Assess the Effect of Liraglutide on Serum Proinflammatory And Antinflammatory Adipocytokines In Insulin Resistance Induced Male Wistar Rats

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Abstract

Objective: The current study was designed to assess the effect of liraglutide on serum adipokines of adult male wistar rats presented with IR that induced by feeding HFD. Where high fat diet pellets (HFD) induce obesity associated with insulin resistance (IR) and low-grade inflammation of adipose tissue. Liraglutide is a glucagon-like peptide analogue that has anti-inflammatory effects that produce significant reduction of serum level of pro-inflammatory adipokines and hence reduce body weight.

Materials and methods: Thirty-six adult male wistar rats (weighing 200-220gm) were utilized in this study. They divided into 2 groups: group A which consist of 12 rats receiving normal pellets and HFD group which has 24 rats feeding HFD pellets. Animals fed HFD pellets for 8 weeks to develop IR were divided into 2 groups:

- Group B feeding HFD pellets for 8 weeks then administered 0.5ml/kg normal saline intraperitoneal for four weeks.
- Group C feeding HFD pellets for 8 weeks then received 600μg/kg/day intraperitoneal liraglutide +0.5ml/kg normal saline four weeks.

Results: HFD pellets produced a significant* increase in blood glucose and body weight of HFD group. Liraglutide showed a significant* increase in serum level of anti-inflammatory adipokines of group C. It also produces a significant* decrease in serum level of pro-inflammatory cytokines of group C when compared with group B and control group.

Conclusions: Liraglutide has anti-inflammatory effects that significantly* elevate serum level of anti-inflammatory cytokines and significantly* reduce serum level of pro-inflammatory cytokines.

Keywords: Insulin resistance; Obesity; High fat diet (HFD); Liraglutide; Subfatin; Adipolin.

INTRODUCTION

Diabetes mellitus (DM):

Diabetes mellitus is a chronic unorganized condition of hyperglycemia due to impaired insulin secretion, insulin action or both(6). Different pathogenic causes are ensued in diabetes development, these ranging from autoimmune damage of pancreatic β-cells which cause insulin deficiency to defects that develop resistance to insulin action(15).

Insulin resistance (IR) is the state in which insulin-encouraged glucose uptake is blunted in the insulin-sensitive tissue leading to state of prediabetes and T2DM, IR characterized by hyperglycemia and hyperinsulinemia in the fasting state, elevated glycosylated hemoglobin (HbA1c) level, hyperlipidemia, postprandial hyperglycemia, elevated plasma levels of pro-inflammatory markers and hyposediponectinemia(3). IR disturbs liver and skeletal muscle’s utilization of glucose causing a reduction in glycogen storage and impairs glucose homeostasis causing perturbation of intracellular and extracellular glucose levels, accordingly augmenting insulin exocytosis from pancreatic B-cell leading to hyperinsulinemia(8). IR is an important pathological issue of metabolic diseases such as hypertension, T2DM, obesity and hyperlipidemia(9).

IR was induced when nutrient storage exceed energy expenditure leading to accumulation of lipid in liver and skeletal muscle (lipotoxicity) inducing cascades that impair insulin signaling(6, 7). Obesity associated with chronic low-grade tissue inflammation is a major cause of IR; Accumulation of activated macrophages in adipose tissue (AT) with an increased expression of pro-inflammatory genes including a set of cytokines, mainly TNF-α that are secreted markedly from activated macrophages and directly induce IR through action on insulin target cell in confined tissues by a paracrine mechanism(6). TNF-α signaling triggers intracellular kinases like IkB kinase (IKK) and Jun N-terminal kinase (JNK), which impedes insulin receptor signaling via phosphorlalvation of serine residue of insulin receptor substrate-1 (IRS-1), as well as initiation of activator protein-1 (AP-1) transcription factors and NF-kB effects feed-forward mechanism by exacerbating pro-inflammatory cytokines production. An excessive level of cytokine secretion leads to leaking out of cytokine from tissue, raising the circulating concentrations and initiating endocrine effects on distant organ system like liver and muscle causing systemic IR(16, 19).

