Original Article

Effects of Escitalopram on Blood Glucose & Serum Insulin Release from B Cells of Pancreas and Liver Glycogen in Male Wistar Rats

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ABSTRACT

Objective: To assess the levels of blood glucose efficacy of escitalopram on normal male Wistar Rats and assess the efficacy on release of insulin from pancreatic beta - cells in male Albino Mice on dose-based escitalopram.
Study Design: An experimental Study
Place and Duration of Study: This study was conducted at the Department of Animal Husbandry and Veterinary Sciences at University of Sindh, Tando Jam for a period of six months.
Materials and Methods: The rats were randomly assigned to one of five groups: A, B, C, D, or E. On 1st day of the post-experiment period, all animals were sacrificed by cervical dislocation (at end of 5th week). Centrifugation was used to separate serum from clots of blood. SPSS 21.0 was used to analyze data. Significant statistical analysis was characterized as $p \leq 0.05$.
Results: Increasing doses of escitalopram 0.025, 0.05, 0.1, and 0.15 mg/kg/day in groups B, C, D, and E showed progressive reduction in blood glucose levels ($p \leq 0.011$). Experimental animals' groups C, D, and E administered with increasing doses of escitalopram 0.05, 0.1, and 0.15 mg/kg/day respectively showed a rise in body weight also. The control group a showed normal liver architecture. Glycogen staining intensity remained increased in groups of rats fed ad libitum at increasing doses of escitalopram 0.025, 0.05, 0.1, and 0.15 mg/kg/day.
Conclusion: Escitalopram lowers blood glucose, increases insulin levels, and increases the content of liver glycogen in the rat model.
Key Words: Escitalopram, Blood glucose, Insulin, Liver glycogen, Pancreas, Wistar Rats

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INTRODUCTION

Severe depression is a chronic condition that necessitating more medical intervention, hence higher medical costs and costs as well as burden.[1,2] Induction of increased insulin sensitivity and reduced glucose levels is proposed to be associated with depression, while anti-depressants promote higher levels of insulin resistance.[5–7]

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Whenever you look up at the night sky and see stars like ones you are looking up at now, you are seeing lights, you are away from light sources. According to rumors, long-term use of tricyclic antidepressants, like amitriptamine and imipramine increases fasting glucose levels. As a result, TCAs are an effective treatment for depression but at expense of changes in blood sugar levels.[8] An exclusive serotonin reuptake inhibitor (fluoxetine, sertraline, and escitamine) has shown improvements in glycosylated hemoglobin (HgbA1c) levels as well. [9] The emerging hypothesis is that certain neural systems and mediators may be involved in regulation of blood glucose level.[9]

Serotonin (5-HT) serum levels decrease proportionally with increased serum glucose concentration in mice.[10,11] One should have moral fortitude to resolve their issues through diplomacy, not resort to violence. There is more and more evidence that SSRI may influence blood glucose levels because of an increase in serotonin.[9,12]

About one-third of total glucose in body is disposed of through liver and other two-thirds of remaining glucose is delivered to intestinal tract.[13–17]It is proposed

that rate of hepatic/endocrine glucose release and ability to utilize glucose are abnormally low in T2DM subjects.[17] Low levels of 5-HT are thought to affect overall excretion of both visceral and glucagon as reporte.[18] increases 5-HIAA increase serum levels to same extent as an injection of 5-HTP [which is a derivative of both serotonin and L-tryptophan] (5-hydroxytryptophan).[18]

Other SSRIs have a negligible or no effect on weight and appetite Depending on how it is taken, escramitine may interact with a few different drugs.[19]More research is needed, as medical literature has yet to discover influence of this drug on blood glucose and insulin levels in body. One of primary goals of this study is to better assess link between escitalopram use and blood glucose and insulin levels in diabetics. Hypoglycemic effects of escitalopram were discovered by An Z et al., 2009, M Zoli et al., 2013; yet root cause has not been examined yet. Thus, a need for glucose experiments to be conducted to ascertain cause of hypoglycemia. It has been proven in this study to be valuable to help clinicians with control of high blood glucose levels in Diabetics. The research at Sindh Agriculture University aims to ascertain impact of escramine on blood glucose levels in Wistar rat and on insulin secretion and glycogen content from pancreas of Wistar rats there was accordingly devised.

MATERIALS AND METHODS

The rats of this study were administered an experimental diet for six months in the Department of Animal Husbandry and veterinary Sciences at University of Sindh, Tando Jam. Rats with an average body weight of approximately 200g were studied, while large adult albino animals with a bodyweight range of 200-300g were excluded.

