presence of other significant diseases, particularly if, on clinical judgment, Alzheimer's disease is considered the more likely cause of the progressive dementia. The clinical diagnosis of possible rather than probable Alzheimer's disease may be used if the presentation or course is somewhat aberrant. The information needed to apply these criteria is obtained by standard methods of examination themedical history; neurologic, psychiatric, and clinical examinations; neuropsychological tests; and laboratory studies.(F.M. Scinto and Kirk R. Daffner ,2000)

1.2 Brain Changes Associated with Alzheimer's Disease:

A healthy adult brain has about 100 billion neurons, each with long, branching extensions. These extensions enable individual neurons to form connections with other neurons. At such

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connections, called synapses, information flows in tiny bursts of chemicals that are released by one neuron and detected by a receiving neuron. The brain contains about 100 trillion synapses. They allow signals to travel rapidly through the brain's neuronal circuits, creating the cellular basis of memories, thoughts, sensations, emotions, movements and skills. The accumulation of the protein fragment beta-amyloid (called beta-amyloid plaques) outside neurons and the accumulation of an abnormal form of the protein tau (called tau tangles) inside neurons are two of several brain changes associated with Alzheimer's. Betaamyloid plaques are believed to contribute to cell death by interfering with neuron-to-neuron communication at synapses, while tau tangles block the transport of nutrients and other essential molecules inside neurons. The brains of people with advanced Alzheimer's disease show inflammation, dramatic shrinkage from cell loss, and widespread debris from dead and dying neurons. Research suggests that the brain changes associated with Alzheimer's may begin 20 or more years before symptoms appear. When the initial changes occur, the brain compensates for them, enabling individuals to continue to function normally. As neuronal damage increases, the brain can no longer compensate for the changes and individuals show subtle cognitive decline. Later, neuronal damage is so significant that individuals show obvious cognitive decline, including symptoms such as memory loss or confusion as to time or place. Later still, basic bodily functions such as swallowing are impaired. While research settings have the tools and expertise to identify some of the early brain changes of Alzheimer's, additional research is needed to fine-tune the tools .

1.3 Brain where AD Develop:

Research on cognitive aging has focused on how decline in various cortical and hippocampal regions influence cognition. However, brainstem regions play essential modulatory roles, and new evidence suggests that, among these, the integrity of the locus coeruleus (LC)–norepinephrine (NE) system plays a key role in determining late-life cognitive abilities. The LC is especially vulnerable to toxins and infection and is often the first place Alzheimer's-related pathology appears, with most people showing at least some tau pathology by their mid-20s. On the other hand, NE released from the LC during arousing, mentally challenging, or novel situations helps to protect neurons from damage, which may help to explain how education and engaging careers prevent cognitive decline in later years.

In late life, lower LC neural density is associated with cognitive decline. Because of the long unmyelinated axons of its neurons, high exposure to blood flow, and location adjacent to the

4th ventricle, the LC is especially vulnerable to toxins. The tau pathology precursor of Alzheimer's disease emerges in the LC by early adulthood in most people. However, the pathology typically spreads slowly, and only some end up with clinically evident Alzheimer's disease. Norepinephrine helps to protect neurons from factors that accelerate Alzheimer's disease, such as inflammation and excitotoxicity. Activation of the LC–NE system by novelty and mental challenge throughout life may contribute to cognitive reserve.(Alzheimer's Association; 2014)

1.4 Types of AD:

Early-onset Alzheimer's: This type happens to people who are younger than age 65. Often, they're in their 40s or 50s when they're diagnosed with the disease. It's rare -- up to 5% of all people with Alzheimer's have early-onset. People with Down syndrome have a higher risk for it.

Scientists have found a few ways in which early-onset Alzheimer's is different from other types of the disease. People who have it tend to have more of the brain changes that are linked with Alzheimer's. The early-onset form also appears to be linked with a defect in a specific part of a person's DNA: chromosome 14. A form of muscle twitching and spasm, called myoclonus, is also more common in early-onset Alzheimer's.

Late-onset Alzheimer's.: This is the most common form of the disease, which happens to people age 65 and older. It may or may not run in families. So far, researchers haven't found a particular gene that causes it. No one knows for sure why some people get it and others don't.

Familial Alzheimer's disease (FAD): This is a form of Alzheimer's disease that doctors know for certain is linked to genes. In families that are affected, members of at least two generations have had the disease. FAD makes up less than 1% of all cases of Alzheimer's. Most people who have early onset Alzheimer's have FAD. (Malinda Retini, 2016).

1.5 How Alzheimer's Disease affect the brain:

The changes that take place in the brain begin at the microscopic level long before the first signs of memory loss. The brain has 100 billion nerve cells (neurons). Each nerve cell

connects to many others to form communication networks. In addition to nerve cells, the brain includes cells specialized to support and nourish other cells. Groups of nerve cells have special jobs. Some are involved in thinking, learning and memory. Others help us see, hear, smell and tell our muscles when to move. Brain cells operate like tiny factories. They receive supplies, generate energy, construct equipment and get rid of waste. Cells also process and store information and communicate with other cells. Keeping everything running requires coordination as well as large amounts of fuel and oxygen. Scientists believe Alzheimer's disease prevents parts of a cell's factory from running well. They are not sure where the trouble starts. But just like a real factory, backups and breakdowns in one system cause problems in other areas. As damage spreads, cells lose their ability to do their jobs and eventually die.

1.6 Brain and Alzheimer's Disease:
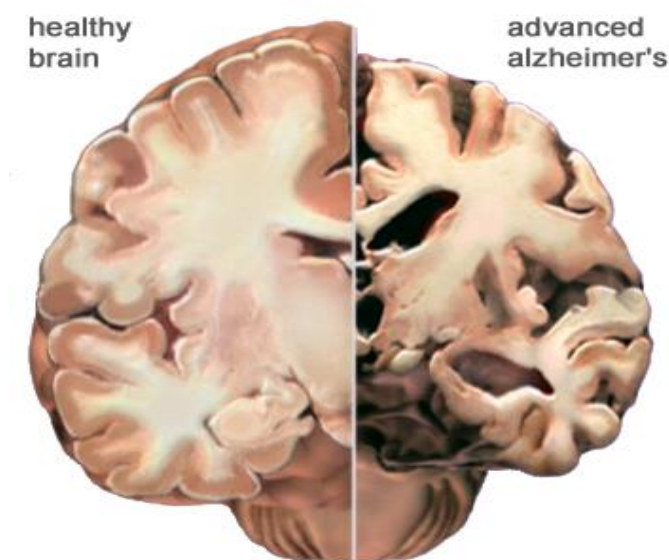
Figure1.1: Cross sections of the brain show atrophy, or shrinking, of brain tissue caused by Alzheimer's disease.

Scientists continue to unravel the complex brain changes involved in the onset and progression of Alzheimer's disease. It seems likely that damage to the brain starts a decade or more before memory and other cognitive problems appear. During this preclinical stage of Alzheimer's disease, people seem to be symptom-free, but toxic changes are taking place in

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the brain. Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain, and once-healthy neurons stop functioning, lose connections with other neurons, and die.

The damage initially appears to take place in the hippocampus, the part of the brain essential in forming memories. As more neurons die, additional parts of the brain are affected, and they begin to shrink. By the final stage of Alzheimer's, damage is widespread, and brain tissue has shrunk significantly. (Alzheimer's Disease Fact Sheet, 2008)

1.7 Epidemiology:

Aging has been associated with cognitive impairment affecting working memory, processing speed, executive function and episodic memory,but different mechanisms and underlying brain changes have been related to each cognitive domain. Cognitive functions associated with frontal cortex structures and networks, particularly processing speed and working memory, have been associated with 'normal' brain aging (BA) and vascular-related white matter changes. Episodic memory impairment in turn has been attributed to Alzheimer disease (AD), the prevalence of which exponentially increases with age. AD is characterized by tau pathology spreading from the medial temporal lobe and neocortical widespread amyloid beta deposition. Amyloid- and tau-independent mechanisms like mitochondrial dysfunction and oxidative stress have been linked to BA, although this does not exclude that the same aging-related mechanisms can lead to increased AD-related pathology.

Findings from previous studies have shown that BA in individuals without concurrent pathology is associated with pronounced gray matter loss, particularly in frontal and parietal lobes, whereas amnestic mild cognitive impairment and AD subjects have shown atrophy patterns in the temporal lobe, hippocampus and parahippocampalgyrus. In addition, co-morbid conditions such as type 2 diabetes mellitus, hypertension and arteriolosclerosis are also associated with brain atrophy and might have an additive effect on atrophy related to BA. While many studies independently showed spatially specific atrophy patterns occurring with normal aging or due to disease, structural brain changes in advanced BA (ABA), defined as significant deviation from typical BA trajectories, have not been systematically compared with AD-like brain changes in population-based studies. In addition, whether different co-morbid and genetic conditions are associated with BA and AD is still uncovered in the general community.

To assess ABA and AD-like patterns a traditional approach using simple radiological measures like hippocampal volume, which is commonly used to investigate brain changes related to aging and AD, might not be able to capture the complex spectrum of changes, and more sophisticated methods are required. Herein, we leverage advanced pattern analysis techniquesto derive a new quantitative index for brain changes as a function of age (Spatial Pattern of Atrophy for Recognition of BA (SPARE-BA)), and to compare those with spatial brain atrophy patterns specifically found in clinically diagnosed AD cases, using the Spatial Patterns of Abnormality for Recognition of Early Alzheimer's Disease (SPARE-AD) index in a large sample from the population-based Study of Health in Pomerania (SHIP) that spanned a wide age range (20–90 years, *n*=2705).

To our knowledge, the current study is the first to employ high-dimensional pattern recognition techniques to assess ABA patterns and to determine similarities and differences with clinical AD patterns in a large population-based cohort spanning almost the entire adulthood age range.(David R Riddle ,2007)

1.8 The AD polygenic risk score associations:

Finally, the AD polygenic risk score was not significantly associated with SPARE-BA across the whole age range or in analyses restricted to older subjects, it was only close to significant association in the whole age range sample (r=0.044, P=0.069) and significantly associated with SPARE-AD in older subjects (r=0.124, P=0.016) as reported in Supplementary Analysis. This differences in association with polygenic risk score for SPARE-BA vs SPARE-AD offers additional support for the hypothesis that AD-related genetic risk leads to distinctive atrophy patterns. In fact the increase in prevalence of AD is more pronounced after age 65,42 which is in line with the significant association we found between SPARE-AD and the polygenic risk score at older age. The underlying disease process may start years before the AD diagnosis in elderly individuals. Singh-Manouxet al.56 showed that the brain function started to deteriorate as early as age 45. However, we did not find a significant association between AD polygenic risk score and SPARE-AD in the whole age range sample, likely reflecting the fact that only a small subset of individuals could be in a preclinical AD stage, or that SPARE-AD captures neurodegenerative changes occurring relatively later in the disease process.

This study has several strengths including the large sample size in a population-based sample and the use of novel pattern analysis approaches to investigate BA. However, this study has also limitations, which include the lack of longitudinal MRI scans and detailed clinical information for the complete SHIP cohort.

In summary, the current study is the first, to our knowledge, to employ high-dimensional pattern recognition techniques to assess BA patterns in a cohort of this size and show that it has a unique spatial pattern of brain atrophy that differs from the found in AD.(M Habes*et Al*2016).

Alzheimer's disease

Unaffected with 2 affected parents (523)
2 x unaffected with 1 affected parent (12263)
Affected (12)

0.0   0.5   1.0   1.5   2.0

Mean polygenic risk score (0–centered)

P = 0.0114
P = 0.00896

Coronary artery disease

Unaffected with 2 affected parents (8114)
2 x unaffected with 1 affected parent (35885)
Affected (5685)

0.00   0.05   0.10   0.15   0.20   0.25

Mean polygenic risk score (0–centered)

P = 1.26e−13
P = 1.75e−11

Type 2 diabetes

Unaffected with 2 affected parents (1083)
2 x unaffected with 1 affected parent (15975)
Affected (2463)

0.0   0.1   0.2   0.3   0.4

Mean polygenic risk score (0–centered)

P = 0.0542
P = 0.00335

Figure 1.2: Alzheimer's Disease polygenic risk score

1.9 Morbidity & Mortality:

Alzheimer's disease is officially listed as the sixth-leading cause of death in the United States. It is the fifth-leading cause of death for those age 65 and older. However, it may cause even more deaths than official sources recognize. Alzheimer's is also a leading cause of disability

and poor health (morbidity). Before a person with Alzheimer's dies, he or she lives through years of morbidity as the disease progresses.

Deaths from Disease:

It is difficult to determine how many deaths are caused by Alzheimer's disease each year because of the way causes of death are recorded. According to data from the National Center for Health Statistics of the Centers for Disease Control and Prevention (CDC), 93,541 people died from Alzheimer's disease in 2014. The CDC considers a person to have died from Alzheimer's if the death certificate lists Alzheimer's as the underlying cause of death, defined by the World Health Organization as "the disease or injury which initiated the train of events leading directly to death."

Severe dementia frequently causes complications such as immobility, swallowing disorders and malnutrition that significantly increase the risk of serious acute conditions that can cause death. One such condition is pneumonia, which is the most commonly identified cause of death among elderly people with Alzheimer's or other dementias. Death certificates for individuals with Alzheimer's often list acute conditions such as pneumonia as the primary cause of death rather than Alzheimer's. As a result, people with Alzheimer's disease who die due to these acute conditions may not be counted among the number of people who died from Alzheimer's disease according to the World Health Organization definition, even though Alzheimer's disease may well have caused the acute condition listed on the death certificate. This difficulty in using death certificates to accurately determine the number of deaths from Alzheimer's has been referred to as a "blurred distinction between death with dementia and death from dementia."

Another way to determine the number of deaths from Alzheimer's disease is through calculations that compare the estimated risk of death in those who have Alzheimer's with the estimated risk of death in those who do not have Alzheimer's. A study using data from the Rush Memory and Aging Project and the Religious Orders Study estimated that 500,000 deaths among people age 75 and older in the United States in 2010 could be attributed to Alzheimer's (estimates for people age 65 to 74 were not available), meaning that those deaths would not be expected to occur in that year if those individuals did not have Alzheimer's.

The true number of deaths caused by Alzheimer's is somewhere between the number of deaths from Alzheimer's recorded on death certificates and the number of people who have

Alzheimer's disease when they die. According to 2014 Medicare claims data, about one-third of all Medicare beneficiaries who die in a given year have been diagnosed with Alzheimer's or another dementia. Based on data from the Chicago Health and Aging Project (CHAP) study, in 2017 an estimated 700,000 people age 65 and older in the United States will have Alzheimer's when they die. Although some seniors who have Alzheimer's disease at the time of death die from causes that are unrelated to Alzheimer's, many of them die from Alzheimer's disease itself or from conditions in which Alzheimer's was a contributing cause, such as pneumonia.

Irrespective of the cause of death, among people age 70, 61 percent of those with Alzheimer's are expected to die before age 80 compared with 30 percent of people without Alzheimer's.

1.10 Diagnosis:

There is no single test for Alzheimer's. Instead, physicians, often with the help of specialists such as neurologists and geriatricians, use a variety of approaches and tools to help make a diagnosis. They include the following:

• Obtaining a medical and family history from the individual, including psychiatric history and history of cognitive and behavioral changes.

•Asking a family member to provide input about changes in thinking skills and behavior.

•Conducting cognitive tests and physical and neurologic examinations.

•Having the individual undergo blood tests and brain imaging to rule out other potential causes of dementia symptoms, such as a tumor or certain vitamin deficiencies.

Diagnosing Alzheimer's requires a careful and comprehensive medical evaluation. Although physicians can almost always determine if a person has dementia, it may be difficult to identify the exact cause. Several days or weeks may be needed for the individual to complete the required tests and examinations and for the physician to interpret the results and make a diagnosis.

Current diagnosis methods: The Mayo Clinic (2016) has published a set of diagnostic tests because at this time there is no single medical test to determine if a person is suffering from Alzheimer's disease. Diagnosis is difficult and requires extensive and careful medical

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evaluation. Because neurons affected by Alzheimer's disease begin to decay the amount of healthy neurotransmitters as much as ten to twenty years before symptoms begin to affect the patient, damage is already pronounced at the mild stage of the disease. Typically, patients are diagnosis in the Mild stage of Alzheimer's disease. Brain areas that have already deteriorated when diagnosis has been made are the hippocampus, the frontal cortex, and occipital lobes and at this stage of degeneration the damage is irreversible.

 The Mayo Clinic tests (2016) include a thorough medical history, physical exams, and neurological exams. The physical tests include testing reflexes, coordination, sight and hearing, and muscle tone and strength. These tests determine if testing for Alzheimer's should proceed. Lab tests determine that conditions such as thyroid disorders, vitamin deficiencies, and diabetes are not causes of memory loss and confusion. An extensive mental status assessment is performed to assess cognitive function. The Mayo Clinic suggests the use of brain imaging such as CT scans to rule out tumors, strokes, and head injuries as causes for patient's symptoms. MRI scans are used to assess if brain atrophy implicates Alzheimer's disease as the cause of symptoms. Recently improved PET scans use glucose to show brain activity and can also show brain levels of amyloid plaques and tangles, two brain abnormalities associated with Alzheimer's disease. Unfortunately, the new PET scans are not yet available to all medical doctors. Theses PET techniques are only found in research and clinical trial settings (Mayo Clinic, 2016). Cerebrospinal fluid can be tested for biomarkers that indicate a genetic factor for early on-set Alzheimer's disease (Mayo Clinic, 2016). Only a small fraction of 1% of people worldwide have the rare genetic form of Alzheimer's disease, these people tend to show signs of amyloid plaques in PET scans and in cerebrospinal fluid tests. Another biomarker of interest is tau, which is implicated in the development of neurofibrillary tangles that build up in the brains of Alzheimer's disease patients. Notably these tangles are found in the hippocampus or memory center of the brain. Tau mimics the shape of healthy cells and destroys them, however genetic testing for this biomarker is implausible at this time as there is no scan to detect the tau in aliving patient (Landau, 2010).

Currently the diagnosis of Alzheimer's disease is difficult because no specific cause has been discovered. With no specific cause identified, there are no reliable treatments to cure or reverse the atrophy that develops in the brain afflicted with Alzheimer's disease. Improved participant numbers in research and clinical trials will lead to a far superior diagnostic system and an opportunity to develop sophisticated tools for earlier diagnosis. In addition to

advancingdiagnosis increased research will inevitably lead to scientific breakthroughs in the discovery of acure., (Radha Mahendran*et Al*, 2017)

1.11 Expanding Impact of AD:

Binding of acetylcholine from one neuron to another is the very basis of brain activity, and the neurons responsible for producing acetylcholine are affected by Alzheimer's disease. As Alzheimer's disease progresses acetylcholine production is reduced and neurons slowly lose function and begin to die after which neurons and neurotransmitters can no longer be reproduced or repaired. The area in the brain responsible for memory retention is the hippocampus, and it is commonly the first area to be affected by Alzheimer's disease. In a healthy brain the hippocampus becomes active during memory formation and retrieval. In a brain affected by Alzheimer's disease, forming new and retrieving old memories becomes increasingly more difficult due to the loss of acetylcholine-producing neurons in the hippocampus. As hippocampal neurons continue to decay, communication between nerve cells is permanently lost. Most commonly memory loss is one of the first observable symptoms of Alzheimer's disease. Motor activity is generated in the motor cortex, which is located in the frontal lobe. As neurons decay and die in the motor cortex, movement becomes increasingly difficult and proceeds to a total loss of mobility (National Institute on Aging, 2016).The Alzheimer's foundation of America (AFA) identifies three stages of Alzheimer's disease as mild, moderate, and severe. These stages reflect the movement of the disease from the central areas of the brain outward. As the disease progresses the symptoms become more severe. In the mild stage of Alzheimer's disease, the hippocampus appears to be the area affected the most. Patients experience short-term memory loss, most often have trouble remembering what they were doing, saying, or where they were going. Patients often find themselves more confused and find themselves struggling to remember the steps needed to complete a previously normal task. Complaints of memory loss are often the first indication that a person is suffering from Alzheimer's disease. Patients begin to have increased trouble speaking and understanding what other people are saying, this could perhaps be because of the inability to remember words and word meanings. Patients begin to need outside assistance. Family and friends will also begin to notice unexpected behaviors and personality changes. In the moderate stage of Alzheimer's disease, patients begin to lose long-term memory as well as permanent loss of short term memories. The ability to learn new tasks is extremely limited. In this stage the areas responsible for memories of specific information

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such as facial recognition rapidly begins to decline, with intermittent bouts of lucidity. The spread of the disease from the central brain regions outward is now noticeable as patients begin to lose the ability to differentiate between and recognize family members. Processing

1.12 Diagnosis of Alzheimer's Disease:

A doctor can diagnose most cases of Alzheimer's. However, nobody can be 100% sure until after death, when a microscopic examination of the brain detects plaques and tangles. There is no basic testing, such as a blood test, urine test, biopsy, or image scan for diagnosing Alzheimer's disease. A brain scan may help identify changes in the brain.