Obesity is worldwide health problems correlated with IR, dyslipidemia, hypertension and hyperglycemia, which are all known as metabolic syndrome (MS) (10). The most predominant MS is T2DM and is described as defects in secretion of insulin and peripheral IR in the AT, skeletal muscle and the liver. (12) Overweight together with obesity are regarded as the accumulation of excessive body fats particularly abdominal fat which has biological metabolic activity and correlated with immune activation and low-grade systemic inflammation. Activated macrophages and enlarged adipocytes produce pro-inflammatory cytokines and hormones like leptin, which favored the cellular Th-1 type immune response leading to obesity. At later obesity stages the main harmful effects of AT inflammation on systemic glucose tolerance and adipose insulin sensitivity become obvious so reducing the ability of AT to act as a lipid reservoir and its ability to isolate fatty acids far from peripheral tissues, therefore, inflammation of AT may participate in the suppression of systemic insulin sensitivity and glucose tolerance in adipocytes via downregulation of de novo insulin lipogenesis and insulin action (13).

Exercise and dietary restriction play an important role in reducing abdominal fat mass thereby decreasing the secretion of pro-inflammatory adipokines (16). Obesity assessment is done by measuring body mass index (BMI) which is calculated by dividing the weight in kilograms by the square of height in meters. BMI is a poor discriminator of lean mass and body fat, therefore,
we have additional measurements for obesity and fat distribution, like waist circumference (WC) and waist-to-hip ratio (WHR)\(^{(15)}\). Two leptin-sensitive neuronal circuits in the hypothalamic arcuate nucleus (ARC) have an important role in regulation of energy expenditure and food intake: activation of orexigenic neuron which is agouti-related peptide and neuropeptide Y (AgRP/NPY) strongly decreases energy expenditure and increases food intake via paracrine action of AgRP and NPY themselves and by hindrance of γ-aminobutyric neurons signaling\(^{(16)}\). On the other hand, increased energy expenditure and reduced food intake ensues with stimulation of anorexigenic neurons which are proopiomelanocortin (POMC) and cocaine and amphetamine regulated transcript (CART). Therefore, convenience functioning of these neuron subsets is prerequisite for appropriate energy homeostasis. Microglia and astrocytes have a major role in the response of CNS to injury via providing either prolonged neurotoxicity or neuroprotection relying on the kind of the underlying harm. Impaired hypothalamic neuronal function augmenting inflammatory signals via recruitment and stimulation of pro-inflammatory cells in AT and other peripheral tissues. Consequently, associated with leptin resistance and weight gain\(^{(17)}\).

AT is initially differentiated into brown adipose tissue (BAT) and white adipose tissue (WAT), while pink and beige AT are also recognized. The former has large cytoplasm and multiple lipid droplets scattered throughout, with abundance of mitochondria that regulate heat production and energy expenditure\(^{(18, 19)}\); sympathetic nervous system innervates BAT, hypothalamus stimulated during cold thus promote sympathetic outflow to BAT thereby stimulating noradrenaline release from efferent sympathetic nerve terminals, then adrenalin bind to β-adrenergic receptor, the activated receptor has both acute and chronic effect on BAT: acute thermogenesis stimulate fatty acid breaks down, lipolysis, glucose uptake and activation of uncoupling protein-1 (UCP-1) while chronic stimulation lead to increased UCP-1 gene transcription and mitochondrial biogenesis resulting in uncoupling of oxidative phosphorylation and dissipating energy in the form of heat\(^{(20)}\). WAT has been believed initially as metabolically inactive and considered as dormant tissue, WAT now recognized as integral endocrine gland that secrete excess of bioactive polypeptides collectively dubbed adipokines (AdK) that permitting communication with other organs, such AdK includes adiponectin, leptin, visfatin, resistin, interleukin (IL)-6, IL-8, plasminogen activator inhibitor-1 (PAI-1), monocyte chemotactic protein-1 (MCP-1), tumor necrosis factor (TNF)-α\(^{(18, 19)}\). A wide range of biological activities including homeostatic and pathological function are regulated by these AdK\(^{(21)}\).

