



Research Paper

Effect of Curcumin on Neuromuscular Activities, Learning Behavior and Anxiety in Wistar Rats

Dr. Gaurav¹, Dr. Sheetal Ullal², Dr. Vinay Kumar Sayeli³, Dr. Kumari Shweta⁴
¹Tutor, Department of Pharmacology, Sri Krishna Medical College; ²Professor and HOD of pharmacy, Dept. of Pharmacology, KMC, Mangalore, ³Assistant Professor, Apollo Institute of Medical Sciences and Research, Chittoor, ⁴Medical Officer.

ABSTRACT

AIM: The main objective of the study was to evaluate the protective effect of on Neuromuscular Activities, Learning Behavior and Anxiety in Wistar rats.

Methods and Materials: The investigation of antidepressant activity was carried out using Despair Swim Test (DST) and Tail Suspension Test (TST) and for anxiolytic activity Open Field Test (OFT) and Elevated Plus Maze Test (EPM)

Result: The mean number of bright chamber entries in the Forced swim test controls is slightly increased in comparison to normal control group, it has also increased in diazepam treated groups whereas no increase in the mean number of bright chamber entries has been observed in the curcumin treated groups at both the doses tested that is 60 mg/kg and 120 mg/kg. The mean number of rears has decreased in the Forced swim test control group whereas it has increased in the diazepam treated groups in comparison to normal control groups. The mean number of rears has decreased in the Forced swim test control group whereas it has increased in the diazepam treated groups in comparison to normal control groups. The mean time taken in onset of social interaction has increased in forced swim control test group and diazepam treated groups in comparison to normal control. The mean time taken in onset of social interaction has increased in the curcumin treated group in comparison to normal control group at both the doses tested that is 60 mg/kg and 120 mg/kg.

Conclusion: Chronic forced swimming as restrainer test model induced anxiogenic behaviour in rats in comparison to normal control group. The restrainer test model showed more anxiety in comparison to the normal control and forced swim test control group.

KEYWORDS: Curcumin, antidepressant, diazepam, anxiolytic

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I. INTRODUCTION:

Anxiety is a strong emotion the disorders of which traces its history almost equally with the evolution of humans [1]. Anxiety is an unpleasant state of inner turmoil often accompanied by nervous behaviour, somatic complaints and rumination [2]. Fear and anxiety are not synonymous, fear is a response to a real stimuli whereas anxiety is an unknown fear to a self anticipated event [3]. People suffering from anxiety disorder try to avoid situations which can provoke anxiety or provoked anxiety earlier [4]. Anxiety disorder can become pathological and can precipitate or aggravate many neurological or cardiovascular and psychiatric disorders [1]. Anxiety is not a single disease but it consists of a group of disorders that includes Phobias, obsessive compulsive disorder, Post traumatic stress disorders and the list goes on [5].

Most common anxiety disorder which affect 50% of the population by the age of 11 years and 80% of the population by the age of 20 years across the globe is social phobia [6]. The prevalence rate for various anxiety disorder individually is 4.1 to 6.6% for generalised anxiety disorder, 2.3 to 2.7% for panic disorder, 2.3 to 2.6% for OCD, 2.6 to 13.3% for social phobia [6,7]. Various lifetime anxiety disorder have a female to male ratio of 3:2 [8]. Different anxiety disorders like Generalized Anxiety Disorder, Phobia, Obsession, Hysteria have a prevalence rate varying between 4 to 6% in Indian [1].

Use of plant and its products for the development of drugs are since time immemorial. According to an estimate 60% of the drugs for the treatment of cancers as well as infectious diseases in market at present are of

plant origin. The on going hunt for the development of newer drugs with high efficacy and potency and decreased adverse effects has found plant source as a plethora of opportunities [9].