Lund-Manchester Criteria for Frontotemporal Dementia:

The Lund-Manchester diagnostic criteria for frontotemporal dementia require all of the following core components to be present:

1. Insidious onset and gradual progression,
2. Early decline in social interpersonal conduct,
3. Early impairment in regulation of personal conduct,
4. Early emotional blunting,
5. Early loss of insight.

Supportive diagnostic features include:

A. Behavioral disorder:

   a. decline in personal hygiene and grooming

   b. mental rigidity and inflexibility

   c. distractibility and impersistence

   d. hyperorality and dietary change

   e. utilization behavior

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B. Speech and language:

Altered speech output (aspontaneity and economy of speech, press of speech), stereotypy of speech, echolalia, perseveration, mutism

C. Physical signs:

Primitive reflexes, incontinence, akinesia, rigidity, tremor, low/labile blood pressure.

D. Investigations:

    a. Neuropsychology: impaired frontal lobe tests; no amnesia or perceptual deficits
    b. EEG: normal on conventional EEG despite clinically-evident dementia
    c. Brain imaging: predominant frontal and/or anterior temporal abnormality

Ruling out other conditions:

Doctors will usually carry out some tests to rule out other conditions which typically have symptoms that are also present in Alzheimer's. Below are some examples of diseases and conditions that need to be ruled out:

    a. Anxiety
    b. Brain tumor
    c. Depression
    d. Infection
    e. Thyroid problems
    f. Vitamin deficiency

1.12.1 Tests for AD diagnosis:

A. **Blood tests**:

    To see if the patient has a thyroid disorder or vitamin deficiency.

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B. **Neuropsychological testing**:

This involves an extensive assessment of cognitive (thinking) and memory skills. It can take several hours. These types of tests are extremely useful in detecting Alzheimer's as well as other dementias early on.

C. **MRI (magnetic resonance imaging) scan**:

A powerful magnetic field is created by passing an electric current through the wire loops. Meanwhile, other coils in the magnet send and receive radio waves. This triggers protons in the body to align themselves. Once aligned, radio waves are absorbed by the protons, which stimulate spinning. Energy is released after "exciting" the molecules, which in turn emits energy signals that are picked up by the coil. This information is then sent to a computer which processes all the signals and generates it into an image. The final product is a 3-D image representation of the area being examined, which in this case would be the brain.

D. **PET (positron emission tomography) scan:**

This test uses radiation, or nuclear medicine imaging, to produce 3-dimensional, color images of the functional processes within the human body. It is very useful in helping the doctor diagnose Alzheimer's disease. A PET scan that measures uptake of sugar in the brain significantly improves the accuracy of diagnosing a type of dementia often mistaken for Alzheimer's disease, a study revealed.

E. **CT (computerized tomography) scan**:

This device uses digital geometry processing to generate a 3-dimensional (3-D) image of the inside of an object. The 3-D image is made after many 2-dimensional X-ray images are taken around a single axis of rotation - in other words, many pictures of the same area are taken from many angles and then placed together to produce a 3-D image.

F. **Biomarker Tests:**

The new criteria and guidelines identify two biomarker categories:

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(1) Biomarkers showing the level of beta-amyloid accumulation in the brain

(2) Biomarkers showing that neurons in the brain are injured or actually degenerating.

Many researchers believe that future treatments to slow or stop the progression of Alzheimer's disease and preserve brain function (called "disease-modifying" treatments) will be most effective when administered during the preclinical and MCI stages of the disease. Biomarker tests will be essential to identify which individuals are in these early stages and should receive disease-modifying treatment. They also will be critical for monitoring the effects of treatment. At this time, however, more research is needed to validate the accuracy of biomarkers and better understand which biomarker test or combination of tests is most effective in diagnosing Alzheimer's disease. The most effective test or combination of tests may differ depending on the stage of the disease and the type of dementia.

1.13 Neuropathology in AD:

Alzheimer's disease is characterized by loss of neurons and synapses in the cerebral cortex and certain subcortical regions. This loss results in gross atrophy of the affected regions, including degeneration in the temporal lobe and parietal lobe, and parts of the frontal cortex and cingulate gyrus. Degeneration is also present in brainstem nuclei like the locus coeruleus. Studies using MRI and PET have documented reductions in the size of specific brain regions in people with AD as they progressed from mild cognitive impairment to Alzheimer's disease, and in comparison with similar images from healthy older adults.

There are two major hallmarks in the brain that are associated with the disease processes of AD.

1. Amyloid Plaques.

2. Neurofibrillary Tangles.

The formation of amyloid plaques and neurofibrillary tangles are thought to contribute to the degradation of the neurons (nerve cells) in the brain and the subsequent symptoms of Alzheimer's disease.(Alberto Serrano-Pozo*et Al ,*2011)

1.13.1 Amyloid Plaques:
One of the hallmarks of Alzheimer's disease is the accumulation of amyloid plaques between body produces normally. Beta amyloid is a protein fragment snipped from an amyloid

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precursor protein (APP). In a healthy brain, these protein fragments are broken down and eliminated. In Alzheimer's disease, the fragments accumulate to form hard, insoluble plaques.
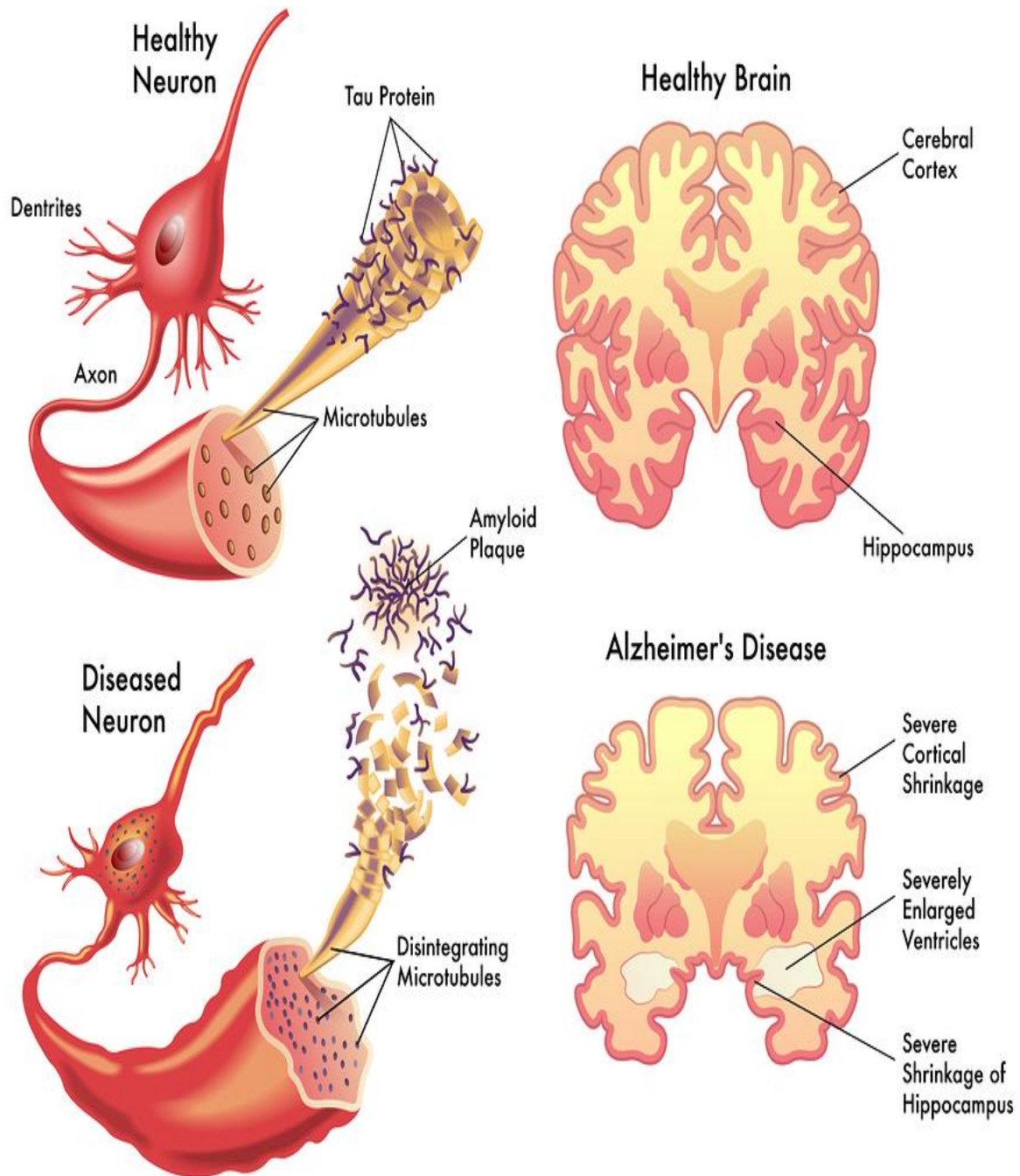
Figure 1.3:Amyloid Plaques

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1.13.2 Neurofibrillary Tangles:

Neurofibrillary tanglesare insoluble twisted fibers found inside the brain's cells. These tangles consist primarily of a protein called **tau**, which forms part of a structure called a microtubule. The microtubule helps transport nutrients and other important substances from one part of the nerve cell to another. In Alzheimer's disease, however, the **tau** protein is abnormal.

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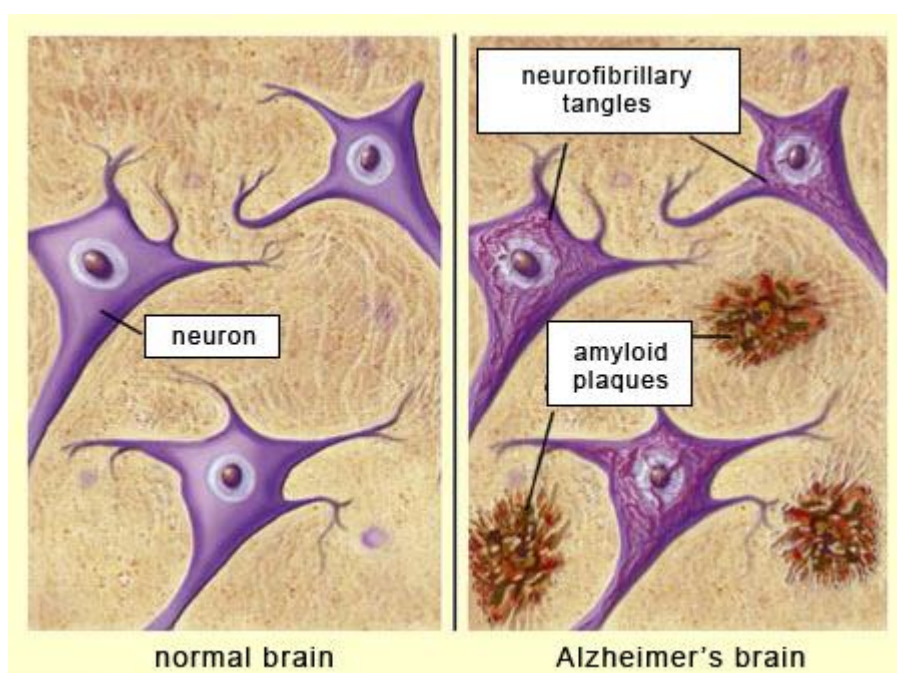
Figure 1.4 : Neurfbrillary tangles

1.14 Changes in the brain during AD:

One of the most consistent changes in Alzheimer's disease is a reduction of the activity of choline acetyltransferase in the cerebral cortex and hippocampus. 3 Selective loss of cholinergic neurons occurs in the cholinergic projection pathway from deep nuclei located in the septum near the diagonal band of Broca to the hippocampus, and from the nearby basal nucleus of Meynert, which provides the major cholinergic input to the neocortex and to the cerebral cortex The basal nucleus of Meynert undergoes profound neuron loss in Alzheimer's disease. The neocortex exhibits a loss of cholinergic fibers and receptors and a decrease of both choline acetyltransferase and acetylcholinesterase enzyme activity. Reductions also

occur in the corticotropin-releasing factor and somatostatin, both of which have been identified within degenerating neurites of the neuritic plaque. Glutaminergic neurons are also involved, which account for many of the large neurons lost in the cerebral cortex and hippocampus in Alzheimer's disease.
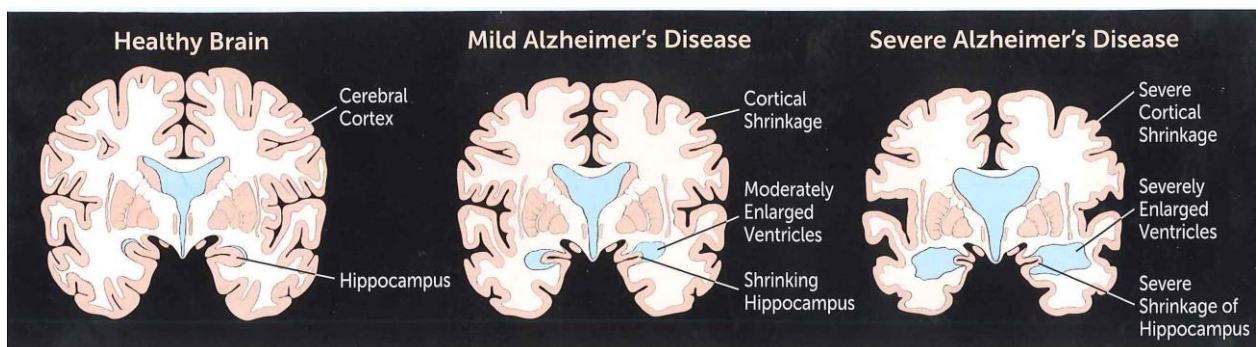
As Alzheimer's disease progresses, brain tissue shrinks. As the ventricles enlarge and the cells of the shrinking hippocampus degenerate, memory declines. When the disease spreads throughout the cerebral cortex, language, judgment, behavior, and bodily functions decline along with memory until death, usually 8 to 10 years after diagnosis.

Figure 1.5: Changes in the brain Alzheimer's Disease

1.15 Different Hypothesis for the Pathogenesis of Alzheimer's disease:

The pathogenesis of Alzheimer's disease is highly complex. While several pathologies characterize this disease, amyloid plaques, composed of the β-amyloid peptide are hallmark neuropathological lesions in Alzheimer's disease brain. Indeed, a wealth of evidence suggests that β-amyloid is central to the pathophysiology of AD and is likely to play an early role in this intractable neurodegenerative disorder. Many molecular lesions have been detected in Alzheimer's disease, but the overarching theme to emerge from the data is that an accumulation of misfolded proteins in the aging brain results in oxidative and inflammatory damage, which in turn leads to energy failure and synaptic dysfunction. There are several hypothesis are established for the pathogenesis of AD. They are:

a. β-Amyloid cascade hypothesis,

b. Cholinergic hypothesis,

c. Oxidative stress hypothesis,

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d. Tau hypothesis,

e. Inflammatory hypothesis.

1.15.1 β-Amyloid Cascade Hypothesis:

Generation of Aβ from APP requires two proteolytic processes by several different proteases.The amyloidogenic pathway results in production of intact Aβ, whereas the non-amyloidogenic pathway precludes intact Aβ-formation. In the amyloidogenic pathway, APP is first cleaved at the β-secratase site by β-site cleaving enzyme (BACE), generating a soluble extracellular fragment of APP (sAPPβ) and a membrane-bound 99 amino acid residue C-terminal fragment (C99).C99 is further processed by cleavage at the γ-secretase site, located within the APP trans-membrane domain, to generate Aβ-peptides of different lengths of the two main variants formed; Aβ1-40 is the most abundant whereas Aβ1-42 is produced to a lesser. The amyloid cascade hypothesis has been one of the leading theories in the pathogenic events causing AD.This hypothesis postulates a causative role for Aβ deposition in the pathogenesis of AD, and the NFTs, inflammatory response, cell loss, vascular damage and dementia follow as a direct result of this deposition. Evidence that Aβ play a casual role in the development of AD came from the following studies. First, mutations in APP, PS1 and PS2 genes that are linked to the early onset forms of AD increase the production of total Aβ or specifically increase the relative amount of Aβ1-42.Second, individuals with Down's syndrome overproduce Aβ and develop AD-like dementia and neuropathology.Third, the levels of deposited Aβ correlate with cognitive decline and severity of the disease in both AD patients and transgenic mice. Fourth, fibrillar Aβ has been shown to be neurotoxic *in vitro* and is able to mediate neurotoxic effects, inflammatory responses and abnormal tau phosphorylation.Moreover, several reports suggest a casual link between Aβ and impaired neuronal function and cognitive decline. Recently, attention has been focused on which form (monomers, oligomers, protofibrils or fibrils) of amyloid species has the most deleterious effects. Several studies have suggested that the oligomeric and protofibrillar forms of amyloid as the most toxic. Even if the amyloid cascade hypothesis is convincing, it does not fully explain the role of tangles and/or inflammatory response. One argument against the amyloid cascade hypothesis is that the APP/PSI double transgenic mice only develop plaques pathology, but not the NFTs in the brain. Recently, amyloid deposition was shown to precede tangle formation in a triple transgenic mouse model overexpressing mutant APP and mutant tau on a PSI mutation Knock-in background.