Macrophages are the most important immune cells that regulate AT function, ATM increased in number and change their localization and inflammatory state during obesity. Unlike the distribution of ATM in lean individuals which are distributed throughout AT and limiting inflammatory status, in obese patient ATM localized around dead adipocytes and form so- named crown-like structure (CLS) predisposing to profound pro-inflammatory characteristics\(^{(22)}\). Macrophages can be divided into classically activated macrophages (M1) that induce microbialic activity, and alternatively activated macrophages (M2) that induce allergic activity; in concerned with insulin action, M2 macrophages maintain insulin sensitivity through secretion of interleukins IL-4 and IL-10, while M1 macrophages induce insulin resistance through releasing pro-inflammatory cytokines like TNF-α\(^{(23)}\). M2/M1 ratio in lean AT is approximately 4:1, in AT of obese patients M2 expanded but not as much as M1; some of M2 remain localized in CLS where they play a role in phagocytosis of dead adipocytes, tissue remodeling and angiogenesis. Adiponectin can induce M2 polarization in mouse and human AT macrophages by increasing expression of IL-10, adiponectin synthesis is higher in lean AT and inversely correlated with obesity and inflammatory marker levels such as IL-6 and C-reactive protein so induce macrophages to produce more IL-10\(^{(24)}\). During expansion of AT in obese patients ATM accumulated and inducing tissue remodeling by scavenging dead adipocytes and storing lipids forming unique lipid-laden AT subpopulation ATM foam cells, increased number of lipid foams cells in obese patients indicating systemic inflammation and insulin resistance, with the major source of ATM during chronic obesity is circulating blood monocytes\(^{(25)}\). Adipokines are polypeptide or proteins secreted from AT and play an important role in regulation of energy and vascular homeostasis as well as immunity and pathogenesis of MS\(^{(26)}\). AdK act in paracrine, autocrine or endocrine manner to regulate various metabolic functions, AdK act locally or systemically and implicated in regulation of insulin sensitivities in insulin-sensitive organs like liver\(^{(27)}\). AdK are classified into: pro-inflammatory and anti-inflammatory AdK depending on the inflammatory response of AT\(^{(28)}\).

Leptin is obesity gene product which is secreted by adipocytes regulating appetite and energy metabolism\(^{(29)}\). Nearly all of immune cell express long form of leptin receptors which initiate intracellular signaling that induce activation of tyrosine kinase JAK2, the latent transcription factor MAPK, STAT3, PI3K and ERK1/2 pathways that induce innate immune responses. Indeed, leptin can directly induces the production of pro-inflammatory cytokines like TNF-α, IL-6, IL-12 and IL-18\(^{(30)}\). Leptin deficiency decrease sympathetic nervous system activity, reduce the immune response, decrease blood pressure, reducing bone density and delay puberty resulting in infertility\(^{(31)}\). Leptin is an anorexigenic hormone that plays an important role in the regulation of food intake and energy homeostasis, it is produced mainly by adipocytes in a pulsatile fashion, nutritional and hormonal state regulate leptin level, it acts together with ghrelin, cortisol and peptide YY to regulate food intake\(^{(32)}\). Under ordinary states secretion of satiety hormone leptin from adipocytes stimulated by feeding, leptin act on its receptors in hypothalamic center especially ARC neuron (AgRT/POMC) causing appetite suppression. Chronic high fats diet HFD is common cause of disturbing leptin signaling in hypothalamus leading to the state of hyperphagic obesity and leptin resistance\(^{(33)}\). Subfatin, gene array analysis identifies subfatin as a novel AdK fortified by caloric restriction in diet-stimulated obese rats it is also known as Cometin, Metrin and meteorin. Its importance shown in insulin sensitizing action that may explain its promising role as therapeutic target for IR. its expression is greater in WAT than in BAT of both humans and mice\(^{(34, 35)}\). In WAT the expression of meteorin-like is decreased during caloric restriction, whereas it is significantly increased in AT during differentiation of adipocytes and diet-induced obesity in rats\(^{(36)}\). Adiponectin is an anti-inflammatory adipokine derived from adipocyte and has a number of health-protective roles like anti-inflammatory, anti-atherogenic and insulin sensitizing characteristics. The level of circulating adiponectin reduced in obese patients thereby increasing the risk of MS, T2DM, and cardiovascular diseases\(^{(37)}\). There is inverse relation between adiponectin and obesity proposing that weight gain reduces expression of adiponectin\(^{(38)}\). Adiponectin which is also identified as C1q/TNF-related protein-12 (C1R/P12), this adipokine is expressed by AT mainly from subcutaneous fat and it is recognized as an adipose derived insulin sensitizer. Despite of the unclear correlation between body fat percentage and the level of adipon in human, entire adipin levels reduced considerably in diet induced obesity in mice\(^{(39)}\). Adipolin ameliorate insulin sensitivity thereby inhibiting...
gluconeogenesis as well as improving glucose uptake by hepatocytes and adipocytes (40).

