The Effect of Rosemary Plant Treated with Fructose on Insulin Sensitivity and Inflammatory Mediators in Male Albino Rats

Ahmed Muhammad Ahmed and Maysar Abdullah Ahmed
Department of Life Sciences, College of Education for Pure Sciences, Tikrit University, 34001 Tikrit, Salah Al-Din, Iraq
AM230009pep@st.tu.edu.iq, dr.measerahmed@tu.edu.iq

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Abstract: The current study aimed to understand the effects of fructose sugar on experimental animals and its impact on blood sugar levels, insulin hormone, insulin sensitivity, as well as its effect on inflammatory proteins including tumor necrosis factor-alpha (TNF-α), interleukin-6 (IL-6), and signal transducer and activator of transcription 3 (STAT3), Additionally, the study sought to investigate the role of rosemary plant extract, This study was conducted on 15 male rats with an average weight of 180-230 grams and ages of 4-5 months, which were divided into three groups of 5 animals each This study was conducted on 15 male rats with an average weight of 180-230 grams and aged 4-5 months. They were divided into three groups, with 5 rats in each Group 1 Considered the control group and given water and regular feed, Group 2 given with 2 g/kg of fructose Group 3 given with 2 g/kg of fructose and 50 ml of aqueous rosemary extract All groups were orally administered their respective treatments for 30 days, The results showed a significant increase in sugar levels, insulin, insulin resistance, and inflammatory proteins (TNF-α, IL-6, STAT3) in the fructose-treated group compared to the control group, In contrast , the group treated with fructose and rosemary extract exhibited a significant reduction in sugar levels, insulin, insulin resistance, and inflammatory proteins, This decrease is attributed to the role of rosemary in mitigating the effects of fructose , Rosemary might be beneficial in reducing blood sugar levels, enhancing insulin secretion , protecting pancreatic beta cells, and demonstrating inhibitory effects on IL-6, TNF-α, and STAT3 Alkaloids, phenolic acids, saponins, diterpenes, flavonoids, and essential oils are all found in rosemary, which also has anti-inflammatory.

1 INTRODUCTION

High fructose sucrose (HFCS) contains the simple sugar fructose as a free monosaccharide. It is a typical sweetener that is present in a lot of produced and processed foods and drinks that people consume on a regular basis. The consumption of fructose-sweetened drinks has risen significantly and is strongly linked to metabolic diseases. These diseases, along with systemic inflammation, infections, and harmful effects across generations, are widely associated with the increased intake of fructose [1]. Excessive intake of free sugars, such as fructose, is a major contributor to obesity and metabolic syndrome globally [2]. It is well-established that eating habits significantly influence the body's metabolism [3].

In recent decades, dietary patterns have shifted globally, leading to a significant increase in fructose consumption, particularly through sugar-sweetened beverages [4]. Clinical, experimental, and epidemiological research has shown that excessive consumption of fructose, beyond the recommended levels, can result in several negative health effects [5]. Higher fructose intake diminishes the sensation of fullness, promoting a positive energy balance, and enhances fat storage, which contributes to the buildup of visceral fat [6]. Increased arterial blood pressure and blood vessel damage are caused by fructose, which also encourages the accumulation of ectopic fat, especially in the liver and skeletal muscle, resulting in insulin resistance, inflammation, and abnormal fat metabolism [7]. Therefore, through a number of different processes, increased fructose consumption is linked to the beginning of a number of heart and metabolic problems, such as cardiovascular diseases, non-alcoholic fatty liver disease (NAFLD), type 2 diabetes, obesity, and insulin resistance [8]. A diet rich in fructose can cause inflammation in the colon and pancreas, enhance intestinal permeability, lead to fat accumulation in liver tissue, and increase levels of pro-inflammatory