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1.15.2 Cholinergic hypothesis:

Acetylcholine is an important neurotransmitter in brain regions involving memory. As expected, loss of cholinergic activity corrrelates with cognitive impairment. A variety of studies in humans indicate that basal forebrain and rostral forebrain cholinergic pathways including converging projections to the thalamus serve important functional roles in conscious awareness, attention, working memory and a number of additional mnemonic processes.
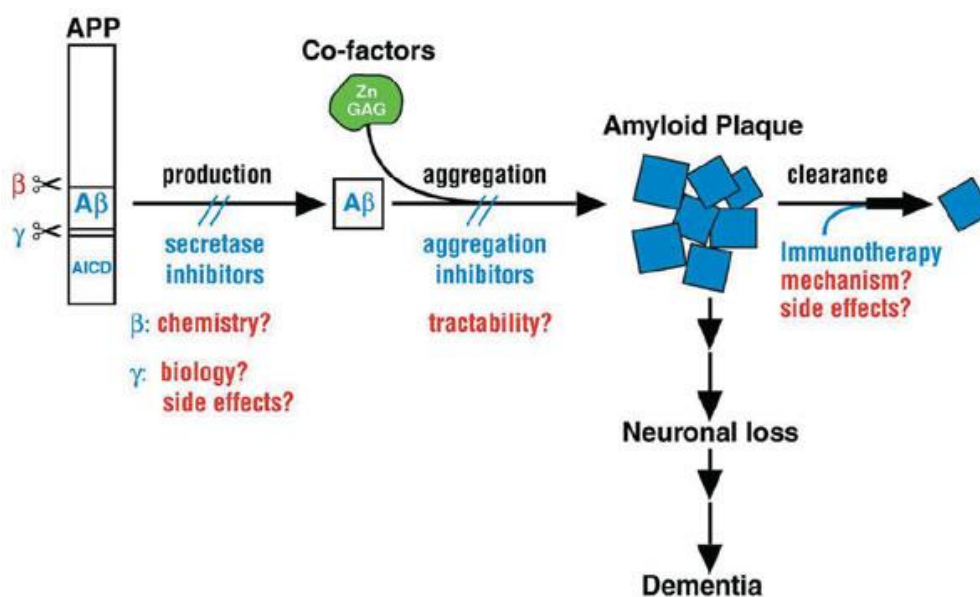
Figure 1.6: β-Amyloid Cascade Hypothesis

For more than 20 years, studies of the brains of those with advanced age and Alzheimer's disease (AD) have consistently found damage or abnormalities in these pathways (particularly basal forebrain projections) that appeared to correlate well with the level of cognitive decline. As a result, the so-called "cholinergic hypothesis" was developed, which essentially states that a loss of cholinergic function in the central nervous system contributes

significantly to the cognitive decline associated with advanced age and AD.In AD, cholinergic abnormalities are the most prominent of neurotransmitter changes, primarily because of the reduced activity of choline acetyltransferase (an enzyme involved in acetylcholine synthesis). By late-stage AD, the number of cholinergic neurons are markedly reduced, particularly in the basal forebrain. One of the most prominent features observed in AD patients is a deficiency of acetylcholine (ACh), a neurotransmitter found in the synapses of the cerebral cortex. The cholinesterase enzyme exists in two different forms in humans, AChE andbutyrylcholinesterase (BuChE).AChE is the main cholinesterase in the CNS, while BuChE, originated from glial cells, is more common in serum. Decreased AChE activity and stable or increased BuChE activities were detected in the brains of AD. Most of the neocortical AChE activity in AD brain was found associated with NPs, in which it colocalized with Aβ deposits including both the diffuse amyloid deposits and the mature NPs. Further studies showed that AChE promoted the aggregation of Aβ peptides and accelerated the formation of amyloid plaque, suggesting that AChE may play a pathogenic role in AD by influencing Aβ processing. It has also been shown that Aβ which aggregates with AChE is more toxic to cells compared to aggregates of Aβ alone.

1.15.3 Oxidative stress hypothesis:

Oxidation can include the combination of a substance with oxygen or free radical damage. The oxidative process of adding an oxygen molecule to a protein can be a normal part of cellular function or may be aberrant, with a resulting change in the protein's form and ability to function properly. Free radical damage occurs when an oxygen or nitrogen molecule containing an unpaired extra electron (termed species) reacts with other molecules to achieve a stable configuration. During this process a high-energy election is thrown off (termed a free radical) that can cause cellular and molecular damage. Either of these oxidative processes can cause oxidative stress with resulting cellular damage from oxidage. The central nervous system (CNS) is especially vulnerable to free radical damage as a result of the brain's high oxygen consumption rate, its abundant lipid content and the relative paucity of antioxidant enzymes compared with other tissues. AD brain is under extensive oxidative stress as manifested by lipid peroxidation, protein oxidation and DNA oxidation.Aβ might be the central to the pathogenesis of AD. Aβ has been shown to induce protein oxidation and lipid peroxidation *in vitro* and *in vivo*. Many studies have indicated that Aβ-induced oxidative stress is involved in the pathogenesis of AD.

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Lipid peroxidation is an important mechanism of neurodegeneration in AD brain. Many studies have shown increased lipid peroxidation in several regions of AD brain, where the histopathologic alterations are very noticeable. It has been shown that there is a strong regional correlation between the thiobarbituric acid reactive substances (TBARS), one indicator of lipid peroxidation, antioxidant enzymes, the presence of NPs and NFT in AD brain. Aβ is widely reported to cause lipid peroxidation in brain cell membranes in a manner that is inhibited by free radical antioxidants.

Aβ leads to an increased level of 4-hydroxy-2-nonenal (4-FINE), one of the major products of lipid peroxidation, in hippocampal and cortical neuronal cells. Increased 4-FINE was found in AD brain and it was proven to be toxic to hippocampal neuronal cells. 4-HNE can also increase the vulnerability of cultured hippocampal neurons to excitotoxicity, as well as an alteration in multiple cellular functions including glucose or glutamate transport.

1.15.4 Tau Hypothesis:

Neurofibrillary tangles, which are filamentous inclusions in pyramidal neurons, occur in Alzheimer's disease and other neurodegenerative disorders termed tau hypothesis.

The number of neurofibrillary tangles is a pathologic marker of the severity of Alzheimer's disease. The major component of the tangles is an abnormally hyperphosphorylated and aggregated form of tau. Normally an abundant soluble protein in axons, tau promotes assembly and stability of microtubules and vesicle transport. Hyperphosphorylated tau is insoluble, lacks affinity for microtubules and self-associates into paired helical filament structures. Enzymes that add and those that remove phosphate residues regulate the extent of tau phosphorylation.Like Aβ oligomers, intermediate aggregates of abnormal tau molecules are cytotoxic and impair cognition. Insoluble helical filaments may be inert, however, since decreases in axonal transport and neuron number are independent of the burden of neurofibrillary tangles. These helical filaments sequester toxic intermediate tau species, a process that may be protective. More than 30 mutations of *Tau* on chromosome 17 have been detected in front temporal dementia with parkinsonism. By contrast, *Tau* mutations do not occur in Alzheimer's disease, and the extent of neuron loss is out of proportion to the number of neurofibrillary tangles. Nevertheless, increased levels of phosphorylated and total tau in the cerebrospinal fluid correlate with reductions in scores on cognitive examinations. Elevated levels of phosphotau amino acids T181, T231, and total tau in the cerebrospinal

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fluid together constitute a biomarker test with good accuracy for predicting incipient Alzheimer's disease in patients with mild cognitive impairment.[Experimental evidence indicates that Aβ accumulation precedes and drives tau aggregation. Moreover, Aβ-induced degeneration of cultured neurons and cognitive deficits in mice with an Alzheimer's disease– like illness require the presence of endogenous tau. Increased oxidative stress, the impaired protein-folding function of the endoplasmic reticulum and deficient proteasome-mediated and autophagic- mediated clearance of damaged proteins-

   a. All of which are also associated with aging,
   b. Accelerate the accumulation of amyloid and tau proteins in Alzheimer's disease.
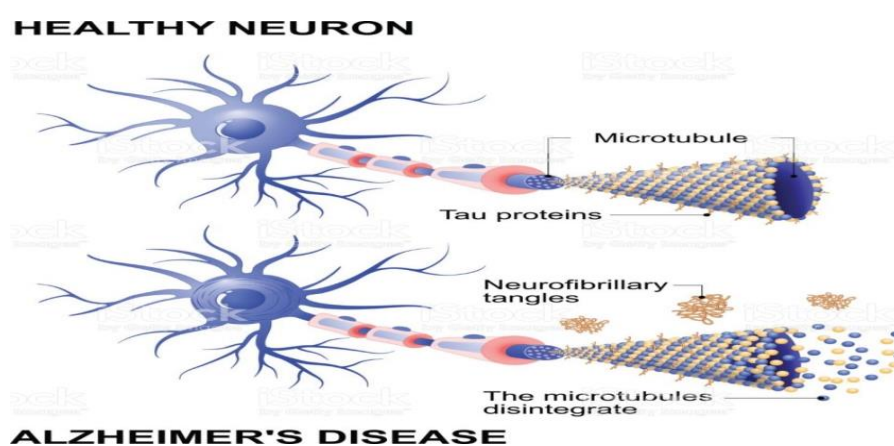
Figure 1.7: Tau hypothesis

1.15.5 Inflammatory Hypothesis:

Neurons are not the only brain cells affected in AD. Microglia, 1 of 3 glial cell types (along with astrocytes and oligodendrocytes) in the CNS, is involved in immune and inflammatory responses to injury or infection within the brain.Several lines of evidence have proposed that inflammation may play a significant role in the pathogenesis of AD. According to the "inflammation hypothesis", the deposition of amyloid in AD brain brings about activation of microglia and astrocytes, initiating a pro-inflammatory cascade that results in the release of potentially neurotoxic substances, cytokines and other related compounds, bringing about

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degenerative changes in neurons.Reactive astrocytes and activated microglia are often found in and around amyloid plaques in the brains of AD patients and APP transgenic mice.(David J. Loane and Kimberly R. Byrnes, 2010)

Other hypotheses:

Herpes simplex virus type 1 has been proposed to play a causative role in people carrying the susceptible versions of the apoE gene.Some have hypothesized that dietary copper may play a causal role.

Another hypothesis asserts that the disease may be caused by age related myelin breakdown in the brain. Iron released during myelin breakdown is hypothesised to cause further damage. Homeostatic myelin repair processes contribute to the development of proteinaceous deposits such as beta-amyloid and tau.

1.16 Risk factors of Alzheimer's disease:

Although a great deal of research has been done and is currently being done on the possible causes of Alzheimer's, experts are still not sure why the brain cells deteriorate. However, there are several factors which are known to be linked to a higher risk of developing the disease. These include:

1.17 Genetic Etiology of AD:

a. APP:

So far there are sixteen known mutations within the vicinity of the β amyloid (Aβ) region on the APP gene. These medications include the AP 670/671 double Swedish mutation, the APP692 Flemish mutation, the APP 717 London mutation and the APP693 Arctic mutation. Due to their strategic localization at the enzymatic cleavage sites of the β and δ secretases, all known APP mutations alter APP metabolism and subsequently lead to an accumulation of Aβ, which forms the major components of AD amyloid plaque deposits.

b. Presenilin 1 and 2:

The vast majority of all known familiar AD mutations have been found in the gene encoding PS1. To date, 146 mutations in PS1 on chromosome 14 have been reported to cause

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autosomal dominant AD in several hundred families worldwide. In contrast to PS1, very few mutations leading to AD have been found in the PS2 gene, with a later age of onset than PS1 mutation carriers. Mutations in both of these genes lead to the increased production of the more fibrillogenic Aβ-1-42 by selectively increasing γ-secretase cleavage of APP. PS1 mutation causes the earliest and most aggressive forms of AD, commonly leading to a clinical onset of AD before the age of 50.

c. APOE:

APOE is a lipoprotein that plays a central role in lipoprotein metabolism and cholesterol homeostasis. APOE has three different isoforms E_2, E_3 and E_4 encoded by the three alleles of varying frequency: APOE ε-2 7-8%, ε-3 77-78%, ε-4 14-16%. APOE ε-4 is identified as a susceptibility gene for late onset AD. The frequency of the APOE ε-4 allele is increased in AD patients and a dose dependent risk for developing AD is observed with one or two copies of the ε-4 allele. The mechanisms by which APOE ε-4 allele contributes to AD pathogenesis is somewhat unclear. Several studies from knockout and transgenic mice suggest that APOE ε-4 facilitates the aggregation and deposition of Aβ.

1.18 Non-genetic Etiology of AD:

a. Age:

After the age of 65 the risk of developing Alzheimer's doubles every five years. Although Alzheimer's is predominantly a disease that develops during old age, some younger people may also develop the condition.

b. Type II Diabetes:

There is growing evidence of a link between Alzheimer's disease and type II diabetes. In type II diabetes insulin does not work effectively to convert blood sugar into energy. This inefficiency results in production of higher levels of insulin and blood sugar which may harm the brain and contribute to the progression of Alzheimer's disease.

c. Oxidative Damage:

Free radicals are unstable molecules that sometimes result from chemical reactions within cells. These molecules seek stability by attacking other molecules, which can harm cells and tissue and may contribute to the neuronal brain cell damage caused by Alzheimer's.

d. Inflammation:

Inflammation is a natural, but sometimes harmful, healing bodily function in which immune cells rid themselves of dead cells and other waste products. As protein plaques develop, inflammation results, but it is not known whether this process is damaging and a cause of Alzheimer's, or part of an immune response attempting to contain the disease.

e. Family history:

People who have a close family member who developed Alzheimer's have a slightly higher risk of developing it themselves - just a slightly higher risk, not a significantly higher risk. Only about 7% of all cases are associated with genes that cause the early onset inherited familial form of the disease. Among those who do inherit the condition, it may start at an earlier age.

f. Down's syndrome:

People with Down's syndrome have an extra copy of chromosome 21, which contains a protein that exists in the brain of people with Alzheimer's. As people with Down's syndrome have a larger amount of this protein than others, their risk of developing the disease is greater.

g. Whiplash and head injuries:

Some studies have identified a link between whiplash and head injuries and a higher risk of developing Alzheimer's.

h. Aluminum (UK/Ireland/Australia: Aluminium):

The link here is a theory which most scientists have discarded. Aluminum exists in the plaques and tangles in the brains of Alzheimer's patients. Some have suggested that aluminum absorption by humans could increase the risk. However, studies have failed to find a link. Aluminum exists in some foods and plants. It is found in some cooking pans,

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medications and packaging. Scientists doubt there is a link because our bodies absorb minimum amounts and our bodies eliminate it through the urine.

i. Gender:

A higher percentage of women develop Alzheimer's than men. As women live longer than men and Alzheimer's risk grows with age, this may partly explain the reason.

j. Atrial fibrillation:

A study of more than 37,000 patients showed a strong relationship between atrial fibrillation and the development of Alzheimer's disease.

k. Heart disease risk-factors:

People with the risk factors of heart disease - high blood pressure (hypertension), high cholesterol and poorly controlled diabetes - also have a higher risk of developing Alzheimer's. If your high-blood pressure, high cholesterol and or poorly controlled diabetes type 2 is a result of lifestyle, it is called a lifestyle factor. Eating a well balanced diet, doing plenty of exercise, aiming for your ideal body weight and sleeping between 7 to 8 hours each night will probably eliminate these factors. If you cannot eliminate your diabetes II, good diabetes control will help. Sometimes these factors have nothing to do with lifestyle, i.e. if you have high blood pressure for another reason, have diabetes type I, or are susceptible to high blood cholesterol despite being the right weight, exercising, etc. good control and treatment of the condition helps minimize the risk of developing Alzheimer's .

l. Academic level:

There is some data showing a higher risk of developing Alzheimer's among people with lower educational qualifications, compared to highly qualified individuals. However, nobody really knows why.

m. Processed foods and fertilizers (nitrates):

A study carried out by researchers at Rhode Island Hospital found a significant link between increased levels of nitrates in our environment and food, with increased deaths from diseases, including Alzheimer's, diabetes and Parkinson's. The study looked at progressive increases in

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human exposure to nitrates, nitrites and nitrosamines through processed and preserved foods as well as fertilizers.

1.19 Vascular hypothesis:

Vascular risk factors, such as smoking, obesity and high total cholesterol levels, together with vascular morbidity, such as hypertension, diabetes mellitus and asymptomatic cerebral infarction, are associated with a higher risk of dementia including Alzheimer's disease.

a. Smoking:

Earlier cross-sectional studies often reported a lower prevalence of AD among smokers compared with nonsmokers.

b. Alcohol:

It is well recognized that alcohol abuse causes alcohol dementia. Moreover, middle-aged heavy drinkers, especially apoE4 allele carriers, were found to have a more than 3-fold higher risk of dementia and AD later in their lives. On the other hand, the risk of developing dementia and AD was Overweight and obesity Higher BMI in middle age is a risk factor for AD and other dementias.

c. Nutritional factors:

Several analytical studies showed a decreased risk of AD associated with higher intake of antioxidants such as vitamins E and C, either in the diet or in dietary supplements. However, some studies found a negative effect.

High total serum cholesterol levels in middle age were found to be a risk factor for the development of AD at a later age. High total cholesterol in middle age is a risk factor for the development of AD and other dementias 20 years later but decreasing serum cholesterol levels in late middle age may be due to ongoing disease processes and may represent a marker for later AD and other dementias.

According to several cross-sectional and case-control studies, the use of statins significantly decreases the prevalence of AD. Whereas an analytical study (the Rotterdam Study) showed that the use of statins was associated with a lower risk of AD, other prospective studies found

either no beneficial effect or only a slightly decreased risk of AD related to the use of statins. Experimental studies have suggested that statins may decrease the production of beta amyloid both *in vitro* and *in vivo*. Statins also have various other effects that may be beneficial for the CNS and thus may lower the risk of AD.

d. Social network and social engagement:

Longitudinal observational studies suggest that a poor social network or a lack of social engagement is associated with decreased cognitive functions and dementia. The risk of dementia was also higher in elderly persons with increased social isolation and less frequent and unsatisfactory contacts with relatives and friends. Persons with low neuroticism combined with high extraversion had a lower risk of dementia. Low levels of social engagement in late life and decreased social engagement from middle to late life were associated with a two-fold increase in the risk of the development of dementia and AD later in life.

e. Physical activity:

Regular physical exercise is associated with a delay in onset of dementia and AD in the elderly without cognitive impairment. Physical activity in the form of various leisure activities rather than sports or specific physical exercise led to a decrease in the risk of dementia. Even low-intensity physical activity such as walking may lower the risk of dementia and cognitive impairment. A significant protective effect of regular physical activity in middle age, with respect to the development of dementia and AD later in the life, was found especially in persons with the apoE4 allele.

f. Mental activity:

Various activities requiring a mental effort, such as reading, social and cultural activities, knitting, gardening, dancing, tabletop games, playing musical instruments, watching specific TV programs, showed a protective effect against dementia and AD. A study of Swedish twins showed that complexity of work, in particular more complex work with people, may reduce the risk of AD. A recent neuroimaging study suggested that a high level of complex mental activity across the lifespan was correlated with reduced hippocampal atrophy.

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In October 2012, researchers from Drexel University College of Medicine in Philadelphia reported in *PLOS ONE* that they discovered a natural anti-cancer mechanism in the human body that may encourage the development of Alzheimer's disease.

1.20 Treatment Strategies of AD:

There is currently no cure for AD, however there are multiple drugs that have been proven to slow disease progression and treat symptoms. When initiating treatment for AD patients, physicians divide the symptoms into "cognitive" and "behavioral and psychiatric" categories. The treatment strategies are given below:

1.20.1 Cholinesterase inhibitors:

 + Prevent the breakdown of acetylcholine (a-SEA-til-KOH-lean), a chemical messenger important for learning and memory. This supports communication among nerve cells by keeping acetylcholine levels high.
 + Delay worsening of symptoms for 6 to 12 months, on average, for about half the people who take them.
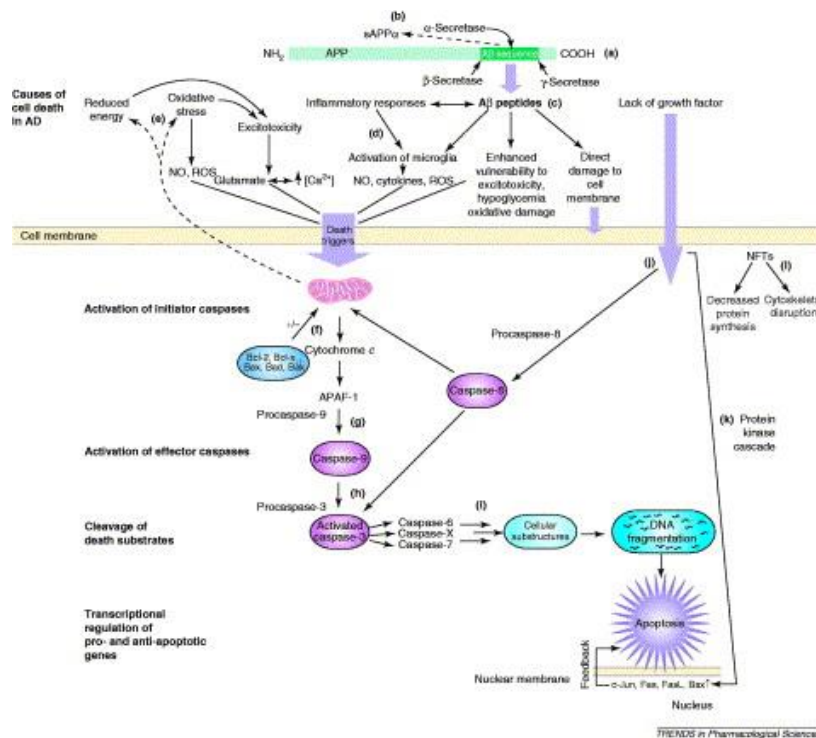
Figure 1.8: Choline Esterase Inhibitor Mechanism of Action

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The cholinesterase inhibitors are commonly prescribed:

a. Donepezil (Aricept) is approved to treat all stages of Alzheimer's.

b. Rivastigmine (Exelon) is approved to treat mild to moderate Alzheimer's.

c. Galantamine (Razadyne) is approved to treat mild to moderate Alzheimer's.

d. Tacrine (Cognex) was the first cholinesterase inhibitor approved.