Ghrelin is a peptide composed of 28 amino acid residues synthesized mainly by stomach, additionally lower amounts detected in pancreas, bowel, placenta, immune system, kidney, tests, lung, pituitary and hypothalamus. Physiologically, ghrelin level increased after weight loss and during fasting, while its secretion is inhibited during feeding (41). Ghrelin present in two forms in circulation: acylated and desacylated. Acylation is important for appetite stimulation (orexigenic activity), neuroprotection, affect glucose homeostasis, mood, anxiety and stress, inflammation and immunity, memory, learning and olfaction. These diverse effects are induced by ghrelin action on growth hormone secretagogue receptor 1A (GHSR) which is member of transmembrane G–protein coupled receptor, whereas anorexigenic activity exerted by desacyl ghrelin which also regulate other physiological function including cerebral blood vessel proliferation and glucose homeostasis even though a receptor for desacyl-ghrelin has not been recognized (42). Ghrelin is the solitary orexigenic peptide; energy intake causing plasma ghrelin level fluctuation in lean individuals: plasma ghrelin level increase in cachexia and calorie restriction whereas obese patients (except Prader-Willi syndrome who have more than usual plasma ghrelin level) have lower plasma ghrelin level than lean individuals (43).

Liraglutide is an analogue of acylated human glucagon like peptide-1 (GLP-1) that secreted from distal L-cells of small intestine and promptly destroyed by the effect of dipeptidyl peptide-1 (DPP-4), therefore it has very short half-life (1.5-2.5 minute) if given intravenously and must be given by a constant infusion to reach therapeutic significance. In order to cope the short half-life of human GLP-1 liraglutide with 97% aming (acetylation of lysine residues with hexadecanoyl glutamyl side chain at the position 26. And a single replacement of lysine residues with hexadecanoyl glutamyl side chain at the position 26. And a single replacement of lysine by arginine at position 34 (44, 45).

The difference between liraglutide and native GLP-1 is the acylation of lysine residues with hexadecanoyl glutamyl side chain at the position 26. And a single replacement of lysine by arginine at position 34 (44, 45).

Liraglutide improve meal-stimulated insulin secretion so they called incretin mimetic. It is GLP-1 receptor agonist (GLP-1RA) has strong impulse against degradation by DPP-4, so its half-life longer than native GLP-1. GLP-1RA adjust weight loss and glucose control via GLP-1 receptors in the CNS or indirectly through activation of peripheral neurons, ARC of the hypothalamus is the main target of liraglutide, especially the POMC/CART anorexie neuron inducing weight loss. In addition to this direct effect, liraglutide indirectly act through GABAergic neurons and inhibit the orexigenic effect of NPY/AgRP of the ARC inducing weight loss and reduce food intake (46).

This study was designed to assess the effect of liraglutide on serum adipokines of adult male wistar rats presented with insulin resistance that induced by feeding HFD.

**Materials and Methods**

Antiseptic spirit (Areej), ketamin (kepro Holland), liraglutide 1.8mg (Novo-Nordisk), normal saline (pioneer), phosphate buffer saline (Sigma-Aldrich) and xylazine (kepro Holland). As well as a specific sandwich ELISA kits from Mybiosource USA company for detection of serum adiponectin, adipolin, leptin and subfatin using microplate washer (BioTek ELx50) and reader (BioTek ELx800).