Curcumin, a principal curcuminoid of turmeric is a diarylheptanoid and a member of ginger family. Desmethoxycurcumin and bis-desmethoxycurcumin are two other turmeric's curcuminoids. Curcumin exists in two forms kept form and enrol form out of which it is the enrol form which is more stable energetically and remains in solid phase [10]. The bioavailability of cur cumin as it was observed in phase one clinical trial was poor. One factor which might be responsible for its low bioavailability is its poor absorption in water [11]. To find out the effect of cur cumin on various diseases such as multiple myeloma, pancreatic cancer, myelodysplastic syndrome, colon cancer, psoriasis, major depressive disorder and Alzheimer's disease is on its way [12].

The main objective of the study was to evaluate the protective effect of on Neuromuscular Activities, Learning Behavior and Anxiety in Wistar rats.

II. MATERIALS AND METHODS:

Study design: This was one year experimental study in wistaria rats.

Animals: wistaria rats weighing 180 to 250 grams inbred in the institutional animal house were used for the study. Rats were housed in clean polypropylene cages, three rats were kept in each cage, in a controlled environment (22° to 24° C) with a 12 hour light and dark cycle with standard chow contenting fat 4.15%, protein 22.15%, carbohydrates 4% (supplied by amruth laboratory manufactured by Pranav Agro Industries Ltd. Sangli) and water ad libitum. The rates were allowed to acclimatise to these conditions for one week. Experiments were performed during the light phase of the cycle (10 am to 5 pm).

Curcumin: Curcumin suspension was made in 2% gum acacia for administration.

Drug and chemicals: For administration distilled water were used to dissolve Diazepam 1mg/kg.

Forced Swim Model: The rat were subjected to chronic stress by forced swim model [13]. The apparatus consists of a transparent white plastic tub thirty seven centimetres in hight and thirty centimetres in diameter. The tub was filled with tap water at room temperature upto a hight of twenty five centimetres and the rat was kept into the tub, the height of the water column was so kept to see that the tail of the rat should not touch the bottom of the tub, the hight of the water column was so kept to see that the tail of the rat should not touch the bottom of the tub. The stress was induced in the experimental lab which is well illuminated and well ventilated and the procedure was carried out in the first half of the day. As soon as the animal was kept in the tub the stop watch was switched on, the stress was induced for the span of fifteen minutes. The same procedure was repeated for each rat and every time a new rat was placed in the tub the tub was washed and filled with fresh tap water at room temperature.

Restrainer Model: The restrainer test box is a rectangular plastic box, having an opening at the one side of the box only. The length of the restrainer box was fifteen centimetres whereas the wide of the box was three centimetres. The restrainer box was having a lock from the opened side which can be adjusted with a screw and it contained a hole from which the tail of the rodent can brought out. The animal was made to enter into the restrainer box from the opened side and the screw was adjusted so that the animal cannot push it back and escape out. This procedure was repeated daily for fifteen minutes for ten days with each rat. Every time a new animal was placed in the restrainer box it was cleaned by washing it under running tap water [14,15].

Elevated Plus maze (EPM): Elevated plus-maze apparatus consists of 50×10×40 cm of two open arms and two 50×10×40 cm long enclosed arms, with an open roof, arranged so that the two open arms are opposite to each other. A height of 50 cm was the elevation of height. For 4 weeks once daily p.o. the Curcumin was administered. Facing one of the enclosed arms, the rat was placed in the center of the maze [16,17].

Open field test (OFT): For various parameters in a square open field arena (68×68×45 cm) movements of rats were observed. 60 minutes before test treatments were given orally. The rats were observed for 5 min in a dark, ventilated, sound-attenuating box and following variables were evaluated: Locomotion, number of rearings, number of field segments entered and number of fecal boluses.

Study procedure: All rats received standard pelleted diet. Drugs were administered orally to all the groups. A total of fifty four rats were randomly assigned to nine groups of six rats each. The feeding and assessment schedule was given as per table 1.