There are currently three cholinesterase inhibitors commonly prescribed: tacrine, donepezil, galantamine, and rivastigmine.

a. Donepezil:

Donepezil is a piperidine derivative that reversibly inhibits acetylcholinesterase. It is often regarded as providing only symptomatic relief without providing neuroprotective effects. However, *in vitro* studies show that donepezil offers neuroprotection by reducing glutamate excitotoxicity, diminishing βA toxicity and consequently increasing cell longevity. It slowed atrophy of the hippocampus in humans, which suggest a neuroprotective effect. It is very well absorbed after oral administration and reaches peak plasmatic concentration (C_{max}) in 3-4 hours. Elimination half-life of donepezil is approximately 70 hours allowing once daily administration. It binds to plasma proteins in a proportion of 96% and is metabolized by isoenzyme 2D6 and 3A4 of cytochrome P450. Starting and minimal effective dose is 5 mg once daily. Maximal recommended dose is 10 mg daily. Overall, both the doses of 5 mg and 10 mg were beneficial, with the higher dose being marginally more effective. More side effects were reported with donepezil than with placebo. Most common side-effects were nausea, vomiting, diarrhoea, muscle cramps, dizziness, fatigue and anorexia and they were dose-dependent.(Marta Sidoryk ,2014)
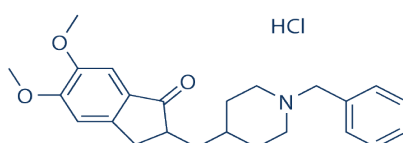
Fig. 1.9: Donepezil (Chemical Structure).

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b. **Galantamine:**

Galantamine is a tertiary alkaloid agent that reversibly inhibits AChE. Galantamine, a natural AChEI (originally derived from the common snowdrop and other plants, but now synthesized), protects neurons and reduced cell death by modulating nicotinic receptors, which are significantly reduced in AD brains. In an animal model, galantamine also increased dopaminergic neurotransmission in the hippocampus, a brain area particularly important in memory.

Galantamine is rapidly absorbed after oral administration and reaches C_{max} in approximately 1 hour. Elimination half-life is between 7 to 8 hours. It binds to plasma proteins in a proportion of 18% and is metabolized by isoenzyme 2D6 and 3A4 of cytochrome P_{450}. Galantamine is commercialized as an extended-release formulation allowing once-daily dosing. Starting dose of galantamine ER is 8 mg once daily. Minimal effective dose is 16 mg daily and maximal dose is 24 mg daily. Galantamine's side effects are comparable to other ChEI's and consist mainly of cholinergic gastrointestinal symptoms.
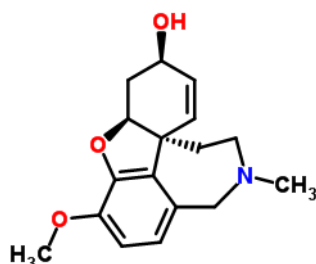
**Fig. 1.10: Galantamine (Chemical structure*).*

c. **Rivastigmine:**

Rivastigmine is a carbamate derivative that reversibly inhibits both acetyl- (AChE) and butyryl- (BuChE) cholinesterase. It is the only ChEI with significant inhibition of BuChE. Butyrylcholinesterase is widely distributed in the central nervous system and may play a role in cholinergic function and neurodegeneration. It is unclear how specific BuChE inhibition relates to rivastigmine's clinical effect.

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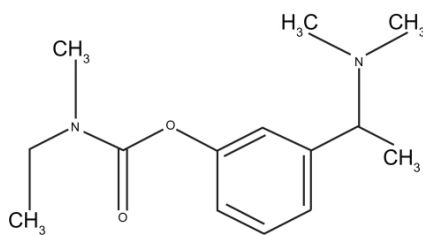
Fig. 1.11: Rivastigmine (Chemical structure).

Rivastigmine is well absorbed after oral administration and reaches C_{max} in one hour. Its elimination half-life is approximately 1 to 2 hours. It binds to proteins in a proportion of 40%, is hydrolysed by esterases (including cholinesterases) and is excreted in the urine. Cytochrome P_{450} isoenzymes are not involved in the metabolism of rivastigmine hence minimizing drug-drug interactions. Starting dose of rivastigmine is 1.5 mg twice a day and can be gradually titrated to the maximal dose of 6 mg twice a day. The minimal effective dose is 3mg twice a day. A transdermal form of rivastigmine has been developed and is available on most markets since 2008. The main objective of transdermal rivastigmine is to allow titration to the highest (and most therapeutic) doses of the medication while minimizing side effects. This is achieved by slow release of the medication into the circulation as demonstrated by a C_{max} of 8 hours by transdermal route. Starting dose of transdermal rivastigmine is 5 cm^2 and the effective and maximal dose is 10 cm^2.

d. NMDA antagonist (Memantine):

Memantine is thought to reduce cell damage by reducing excitotoxicity resulting from over activation of NMDA glutamate receptor during synaptic transmission.

In addition to cholinesterase inhibitors, memantine has also been approved for the treatment of AD. Memantine regulates the activity of glutamate in the brain. Glutamate is an excitatory neurotransmitter involved in learning and memory. Over stimulation of nerves by glutamate may be the cause of the neuron degeneration seen in AD, called Bethune 16 excitotoxicity. Glutamate binds to N-methyl-D-aspartate (NMDA) receptors on the surface of brain cells. Memantine functions by blocking the NMDA receptors and therefore protecting the nerves from excessive glutamate stimulation.
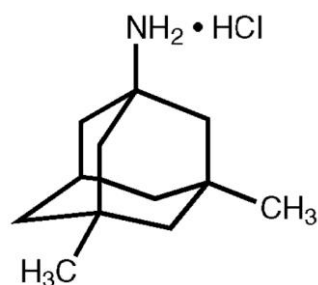
Figure 1.12: Memantine (chemical structure)

Memantine is indicated in the treatment of moderate to severe AD and can temporarily delay worsening of cognitive symptoms. It is well absorbed after oral administration and reaches C_{max} in 3 to 8 hours. Elimination half-life is 60-80 hours. It binds to proteins in a proportion of 45% and is almost completely excreted unchanged in the urine. Starting dose is 5 mg daily (in one or two doses). Minimal therapeutic dose is 10 mg daily and maximal dose is 20 mg daily. NMDA antagonists, such as memantine, have generally been regarded as neuroprotective, but they have also demonstrated neurotoxic properties that diminish memory, incite neuron death and even produce psychotic episodes in humans.

1.20.2 Antihypertensive drugs:

Antihypertensive drugs have potential for AD therapy. ACE inhibitors reduce inflammation and mental decline in AD patients by 50%. Mild to moderate AD subjects with high blood pressure had less cognitive decline when given an ACE inhibitor that cross the BBB than when given an ACE inhibitor that did not or a Calcium channel blocker.

A recent study has confirmed that ACE inhibitors slow the progression of AD. A potential downside of ACE inhibitors is that they may block ACE from converting βA_{1-42} to less damaging βA_{1-40}, thereby reducing its protective function.

Possible mechanism by which ACE inhibitors work, include reducing angiotensin II, increasing an enzyme that break βA and increasing acetylcholine.

Calcium channel blockers are another category of antihypertensive drugs. It may be that βA, mutation in presenilin proteins or other factors open channels that permit Ca^{2+} to enter the cell.

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1.20.3 Anti-inflammatory drugs:

Most research on NSAIDs has focused on prevention rather than treatment of AD. One study has examined 49,349 NSAID user for five years found the risk of AD was clearly reduced by ibuprofen and less so by indomethacin, while salicylate provides no protection.

1.20.4 Secretase inhibitors:

Secretase are the enzymes that break the APP, found in cell membranes, into βA fragments that form plaques. Secretase inhibitors should slow the production of βA. A gamma-secretase inhibitor has been shown to reduce plasma βA about 60 percentin a small 14 week study of mild to moderate AD patients.

B-secretase inhibitors have been shown to reduce βA in animal models and may have fewer adverse effects. Memoquin is a β-secretase inhibitor that also inhibits AChE, reduces βA production, limits tau hyperphosphorylation and fights oxidation, but it is in the early developmental stage.
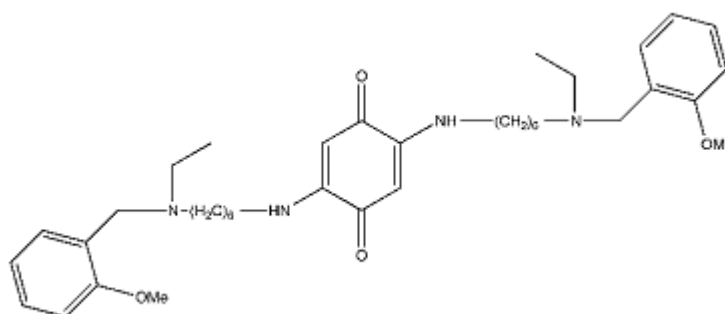
Figure 1.13: Memoquin (Chemical Structutre).

1.20.5 Insulin:

Insulin has many roles in normal cell function. Nasal administration of insulin improved several cognitive measures in subjects with early AD or mild cognitive impairment. Insulin resistance can affect the brain as well as other organs, making it difficult for the brain cells to acquire energy for cell maintenance and synaptic connections, thus cell death can occur. Also hyperinsulinemia has been found to increase inflammation and βA_{1-42} in healthy adults.

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1.20.6 Etanercept:

Etanercept has recently generated interest because it produced dramatic cognitive improvement. AD brain have elevated lavels of the cytokines TNF-α. Since TNF-α regulates neural transmission, lowering by spinal injections of etenercept might restore the brain to more normal functioning. A dramatic cognitive imprvement was evedenced in one moderate to severe AD subject within minutes.
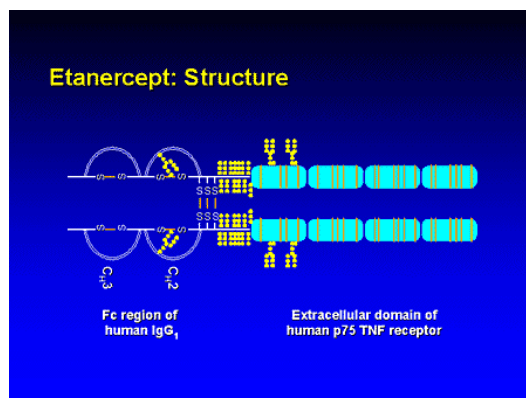
Figure 1.14. Structure of Etanercept.

1.20.7 Brain Derived Neurotrophic factor (BDNF):

BDNF is a protein produced in the brain that help existing neuron survive, facilitate the growth of new neuron and synaps and reverses neuronal atrophy and behavior deficits; intracellular signalling is also facilitated. BDNF is active in the hippocampusand cortex. It stimulates neurogemesis. BDNF level decline with age and are lower in the AD brains than in whose without AD.

1.20.8 Immunization:

βA has been reduced by injecting AD patients with a synthetic form of βZ called AN1792. Although this reduces βA, the effect on AD is unclear. Some people respond to immunization without a showing of disease progression even after 4.6 years.

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1.20.9 Antipsycotics and sedatives:

Antipsycotics and sedatives have accelarated the progression of AD, defines as an increase of one or more points in the Global deterioration Scale, and produced a 50% decrease in cortical plasticity in cats. Thus care should be exercrised in using such drugs for AD patients.

1.20.10 Flavanoids and other novel plant constituents:

HuperzineA (HupA):

HupA is an extract from the chinese moss Huperzia serrata that has been used for centuries in Chinese folk medicine to treat wide range of diseases.
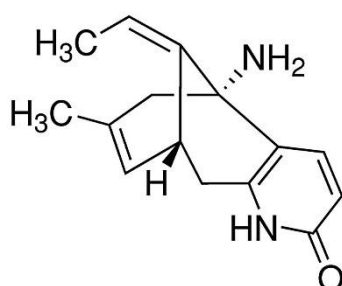
Figure 1.15: Huperzine (Chemical Structure)

A review of in vitro studies found HupA preserves Ach longer than Tacrine, Galantamine or Donepezil. HupA reduces βA induced neuronal degenaration in the hippocampus and the cortex, decrease oxidative damage from free radical induced βA plaque, protects neuron from cytotoxins and apoptosis induced by βA and free radicals and inhibit glutamate toxicity.

Polyphenols:

Polyphenols are group of plant derived chemical compunds with more than one phenol units. They protect the plant from stress induced by ultraviolet radiation, disease, pests and physical damage. Polyphenols also protect animals by activating a number of intracellular processes that preserve neurons.

Curcumin:

Curcumin is extracted from the plant Curcuma longa (turmeric). It may provide promising therapy for AD because it has at least 10 neuroprotective properties including anti-inflammatory, antioxidant, inhibition of βA formation, clearance of βA formation and copper and iron chelation.
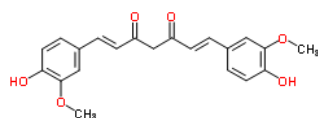
Figure 1.16: Curcamine (Chemical Structure)

Reveratrol:

Reveratrol is a polyphenol found in red wine, peanuts and other plants which reduce oxidative stress, decrease inflammation, reduce βA formation, protect DNA, decrease cell death and modulates various other systemsthat protect cells. Animal models suggest that reveratrol mimics the effect of caloric restriction on longivity and negates the harmful effects of high fat diet, doubles resestence to muscle fatigue, reduce neurotoxicity, decrease cell death, decrease degeneration of the hippocampus and prevents learning impairments. Several studies has shown thatmoderate consumption of red wine reduces the risk of developing AD.
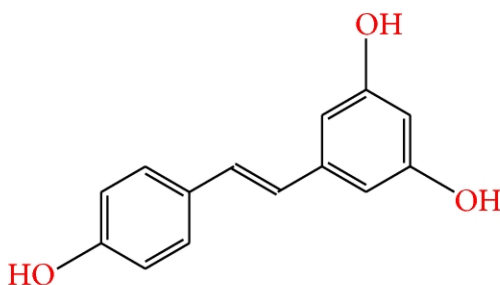
Figure 1.17: Reveratrol (Chemical structure)

Tacrine (Cognex):

Tacrine was the first cholinesterase inhibitor approved. Doctors rarely prescribe it today because it's associated with more serious side effects than the other three drugs in this class.

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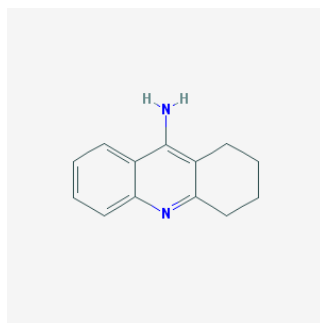
Figure 1.18: Tacrine (Chemical structure).

1.20.11 Herbal suplement:

Gingko Biloba:

Gingko Biloba contains compounds that have antioxidant and antiinflammatory properties that protects neuron membrane, regulate neurotransmitters and retard cell degeneration. Gingko Biloba extract contains RGb 761that reduce βA and cell death.

Panax ginseng:

Panax ginseng has been studied for its effect of cognition. The active componant in ginseng are thought to be steroid like compounds called ginsenosides. Ginsenosides Rg3 reduced βA_{1-42} by 84% invitro and 31% invivo.

Withania sominifera:

Withania sominifera, a small evergreen hrub commonly called ashwagandha has been used to treat many diseases. A recent study have been shown that it have many neuroprotective properties including anti-inflammatory, antioxidant, inhibition of βA, inhibition of Calcium, inhibition of AChE and reduction of cell death. In vitro research demonstrates that ir regenate damaged axons, dendrites and synaps.

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1.20.12 Nutrients:

Posphatidylserine:

Posphatidylserine is important in neurotransmission, mitochondrial function and cell metabolism. It has also been implecated in the enhancement of nerve growth factor. Recent research demonstrate that Posphatidylserine increases Ach and provides neuroprotection by inhibiting βA and inflammation.
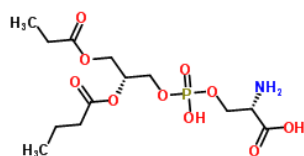
Figure 1.19:Posphatidylserine structure

Alpha-Lipoic acid (ALA):

ALA is a fatty acid found in all cells and in some food. It is a powerfull antioxidant that readily penetrates the blood brain barrie, chelate metals, reduce inflammaiton and increase ACh.
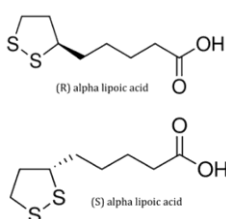
Figure 1.20: Alpha-Lipoic Acid (Chemical Structure)

Omega-3 Fatty Acids:

Omega-3 Fatty Acids have many benificial effectsthat make them investigative prospects of AD. Daily taking of Omega-3 Fatty Acids reduces the risks of developing AD. It has also benificial effects on mild to moderate AD.

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Acetyl L-Carnitine (ALCAR):

ALCAR derived from amino acid L-carnitine, work synergestically with ALA to transport acyl groups and fatty acids into the mitochondria for energy produciton. IT is a small molecule that readily penetrates the BBB and promotes biosynthesis of Ach. It also clears the toxic fatty acid metabolites. ALCAR also increases nerve growth factors.

Coenzyme Q10:

Coenzyme Q10 is essential for mitochondrial energy production. Many mitochondrial dysfunction occurs in AD brains, including disruption of energy production, apoptosis deregulation, altered calcium homeostasis and others. Coenzyme Q10 reduced oxidative stress and tau pathology in mice and metabolized βA and inhibited its formation invitro.
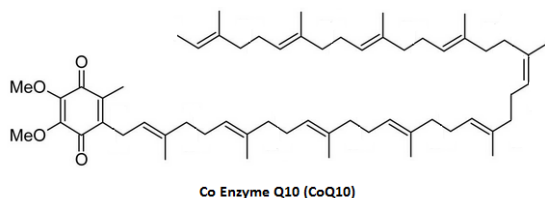
Co Enzyme Q10 (CoQ10)

Figure 1.21: Coenzyme Q-10

1.20.13 Vitamins and mineals:

B vitamins:

Low level of vitamin B12 and folate appear to be associated with an increased rate of cognition decline. Since AD patients typically have high levels of homocysteine, researchers have examined the possibility that lowering homocysteine would be therapeutic. A combination of B12 and B6 and folate lowered homocysteine level in mild to moderate AD.

Vitamin A:

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Vitamin A is essential for learning, memory and cognition. Vitamin A level decline with age and lower still in individuals with AD. A derivative of vitamin A, retinoic acid is known to slow cell death and offer protection from βA.