**Methods**

**Animal design**

Thirty-six adults male Wistar rats (weighing 200-220gm) were utilized in this study. They were attained and placed in animal house of University of Mustansiriya College of pharmacy, they were received water and ordinary pellets for 10 days for acclimatization, after that they divided into 2 groups: normal diet group which consist of 12 rats receiving normal pellets and HFD group which has 24 rats feeding HFD pellets (HFD pellet composed of 59% fats, 14% protein and 23% carbohydrates (52)). Animals fed HFD pellets for 8 weeks to develop IR were divided into 2 groups as illustrated in table 1.

Animals were kept in plastic cages each with dimension (20x25x35 cm) that harbor two rats, animals within same cage were discriminated by back fur marking using waterproof black marker. Before the beginning of the study protocol, the animals were placed for 10 days under controlled condition of room temperature (21±1°C) and light stream of 12 hours light/ 12 hours dark cycles. It is worth mentioning that animal house was supplied with an air vacuuming machine. Foods (ordinary and HFD pellets) and water were attainable easily to animals. Animals study design started in 1/11/2017 and ended in 1/2/2018. Ethics committee of the College of pharmacy/ Mustansiriya University was given their approval to begin the study.

**Measurements of body weight and blood glucose**

Initial body weight measurements were taken on the first day of the animal’s arrival to the animal house, after acclimatization time, every two weeks and at the end of the 8th week of HFD feeding period. Fasting blood glucose (FBG) were measured for all animals immediately after their arrival to animal house, after acclimatization time, every two weeks, at the end of the 8th week of HFD feeding period and every two weeks for group C during liraglutide administration. By making incision in the tail as illustrated by Fluttert et al. 2000 (53). FBG levels of conscious rats were measured by using glucometer (Accu-Chek Go, Roche) This procedure is carried in conscious rats, using suitable manual holder, the rat was held in horizontal position with its tail dragged and swabbed with antiseptic spirit, after few seconds scratching the rat’s vein with Accu-Chek lancet then placed drop of blood on the strip that positioned in Accu-check glucometer to measure FBG every two weeks. Finely the weight of each rat in HFD group measured every two weeks to check any increment in the weight and recording the result in tabling form (54, 55). Blood glucose level must be more than 260mg/dl to indicate development of IR (56).

**Treatment administration**

Liraglutide (victoza®) was administered intraperitoneal (600µg/kg daily dose) freshly dissolved in Normal saline 0.5ml/kg for four weeks, treatment was administered at the end of the 8th week of chowing HFD (57, 58).

**Animals sacrifice and serum sample preparation**

At the end of the 12th week, the animals were fasted for 3 hours then anesthetized by intramuscular administration of 50 mg/kg ketamine and 5 mg/kg xylazine (59). Blood collected by syringe from animals (~8 ml) by cardiac puncture (Fig. 1) and the anesthetized animals euthanized by decapitation (60). The collected blood poured into serum separator tube then blood allowed to clot at room temperature for 2 hours, after that centrifuging for 15 minutes at ~ 1000 x g (or 3000rpm) and 4°C, take out the serum and aliquot in Eppendorf tubes and store samples in deep freezer at (~20°C or ~ -20°C) for detection of insulin, leptin, subfatin,acylated ghrelin, adipolin and adiponectin levels; avoid freeze / thaw cycles because it is detrimental.

**Statistical analysis**

The statistical packages for social sciences (SPSS version 16) used for data analysis (61). Descriptive data analysis will have expressed as mean ± standard error of mean (SEM), One-Way ANOVA test used to differentiate between more than two independent means of all studied parameters of the three groups, followed by Tukey test. Paired T-test was used to compare between means of initial and final body weight and blood glucose of the same group (62). Statistical significant difference was considered when p less than 0.05.
Table 1: Animal grouping and treatment duration

<table>
<thead>
<tr>
<th>Group</th>
<th>No.</th>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (control)</td>
<td>12</td>
<td>Receiving normal diet pellets for 8 weeks then normal diet pellets + 0.5ml/kg</td>
<td>Twelve weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>normal saline intraperitoneal four weeks.</td>
<td></td>
</tr>
<tr>
<td>B (Insulin resistance)</td>
<td>12</td>
<td>Feeding HFD pellets for 8 weeks then administered 0.5ml/kg normal saline intraperitoneal for four weeks.</td>
<td>Twelve weeks</td>
</tr>
<tr>
<td>C (treatment)</td>
<td>12</td>
<td>Feeding HFD pellets for 8 weeks then received 600μg/kg/day intraperitoneal liraglutide +0.5ml/kg normal saline four weeks.</td>
<td>Twelve weeks</td>
</tr>
</tbody>
</table>

Table 2: Changes in body weight (g). Data expressed as mean ±SEM.