Table 1: Treatment schedule

Groups	Treatments	Dose
1	Normal Control (NC)	2% gum acacia
2	Forced Swim Test Control (FST)	2% gum acacia
3	Restrainer test control (RT)	2% gum acacia
4	FST F/W DIAZEPAM (FST+DIA)	1 mg/kg, orally
5	RT F/W by Diazepam (RT+DIA)	1 mg/kg, orally
6	FST + 60 mg/kg of Curcumin (FST+CUR 60)	60 mg/kg orally
7	FST + 120 mg/kg OF CURCUMIN (FST+CUR-60)	120 mg/kg orally
8	RT + 60 mg/kg OF CURCUMIN (RT+CUR-60)	60 mg/kg, orally
9	RT + 120 mg/kg OF CURCUMIN (RT+CUR-120)	120 mg/kg, orally

Statistical analysis: Data were expressed as Mean \pm SD. Analysis of data was done using SPSS version 16.0.

III. RESULTS:

The mean number of bright chamber entries in the Forced swim test controls is slightly increased in comparison to normal control group, it has also increased in diazepam treated groups whereas no increase in the mean number of bright chamber entries has been observed in the curcumin treated groups at both the doses tested that is 60 mg/kg and 120 mg/kg.

The mean number of bright chamber entries in Restrainer test control group has decreased in comparison to normal control group, whereas it has increased in the diazepam treated groups. The mean number of bright chamber entry in curcumin treated groups has not increased at both the doses of curcumin tested.

Table 2: Bright and dark arena test

Groups	Number of Bright Chamber entry	Time Spent in Bright Chamber	Number of Rears in Bright Chamber	Duration of Immobility (SEC)
1. Normal Control (NC)	2.50 \pm 0.548	36.50 \pm 17.14	2.00 \pm 1.265	55.50 \pm 21.34
2. Forced swim test control (FST)	2.83 \pm 1.472	33.83 \pm 16.13	2.50 \pm 0.837	51.00 \pm 47.84
3. Restrainer Test Control (RT)	1.33 \pm 0.516	6.67 \pm 4.45	0.17 \pm 0.408	142.17 \pm 41.77
4. FST F/W By Diazepam	4.50 \pm 0.837	55.00 \pm 9.716	4.50 \pm 1.049	44.50 \pm 35.04
5. RT F/W By Diazepam	4.67 \pm 0.816	81.83 \pm 17.48	6.33 \pm 1.506	37.00 \pm 21.11
6. FST + Curcumin 60 mg/kg	1.67 \pm 0.516	6.17 \pm 3.189	0.33 \pm 0.516	124.17 \pm 50.44
7. FST + CURCUMIN 120 mg/kg	2.50 \pm 0.837	12.33 \pm 4.803	1.00 \pm 0.834	124.33 \pm 14.081
8. RT + Curcumin 60	1.17 \pm 0.408	6.17 \pm 2.317	0.50 \pm 0.548	166.33 \pm 13.307

mg/kg				
9. RT + Curcumin 120 mg/kg	1.33 ± 0.516	8.50 ± 6.221	1.00 ± 0.632	150.17 ± 23.284

The mean number of rears has decreased in the Forced swim test control group whereas it has increased in the diazepam treated groups in comparison to normal control groups. The mean number of rears has increased in curcumin treated group in comparison to Forced swim test control group but has not increased in comparison to normal control at the dose of 60 mg/kg. The mean number of rears in curcumin treated groups has not increased in comparison to both forced swim test control group and normal control at 120 mg/kg.