Vitamin E:

Doctors sometimes prescribe vitamin E to treat cognitive Alzheimer's symptoms. No one should take vitamin E to treat Alzheimer's disease except under the supervision of a physician. Vitamin E is an antioxidant, a substance that may protect brain cells and other body tissues from certain kinds of chemical wear and tear. Its use in Alzheimer's disease is based chiefly on a 1997 study showing that high doses delayed loss of ability to carry out daily activities and placement in residential care for several months. That study was conducted by the Alzheimer's Disease Cooperative Study (ADCS), the clinical research consortium of the National Institute on Aging (NIA). Since the ADCS study was carried out, scientists have found evidence in other studies that high dose vitamin E may slightly increase the risk of death, especially for those with coronary artery disease. No one should take vitamin E to treat Alzheimer's disease except under the supervision of a physician. Vitamin E especially at the high doses used in the ADCS study can negatively interact with other medications, including those prescribed to keep blood from clotting or to lower cholesterol.

Lithium:

Lithium is a naturally occuring mineral found in small amounts in many food. It increases the neuroprotective proteinscalled BCL-2 in the rat hippocampus and frontal cortex and inhibit glycogen synthase kinase 3 β, which is implecated in increasing levels of phosphorylated tau and is thought to be a factor leading to βA plaques and cell death. An invitro study found lithium's neuroprotection and resulted from inhibiting Ca2+ influx mediated by NMDA receptors.

Hormones (Melatonin):

Melatonin is a naturally occuring hormone that is produced in decreasing amounts with age. It is a powerful antioxidants, provides mitochondrial support, protects against tau tangles and βA toxicity. It readily cross the BBB and enters all cell structures.

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1.21 Cholinesterase and their mechanism:

Acetylcholinesterase:

Acetylcholinesterase (AChE) is key enzyme in the nervous system of animals. It is ahydrolasethathydrolyzesthe neurotransmitter acetylcholine. AChE is found at mainly neuromuscular junctions and cholinergic brain synapses, where its activity serves to terminate synaptic transmission.It belongs to carboxylesterase family of enzymes. It is the primary target of inhibition by organophosphorus compounds such as nerve agents and pesticides.
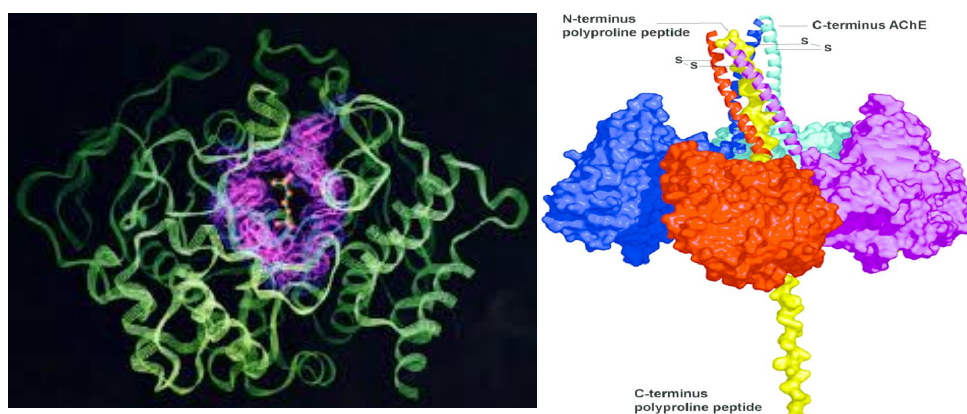
Figure 1.22: (a) 3D structure of AChE, (b) Tetramer of AChE

Enzyme structure and mechanism:

AChE has a very high catalytic activity - each molecule of AChE degrades about 25000 molecules of acetylcholine (ACh) per second, approaching the limit allowed by diffusion of the substrate.The active site of AChE comprises 2 subsites - the anionic site and the esteraticsubsite. The structure and mechanism of action of AChE have been elucidated from the crystal structure of the enzyme.

The anionic subsite accommodates the positive quaternary amine of acetylcholine as well as other cationic substrates and inhibitor. The cationic substrates are not bound by a negatively-charged amino acid in the anionic site, but by interaction of 14 aromatic

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residues that line the gorge leading to the active site. All 14 amino acids in the aromatic gorge are highly conserved across different species.Among the aromatic amino acids, tryptophan 84 is critical and its substitution with alanine results in a 3000-fold decrease in reactivity.The gorge penetrates half way through the enzyme and is approximately 20 angstroms long. The active site is located 4 angstroms from the bottom of the molecule.

The esteraticsubsite, where acetylcholine is hydrolyzed to acetate and choline, contains the catalytic triad of three amino acids: serine 200, histidine 440 and glutamate 327. These three amino acids are similar to the triad in other serine proteases except that the glutamate is the third member rather than asparate. Moreover, the triad is of opposite chirality to that of other proteases. The hydrolysis reaction of the carboxyl ester leads to the formation of an acyl-enzyme and free choline. Then, the acyl-enzyme undergoes nucleophilic attack by a water molecule, assisted by the histidine 440 group, liberating acetic acid and regenerating the free enzyme.
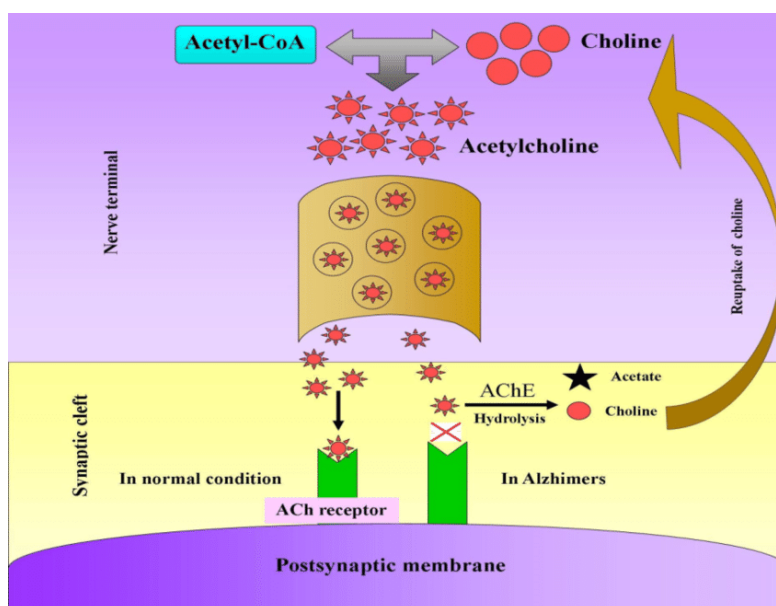
Figure 1.23: Mechanism of action of AChE

Distribution of AChE:

AChE is found in many types of conducting tissue: nerve and muscle, central and peripheral tissues, motor and sensory fibers, and cholinergic and noncholinergic fibers. The activity of AChE is higher in motor neurons than in sensory neurons.

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Acetylcholinesterase is also found on the red blood cell membranes, where different forms constitute the Yt blood group antigens. Acetylcholinesterase exists in multiple molecular forms, which possess similar catalytic properties, but differ in their oligomeric assembly and mode of attachment to the cell surface.

Biological function of AChE:

During neurotransmission, ACh is released from the nerve into the synaptic cleft and binds to ACh receptors on the post-synaptic membrane, relaying the signal from the nerve. AChE, also located on the post-synaptic membrane, terminates the signal transmission by hydrolyzing ACh. The liberated choline is taken up again by the pre-synaptic nerve and ACh is synthetized by combining with acetyl-CoA through the action of choline acetyltransferase.

Butyrylcholinesterase enzyme:

Butyrylcholinesteraseis a non-specific cholinesterase enzyme that hydrolyses many different choline esters. It is also known as pseudocholinesteras or plasma cholinesterase. In humans, it is found primarily in the liverand is encoded by the *BCHE* gene.

It is very similar to the neuronal acetylcholinesterase, which is also known as RBC or erythrocyte cholinesterase.The term "serum cholinesterase" is generally used in reference to a clinical test that reflects levels of both of these enzymes in the blood.

Assay of butyrylcholinesterase activity in plasma can be used as a liver function test as both hypercholinesterasemia and hypocholinesterasemia indicate pathological processes.
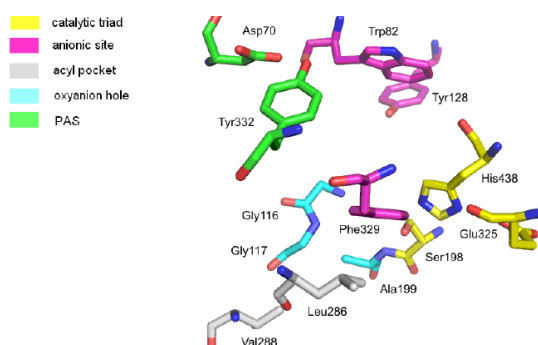
Figure 1.24: 3D structure of active sites of Butyrylcholinesterase.

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1.22 Enzyme Kinetics:

Enzyme kinetics is the study of the chemical reactions that are catalyzed by enzyme. In enzyme kinetics, the reaction rate is measured and the effects of varying the conditions of the reaction are investigated. Studying an enzyme's kinetics in this way can reveal the catalytic mechanism of this enzyme, its role in metabolism, how its activity is controlled, and how a drug or an agonist might inhibit the enzyme.

Enzymes are usually protein molecules that manipulate other molecules, like the enzymes substrates. These target molecules bind to an enzyme's active site and are transformed into products through a series of steps known as the enzymatic mechanism. These mechanisms can be divided into single-substrate and multiple-substrate mechanisms. Kinetic studies on enzymes that only bind one substrate, such as triosephosphateisomerase, aim to measure the affinity with which the enzyme binds this substrate and the turnover rate. Some other examples of enzymes are phosphofructokinase and hexokinase, both of which are important for cellular respiration (glycolysis).

1.23 Side Effects of the AD Drugs:

Although, acetylcholinesterase inhibitors are widely used for the treatment of AD, the benefit of cholinesterase inhibitors do not come without unpleasant side effects. The side effects of currently used drugs for AD treatment are given in the table 1.1.

Table 1.1: Side Effects of the AD Drugs

Generic	Side Effects
Donepezil	Nausea, vomiting, dizziness, loss of appetite, weight loss, muscle cramps, tiredness, trouble sleeping and increased frequency of bowel movements.
Galantamine	Nausea, vomiting, loss of appetite and increased frequency of bowel movements.
Memantine	Headache, constipation, confusion and dizziness, drowsiness, headache, insomnia, agitation and hallucination.

Rivastigmine	Nausea, vomiting, loss of appetite and increased frequency of bowel movements.
Tacrine	Possible liver damage, nausea, emesis, diarrhea, vomiting, dyspepsia, rhinitis, myalgia, tremor and excessive urination.
Vitamin E	Can interact with medications prescribed to lower cholesterol or prevent blood clots; may slightly increase risk of death.

1.24 Historical background of Herbal drugs:

Herbal products have been traditionally used as therapeutic agents and dietary supplement in both Eastern and Western cultures. The use of medicinal plants has substantially increased in the last decades and a World Health Organization survey indicated that 70-80% of the world population still relies on herbal based traditional medicine for their primary healthcare. Nature has a cure for all kinds of diseases and dilemmas that occur in people. It is the largest storehouse that includes everything for human survival from the enormous natural resources. The plants are being used for therapeutic purposes since the dawn of civilization. For thousands of years, natural products have played an important role throughout the world in treating and preventing human diseases. Natural product medicines have come from various source materials including terrestrial plants, terrestrial microorganisms, marine organisms and terrestrial vertebrates.[81,82] The value of natural products in this regard can be assessed using 3 criteria:

➢ The rate of introduction of new chemical entities of wide structural diversity, including serving as templates for semi synthetic and total synthetic modification.

➢ The number of diseases treated or prevented by these substances and

➢ Their frequency of use in the treatment of disease.

An analysis of the origin of the drugs developed between 1981 and 2002 showed that natural products or natural product-derived drugs comprised 28% of all new chemical entities (NCEs) launched onto the market. In addition, 24% of these NCEs were synthetic or natural mimic compounds, based on the study of pharmacophores related to natural products.

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This combined percentage (52% of all NCEs) suggests that natural products are important sources for new drugs and are also good lead compounds suitable for further modification during drug development. The large proportion of natural products in drug discovery has stemmed from the diverse structures and the intricate carbon skeletons of natural products. Since secondary metabolites from natural sources have been elaborated within living systems, they are often perceived as showing more "drug-likeness and biological friendliness than totally synthetic molecules" making them good candidates for further drug development.

Scrutiny of medical indications by source of compounds has demonstrated that natural products and related drugs are used to treat 87% of all categorized human diseases (48/55), including as antibacterial, anticancer, anticoagulant, antiparasitic and immunosuppressant agents, among others. There was no introduction of any natural products or related drugs for 7 drug categories (anesthetic, antianginal, anti histamine, anxiolytic, chelator and antidote, diuretic, and hypnotic) during 1981 to 2002. In the case of antibacterial agents, natural products have made significant contributions as either direct treatments or templates for synthetic modification.Of the 90 drugs of that type that became commercially available in the United States or were approved worldwide from 1982 to 2002, ~79% can be traced to a natural product origin.

Frequency of use of natural products in the treatment and/or prevention of disease can be measured by the number and/or economic value of prescriptions, from which the extent of preference and/or effectiveness of drugs can be estimated indirectly. According to a study by Grifo and colleagues, 84 of a representative 150 prescription drugs in the United States fell into the category of natural products and related drugs.[83] They were prescribed predominantly asanti-allergy/pulmonary/ respiratory agents, analgesics, cardiovascular drugs, and for infectious diseases. Another study found that natural products or related substances accounted for 40%, 24%, and 26%, respectively, of the top 35 worldwide ethical drug sales from 2000, 2001, and 2002.

1.25 Plants as a source of AD drugs:

None of the pharmacological lines of intervention have so far been able to stop the progression of AD; thus a need for an alternative approach was believed necessary to make progress with particular emphasis on plants. Plants have been used since antiquity in traditional medicinal systems for the treatment of memory dysfunction. Studies carried out on

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some species have resulted in the identification of compounds which are currently either in clinical use or templates for further drug discovery, e.g. galantamine, an alkaloid isolated from *Galanthusnivalis* L. (Amaryllidaceae). Galantamine was approved by the FDA in 2004 for use an acetylcholinesterae inhibitor in the treatment of AD. It was the traditional use of of*G. nivalis* L. in Bulgaria and Turkey for neurological conditions that lead to the development of this drug.

There have been previous reviews on the plants demonstrating pharmacological and clinical effects of potential interest in AD therapy, including Clement *et al*., (2003),Howes and Houghton (2003),Howes*et al.,* (2003) and Zhang (2006).By studying the reviews it becomes clear that ethopharmacological screening is one of the main approaches used in drug discovery.

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CHAPTER2: PLANT AND LITERATURE REVIEW

2.1 Plant:

Pterocarpus santalinus, with the common names red sanders, red sandalwood, and saunderswood, is a species of *Pterocarpus* endemic. .*Pterocarpus santalinus* Linn. belongs to the family Fabaceae. There are various *Pterocarpus*species which are widely distributed throughout the world i.e *Pterocarpus dalbergioides, Pterocarpus indicus, Pterocarpus marsupium*and *Pterocarpus santalinus,*.especially India and china This tree is valued for the rich red color of its wood. The wood is not aromatic. The tree is not to be confused with the aromatic *Santalum* sandalwood tree.

2.2 History

The chronology of Red sanders in its cultural perspective can be easily recorded on the strength of extant texts and its products used through successive centuries of Indian civilization. A mention of red sanders in literature dates as far back as the epic times of Ramayana and Mahabharata. In the Ramayana, the chandana paste used for besmearing the body is stated to be of the colour of the blood of a boar and highly scented. In Hinduism, Red sanders wood has been traditionally used as a sacred wood. The priests extensively use this wood on many of their rituals.

Red sanders wood with normal grains called as non-quality wood, it is used for cremation purposes in Calcutta and other north Indian cities and also in Burma where considerable sanctity is attached to it. For this purpose the timber is converted into one foot billets. The saw dust as well as the chips is also exported to foreign countries, probably for the preparation of red dye and medicine. At Tiruchanur (near Tirupati, Andhra Pradesh, India), this non grains wood is utilised for the manufacture of dolls, images of deities, utensils and other toys.

The Medicinal value of Red sanders has been recognized long ago by the local physicians, specializing in Ayurveda and Sidda systems of medicine. The wood is bitter with a characteristic flavour. It is used in eye and blood diseases, skin diseases, chronic dysentery, and snake bite and as an antiseptic ointment. Small pieces are carved into dolls and images. Wood is also exported for manufacturing of musical instruments called Shamusen. The wood has historically been valued in China, particularly during the Ming and Qing periods, referred to in Chinese as zitan and spelt tzu-t'an by earlier western authors such Gustav Ecke, who introduced classical Chinese furniture to the west.

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Chapter 2: Plant and Literature review

Between the 17th and 19th centuries in China the rarity of this wood led to the reservation of zitan furniture for the Qing dynasty imperial household. Rakta chandan, the Indian word for Red sandalwood which is Tzu-t'an, are linked by etymology. The word tan in Chinese is a perfect homonym of "tan", meaning cinnabar, vermillion and the cognition is suggested by the interchange of chan for oriflamme, the vermilion ensign of the ancients. Chinese traders would have been familiar with Chandan. Tzu-t'an then is the ancient Chinese interpretation for the Indian word chandan for Red sandalwood. When forest management was first introduced in Red sanders forests, about the middle of the 19th century, the Red sanders were removed in great quantities under the licence system. Recognizing the importance of the species during 1865, realizing the valuable forest disappearing fast; cutting of the Red sanders was totally prohibited by grouping it with teak. Thus, combined with stringent protective measures, had a salutary effect. Between 1870 and 1882, around 1, 50,472 tons of firewood was thus supplied, which means that cutting of more than 10,000 acres of forests within easy accessibility. The areas marked for felling contained a high percentage of Red sanders and with the grass invading and fires sweeping the open areas of felled forest; one can imagine the retrogression that is possible. Thanks to the fire hardiness of the species and its wonderful capacity to coppice, the original forest has survived. Mr. Yarde, the then District Forest Officer (1875) wrote "the railway company would eventually have to fall back on English coal and patent fuel as the department would be unable to supply the demand for railway fuel". After the inspection of the forests by Sir Dietrich Brandis in 1883, these forests were put under a regular management plan. Well established silvicultural techniques were introduced to conserve Red sanders but these techniques underwent periodic charges, according to prevailing circumstances. The selection system was first prescribed, but since this provided for the removal of the very best of the Red sanders trees, which had already been subjected to severe exploitation, the system was replaced by improved felling. To Mr. White Head goes the credit of extending this system throughout the district, and much commendable work was done under his guidance. The system consisted in retaining well-formed trees of the better timber species and also saplings below 6'' in girth and coppicing the rest. Regeneration of burnt patches by direct sowing was prescribed but the results were not encouraging. Then followed the system of coppice with standards, with a rotation of 25 to 30 years for the coppice and 60 to 75 years for the standards; 20 to 30 standards were retained per acre.