<table>
<thead>
<tr>
<th>Group</th>
<th>Initial weight (g)</th>
<th>Final weight (g)</th>
<th>Changes in weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>241 ±4.431</td>
<td>242.17 ±4.103 c</td>
<td>1.167 ±0.588</td>
</tr>
<tr>
<td>B</td>
<td>244.67 ±4.609</td>
<td>503.75 ±2.147 *</td>
<td>295.08 ±5.996 *</td>
</tr>
<tr>
<td>C</td>
<td>506.25 ±2.686</td>
<td>306.67 ±1.703 *</td>
<td>-199.58 ±2.743 *</td>
</tr>
</tbody>
</table>

*Significant difference of paired T-test when compared mean of initial and final weight.

Table 3: Changes of blood glucose in mg/dl. Data expressed as mean ±SEM.

<table>
<thead>
<tr>
<th>Group</th>
<th>Initial blood glucose mg/dl</th>
<th>Final blood glucose mg/dl</th>
<th>Changes in blood glucose mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>108.92 ±1.018</td>
<td>111.75 ±1.023 *</td>
<td>2.83 ±0.933</td>
</tr>
<tr>
<td>B</td>
<td>114.83 ±1.043</td>
<td>264.85 ±3.031 *</td>
<td>149.8 ±3.434 *</td>
</tr>
<tr>
<td>C</td>
<td>264.58 ±1.790</td>
<td>132.83 ±1.127 *</td>
<td>-131.75 ±1.393 *</td>
</tr>
</tbody>
</table>

*Significant difference of paired T-test when compared mean of initial and final weight.

Table 4: Mean ±SEM of pro-inflammatory cytokines and HbA1c % of all studied groups.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean ±SEM</th>
<th>Mean ±SEM</th>
<th>Mean ±SEM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Insulin</td>
<td>Leptin</td>
<td>Subfatin</td>
</tr>
<tr>
<td>A</td>
<td>0.894 ±0.0205 c</td>
<td>5.485 ±0.118 c</td>
<td>32.29 ±0.541 *</td>
</tr>
<tr>
<td>B</td>
<td>1.246 ±0.0154 *</td>
<td>8.895 ±0.204 *</td>
<td>42.028 ±0.697 *</td>
</tr>
<tr>
<td>C</td>
<td>0.905 ±0.046 b</td>
<td>6.800 ±0.270 b</td>
<td>34.202 ±0.491 b</td>
</tr>
</tbody>
</table>

Data represented as mean ±SEM.

Table 5: Mean ±SEM of anti-inflammatory cytokines of all studied groups.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean ±SEM</th>
<th>Mean ±SEM</th>
<th>Mean ±SEM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Acylated ghrelin</td>
<td>Adiponectin</td>
<td>Adiponectin</td>
</tr>
<tr>
<td>A</td>
<td>133.767 ±5.896 c</td>
<td>810.36 ±5.301 c</td>
<td>5.075 ±0.163 *</td>
</tr>
<tr>
<td>B</td>
<td>57.842 ±1.785 *</td>
<td>688.28 ±9.165 *</td>
<td>3.050 ±0.063 *</td>
</tr>
<tr>
<td>C</td>
<td>122.687 ±1.310 b</td>
<td>761.43 ±9.795 b</td>
<td>4.672 ±0.116 b</td>
</tr>
</tbody>
</table>

Data represented as mean ±SEM.