ANIMALS AND DIETS

All the rats were fed a standard laboratory chow topper minced diet, with that prescribed by specialist veterinarians. The raw chow was served. Rats were apportioned into following 5 equal groups: A, C, B, and D, and E, depending on the whims of mad scientists for an experimental period of 5 years

- **Group A (n=10)**: Control rats received 0.9% normal saline per orally as placebo

Experimental Groups

- Group B (n=10): Escitalopram 0.025mg/kg per orally daily.
- Group C (n=10): Escitalopram 0.05mg/kg per orally daily.
- Group D (n=10): Escitalopram 0.1mg/kg per orally daily.
- Group E (n=10): Escitalopram 0.15mg/kg per orally daily.

Animal protocol & Housing: We handled hygienic terms and circumstances with the utmost consideration. Since food and water were supplied to them, they could eat whenever they wanted to, whenever they felt hungry, and wherever they wished to find it we kept the light and dark cycles in house 12 hours per day. Rats were chosen based on their blood glucose levels, their livers' insulin concentrations, and their spleen glycogen levels were also measured. The patient was seen on first postoperative day (at end of 5th week). By forceps, serum was separated from blood clotted blood. Cervical dislocation on the first day of observation period (at end of 5th week). When rats' livers were processed for both gross and microscopic examination, the organ was taken out and placed into an adjoining tank for the procedures. Processing the liver in jars containing 10% formalin, 20% methanol, and 90% solutions.

Histological Examination: A tissue finding by microscopists that differ from those used by pathologists; this is a scientific method for formulating the mechanism behind tissue growth. It was found that ten percent of the liver tissue contained formaldehyde in fixing solution after fixing for 24 hours (10 ml formaldehyde, 90 ml distilled water). For microscopic examination, samples were sliced and processed through various concentrations of ethyl alcohol, then embedding was done in paraffin blocks. After paraffin was cut by the tissue chopper, the tissue sections were stained with acid-fast and fast green to enable detection of any free RNA. Studies were performed with a microscope and everything was meticulously documented in form.

Data Analysis: Analyses of data were done using SPSS 21. The analysis of variance "t" was used to test for the significance of differences in blood glucose level, serum insulin, and body weight (mass) levels among groups. P-value was less than 0.05 taken as a significant level.

RESULTS

There were a total of 50 rats tested for the levels of glucose, liver glycogen, and body weight in the controls and experimental animals of experimental animals fed escitalopram. Table I shows the mean ± SD, F-value, as well as P (the percentage of variance) for the controls and test animals. The results of the one-way analysis of variance found a major F value of 32.86 and a critical p-value of 0.011 (table III). After 0.05, 0.1, and 0.15 mg/kg per day dosage increases, blood glucose levels decreased progressively in all three cohorts ($p = 0.011$). However, the table I shows that group B was not significantly different from control group A ($p=0.153$).Mean ± SD, and the control group vs. the experimental group insulin value are shown in Table II. Statistical significance was unaffected when comparing experimental and control groups B to each other insulin increased with increasing by 20.8%, but there was only a borderline noticeable rise with concentrations in groups C, D, and E, at 0.05, 0.1, and 0.15 mg/kg/day; F value = 0.20.08

Group C was injected with increasing amounts of escitalopram in, 0.1 mg/day before the experiment, and then with 0.15 mg/kg after, while groups D and E received doses of 0.05 and 0.15 mg/day escramine before the experiment respectively show a rise in weight. However, the control group showed no substantial increase in weight; p = 0.62 and p = 0.81.

Table No.1: Blood Glucose level in controls & experimental groups (mg/dl) (n=50)

	Mean	SD	F value	P-value
Group A. Controls 0.9% N/saline (n=10)	148.0	4.34	32.86	0.011
Group B. Escitalopram 0.025 mg/kg/day (n=10)	145.2	4.13		
Group C. Escitalopram 0.05 mg/kg/day (n=10)	139.0	4.96		
Group D. Escitalopram 0.1 mg/kg/day (n=10)	133.9	3.78		
Group E. Escitalopram 0.15 mg/kg/day (n=10)	129.10	4.20		

A vs B non-significant (p=0.153)

Liver glycogen – Microscopic examinations: Periodic acid staining was utilized to monitor glycogen content the control group had liver morphology that matched normal for all but one of the healthy volunteers.

After three days of ad libitum feeding, the glycogen stain intensities continued to rise in the escitalopiclotide-treated groups. Experimental groups B, C, D, and E demonstrate photomicrographs with increased hepatocyte adhesion and staining of the PAS-positive features of their liver tissue samples.