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In 1928, the simple-coppice replaced the coppice with standards for two reasons; firstly it was found difficult to protect the standards which stood out temptingly, inviting the smugglers, and secondly there was great demand for fuel in the Madras market. When all along the timber value of the Red sanders was recognized and suitable measures were being devised for its conservation, it is unfortunate that the silvicultural considerations have been Subordinated to considerations of revenue and practical difficulties and the simple coppice system with a rotation of 40 years come to stay.(Soundararajan *et al., 2016)*

2.3 *Pterocarpus santalinus* **Tree**:

P. santalinus is a small to medium sized deciduous tree having a dense, round crown reaching a height of 10 to 15 m with a girth of about 90 to 160 cm. The bark is typically dark brown in colour with rectangular plates and deeply fissured when matured. When blazed, it exudes a red colour gum with numerous pink streaks. The leaves are pinnately compound which are generally shed during January and March. With the onset of summer, new flush of leaves are produced along with large yellow coloured raceme flowers. Due to prevailing dry and hot conditions in its natural habitat, the pollination ecology is vulnerable. As an endemic species, for its continuous survival, Red Sanders has devised cross pollination as the main system exhibiting xenogamous breeding though geitonogamy exists a bit (Rao and Raju, 2002).The matured reddish brown coloured winged pods are formed after eleven months of flowering and have one or two seeds (A.N. Arunkumar and G. Joshi, 2014)

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Figure 2.1: *Pterocarpus santalinus*

2.3.1 *Pterocarpus santalinus* **Bark:**

Bark is blackish brown, 1-1.5 cm thick and deeply cleft into rectangular plates by deep vertical and horizontal cracks. Blaze is pale yellow with numerous pink streaks exuding copious red sticky thick gum. Branchlets are drooping and hairless (K.K. Indika Upali *et al*., 2011).

Figure 2.2:Bark and Leaves of *Pterocarpus santalinus*

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2.3.2 *Pterocarpus santalinus* **leaves:**

Leaves are 3 foliated, 10-18 cm long and rachis swollen at base. Generally, there are 3 leaflets (rarely more than 3), broadly egg-shaped or orbicular. Base is round or slightly heart-shaped. Apex is also rounded or deeply notched. Margin is entire, leathery, shiny, hairless, and distinctly stalked (K.K. Indica Upali et al., 2011).

2.3.3 *Pterocarpus santalinus* **Flower:**

Figure2.3:**Flowers and Seeds of *Pterocarpus santalinus***

Flowers are bisexual, stalked in auxiliary simple or sparingly branched racemes, yellow, about 2 cm long, fragrant. Pods are unequally orbicular, flat about 5×4.5 cm including the wing, and gradually narrow into a short tip about 1-cm long (K.K. Indika Upali *et al*., 2011).

2.3.4 *Pterocarpus santalinus* **seeds:**

Seeds 1 or rarely 2, more or less kidney shaped, 1-1.5 cm long, smooth, reddish brown (K.K Indika Upali *et al*., 2011).

2.4 Natural Habitat

In its natural habitat, the temperature varies from a minimum of 110 C to a maximum of 460 C and rainfall varying from as low as 100 mm to 1,000 mm indicative of the excessive dry climate prevailing throughout the year. The tree prefers growing in hilly terrain and their slopes and soils in general are shallow, poor, stony and well drained. About 82% of the natural population occurs in subsurface formation of quartzites indicating the soil preference

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for its growth (Raju and Nagaraju, 1999). It is a heavy light demander and avoids waterlogged areas (A.N. Arunkumar and G.Joshi, 2014).

2.5 Classification of *Pterocarpus santalinus* :

Kingdom	Plantae – Plants
Subkingdom	Tracheobionta – Vascular plants
Superdivision	Spermatophyta – Seed plants
Division	Magnoliophyta – Flowering plants
Class	Magnoliopsida – Dicotyledons
Subclass	Rosidae
Order	Fabales
Family	Fabaceae ⁄ Leguminosae – Pea family
Genus	*Pterocarpus* Jacq. – pterocarpus
Species	*Pterocarpus santalinus* L. f. – red sandalwood

(plants.usda.gov,2017)

Table 2.1: Taxonomoy of *Pterocarpus santalinus*

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2.6 Red sanders in tribal medicine:

The heartwood has various uses in traditional medicines and is popular for the treatment of diabetes apart from other ailments. The wood paste is applied externally specially for healing various skin diseases and blemishes. Yerukula and Irula tribes of Chittoor district in Andhra Pradesh use whole plant of P. santalinus for ulcer treatment (Vedavathy et al., 1997). Kandhas tribe in Kandhamal district of Orissa in India use the decoction of fresh stem barks of the plant, Calamus tenuis root and Azadirachta indica stem bark being given orally either with sugar candy or honey in empty stomach for 21 days to cure piles and blood setting piles (Behera et al., 2006). It is also used by people of Assam for healing skin diseases and as cosmetics. The wood is powdered and soaked in water and the paste is applied on skin for prickly heat. For smooth and fair skin, the powdered wood is mixed with flour and egg and is applied on the body (Saikia et al., 2006). The stem bark extract is used by a tribal group of Western Ghats in Shimoga region of Karnataka state for treating diabetes, fever, and snake bite and especially for Jaundice. For treating acute jaundice, about one hundred grams of powdered stem bark is boiled in 500 ml of water for 3-4 hours till the volume is reduced to half the original content. The solution is cooled and then ten grams of jaggery is added and made into pills, two to three pills is administered every day for ten days (Manjunatha, 2006). Malamalasar tribe of Perambikulam wildlife sanctuary in Kerala considers wood paste as a blood purifier, for curing skin diseases and poisonous affections (Yeshodharan and Sujana, 2007). Tripura ethnic community in Hazarikhil, Chittagong district of Bangladesh, uses the stem sap by taking twice daily for three days to treat conjunctivitis (Faruque and Uddin, 2011). Various tribes in coastal Karnataka use Red Sanders as an anti-inflammatory for the treatment of Herpes (Bhandari and Chandrashekar, 2011). Aborigines of Kalahandi, Orissa, use it as a blood purifier and diuretic. During chest pain and tuberculosis, paste is made from the wood and applied on the chest. Also solution with water is made and taken for a month orally (Panda and Padhy, 2008). Folklore claims in Assam suggest that the seeds are used in herbal formulation as an antidote against bab (the poison, the origin of which is obscure), by Karbis of Anglong district of Assam (A.N. Arunkumar and G.Joshi, 2014).

2.7 Literature Review:

Soundararajan et al. says, the medicinal plants are useful for healing as well as for curing of human diseases because of the presence of phytochemical constituents.Phytochemicals are

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primary and secondary compounds. Chlorophyll, proteins and common sugars are included in primary constituents and secondary compounds have terpenoid, alkaloids and phenolic compounds. Terpenoids exhibit various important pharmacological activities i.e., anti-inflammatory, anticancer, antimalarial, inhibition of cholesterol synthesis, anti-viral and anti-bacterial activities. Alkaloids are used as anesthetic agents and are found in medicinal plants . The phytochemical analysis of Pterocarpus santalinus Linn., showed that it contains various components, such as carbohydrates, steroids, anthocyanins, saponins, tannins, phenols, triterpenoids, flavonoids, glycosides and glycerides, and importantly the santalin A and B pigments. It is established that, although the Phenolic pigments of Red Sanders heartwood have been known for more than a century, only in 1975 the major components of the colouring matter were identified by spectroscopic methods as Santalin-A (C30H1707(OMe)3) and Santalin-B (C30H1606(OMe)4) both being polymethoxylated biflavonoids with a quinone methide system or having anhydro benzo pyranol character. The other heartwood components include Homopterocarpin, Pterocarpin (Santal Isoflavondiol compounds), Isoliquiritigenin, liquiritigenin (flavonoidal compounds), eudesmols, cryptomeridiol, isopterocarpolone, Pterocarpol, Pterocarptriol, Pterocarpdiolone (sesquiterpenoids) and PterostiIbene. Pterocarpus species also contains isoflavonoids, terpenoids and phenolic compounds, β-sitosterol, lupeol & (-)epicatechin. In addition auron glycosides viz., 6-OH-1-methyl-3',4',5'-trimethoxyaurone-4-O-rhamnoside and 6,4'-dihyroxyaurone-4-O-neohesperidoside, and isoflavone glycoside 4',5-dihydroxy 7-methyl isoflavone 3'-O-beta-D-glucoside are present in Pterocarpus santalinus . (Soundararajan et al., 2016)

Dr. Duke's says, the following chemical components that are extracted from wood: Acetyl-Oleanolic-Acid, Acetyloleanolaldehyde, Beta-Eudesmol, Cedrol, Cryptomeridiol, Desoxysantalin, Essential Oil (EO), Gallic-Acid, Homopterocarpin, Isopterocarpin, Isopterocarpolone, Pterocarpdiolone, Pterocarpin, Pterocarpol, Pterocarptriol, Pterostilbene, Santal, Santalin, Santalin-A & Santalin-B. Small quantity of tannin and kino-tannic acid are also found in the wood. Triterpene has reported to be present in the callus of stem cuttings. It is reported that in addition Auron glycosides viz., 6-OH-1-Methyl-3', 4', 5'-trimethoxyaurone- 4-O-rhamnoside and 6, 4'-dihydroxyaurone-4- Oneohesperidoside, and isoflavone glycoside 4', 5-dihydroxy 7-O-methyl isoflavone 3'-Obeta-D-glucoside are also present. (Duke, 1992)

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Krishnaveni KS says, A new isoflavone together liquirigenin and isoliquirigenin has been isolated from the heartwood of P. santalinus. Based on spectral methods the structure of new compound were elucidated as 6-hydroxy, 7, 2`, 4`, 5`-terramethoxyisoflavone.(Krishnaveni KS,2000)

Chenchumunaswamy Reddy M says,Study on the absorption properties of Red sanders (P. santalinus) for beta and gamma radiations and obtained the suitability of this wood as shielding material to these radiations. (Chenchumunaswamy Reddy M, 1976)

Vineet Kumar et al. says Santalins, the pigments of Red sanders wood, have been isolated using simple extraction and crystallization techniques with a yield of 5%. On spectroscopic examination, it was found to be a mixture of santalin A and B which are the major colouring constituents of Red sanders. As this method of isolation of santalin pigments is simple and easy, it will be of interest to dyeing and pharmaceutical industries and can be exploited. (Vineet Kumar et al, 1992)

Asokan says Bark of P. santalinus has broad rhytidome formed by wavy anastomosing periderm bands. The tanniniferous idioblasts are abundant and are mostly in circular masses of 2-5 cells. The idioblasts in the collapsed phloem have dense amorphous tannin; those included within the rhytidome are empty idioblasts. Prismatic crystals are fairly common in the axial parenchyma; druses are also seen in the ray parenchyma. A special type of fan shaped crystals is seen specially associated with the idioblasts. The fan-shaped crystals are aggregation of numerous needles in the form of a semicircle; the fan crystals are attached on the outer walls of the tanniniferous cells. (Asokan,2007)

Krishnaveni KS and Srinivasa Rao JV says, The stem bark and leaf extracts showed inhibitory activity against a number of infectious microbial strains including Enterobacter aerogenes and Staphylococcus aureus. The broad-spectrum antibacterial activity exhibited by P. santalinus may be attributed to its richness in isoflavone glucosides. (Krishnaveni KS and Srinivasa Rao JV,2000)

Balaraju K. et al. says Antimicrobial activity of leaf extract from P. santalinus exhibited significant antimicrobial activity at all the dosage tested (1.25 mg/disc, 2.5 mg/disc and 5 mg/disc). Leaf extract of P. santalinus can be a potential source of new antimicrobial agents for the tested drug resistant to bacterial strains and fungi [6]. (Balaraju K. et al., 2008)

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Kondeti VK et al. says, phytochemical analysis of active fraction showed the presence of flavonoids, glycosides and phenols. Active fraction of ethanolic extract of bark of P. santalinus decreases streptozotocin induced hyperglycemia by increasing glycolysis and decreasing gluconeogenesis (Kondeti VK et al., 2010)

Kameswara Rao B. et al. says, the effect of administration of different doses of P. santalinus bark extracts in normal and diabetic rats, on blood glucose levels were compared with the diabetic rats treated with glibenclamide. The antihyperglycemic activity of ethanolic extract of P. santalinus bark at the dose of 0.25 g/kg body weight was found to be more effective than that of glibenclamide (Kameswara Rao B. et al., 2001)

Sen Gupta PC and Mukherjee AK says, a histological stain prepared from the heartwood of P. santalinus has been found to be an excellent nuclear stain for various cells of animal and plant origin. As an elastic tissue stain, the results are comparable to standard elastic tissue stains. The stain can be used as counter stain with certain histochemical procedures with satisfactory results. (Sen Gupta PC and Mukherjee AK, 1981).

Perara et al. says, Synergistic effect of components of P. santalinus towards their anticancer and antioxidant activities. The additive roles of phytochemicals may contribute significantly to the potent antioxidant activity and the ability to inhibit cancer cells proliferation in vitro (Perara et al., 2008)

Manjunatha BK says, Ethanol extract of stem bark of P. santalinus found to possess significant protective effect against hepato-toxicity induced by carbon tetrachloride which may be attributed to the individual or combined action of phyto-constituents present in it. (Manjunatha BK, 2006)

Kwon HJ et al. says, the methanol extract of P. santalinus strongly inhibits cell proliferation and induces apoptosis in HeLa cells. Medical expenditure panel survey (MEPS) induced apoptosis through the mitochondrial pathway, involving cytochrome release from the mitochondria, the activation of caspases-9 and -3 and degradation of Poly ADP-ribose polymerase (PARP). Because apoptosis was regarded as a new target in discovery of anti-cancer drugs, these results confirm the potential of P. santalinus as an agent of chemotherapeutic and cytostatic activity in human cervical adenocarcinoma cells (Kwon HJ ey al., 2006).

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Palanisamy D. et al. says, the hepato-protective activity of P. santalinus may be correlated to its containing alkaloid, triterpenoid and flavonoidal constituents. P. santalinus protects the liver from severe damage caused by D-galN and may serve as a useful adjuvant in several clinical conditions associated with liver damage (Palanisamy D. et al., 2007)

Shoba Narayan et al. says, P. santalinus contributes towards its marked gastro-protection by its free radical scavenging property and also by maintaining the functional integrity of cell membrane through inhibition of acid secretion (Shoba Narayan et al., 2005)

Shoba Narayan et al. says, The Anti-Helicobacter pylori activity of P. santalinus has been compared with that of bismuth subcitrate, through in vitro studies employing rat gastric epithelial cell cultures and H. pylori isolates from gastric mucosal biopsy patients. The use of ethanol extracts of P. santalinus as Anti-Helicobacter pylori has been confirmed through its ability to reduce urease activity (Shoba Narayan et al., 2007)

Apparao C. et al. says, P. santalinus has beneficial effects on blood glucose levels as well as improving hyperlipidemia due to diabetes (Apparao C., 2005)

Shoba Narayan et al. says, an in vivo study to the action of the ethanolic extract of heartwood P. santalinus has been found to prevent mitochondrial dysfunction, maintain the phospholipids content and mitochondrial cell integrity (Shoba Narayan et al., 2007)

Jae Youl Cho et al. says, two lignans were isolated from the heartwood of P. santalinus and compounds were identified as savinin and calocedrin, dibenzyl butyrolactone-type; lignan compounds having an -arylidene, - lactone structure. These lignans significantly inhibited tumor necrosis factor (TNF)- production in lipopolysaccharide (LPS)-stimulated RAW264.7 cells, and T cell proliferation elicited by concanavalin (Con A), without displaying cytotoxicity. Thus, savinin may act as an active principle in biological activities of P. santalinus, such as anti- inflammatory effect, by mediation of the butyrolactone ring as a valuable pharmacophore (Jae Youl Cho et al., 2001

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CHAPTER 3: MATERIALS & METHODS

3.1 Chemical study:

Generally the following methods are used throughout the experimental work-

- Collection and proper identification of the plant sample,
- Preparation of the plant material,
- Extraction,
- Solvent-solvent partitioning of the crude extract,
- Determination of total phenolics,
- Determination of total flavonoids,
- Determination of Cholinesterase inhibition,

In-vitro studies:

a. In- vitro antioxidant studies
b. In- vitro acetyl cholinesterase inhibitory studies

3.2 Material:

The fresh parts of the plant was selected for the chemical and biological investigations.

3.2.1 Collection of Plant Materials:

Since the plant is parasitic, the whole plant was collected from Dhaka an other districts of Bangladesh, in October, 2016 and identified by an expert taxonomist. A voucher specimen was submitted to the herbarium of the Department of Pharmacy, East West University.

3.2.2 Preparation of Plant Material:

The collected barks were first washed with water to remove adhering dirt and then shade dried for several days with occasional sun drying. These were then dried in an oven for 24 hours at considerably low temperature for better grinding. The dried barks were ground into coarse powder by a grinding machine.

3.2.3 Cold extraction of the plant materials:

Powdered plant materials (barks) having a weight of about 1.6 kg were taken in an amber colored reagent bottle and soaked in 6.0 liter of methanol. The bottle with its contents were

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sealed and kept for a period of about 7 days with occasional shaking and stirring. The whole mixture was then filtered through cotton and then through Whatman No.1 filters paper and was concentrated with a rotary evaporator under reduced pressure at 50°C temperature to afford crude methanolic extract (CME).

3.2.4 Solvent-solvent partitioning of crude extract:

An aliquot (55.0 gm) of the concentrated methanolic extract was fractionated by modified Kupchan method and the resultant fractions that are petroleum ether, chloroform, Ethyl acetate, Aqueous fractions were obtained and used for the experiment purpose.

3.3. Determination of Total Phenolics:

Total phenolic content of the different extractives of L. globosus were determined employing the method as described by Singleton in 1965 involving Folin-Ciocalteu reagent as oxidizing agent and catechin as standard.

3.3.1 Principle:

The content of total phenolic compounds of different fractions in the plant was determined by Folin–Ciocalteu Reagent (FCR). The FCR actually measures a sample's reducing capacity. The exact chemical nature of the FC reagent is not known, but it is believed to contain heteropolyphosphotungstates–molybdates. Sequences of reversible one or two-electron reduction reactions lead to blue species, possibly $(PMoW_{11}O_{40})_4$. In essence, it is believed that the molybdenum is easier to be reduced in the complex and electron-transfer reaction occurs between reductants and Mo (VI):

$$Mo\ (VI) + e^- \rightarrow Mo\ (V)$$
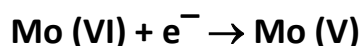
3.3.2 Materials:

- Folin – ciocalteu reagent (Sigma chemical company, USA),
- Sodium carbonate (Sigma chemical company, USA),
- Methanol (Sigma chemical company, USA),
- Gallic acid (Wako pure chemicals Ltd., Japan),
- Micropipette (10-100 µl),

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- Pipette (1-10 ml),
- UV-spectrophotometer (Shimadzu, USA).

3.3.3 Experimental procedure:

The amount of total phenolics in extract was determined according to the Folin-cio calteu procedure. Samples (500µl) were introduced into test tubes. 2.5mL of Folincio-calteu reagent and 2.5 ml of sodium carbonate (7.5%) were added. The tubes were mixed and allowed to stand for 30 min. Absobance at 760 nm was measured. The total phenolic content was expressed as Gallic acid equivalents (GAE) in milligrams per gram extract as calculated from standard Gallic acid graph by the following formula.

$$C = (c \times V)/m$$

Where,

C = total content of phenolic compounds, mg/g plant extract, in GAE;

c = the concentration of gallic acid established from the calibration curve, mg/ml;

V = the volume of extract, ml;

m = the weight of different pure plant extracts, gm.

3.4. Determination of Total Flavonoids (TF):

Total flavonoid content of the different extractives of *L. globosus*was determined by aluminum chloride colorimetric method. Catechin was used as standard and the flavonoid content of the extractives was expressed as mg of catechin equivalent/gm of dried extract.

3.4.1Principle:

The content of total flavonoids in different extractives of plant extract was determined by the well-known aluminum chloride colorimetric method.[181] In this method aluminum chloride forms complex with hydroxyl groups of flavonoids present in the samples. This complex has the maximum absorbance at 510 nm.