Fig. 1: Cardiac puncture and blood collection for serum preparation.
RESULTS
Result of this study represented as mean ±SEM and revealed a significant* increase in the mean of blood glucose and body weight as well as serum insulin, leptin and subfatin of group B as compared with group A, and significant* decrease in the mean of blood glucose and body weight in addition to serum level of these pro-inflammatory cytokines of group C after daily liraglutide administration for four weeks when compared with group B (table 2, table 3, table 4 and table 5), (fig 2A and B), (fig 3A,B and C) respectively. While liraglutide administration showed a significant* increase in serum level of acylated ghrelin, adipolin and adiponectin of group C when compared with group B which significantly* reduced after receiving HFD pellets (fig 4A, B and C) respectively.

DISCUSSION
Body weight changes and obesity
Increase body weight and obesity is a major cause of metabolic syndrome and worldwide health problems, while inflammation is the main contributor of developing obesity-induced insulin resistance due to the role of AT resident macrophages and other pro-inflammatory cells like Th1 CD4 T cells, neutrophils, CD8 T cells, mast cells and B- cells that also found in AT. Anti-inflammatory cells counteract these pro-inflammatory cells that also contained in AT and include eosinophils and Th2 CD4 T cells; therefore obesity result from AT inflammation that represented by shifting of the homeostatic balance of these two pathways towards pro-inflammatory status\(^{(63)}\). HFD cause increasing energy intake and energy stores in WAT, so lead to obesity. HFD is consistent with insulin resistance in BAT and reduced glucose uptake in the liver, WAT and muscle; this will illustrate the increase in body weight of group B and group C (insulin resistance and treatment groups respectively) that fed HFD for eight weeks and showed significant* increase in body weight and in developing insulin resistance when compared with group A (control group)\(^{(64)}\).

![Fig. 2: A- Bar chart show the changes of body weight and B- Bar chart show the changes of blood glucose of group B and group C as compared with group A before and after HFD and liraglutide administration, * which represent the significant difference.](image)

![Fig. 3: A- Insulin, B- Leptin and C- Subfatin mean ±SEM of all studied groups.](image)
Liraglutide which is GLP-1 RA supress food intake centrally via its action on ARC that significantly increase CART gene expression in the same time liraglutide inhibits the routine activation of NPY/AgRP; Inhibition of routine stimulation of NPY/AgRP cause inhibition of food intake and continued lose in body weight. Additional mechanisms by which liraglutide reduce food intake and hence body weight by delay gastric emptying which participate to their anorexigenic effects (66). In addition to all previous mechanisms mentioned above, liraglutide activate BAT and stimulate browning of WAT (also known as beige AT) which results in increase energy expenditure (66). These mechanisms will demonstrate the significant* decrease in body weight of group C after four weeks of intraperitoneal administration of 600µg/kg liraglutide plus 0.5ml/kg normal saline.

**Insulin resistance and blood glucose changes**
Elevated blood glucose via increase rates of hepatic gluconeogenesis and failure of insulin to restrain this process lead to T2D. Hepatic glucose production suppressed by insulin action through constriction of fatty acid influx to the liver leading to reduced concentrations of hepatic acetyl Co A and suppressed action of pyruvate carboxylase (PC) which is the beginning step that convert pyruvate to glucose. Excess lipolysis of WAT which mediated by inflammatory cytokines is accountable for raised fasting hepatic glucose production and decreased insulin-mediated inhibition of hepatic glucose production in HFD rodent models linked with hepatic IR and hyperglycemia, figure (4-1)(67). This agreed with significant* increased blood glucose of group B and group C after feeding HFD for eight weeks. Liraglutide augments insulin exocytosis, delay gastric emptying and potentiate the satiety response, liraglutide efficaciy of reducing blood glucose was approved and this explain the significant* reduction in blood glucose of group C after daily intraperitoneal administration of 600µg/kg diluted with 0.5ml/kg normal saline for four weeks(68).

**Pro-inflammatory cytokines**

**Changes in serum insulin concentration**
Significant* raised serum insulin concentration of group B after HFD feeding for eight weeks demonstrate that HFD induce obesity-associated insulin resistance and hyperinsulinemia by inhibition of AMP-activated protein kinase (AMPK) through increase gluconeogenesis and lipogenesis and decreased fatty acid oxidation (69). While significant* drop of serum insulin level of group C after daily administration of 600µg/kg plus 0.5ml/kg normal saline for four weeks when compared with serum insulin level group B explained the effect of liraglutide on improving insulin sensitivity through activation of AMPK (70).