Table 3: Open field test

Groups	Number of rears	Number of peripheral squares crossed	Number of central squares crossed	Time sent in central Squares
1. Normal Control (NC)	10 ± 5.44	51.67 ± 15.02	13.33 ± 8.16	19.83 ± 12.007
2. Forved swim test control (FST)	2.67 ± 0.816	22.00 ± 4.472	4.00 ± 1.414	4.00 ± 1.414
3. Restrainer Test Control (RT)	2.67 ± 1.366	1.917 ± 5.419	3.17 ± 1.169	3.33 ± 1.033
4. FST F/W By Diazepam	10.50 ± 1.049	101.17 ± 12.952	51.17 ± 11.26	50.17 ± 19.21
5. RT F/W By Diazepam	5.67 ± 0.816	90.67 ± 14.77	57.67 ± 12.83	52.17 ± 22.66
6. FST + Curcumin 60 mg/kg	5.17 ± 5.492	27.50 ± 12.26	7.33 ± 2.58	7.33 ± 2.58
7. FST + CURCUMIN 120 mg/kg	2.00 ± 0.632	26.83 ± 6.735	8.50 ± 2.168	8.50 ± 2.168
8. RT + Curcumin 60 mg/kg	2.67 ± 1.211	33.00 ± 5.099	10.17 ± 1.722	10.17 ± 1.722
9. RT + Curcumin 120 mg/kg	2.67 ± 1.211	34.50 ± 4.899	6.83 ± 1.941	6.83 ± 1.941

The mean number of open arm entries has decreased in forced swim test control group where as it has increased in diazepam treated group. The mean number of open arm entries has slightly decreased in the curcumin treated groups in comparison to forced swim test groups and normal control group at both the dose tested that is 60 mg/kg and 120 mg/kg.

Table 4: Elevated Plus Maze Test

Groups	Number of rears	Number of peripheral squares crossed	Number of central squares crossed	Time sent in central Squares
1. Normal Control (NC)	6.00 ± 1.265	4.50 ± 1.643	3.33 ± 1.966	157.00 ± 33.98
2. Forved swim test control (FST)	3.33 ± 2.251	4.83 ± 2.137	0.00 ± 0.00	63.17 ± 48.01
3. Restrainer Test Control (RT)	5.17 ± 4.119	5.50 ± 2.665	0.33 ± 0.516	97.17 ± 100.302
4. FST F/W By Diazepam	10.67 ± 3.077	11.83 ± 2.563	9.83 ± 1.472	196.33 ± 34.66
5. RT F/W By Diazepam	10.50 ± 1.378	11.33 ± 1.633	10.67 ± 2.160	170.33 ± 31.32
6. FST + Curcumin 60 mg/kg	2.33 ± 0.816	3.00 ± 1.095	0.33 ± 0.516	31.67 ± 16.24

7. FST + CURCUMIN 120 mg/kg	1.83 ± 0.753	2.33 ± 0.616	0.50 ± 0.548	10.00 ± 5.020
8. RT + Curcumin 60 mg/kg	2.00 ± 0.632	2.33 ± 0.516	0.67 ± 0.516	12.67 ± 4.13
9. RT + Curcumin 120 mg/kg	2.17 ± 0.753	2.17 ± 0.753	1.00 ± 0.632	14.00 ± 4.472

The mean number of closed arm entries has slightly increased in forced swim test control group and in diazepam treated group. The mean number of closed arm entries has decreased in the curcumin treated groups in comparison to forced swim test groups and normal control group at both the doses tested that is 60 mg/kg and 120 mg/kg.

The mean time taken in onset of social interaction has increased in forced swim control test group and diazepam treated groups in comparison to normal control. The mean time taken in onset of social interaction has increased in the curcumin treated group in comparison to normal control group at both the doses tested that is 60 mg/kg and 120 mg/kg.

Table 5: Social interaction test

Groups	Time taken in onset of social interaction	Time spent in social interaction
1. Normal Control (NC)	24.83 ± 22.35	97.83 ± 51.44
2. Forced swim test control (FST)	49.00 ± 13.78	89.50 ± 10.84
3. Restraint Test Control (RT)	51.17 ± 19.68	62.83 ± 9.84
4. FST F/W By Diazepam	30.00 ± 5.86	157.67 ± 13.86
5. RT F/W By Diazepam	29.00 ± 6.22	161.83 ± 12.82
6. FST + Curcumin 60 mg/kg	46.83 ± 39.03	99.33 ± 29.42
7. FST + CURCUMIN 120 mg/kg	42.67 ± 15.85	102.83 ± 11.75
8. RT + Curcumin 60 mg/kg	65.33 ± 21.40	76.00 ± 20.42
9. RT + Curcumin 120 mg/kg	70.00 ± 24.42	61.67 ± 19.79

IV. DISCUSSION:

The bright chamber entries made by the rodents are a parameter to evaluate the level of anxiety in rats. If there is a decrease in the number of bright chamber entries it signifies that the rats are stressed or anxious, similarly if there is an increase in the number of bright chamber entries it shows a decrease in level of anxiety.

