

## Hepatoprotective activity of *Ficus carica* Linn. leaf extract against carbon tetrachloride-induced hepatotoxicity in rats

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Received: 5 Dec 2006; Revised: 4 March 2007; Accepted: 6 March 2007

### ABSTRACT

The methanol extract of the leaves of *Ficus carica* Linn. (Moraceae) was evaluated for hepatoprotective activity in rats with liver damage induced by carbon tetrachloride. The extract at an oral dose of 500 mg/kg exhibited a significant protective effect by lowering the serum levels of aspartate aminotransferase, alanine aminotransferase, total serum bilirubin, and malondialdehyde equivalent, an index of lipid peroxidation of the liver. These biochemical observations were supplemented by histopathological examination of liver sections. The activity of extract was also comparable to that of silymarin, a known hepatoprotective.

**Keywords:** *Ficus carica*, Leaves, Hepatoprotective; Carbon tetrachloride

### INTRODUCTION

Liver is the largest organ in the vertebrate body and the site for intense metabolism. Liver diseases remain one of the serious health problems and the Indian traditional system of medicine, especially Ayurveda have put forward a number of medicinal plants and their formulations for liver disorders. In this modern age it is very important to provide scientific proof to justify the various medicinal uses of herbs. Herbal drugs are prescribed widely even when their biologically active components are unknown because of their effectiveness, fewer side effects and relatively low cost (1). However, we are not aware of a satisfactory remedy for serious liver diseases and search for effective and safe drugs for liver disorders continues to be an area of interest.

*Ficus carica* Linn. (Moraceae) is a deciduous tree, which grows in tropical and subtropical regions of India and is commonly known as fig tree (2). In traditional medicine the roots are used in treatment of leucoderma and ringworms and its fruits which are sweet, have antipyretic, purgative, aphrodisiac properties and have shown to be useful in inflammations and paralysis (3,4). *F. carica* is claimed to be useful in liver and spleen disorders, to cure piles and in treatment of gout. Locally the leaves are being used in the treatment of jaundice (personal information from users). Earlier chemical examination of this plant have shown the presence of psoralen, bergapten, umbelliferone (5,6),  $\beta$ -sitosterol, campesterol, stigmasterol, fucosterol, fatty acids (7), 6-(2-methoxy-Z-vinyl)-7-methyl-pyrano-coumarin and 9,19-cycloarlane triterpenoid as an anticancer (8,9) and antiproliferative agent: 6-O-acyl- $\beta$ -D-

glucosyl- $\beta$ -sitosterol (10), calotropenyl acetate, and lupeol acetate (11).

Previously it was reported that the leaf extracts of *Ficus racemosa* (12) and *Ficus hispida* (13) possess significant hepatoprotective activity against carbon tetrachloride- and paracetamol-induced hepatotoxicity in rats, respectively. In view of the reported hepatoprotective activity of other *Ficus* species and traditional claims, the leaves of *F. carica* was evaluated against carbon tetrachloride induced hepatic damage in rats with the aim of developing a natural hepatoprotective drug.

### MATERIALS AND METHODS

#### Plant material

*F. carica* leaves were collected from Kodur, Andhra Pradesh, India and authenticated by Dr. S. Raju, Taxonomist, Botany department, Kakatiya University, Warangal. A voucher specimen (UCPSC/KU/27) is deposited in the laboratory of Pharmacognosy, University College of Pharmaceutical Sciences, Kakatiya University, Warangal, India.

#### Preparation of extract

Dried leaf powder (200 g) was extracted with methanol by maceration for five days. The concentrated methanolic extract (16.6 g) was tested for qualitative phytoconstituents and indicated the presence of steroids/triterpenoids and their glycosides and coumarins (14).

#### Animals

Male Wistar rats (200-220 g) procured from the National Institute of Nutrition, Hyderabad, were

maintained under standard environmental conditions. Animals had free access to feed (Hindustan Liver, Bangalore) and tap water *ad libitum* during the quarantine period. All procedures compiled with the norms of the animal ethics committee of our university.