cytokines [9]. It is important to note that fructose plays a crucial role in non-alcoholic fatty liver disease, with both preclinical and clinical research demonstrating a robust correlation between fructose intake and the degree of fibrosis and inflammation. Fructose is also regarded as a risk factor for liver cancer, The detrimental effects of fructose on the body, especially in the liver, can be explained by the activation of several pro-inflammatory, pro-fibrosis, and pro-tumor signalling pathways [10]. Obesity and overweight are becoming more common worldwide. According to data from the World Health Organisation (WHO), 39% of adults over the age of 18 were overweight in 2016 and 13% were obese, Furthermore, the proportion of overweight children and adolescents rose sharply from 4% in 1975 to 18.5% in 2016 alterations in eating patterns, such as the intake of beverages with added sugar, processed foods high in sugar, fat, and refined carbohydrates, along with the adoption of the Western diet and low physical activity, are contributing factors to the growing obesity rates worldwid [11].

Excessive fructose intake has been linked in numerous studies to adipose tissue buildup, systemic inflammation, adipokine production, elevated oxidative stress, and, ultimately, insulin resistance in a variety of tissues [12]. The body's immune reaction to damage or infection is inflammation, which is essential to innate immunity. The usual clinical signs of pain, swelling, heat, and redness are the outcome of a complex cascade of molecular and cellular signals that alter physiological responses [13].

The pancreas secretes the hormone insulin, which helps move glucose from the bloodstream into the cells of muscles, fat, and the liver, where it is used for energy [14]. The pancreas secretes insulin into the bloodstream to help reduce glucose levels and maintain them within normal ranges, When muscle, fat, and liver cells lose their sensitivity to insulin, it becomes harder for them to absorb glucose, leading to the development of insulin resistance, In order to facilitate glucose access into the cells, the pancreas is compelled to create more insulin [15]. If the pancreas can produce enough insulin to compensate for the cells' reduced responsiveness, glucose levels will stay within a healthy range. However, persistently high blood glucose levels can lead to prediabetes in individuals with insulin resistance or those whose pancreatic beta cells fail to produce sufficient insulin. People with genetic predispositions or unhealthy lifestyles are at a higher risk of developing insulin resistance or prediabetes [16]. Obesity is a major risk factor for insulin resistance, type 2 diabetes, and metabolic syndrome because chronic inflammation plays a major role in decreased insulin sensitivity. Increased inflammatory cytokine production sets off a number of signalling pathways that encourage fat cell growth and lead to the development of insulin resistance [17].

The use of plant sources to treat human and animal diseases has gained significant attention in several countries, as the compounds found in plants offer a diverse array of biologically active components that can help address various complications arising from diseases [18]. In the modern era, medicinal plants have gained significant interest due to their use in treating chronic diseases and their recognition as a preventive health approach in many developed countries [19]. The rosemary plant, which belongs to the Lamiaceae family, is one of the most important of these plants. Rosemary grows in the Mediterranean basin and is cultivated in many countries around the world due to its multiple uses, including as a cooking spice and food preservative, thanks to its antioxidant properties. It has been used as a medicinal herb for centuries, possessing the ability to resist many diseases and is considered an anti-inflammatory [20]. Natural and chemical toxins lead to significant negative effects on human health in various ways. In this context, the use of herbal medicines is considered a safe alternative to combat these toxins, the plant rosemary, scientifically known as Rosmarinus officinalis, Rosemary and its components, such as carnosic acid, rosmarinic acid, and carnosol, have a number of health benefits, including anti-inflammatory, antioxidant, antimutagenic, antibacterial, and antiviral properties, as well as analgesic and neuroprotective effects [21]. Alkaloids, phenolic acids, saponins, diterpenes, flavonoids, and essential oils are all found in rosemary, which also has anti-inflammatory, anti-cancer, neuroprotective, cardioprotective, and hepatoprotective properties. Although most people believe that rosemary is safe to eat and apply topically, some people have experienced rashes and allergic responses [22].

Objective: The purpose of the current study is to investigate how fructose affects blood serum levels of several biochemical variables, such as glucose, insulin, insulin resistance, interleukin-6, and tumour necrosis factor-alpha (TNFα) and signal transducer and activator of transcription 3 (STAT3), The study also assesses rosemary extract's defensive properties.