In this experiment it was observed that there was an insignificant increase in the mean number of bright chamber entries in the forced swim test control group, which shows that the rats were not stressed in comparison to normal control; they behaved as normal control rats. Whereas the diazepam treated groups showed a significant increase in the mean number of bright chamber entries. The curcumin treated groups did not show any significant entries in the mean number of bright chamber entries at both the dose tested that is 60mg/kg and 120 mg/kg. This suggests that the diazepam treated group showed the anti anxiety effect whereas the curcumin treated group did not show anti-anxiety effect.

In this experiment it was observed that there was an insignificant decrease in the mean time spent in the bright chamber in the forced swim test control group, which showed that the rats were stressed in comparison to normal control rats. Whereas the diazepam treated groups showed a significant increase in the mean time spent in bright chamber. The curcumin treated groups showed a significant increase in the mean time spent in bright chamber at both the doses tested that is 60 mg/kg and 120 mg/kg. This suggests that the rats were stressed in the forced swim test control group, in the diazepam treated group as well as the curcumin treated group the anti anxiety effect was observed.

In this experiment it was observed that there was an insignificant increase in the mean duration of immobility in the forced swim test control group, which shows that the rats were stressed in comparison to normal control group. Whereas the diazepam treated groups showed a insignificant decrease in the mean duration of immobility. The curcumin treated group did not show any insignificant decrease in the mean duration of immobility number at both the doses tested that is 60 mg/kg and 120 mg/kg. This suggests that the rats were stressed in the forced swim test control group. In the diazepam treated group the anti anxiety effect was observed. Anti anxiety effect was not observed in curcumin treated groups.

In this experiment it was observed that there was an insignificant increase in the mean duration of immobility in the forced swim test control group, which shows that the rats were stressed in comparison to normal control groups. Whereas the diazepam treated group showed a insignificant decrease in the mean duration of immobility. The curcumin treated groups did not show any significant decrease in the mean duration of immobility number at both the doses tested that is 60 mg/kg and 120 mg/kg. This suggests that the rats were stressed in the forced swim test control group. In the diazepam treated group the anti anxiety effect was observed. Anti-Anxiety effect was not observed in curcumin treated groups.

The mean time spent in central square has decreased in forced swim test control group where as it has significantly increased in diazepam treated group. The mean time spent in central square in the curcumin treated groups has not increased significantly comparison to forced swim test control and normal control groups at both the doses tested that is 60 mg/kg and 120 mg/kg. This suggests that the rats were stressed in the forced swim test control group. In the diazepam treated group the anti anxiety effect was observed where as in the curcumin treated group anti-anxiety effect was not observed.

The mean time taken in onset of social interaction by the rodents is a parameter to evaluate the level of anxiety in rats, if there is an increase in the mean time taken in onset of social interaction it signifies that the rats are stressed or anxious similarly if there is a decrease in the mean time taken in onset of social interaction it shows a decrease in level of anxiety.

V. CONCLUSION:

Chronic forced swimming as restrainer test model induced anxiogenic behaviour in rats in comparison to normal control group. The restrainer test model showed more anxiety in comparison to the normal control and forced swim test control group. The diazepam treated group had shown anxiolytic effect in the both the groups that is forced swim test group and restrainer test group. The test compound curcumin did not show any anxiolytic effect at both the doses tested that is 60 mg/kg and 120 mg/kg.

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