#### *Hepatoprotective effect against CCl<sub>4</sub>-induced hepatotoxicity in rats*

Animals were divided into four groups of six rats each. Group I and II served as normal and intoxicated control, respectively and received only the vehicle (5% gum acacia; 1 ml/kg; p.o). Group III animals were treated with standard silymarin at an oral dose of 100 mg/kg and group IV received the methanolic extract of *F. carica* at an oral dose of 500 mg/kg, as a fine suspension of 5% aqueous gum acacia. The treatment was continued for 7 days, once daily. On the day of 7 for groups II-IV, 30 min post-dose of extract administration animals received CCl<sub>4</sub> at the dose of 1.5 ml/kg (1:1 of CCl<sub>4</sub> in olive oil) orally (15, 16). The animals were sacrificed after 36 h after administration of acute dose of CCl<sub>4</sub>. The blood was collected by carotid artery. The serum was separated out and used for estimation of aspartate aminotransferase (AST), alanine aminotransferase (ALT) (17), alkaline phosphatase (ALP) (18) and total serum bilirubin using Span diagnostic kits. The liver was immediately removed and the liver tissue was used for estimation of malondialdehyde equivalent (19), an index of lipid peroxides and a section of liver was processed for histological studies.

#### *Histopathological studies*

The tissues of liver were fixed in 10% formalin and embedded in paraffin wax. Sections of 4-5 microns thickness were made using rotary microtome and stained with haematoxylin-eosin and histological observations were made under light microscope (20,21).

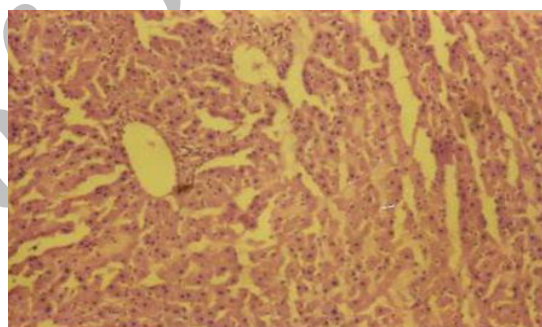
#### *Statistical analysis*

The results are expressed as means  $\pm$  S.D. The difference between experimental groups were compared by one-way ANOVA (toxic control versus treatment, Bonferroni's method; using Jandal scientific, Sigmastat statistical software, version 1.0) and were considered statistically significant when  $p < 0.05$ .

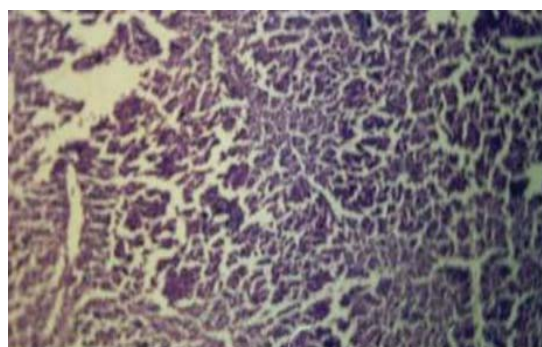
## RESULTS

The animals treated with toxic doses of carbon tetrachloride had markedly elevated values of the serum ALT, AST, ALP and total bilirubin compared to normal rats, indicating acute hepatocellular damage (Table-1). Serum enzyme values in the animals pretreated with methanolic extract

of *F. carica* (500 mg/kg; p.o) were significantly ( $p < 0.001$ ) lower than those of toxic control values and except for ALP. ALT, AST, total bilirubin serum enzyme values in treated animals were similar to the normal control values. Malondialdehyde values in the *F. carica* extract treated animals were significantly lower ( $p < 0.001$ ) than those of toxic control values. The effects of the methanolic extract of *F. carica* were comparable to that of standard silymarin activity. Histopathological examination of liver sections of control group showed normal cellular architecture with distinct hepatic cells, sinusoidal spaces and central vein (Fig.1). Disarrangement of normal hepatic cells with centrilobular necrosis, vacuolization of cytoplasm and fatty degeneration were observed in CCl<sub>4</sub> intoxicated animals (Fig. 2). The liver sections of the rats treated with methanolic extract of *F. carica* and silymarin followed by CCl<sub>4</sub> intoxication showed a sign of protection as it was evident by the absence of necrosis and vacuoles (Fig. 3 and 4).



**Figure 1.** Microphotograph of normal rat liver section H&E staining (x200)



**Figure 2.** Microphotograph of rat liver section treated with CCl<sub>4</sub> H&E staining (x200)

## DISCUSSION

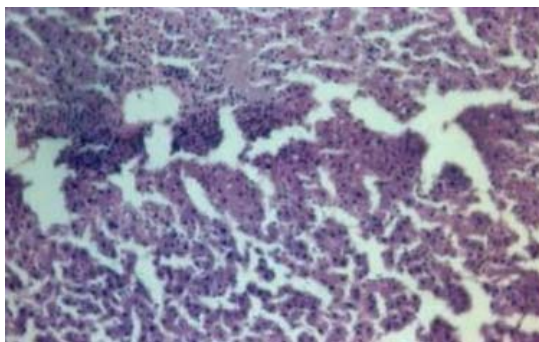
The methanolic extract of *Ficus carica* leaves, administered prophylactically, exhibited significant protection against CCl<sub>4</sub>-induced liver injury as manifested by the reduction in toxin-mediated rise in serum transaminases, ALP and total bilirubin in rats. Liver damage induced by CCl<sub>4</sub> is commonly used model for the screening of