2 MANUSCRIPT PREPARATION

2.1 Experimental Animals and Group Organization

The study was conducted on 15 male white mice, weighing between 180–230 grams and aged between 4–5 months. The animals were randomly divided into three equal groups (5 mice per group) as follows:

- Group 1 (Control – CTRL): Received food and distilled water only orally for 30 days.
- Group two (fructose – FRC): Each mouse received 1 ml of a fructose solution at a concentration of 2 grams/kg of body weight, administered orally daily for 30 days.
- The third group (fructose + rosemary – FRC + ROSY): Each mouse received: 1 ml of fructose solution with a concentration of 2 grams/kg of body weight 1 ml of rosemary water extract at a concentration of 50 mg/kg body weight, both administered orally daily for 30 days.

2.2 Drugs Used in the Experiment

In this study, the following drugs and extracts were used:

- Fructose sugar, obtained as a white crystalline powder from the Spanish company Charlie, was dissolved in distilled water. The rats were then administered a dose of 1 ml per rat, at a concentration of 2 g/kg of body weight [23].
- The rosemary aqueous extract was prepared in the laboratory Using a lyphollizer and dissolved in distilled water. It was then given to the mice at a dosage of 1 ml per mouse, with a concentration of 50 mg/kg of body weight [24].

2.3 Collection of Blood Samples

Following the trial, the animals were given no food for a full day. The jugular vein was then severed in order to get blood samples. (Jugular vein) and left in test tubes for half an hour at ambient temperature , The serum was then separated from other components using a centrifuge set to 3000 rpm for 15 minutes, Micropipettes were used to separate the serum, which was then put in Eppendorf tubes and kept in a deep freezer at -80°C until biochemical testing was completed.

2.4 Biochemical Tests

Glucose concentration was estimated. Glucose using (kit) Produced by Biolabo-France Insulin and insulin resistance using a ready-made research kit produced by Sunlong-China and evaluation of IL-6 protein concentration and TNF-α protein concentration and the concentration of the STAT3 protein using a ready-made research kit produced by Sunlong-China using Elliza technology

2.5 Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) version 20 was used to statistically analyse the study's findings, and The ANOVA test (which is a one-way variance and means test) was used to compare the groups, and the significant differences between the means were tested using the Duncan multiple range test to compare three groups at a significance level of ($P \leq 0.05$) [25].

3 RESULTS

The results presented in Table 1 indicate a significant increase ($P<0.05$) in blood sugar levels, insulin, insulin resistance, and inflammatory proteins, including tumor necrosis factor alpha (TNF-α) and interleukin-6 and Signal Transducer and Activator of Transcription 3, as a result of fructose consumption in the second group (FRC) of mice that were dosed with fructose, compared to the control group (CTRL). The FRC+ROSY group showed a significant decrease ($P<0.05$) in blood sugar, insulin, insulin resistance, and inflammatory proteins, including TNF-α and IL-6 and STAT3, compared to the fructose-only group (FRC). This decrease is attributed to the protective role of rosemary in mitigating the harmful effects of fructose.

4 DISCUSSION

Our findings align with previous research [26]. which demonstrated that increased fructose intake leads to elevated glucose and insulin levels, potentially raising the risk of developing type 2 diabetes, A study [27]. also indicated that excessive fructose consumption induces an acute insulin response . though fructose itself doesn't directly trigger insulin secretion.

Table 1: Effect Fructose (FRC) and fructose + rosemary extract (FRC+ROSY) on the studied indicators in the serum of male mice.