Table No.2: Serum insulin level in controls & experimental groups (mIU/L) (n=50)

	Mean	SD	F value	P-value
Group A. Controls 0. 9% N/saline (n=10)	15.4	1.21	20.08	0.016
Group B. Escitalopra m 0.025 mg/kg/day (n=10)	17.3	1.44		
Group C. Escitalopra m 0.05 mg/kg/day (n=10)	19.3	2.54		
Group D. Escitalopra m 0.1 mg/kg/day (n=10)	21.8	2.86		
Group E. Escitalopra m 0.15 mg/kg/day (n=10)	23.2	2.69		

A vs B non significant (p=0.07)

Table No.3: Analysis of variance of study parameters in animal groups

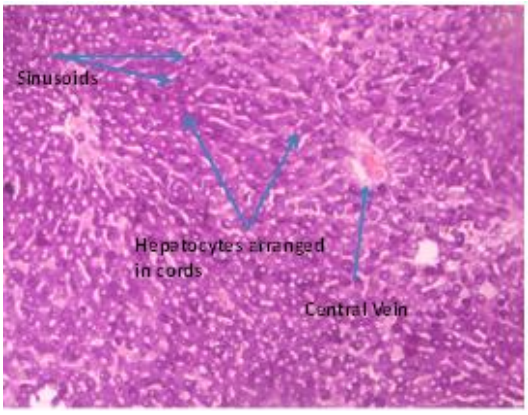
		Sum of Squares	df	Mean Square	F- value	P-value
Blood Glucose level (mg/dl)	Between Groups	2434.5	4	608.63	32.86	0.0001
	Within Groups	833.4	45	18.52		
	Total	3267.9	49			
Insulin levels (mIU/L)	Between Groups	410.7	4	102.69	20.08	0.0001
	Within Groups	230.1	45	5.11		
	Total	640.8	49			

Table No.4: Bodyweight of animals before and after the experiment (grams) (n=50)

	Mean	SD	p-value
Group A. Controls (0.9% N/saline)			
- Before	261.30	18.79	0.62
- After	262.10	15.16	
Group B. Escitalopra m 0.025 mg/kg/day			
- Before	266.10	13.62	0.81
- After	265.30	9.91	
Group C. Escitalopra m 0.05 mg/kg/day			
- Before	258.40	13.94	0.043
- After	265.60	13.04	
Group D. Escitalopra m 0.1 mg/kg/day			
- Before	270.80	14.58	0.006
- After	281.10	10.18	
Group E. Escitalopra m 0.15 mg/kg/day			
- Before	260.20	15.63	0.010
- After	274.00	9.34	

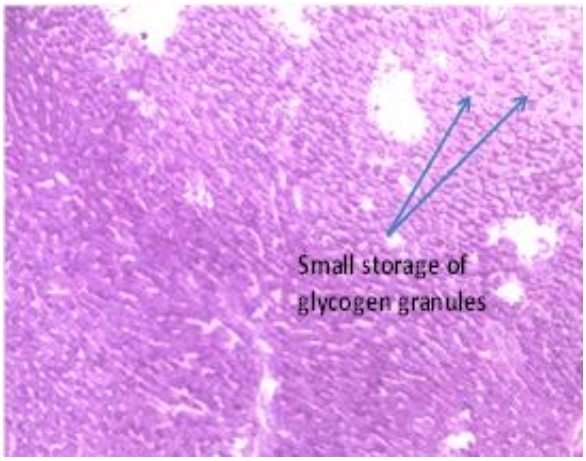
Photomicrograph-showing findings of group A,B,C,D,E

Liver section of control group A showing intact liver architecture. Central vein & hepatic vein is shown. Hepatocyte cords are visible.



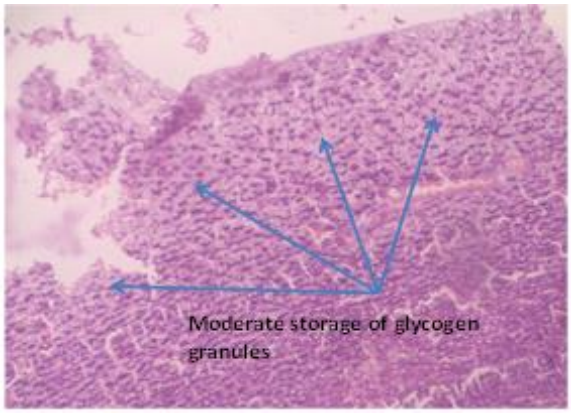
Group A: Normal Liver Histology X10

Liver section of experimental group B- showing intact liver architecture. Central vein is shown. Hepatocyte cords are visible.