**Changes in serum leptin level**
Obesity induced by HFD feeding associated with low grade tissue inflammation in the brain and peripheral tissues and have important role in diet induced adiposity and leptin resistance through increase production and secretion of pro-inflammatory cytokines that disturb hypothalamic leptin signalling via activation of TLR4 dependent IKKβ/NFκB pathway (71), this will correspond with significant* increase in serum leptin level of group B after feeding HFD for twelve weeks when compared with control group.

Previous studies show that liraglutide reverse leptin resistance and reduce serum leptin level in obese mice and non-alcoholic liver steatosis patients through down regulation of the suppressor of cytokines-3 (SOCS3) by inhibiting JAK/STAT pathway (72). The result of this study was consistent with liraglutide improving insulin sensitivity and leptin sensitivity by reversing leptin resistance and this well demonstrated by significant* decrease in serum leptin level of group C after daily administration of liraglutide for four weeks when compared with group B.
Changes in serum subfatin level
Subfatin is a novel meteorin-like protein that has pro-
inflammatory effect highly expressed in white adipose tissue lead to excessive energy accumulation and M2 polarization (73), which is consistent with this study that showed a significant* increase in the mean of serum subfatin of group B after feeding HFD when compared with the mean of serum subfatin of group A. Liraglutide daily administration showed a markedly decrease in the mean of serum subfatin level of group C after four weeks of receiving 600µg/kg of liraglutide plus 0.5ml/kg normal saline, despite there is no previous study of liraglutide on subfatin level but the result of this study might consistent with the anti-inflammatory effect of liraglutide.

Changes of serum anti-inflammatory cytokines
Changes of acylated ghrelin level
Acylated ghrelin concentration negatively related with HFD induce obesity associated with low grade tissue inflammation while fasting condition stimulate acylated ghrelin secretion from the stomach that regulate feeding and adiposity. Acylated ghrelin act centrally on GHSR that mediate feeding behaviour and adiposity (orexigenic efficacy) (74). This study investigates that HFD significantly* decrease serum level of acylated ghrelin of group B that depend on HFD for twelve weeks this demonstrate the orexigenic effect of acylated ghrelin and its compensatory mechanism in attempt to regulate energy homeostasis. Acylated ghrelin act directly on pancreatic β-cells and improve glucose dependent insulin sensitivity, liraglutide increase serum level of ghrelin independent on GLP-1 level and mediate its body weight reducing effect through regulation of serum ghrelin concentration (75). This consistent with the result of this study that shown a significant* increase in serum level of acylated ghrelin of group B after daily administration of 600µg/kg of liraglutide plus 0.5ml/kg normal saline for four weeks when compared with group B.

Changes of adiponectin level
The anti-inflammatory and insulin sensitizing effect of adipon in as well as its role in browning of adipose tissue (76) was revealed in this study through a significant* decrease in the mean of serum adiponectin of group A after twelve weeks of receiving HFD pellets when compared with group A. Liraglutide significantly* increase serum level of adiponectin of group C after daily administration of liraglutide 600µg/kg diluted with 0.5ml/kg normal saline when compared with group B that fed HFD in this study, this explain the anti-inflammatory effect of liraglutide through improving level of adiponectin when body weight decreased (77).

Changes of serum anti-inflammatory cytokines

CONCLUSIONS
According to the results of this study, we can conclude that:
- Hight fat diet pellets significantly* increase body weight and induce insulin resistance of group B during twelve weeks when compared with group A that receive ordinary pellets.
- Liraglutide significantly* lower blood glucose and reduce body weight. The effect of liraglutide on adipokines level may explain the role of GLP-1 receptors in the ARC and its contribution in appetite, browning of adipose tissue and surplus energy expenditure. Therefore, liraglutide can be used to treat obesity and improve insulin sensitivity as well as reduce adipose tissue inflammation by mechanisms differ from that of glucose lowering effect which used for T2DM.

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