Transactions	Groups	Mean±SD
Sugar mg/dl	CTRL	85.0±2.0 c
	FRC	137.75±1.71a
	FRC+ROSY	96.5±3.87 b
Insulin (ng/ml)	CTRL	11.04±0.3 c
	FRC	30.82±0.94 a
	FRC+ROSY	23.44±3.48 b
Resistant (Pg/ml)	CTRL	41.71±2.12c
	FRC	188.7±7.75 a
	FRC+ROSY	94±2.57 b
TNF-α (Pg/ml)	CTRL	144.33±5.57 c
	FRC	557.64±31.72a
	FRC+ROSY	280.79±20.8 b
IL-6 (Pg/ml)	CTRL	89.38±6.43 c
	FRC	297.11±34.61a
	FRC+ROSY	199.49±17.63b
Stat3(Pg /ml)	CTRL	8.79±0.67
	FRC	31.91±1.54
	FRC+ROSY	23.39±2.66

Instead, it increases insulin content in beta cells [28]. Obese adolescents exhibit a significant insulin response to fructose, suggesting a possible link between fructose intake and hyperinsulinemia [29]. High fructose consumption promotes fat accumulation in the liver, increasing the risk of non-alcoholic fatty liver disease (NAFLD), which impairs liver sensitivity to insulin and leads to insulin resistance [30] . Consuming large amounts of fructose disrupts leptin signaling, which promotes overeating and weight gain. Obesity exacerbates insulin resistance [31]. TNF-α is one of the inflammatory cytokines that play a role in the immune response and inflammation. Studies indicate that excessive consumption of fructose, especially from industrial sources like high-fructose corn syrup (HFCS), may lead to increased production of TNF-α in the body, This rise in TNF-α may contribute to chronic inflammation and oxidative stress, which are associated with diseases such as obesity, type 2 diabetes, and cardiovascular diseases [32]. Excessive consumption of fructose may lead to insulin resistance, a condition associated with increased levels of TNF-α. Insulin resistance can exacerbate chronic inflammation, leading to increased production of inflammatory cytokines such as TNF-α and IL-6 [33]. Insulin resistance and type 2 diabetes are linked to inflammatory cytokines including IL-6, TNF-α, and hs-CRP because they suppress the transcriptional activity and protein expression of numerous molecules involved in insulin signalling and its processes, including GLUT-4, Insulin's capacity to attach to its receptors and start the last stage of cellular signalling is weakened by this inhibition., leading to insulin resistance [34]. A study found that exposing mice to a high-fructose diet stimulates the production of pro-inflammatory cytokines from immune cells, such as IL-6 and TNF-α, which activate STAT3 [35]. Fructose increases insulin secretion at high concentrations, which may stimulate pathways such as PI3K/Akt that interact with STAT3 and enhance its activity [36]. Rosemary contains alkaloids, flavonoids, and phenols with biological activity that lower blood sugar levels and have many roles [37]. Rosemary is considered one of the herbaceous plants rich in bioactive compounds, which may contribute to lowering blood sugar levels. Thus, rosemary plays a supportive role in blood sugar management through multiple mechanisms [38]. Rosemary is rich in phenolic compounds, which have been proven to possess numerous health benefits, including anti-hyperglycemic properties. Research indicates that rosemary and its components may enhance insulin secretion and improve glucose metabolism [39]. Rosemary compounds activate insulin signaling pathways in the body, such as the AMPK pathway, which increases cell sensitivity to insulin and reduces resistance, especially in patients with type 2 diabetes [40]. Results showed that ferulic acid and the flavonoid quercetin affect pancreatic cells, enhancing the proliferation of beta cells and leading to increased insulin secretion. [41]. The results showed a decrease in TNF-α levels in the groups treated with rosemary plant extract, due to the plant's ability to reduce reactive oxygen species (ROS) either through direct interaction with free radicals or indirectly. Additionally, rosemary contains the compounds carnosic acid and carnosol, which act as antioxidants [42]. The results of the current study are consistent with [43]. They indicated that rosemary contributes to lowering interleukin-6 levels (IL-6). This is due to the presence of biologically active components in rosemary