3.4.2 Materials:

- Aluminum Chloride (Sigma chemical company, USA)

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- 5% $NaNO_2$
- 1 mM NaOH
- Methanol (Sigma chemical company, USA)
- Catechin (Wako pure chemicals Ltd., Japan)
- Micropipette (10-100 µl)
- Pipette (1-10 ml)
- UV-spectrophotometer (Shimadzu, Japan)

3.4.3 Experimental procedure:

Total flavonoid (TF) was determined using the procedure by Dewanto, Wu, Adom, and Liu, (2002). One milliliter of extract containing 0.1 g/mL of dry matter was placed in a 10 mL volumetric flask and then 5 mL of distilled water added followed by 0.3mL of 5% $NaNO_2$. After 5 min, 0.6 mL of 10% $AlCl_3$ was added. After another 5 min 2 mL of 1M NaOH was added and volume made up with distilled water. The solution was mixed and absorbance measured at 510 nm. TF amounts were expressed as catechin equivalents per dry matter. All samples were analyzed thrice and result averaged.

The total content of flavonoid compounds in plant extracts in catechin equivalents was calculated by the following formula equation

$$C = (c \times V)/m$$

Where,

C = total content of flavonoid compounds, mg/g plant extract, in catechin equivalent (GAE);

c = the concentration of catechin established from the calibration curve, mg/ml;

V = the volume of extract, ml;

m = the weight of pure plant extracts, gm.

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3.5 Total Flavanol Content Determination:

Total Flavanol content of the methanol extract of *D. blancoi* is determined by a method named aluminum chloride colorimetric method. This test requires gallic acid was as standard. The flavanol content of the extractives was denoted by mg of Gallic acid equivalent/gm of dried extract.

3.5.1 Principle:

The amount of total flavanols in methanoic extract of *D. blancoi* was determined by the popular aluminum chloride colorimetric method. In this process, aluminum chloride forms complex with hydroxyl groups of flavanols which may be present in the samples. This formed complex has the highest absorbance at 440 nm.

3.5.2 Materials:

- Aluminum Chloride 2% solution (Sigma chemical company, USA)
- Sodium acetate 5% solution
- Gallic acid
- Micropipette (20-200 µl, 100-1000 µl)
- Pipette (1-10 ml)
- UV-spectrophotometer (Shimadzu, Japan)

3.5.3 Procedure:

Total flavanol content was identified by using aluminum chloride. As a standard Gallic acid was used. Initially, 300 µl sample was taken from the stock solution. This was made upto 1ml by adding methanol. Then 1ml of 2% aluminium chloride solution which was made with ethanol is added with the sample. After that 1.5 ml 5% sodium acetate solution was added. This mixture was incubated at room temperature for 2.5 hours. And finally, absorbance was taken at 440 nm.

The total content of flavonoid in plant extracts in Gallic acid equivalents was calculated by the following formula

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$$C = (c \times V)/m$$

Where,

C = total content of flavonoid compounds, mg/g plant extract, in catechin equivalent (GAE);

c = the concentration of catechin established from the calibration curve, mg/ml;

V = the volume of extract, ml;

m = the weight of pure plant extracts, gm.

3.6 DPPH (1, 1-diphenyl-2-picrylhydrazyl) Free Radical Scavenging Assay:

DPPH was used to evaluate the free radical scavenging activity of various fractions, isolated pure compounds and column subfractions.

3.6.1 Principle:

The 1, 1-diphenyl-2-picrylhydrazyl radical (DPPH) has been widely used to evaluate the free radical scavenging capacity of antioxidants. DPPH free radical is reduced to the corresponding hydrazine when it reacts with hydrogen donors. DPPH can make stable free radicals in aqueous or methanol solution. With this method it was possible to determine the antiradical power of an antioxidant activity by measurement of the decrease in the absorbance of DPPH at 517 nm. Resulting from a color change from purple to yellow the absorbance decreased when the DPPH was scavenged by an antioxidant, through donation of hydrogen to form a stable DPPH molecule. In the radical form this molecule had an absorbance at 517 nm which disappeared after acceptance of an electron or hydrogen radical from an antioxidant compound to become a stable diamagnetic molecule.

3.6.2 Materials:

- DPPH (Sigma chemical company, USA)

- Methanol (Sigma chemical company, USA)

- Catechin

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- Pipette (1-10 ml)

- UV spectrophotometer (Shimadzu, Japan)

3.6.3 Experimental procedure:

The free radical scavenging activity of the extracts, different subcolumn fractions and isolated compounds of L. globosus was detected based on the method described by Braca et al. (2001, J. Nat. Prod., 64, 892-895). Sample (2 ubml) will be added to 3ml of a 0.004% methanol solution of DPPH. Absorbance at 517 nm will be determined after 30 mins and the percentage inhibition activity was calculated from

$$I\% = [(A_0 - A_1)/A_0] \times 100,$$

Where,

I% is the percentage of scavenging activity

A_0 is the absorbance of the control, and

A_1 is the absorbance of the extract/standard.

Then % inhibitions were plotted against concentration and from the graph IC_{50} was calculated.

3.7 Determination of Total Antioxidant Capacity:

Total antioxidant capacity of the different extractives, column subfractions and the isolated compounds of L. globosus was determined by the method of Prieto et al., (1999) with some modifications. [182]

3.7.1 Principle:

The phosphomolybdenum method usually detects antioxidants such as ascorbic acid, some phenolics, α-tocopherol and carotenoids. The phosphomolybdenum method was based on the reduction of Mo (VI) to Mo (V) by the antioxidant compound and subsequent formation of a green phosphate/Mo (V) complex at acidic pH.In essence, it is believed that the molybdenum

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is easier to be reduced in the complex and electron-transfer reaction occurs between reductants and Mo (VI) and the formation of a green phosphate/Mo (V) complex with a maximal absorption at 695 nm.

$$Mo\ (VI) + e \rightarrow Mo\ (V)$$
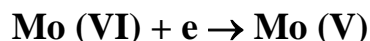
3.7.2 Materials

- Sulphuric acid (Merck, Germany)
- Sodium Phosphate (Sigma chemical company, USA)
- Ammonium Molybdate (Sigma chemical company, USA)
- Ascorbic acid (Analytical or Reagent grade)
- Methanol (Sigma chemical company, USA)
- Water bath
- Micropipette (100-1000 µl)
- Pipette (1-10 ml)
- UV-spectrophotometer (Shimadzu, Japan)

3.7.3 Experimental procedure:

The sample (0.5 mL) was mixed with 3 mL of reagent solution (0.6 M sulphuric acid, 28 mM sodium phosphate and 4 mM ammonium molybdate) . The tubes were incubated at 95^0C for 90 min. The mixture was cooled to room temperature, then the absorbance of the solution was measured at 695 nm against blank. A typical blank solution contained 3 mL of reaction mixture and the same volume of solvent used for the sample, and it is incubated under the same conditions as the rest of the sample solution. The total antioxidant activity was expressed as compared with ascorbic acid .

3.8 Hydroxyl Radical Scavenging Assay:

Hydroxyl radical scavenging activity of different extractives, column subfractions and isolated compounds of *L. globosus* was determined by the method as described by Chung et al., (1997) with a slight modification.

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3.8.1 Principle:

Hydroxyl radical was generated by the Fenton reaction. When Trichloro Acetic acid (TCA and H_2O_2 was incubated with Fe^{2+}-EDTA system at P^H 7.4, hydroxyl radicals were generated, and reacted with 2-deoxy-2-ribose to generate a malondialdehyde (MDA)-like product. This compound forms a pink chromogen upon heating with thiobarbituric acid (TBA) at low P^H. Samples with antiradical property can remove the hydroxyl radicals from 2-deoxy-D-ribose and prevent the formation of pink chromogen. In the radical form the pink chromogen had an absorbance at 532 nm. As the hydroxyl radicals are scavenged by antioxidant compound, the pink chromogen becomes decolorized and the intensity of color can be quantitatively measured at 532 nm.

3.8.2 Materials:

- 2-deoxy-D-ribose (Sigma-Aldrich, Japan)
- Thiobarbituric acid (Sigma-Aldrich, Japan)
- Phosphate buffer (Sigma-Aldrich, USA)
- EDTA (Sigma chemical company, USA)
- Hydrogen peroxide (Merck, Germany)
- $FeSO_4 .7H_2O$ (Sigma chemical company, USA)
- Trichloro Acetic acid (Sigma-Aldrich, USA)
- (+)-Catechin (Sigma-Aldrich, Japan)
- Water bath
- UV spectrophotometer (Shimadzu, Japan)

3.8.3 Experimental Procedure:

The Fenton reaction mixture containing 200 µL of 10mM FeSO4.7H2O, 200 µL of 10mM EDTA and 200 µL of 10mM 2-deoxyribose was mixed with 1.2mL of 0.1M phosphate buffer (pH 7.4) containing 200 µL of samples. Thereafter, 200 µL of 10 mM H_2O_2 was added to the mixture before incubation for 4h at 37°C. Later, 1mL of 2.8% TCA and 1mL of 1% TBA were added and placed in a boiling water bath for 10min. Then, the resultant mixture was allowed to cool up to room temperature and centrifuged at 395g for 5 min. Absorbance was

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recorded at 532 nm in a UV-VIS spectrophotometer. The percentage (%) inhibition activity was calculated from the following equation.

$$\% \ I = \{(A_o - A_1)/A_o\} \ X \ 100$$

Where,

I% is the percentage of scavenging activity

A_0 is the absorbance of the control, and

A_1 is the absorbance of the extract/standard.

Then % inhibitions were plotted against concentration and from the graph IC_{50} was calculated.

3.9 Reducing Power Capacity Assessment:

The reducing power of the different extractives, compounds and column subfractions of *L. globosus* was evaluated by the method of Oyaizu (1986).

3.9.1 Principle:

In this assay, the yellow color of the test solution changes to various shades of green and blue depending on the reducing power of antioxidant samples. The reducing capacity of a compound may serve as a significant indicator of its potential antioxidant activity. The presence of reductants such as antioxidant substances in the samples causes the reduction of the Fe^{3+}-ferricyanide complex to the ferrous form by donating an electron. The amount of Fe^{2+} complex can then be monitored by measuring the formation of Perl's Prussian blue at 700 nm.

$$Fe^{3+}\text{-ferricyanide} + e^- \longrightarrow Fe^{2+}\text{-ferricyanide}$$
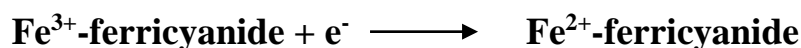
3.9.2 Materials:

- Potassium ferricyanide (Merck, Germany)
- Trichloro Acetic acid (Merck, Germany)
- Ferric Chloride (Sigma chemical company, USA)

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- Phosphate buffer (Sigma-Aldrich, USA)
- Ascorbic acid (Sigma chemical company, USA)
- Water bath
- Centrifuge machine
- Pipette (1-10 ml)
- UV spectrophotometer (Shimadzu, USA)

3.9.3 Experimental Procedure:

Reducing power was investigated using the method developed by Oyaizu (1986). A 2.5 mL fraction of L. globosus was mixed with 2.5 mL of phosphate buffer (200mM, p_H 6.6) and 2.5 mL 1% potassium ferricyanide. The mixture was placed in a water bath for 20 min at 50^0C. The resulting solution was cooled rapidly, mixed with 2.5 mL of 10% trichloroacetic acid and centrifuged at 3,000 rpm for 10 min. A 5.0 mL fraction from the supernatant was mixed with 5mL of distilled water and 1mL of ferric chloride. Absorbance of the resultant mixture was measured at 700 nm after 10 min. The higher the absorbance value the stronger the reducing power

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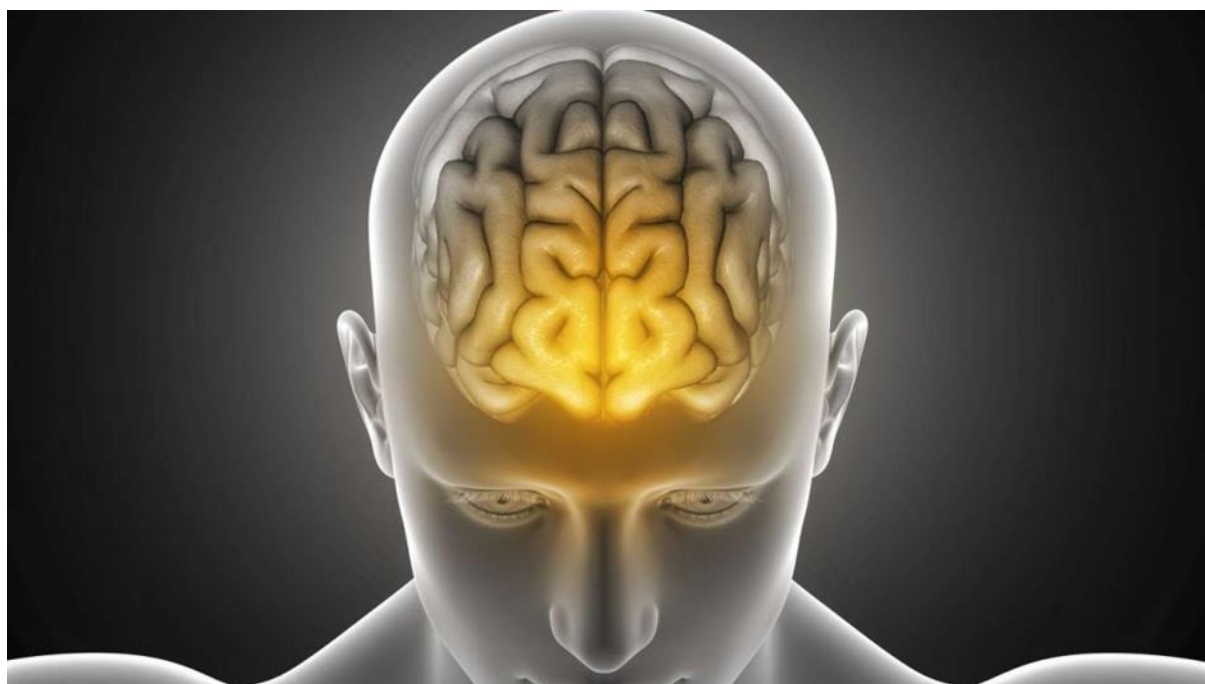
CHAPTER 4: RESULTS

4.1 Determination of Total Phenolics:

Phenolic content of the crude methanolic extract, pet ether and chloroform fraction were determined using Folin-Ciocalteu reagent. Phenolic content of the samples were calculated on the basis of the standard curve for gallic acid as shown in Table 3.2 and in figure 3.1. The results were expressed as mg of gallic acid equivalent (GAE)/gm of dried extractives.

Table 4.1: Absorbance of gallic acid at different concentrations after treatment with FCR.

Concentration (µg/ml)	Absorbance			Mean ±STD
	A	**b**	**c**	
1	0.098	0.103	0.096	0.099 ± 0.003606
2	0.176	0.179	0.182	0.179 ± 0.003
4	0.403	0.411	0.401	0.405 ± 0.005292
8	0.785	0.789	0.792	0.789 ± 0.003512
16	1.452	1.456	1.432	1.447 ± 0.012858
32	2.654	2.664	2.659	2.659 ± 0.005

Figure 4.1: Standard curve of gallic acid for the determination of total phenolics.

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Table 4.2: Determination of total phenolic content

Plant Name	Sample	Conc. (µg/ml)	Absorbance	GAE/gm of dried sample
Whole Plant	**CME**	100	0.791	48.53
Whole Plant	**CME**	300	1.828	104.30
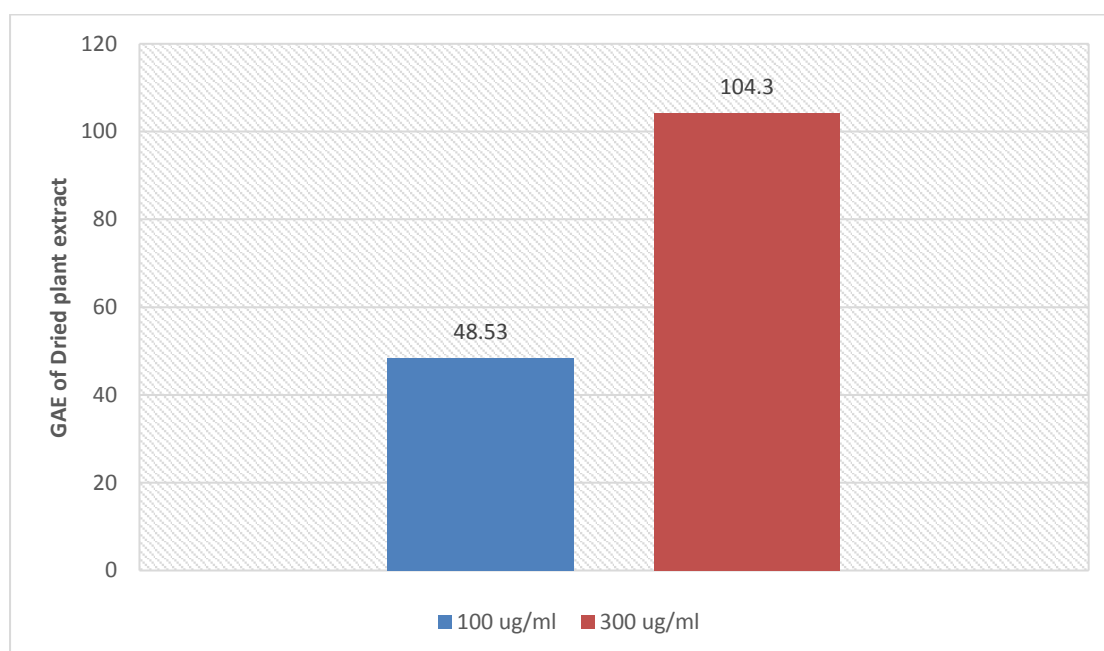
Figure 4.2: Total phenolic content (mg/gm plant extract in gallic acid equivalent)

4.2 Determination of Total Flavonoids:

Total flavonoids content of crude methanol extract (CME), pet ether and chloroform fractions were determined using much known aluminum chloride colorimetric method. Flavonoid content of the samples was calculated on the basis of the standard curve for catechin as shown in Table and in Fig. The results were expressed as mg of catechin equivalent (CE)/gm of dried sample.