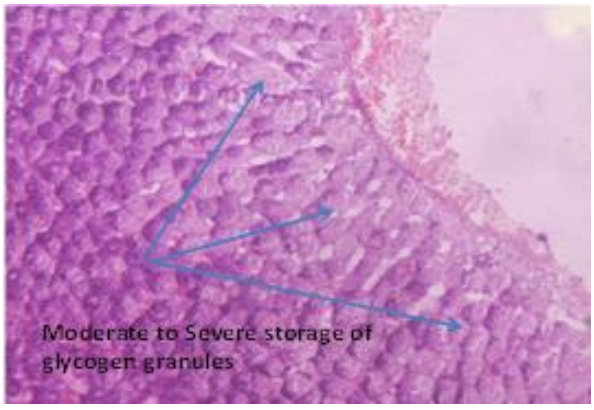
Group B: Storage of glycogen granules within Hepatocytes granule.

Liver section of experimental group C- showing intact liver architecture. Central vein & hepatic vein is shown.



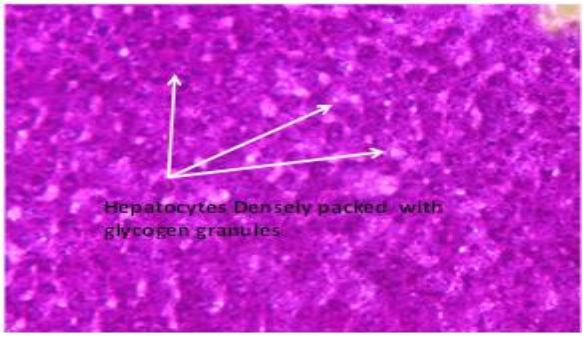
Group C: Moderate storage of glycogen granules X1

Experimental group D liver section is showing intact architecture. Central vein & hepatic vein is shown.



Group D: Moderate to severe storage of glycogen granules X 40

Group E Liver section is showing intact liver architecture.



Group E: Hepatocytes Densely packed with glycogen granules x 10

DISCUSSION

For the current research, the experimental animals had significantly higher blood glucose, serum insulin, and liver glycogen levels than the control animals. Pakistan currently holds sixth place in DM.[20,21]

Increases in the doses of 0.05, 0.1, and 0.15 mg/kg per day in groups C, D, and E produced statistically significant progressive blood glucose levels decrease. However, the table I shows that group B was not significantly different from control group A (p=0.153).Our results support the conclusions of the previous studies, which we reported previously. SSRIs (fluoxetine, sertraline, and escitalopram) are all effective in reducing depression but have also shown a significant effect on HBA1c levels.[9]

We found that Escramine reduced blood glucose level, but the previous studies describe it as increasing insulin sensitivity.

Concentrations of 5-HT (5-OH-tryptamine) have been shown to decrease glucose levels in earlier experiments in animals as well.[10,11]Studies had previously suggested that the SSRIs affect the level of endogenous serotonin, thus making better glycemic control of type 2 diabetes.[9,13,15,22]An outline is only of help to those who need assistance, an aide to those who want to do the work.[18] Currently, escitalopram has been selected because it has a very low affinity for 5-HT1, alpha, and beta receptor; it is one of the most selective serotonin reuptake inhibitors; and dopamine receptors.[14] The findings of the previously mentioned studies are inconsistent with the present findings, which contradict them, as demonstrated in this analysis.[9,23,24] Additional research conducted by Zuccoli, et al. 2013 demonstrated that the dosage of escitalopram didn't have to be increased to return the blood glucose levels to normal despite this success.[25]

There is no correlation between paroxetine and escramipramipramine in the literature; therefore, the current study did not demonstrate hypoglycemia from paroxetine (SSRI) alone but rather found the effect of combined use of the others. Until all are provided for,

the issues will persist.[26,27] Zammit et al described a case of recurrent hypoglycemia in an elderly woman who was not diabetic after the use of SSRI treatment.[28].

CONCLUSION

The study suggested that escitalopram modulates glucose levels in rats. These findings show that beta-cell excitation is most likely the main cause of the rise in serum insulin concentrations, and escitalopram induces the glycogen increase in the rat model.

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Author's Contribution:

Concept & Design of Study:	Mohammad Anwar Bangulzai
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Data Analysis:	Mohammed Abid, Abdullah Jan Panezai and Rahimullah Rahi
Revisiting Critically:	Mohammad Anwar Bangulzai, Syed Azhar Hussain Zaidi
Final Approval of version:	Mohammad Anwar Bangulzai

Conflict of Interest: The study has no conflict of interest to declare by any author.

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