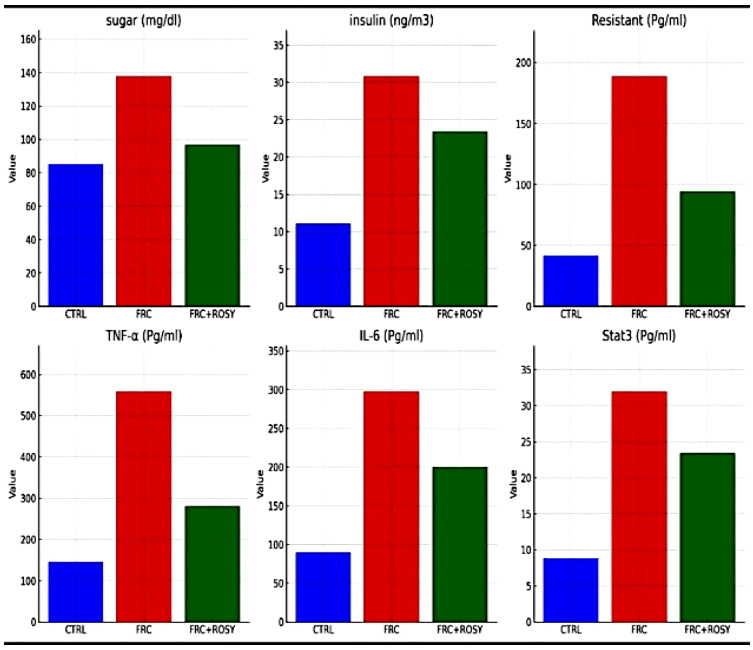

Figure 1: Graph to visually illustrate statistical differences.

that possess anti-inflammatory, antibacterial, and antitumor properties, in addition to its antioxidant properties and its ability to control and neutralize oxidizing agents [44] (Fig. 1). Therefore, this plant exhibits a capacity similar to that of other drugs [45]. The protective role of rosemary and its main compounds against natural and chemical toxins in laboratory and biological studies. The protective effects of rosemary and its components are mainly mediated through various mechanisms such as inhibiting oxidative stress, reducing inflammatory mediators, including tumor necrosis factor-alpha (TNF-α), interleukin-6, interleukin-17, cyclooxygenase-2 (COX-2), and nuclear factor kappa-light-chain-enhancer of activated B cells (NF-κB), as well as modulating apoptotic signaling pathways and mitogen-activated protein kinase (MAPK) [45]. Scientific research indicates that rosemary extracts contain chemical compounds such as carbohydrates, coumarins, glycosides, and phenols, which may contribute to this effect in reducing inflammation, thereby lowering STAT3 protein levels [45].

Based on a group of five mice, the data are shown as the mean ± standard deviation. Significant differences are indicated by the vertical arrangement of the numbers and letters; statistical significance is established at a probability level of less than 0.05 ($P<0.05$).

5 CONCLUSIONS

The results of this study indicate that excessive consumption of fructose may be one of the main causes behind the development of insulin resistance, metabolic syndrome, and type 2 diabetes. It also contributes to elevated oxidative stress and increased levels of inflammatory proteins in the body, thereby exacerbating many chronic diseases. The data showed that fructose led to a significant rise in glucose levels, insulin, and inflammatory proteins such as TNF-α, IL-6, and STAT3, reflecting an acute inflammatory response and disruptions in glucose metabolism.

In contrast, the group treated with rosemary extract showed a notable improvement in these indicators, with a reduction in blood sugar, insulin, insulin resistance, and inflammatory protein levels. This improvement is attributed to the active compounds in the rosemary plant, such as carnosic acid, carnosol, and rosmarinic acid, which possess antioxidant and anti-inflammatory properties and positively influence the regulation of metabolic pathways related to glucose utilization.

Rosemary extract may enhance insulin secretion, protect pancreatic beta cells, and reduce the harmful effects of fructose, making it a promising natural option for alleviating the consequences of certain metabolic and inflammatory diseases. Based on these findings, the study recommends further clinical trials in humans to assess the efficacy and safety of

rosemary extract as a complementary therapy for preventing or minimizing the health risks associated with excessive fructose consumption.

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