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Table 4.3: Absorbance of catechin at different concentrations for quantitative determination of total flavonoids

Concentration (µg/ml)	Absorbance			Absorbance Mean ± STD
	a	b	c	
31.25	0.241	0.238	0.244	0.241 ± 0.003
62.5	0.380	0.378	0.382	0.38 ± 0.002
125	0.726	0.720	0.732	0.726 ± 0.006
250	1.476	1.472	1.480	1.476 ± 0.004
500	2.667	2.657	2.677	2.667 ± 0.007
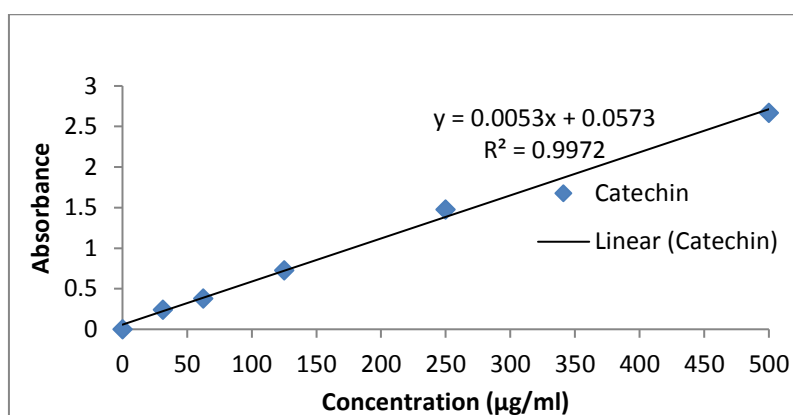
Figure 4.3: Standard curve of catechin for the determination of total flavonoids

Table 4.4: Determination of total flavonoid content

Plant Name D. blancoi	Sample	Conc. (µg/ml)	Absorbance	CE/gm of dried sample
Whole Plant	CME	200	0.108	17.10
Whole Plant	CME	500	0.421	38.79

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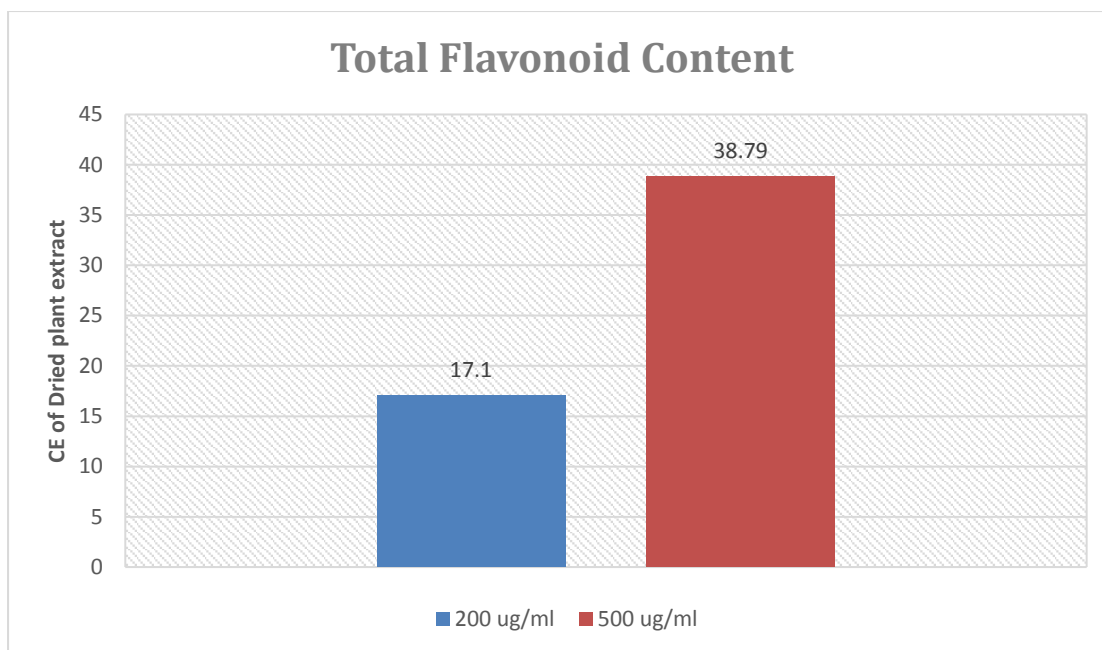
Figure 4.4: Total flavonoid content (mg/gm plant extract in catechin equivalent) of CME, PET, CLF

4.3 Determination of Total Flavanol:

Flavanol content of the crude methanolic extract, pet ether and chloroform fraction were determined using reagents. The results were expressed as mg of gallic acid equivalent (GAE)/gm of dried extractives.

Table 4.5:Absorbance of gallic acid at different concentrations

Concentration (µg/ml)	Absorbance			Mean ±STD
	A	**b**	**c**	
1	0.098	0.103	0.096	0.099 ± 0.003606
2	0.176	0.179	0.182	0.179 ± 0.003
4	0.403	0.411	0.401	0.405 ± 0.005292
8	0.785	0.789	0.792	0.789 ± 0.003512
16	1.452	1.456	1.432	1.447 ± 0.012858
32	2.654	2.664	2.659	2.659 ± 0.005

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Figure 4.5: Standard curve of gallic acid for the determination of total flavanols.

Table 4.6: Determination of total flavanol content

Plant Name *D. blancoi*	Sample	Conc. (µg/ml)	Absorbance	GAE/gm of dried sample
Whole plant	**CME**	200	0.346	37.11
Whole Plant	**CME**	500	0.664	73.76
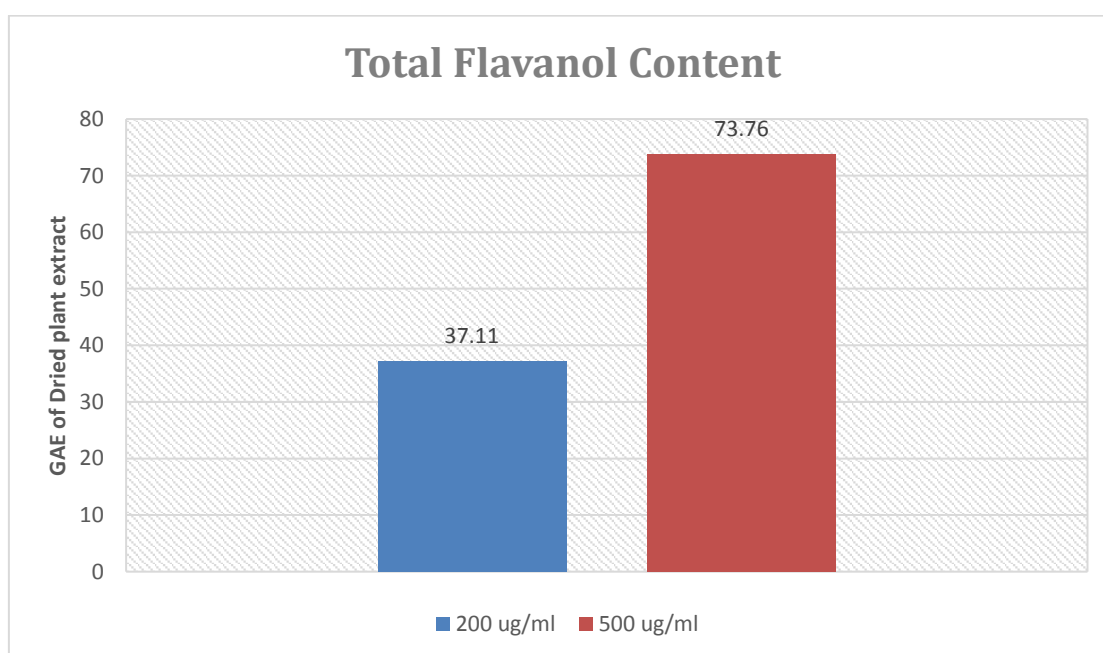
Figure 4.6: Total flavonol content (mg/gm plant extract in gallic acid equivalent)

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4.4 DPPH Radical Scavenging Activity:

The model of scavenging the stable DPPH radical is a widely used method to evaluate the free radical scavenging ability of various samples including plant extracts. DPPH antioxidant assay is based on the ability of 1, 1 diphenyl-2-picryl-hydrazyl (DPPH), a stable free radical, to decolorize in the presence of antioxidants. The DPPH radical contains an odd electron, which is responsible for the absorbance at 517 nm and also for a visible deep purple color. When DPPH accepts an electron donated by an antioxidant compound, the DPPH is decolorized, which can be quantitatively measured from the change in absorbance and % of scavenging activity is calculated.

Table 4.7: % of inhibition of different parts of the plant

Name of Plant Part	Concentration (µg/µg)	Absorbance	% of Inhibition
Whole Plant	50	0.887	67.02
CME	100	0.640	76.20
	300	0.306	88.62
Catechin	50	0.14	93.87
(Standard)	100	0.11	94.16
	300	0.09	97.77

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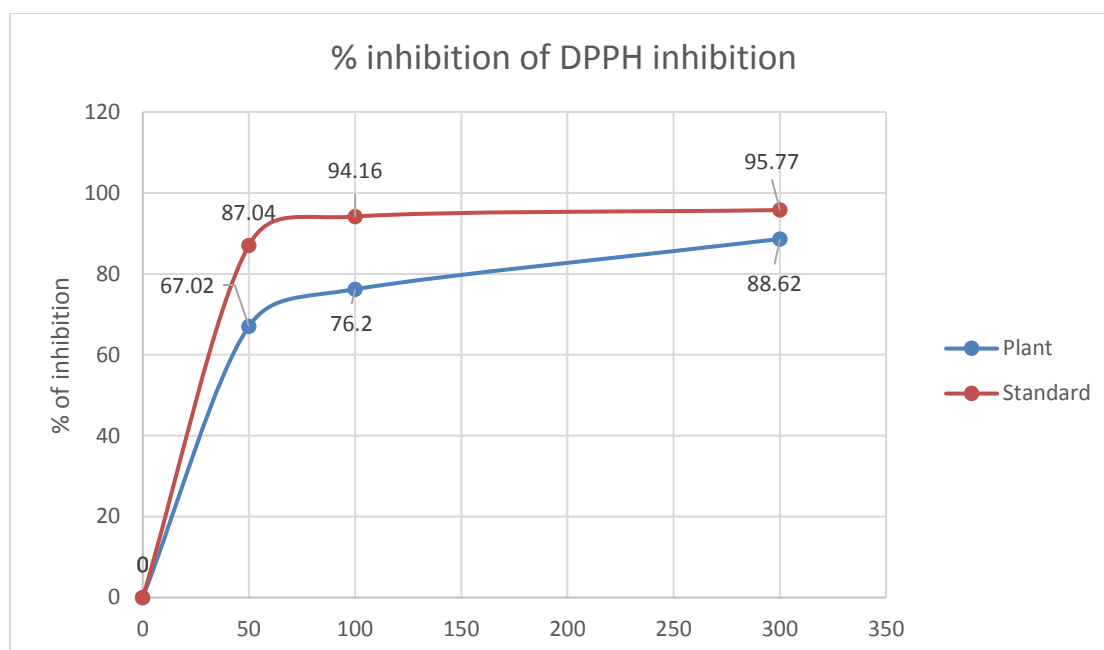
Figure 4.7: % of inhibition of different parts of plants by DPPH radical scavenging activity

4.5 Reducing Power Capacity:

Cfractions was determined by the method of Oyaizu (1986) with slight modification. The reductive capabilities of crude methanol extract (CME) and its four fractions and the reference standard catechin are shown in Table.

Table 4.8: Chart of absorbance for reducing power capacity

Name of Plant	Concentration (µg/µg)	Absorbance
Whole Plant (CME)	100	0.544
Catechin	100	2.660

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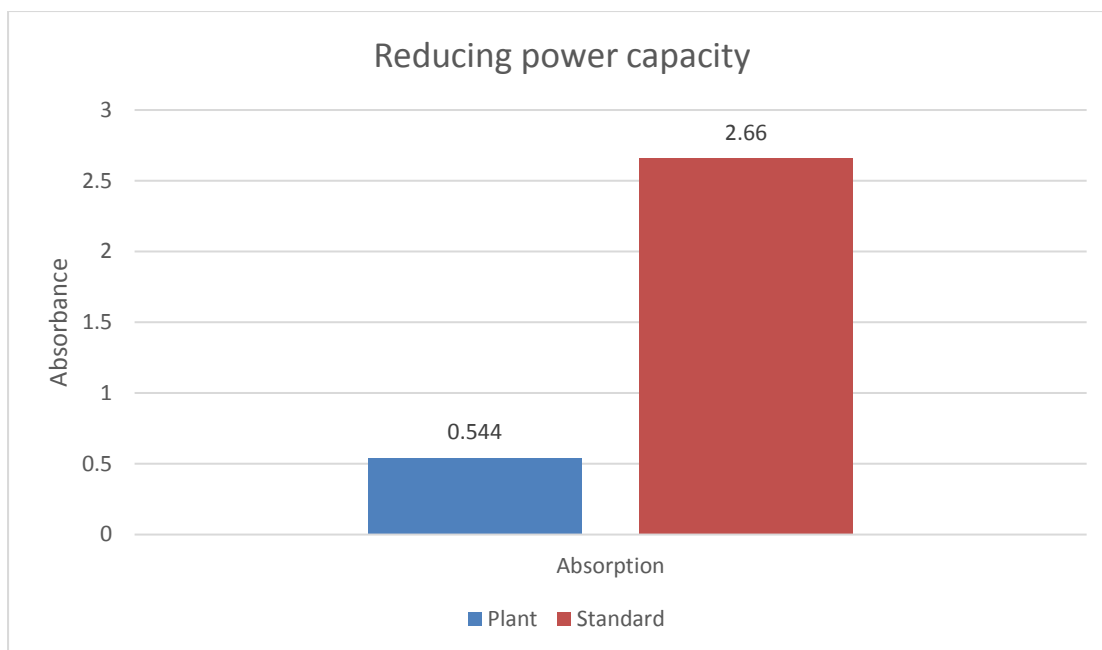
Figure4.8: **Reducing power capacity of CME extract**

4.6 Acetyl cholinesterase inhibitory activity assay:

Inhibition of acetylcholinesterase, which enhances cholinergic transmission by reducing the enzymatic degradation of acetylcholine, is a widely accepted strategy for the development of AD drug. In this study, the acetylcholinesterase inhibitory activity of the crude methanol extract was assessed by modified Ellman'smethod and compared with the reference standard donepezil. This method estimates acetylcholinesterase (AChE) using acetylcholine iodide (substrate) and dithiobisnitro benzoic acid (DTNB). The enzymatic activity was measured by the yellow color compound produced by thiocholine when it reacts with dithiobisnitro benzoate ion.

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Table 4.9: % of inhibition for acetyl cholinesterase inhibitory activity assay

Name of sample	Conc. (µg/ml)	% of inhibition Mean
Donepezil (Std)	20	78.34
	50	86.12
	100	91.44
	200	92.14
Whole Plant (CME)	20	14.08
	50	21.19
	100	36.27
	200	52.51
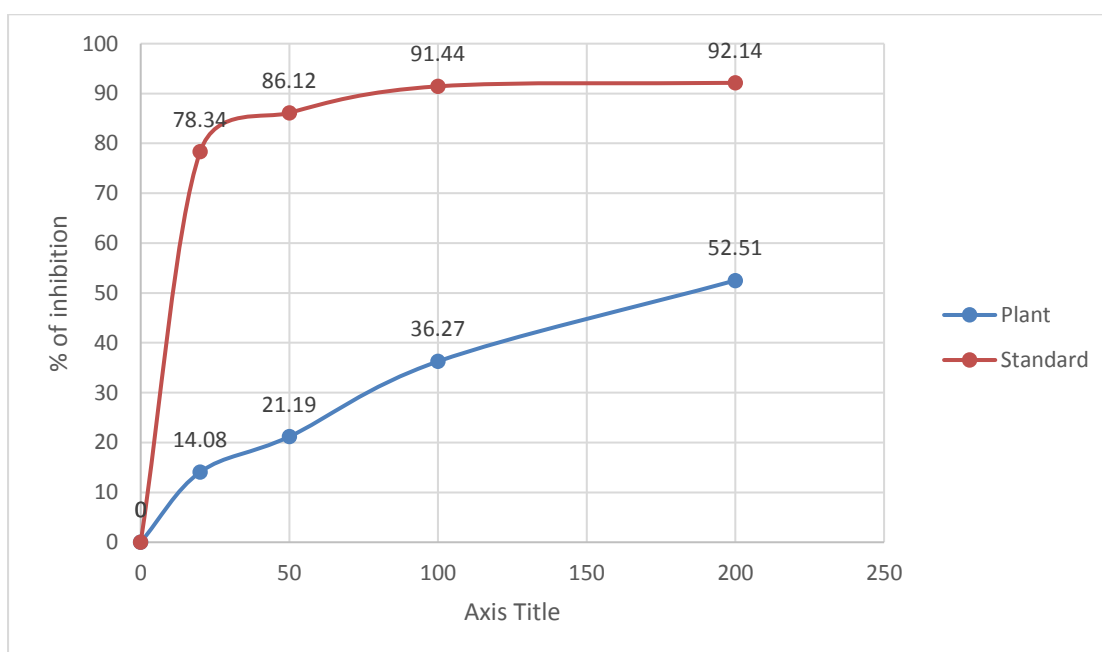
Figure 4.9: % of inhibition for acetyl cholinesterase inhibitory activity assay

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CHAPTER 5: DISCUSSION

5.1 Determination ofTotal Phenolics:

The Total Phenolic content of the crude extract of the plant can be determined by using Folin-Ciocalteu reagent. The crude methanolic extract were tested. From the table of the result, the crude methanolic extract of the plant in concentration of 200µg/ml gives absorbance of 0.108 for which Gallic acid equivalent per gram (GAE/gm of dried sample) of dried sample is 17.10. On the other hand, the crude methanolic extract of the plant in concentration of 500µg/ml shows 0.421 in absorbance and GAE/gm of dried sample is 38.79. So it is clear that, phenolic compounds are increased according to increased concentration of crude extract.

5.2 Determination of Total Flavonoids:

Total flavonoids content were calculated by using aluminuim chloride colorimetric method. The crude methanolic extract, pet ether, chloroform and n-hexane fraction were tested. From the table of total flavanoid content, it can be said that the crude methanolic extract of the plant gives absorbance of 0.136 in concentration of 200µg/ml where the catechin equivalent/gm (CE/gm of dried sample) of dried sample is 5.71. Additionally another concentration of 500µg/ml of methanolic extract of the plant shows absorbance at 0.231 for which the catechin equivalent/gm (CE/gm of dried sample) of dried sample is 24.26. That means the crude extract is rich in flavanoid compounds as CE/gm of dried sample increases with increased concentration.

5.3 Determination of Total flavanol:

The total content of flavanol was assayed by using aluminium chloride colorimetric method. The crude methanolic extract, pet ether and chloroform fraction were tested. From the table of total flavanol content is observed that the plant having crude methanolic extract gives absorbance of 0.346 in concentration of 200µg/ml for which Gallic acid equivalent/gm of dried sample (GAE/gm of dried sample) is 37.11. Crude Methanolic sample having concentration of 500µg/ml gives absorbance of 0.664 with a calculated GAE/gm of dried sample 73.76. The plant can be a prominent source of flavanol as 500µg/ml CME contain 32.25 GAE/gm of dried sample.

5.4 DPPH Radical Scavenging Activity:

The evaluation of free radical scavenging activities is done by using 1,1-diphenyl-2-picrylhydrazyl radical (DPPH). From the table of DPPH radical scavenging activity test of

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methanolic crude extract of the plant gives percent of inhibition increases with the concentration of 20µl, 50µl, 100µl, 200µl respectively. Standard Catechin has the percent of inhibiton 87.39, 93.87, 94.16, 95.77 in the concentration of 20µl, 50µl, 100µl, 200µl having the absorbance of 0.19, 0.14, 0.11, 0.09 respectively. The plant has moderate inhibition capacity. Compared to the percentage of inhibition of Catechin standard in same concentration crude methanolic extract of the plant has less inhibitory activity. Due to higher purity of the standard, extracts how less activity or it may contain other antagonistic or agonistic compounds.

5.5 Reducing Power Capacity:

The assessment of reducing power capacity was done by the method of Oyaizu (1986). Reducing power capacity table shows that the crude methanolic extract of The plant gives an absorbance of 0.544 in the concentration of 100µg/ml. The absorbance of standard catechin is 2.660 in the concentration of 100µg/ml. However, comparing with Catechin standard the highest reducing power capacity is not present in the plant. The activity of the sample plants are much less because the purity of standard is higher than the crude extract may contain many other agonistic or antagonistic compounds. So, there is a chance to form more active molecules from those plants.

5.6 Acetyl cholinesterase inhibitory activity assay:

The evaluation of acetylcholinesterase inhibitory activity is done by Ellman's method and compared with the reference standard donepezil. Table of Acetylcholinesterase inhibitory activity represents that the plant shows percent of inhibition increasing with increasing concentration of 20µg/ml, 50µg/ml, 100µg/ml, 200µg/ml respectively. Dopenzil has present inhibition values of 78.34, 86.12, 91.44, 92.14. Compare to standard, the drug of choice, dopenzil, the crude extract shows mild acetylcholinesterase enzyme inhibitory activity.

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5.7 Conclusion:

The plant is found moderate active in inhibiting Acetylcholinsterase enzyme. Its total phenolic content, total flavonoid content and also its total flavanol content is not that much promising. But is reducing power is quiet high compare to its other activity. As it is only crude methyl extract of the plant, so further research is need to find out the most effective molecule from the mixture of molecule that is biologically active.

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