**Table 1.** Effect of pretreatment with methanolic extract of *Ficus carica* on CCl<sub>4</sub>-induced rats

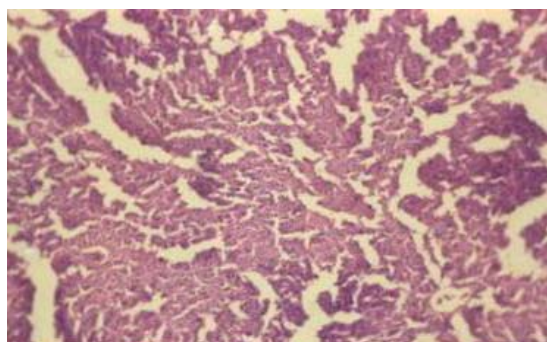
Group	Treatment, p.o	Bio chemical parameters				MDA (equi)
		ALT (U/L)	AST (U/L)	ALP (U/L)	Total bilirubin (mg/dl)	
I	Control-Normal	22±2.8	122.9±5.0	115.6±8.9	0.40±0.04	4.71 ± 0.5
II	CCl <sub>4</sub> -treated	37.2±1.9	130.3±3.9	191.5±7.5	0.87±0.07	12.73±1.3*
III	Silymarin+CCl <sub>4</sub>	21.8±1.8*	119.3±3.3*	188.2±4.5	0.56±0.1*	5.4±1.5*
IV	MeOH ext+CCl <sub>4</sub>	22.5±2.3*	117.6±4.6*	188.7±5.6	0.51±0.1*	6.43±1.3*

Groups from II to VI received CCl<sub>4</sub> 30 min after treatment on 7<sup>th</sup> day.

Values are mean ± S.D; n=6. \*p < 0.001 vs. Group II



**Figure 3.** Microphotograph of liver section from silymarin and CCl<sub>4</sub> treated rat H&E staining (x200)



**Figure 4.** Microphotograph of liver section from methanolic extract and CCl<sub>4</sub> treated rat H&E staining (x200)

hepatoprotective drugs (22). The rise in serum levels of AST, ALT and ALP has been attributed to the damaged structural integrity of the liver, because they are cytoplasmic in location and released into circulation after cellular damages (23). The rise in the levels of serum bilirubin is the most sensitive and confirms the intensity of jaundice (24). The CCl<sub>4</sub> is converted into reactive metabolite, halogenated free radical by hepatic cytochrome P450s (25,26), which in turn covalently binds to cell membrane and organelles to elicit lipid peroxidation with subsequent tissue injury. High lipid peroxidation values indicate excessive free radical induced peroxidation. The measurement of lipid peroxide is also a marker of hepatocellular damage (27,28).

Pretreatment of animals with methanolic extract of *F. carica* and silymarin prevented the CCl<sub>4</sub>-induced rise in serum level of transaminases and total serum bilirubin, confirming the protective effects of methanolic extract of *F. carica* leaves against carbon tetrachloride induced hepatic damage. The hepatoprotective activity of *F. carica* (500 mg/kg) was comparable with the activity of standard silymarin (100 mg/kg). However there was no effect on rise in serum alkaline phosphatase levels by the test extract and silymarin. A comparative histopathological study of the livers from different groups further corroborated the hepatoprotective potential.

In animals treated with methanolic extract and silymarin, the rise in lipid peroxides in liver tissue homogenate was prevented significantly. The decrease in lipid peroxides may be due to the anti-oxidant effect of the extract. A possible mechanism of the *F. carica* extract as hepatoprotective may be due to its anti-oxidant effect or inhibition of cytochrome P450s which impair the bioactivation of CCl<sub>4</sub> (29) into their corresponding reactive species.

The preliminary phytochemical studies indicated the presence of steroids/triterpenoids and their glycosides and coumarins in the methanolic extract of leaves of *F. carica*. Since coumarins have hepatoprotective activity (30-32), it may be speculated that these constituents of *Ficus* are responsible for the observed protective effects. However the role of steroids/triterpenoids can not be ruled out.

#### ACKNOWLEDGEMENT

The authors wish to thank Principal, UCPSC for providing research facilities. The authors also wish to thank Prof. D.R. Krishna, UCPSC, Kakatiya University, Warangal, India for his valuable help and suggestions during the course of work. The All India Council of Technical Education, New Delhi, India financially supported this investigation.

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