

Laboratory of Epigenetics and Diseases

AREAS OF INTEREST

Drug discovery and development has undergone a paradigm shift with increasing stress on 'lead optimization' in the preclinical stage in order to reduce the attrition rate in the later stages of drug development. Biomarkers of drug efficacy and toxicity are becoming a key need in the drug development process. Genomic and proteomic techniques are involved in predicting the toxicity of new chemical entities and also in identifying new drug targets. Mass spectral-based proteomic technologies are ideally suited for the discovery of protein biomarkers in the absence of any prior knowledge of quantitative changes in protein levels. Proteomics also facilitate the development of strategies for the therapeutic interventions and clinical management of cancer through the identification of protein molecules involved in metastasis. Nanotechnology is one of the very frontiers of science today. It refers to the projected ability to construct items from the bottom up, using techniques and tools being developed today to make complete, high performance products. It also offers enhanced benefits of specific targeting of drugs such as enhancing the efficacy of pharmaceutical cargoes encapsulated within nano-formulations. Future of drug discovery lies in appropriate utilization of these states-of-art techniques. Thus, my endeavor is to utilize genomic and proteomic techniques in discovering new drug targets as well as identifying disease specific proteomic and genomic markers. *Furthermore, studying the involvement of histone modifying enzymes in altering chromatin structure at the promoter region of specific genes will help in understanding epigenetic alteration responsible for the pathophysiology of diseases like cancer, diabetes, asthma and cardiovascular diseases.*

Current Research Areas

Diabetes and its complications:

- ❑ Epigenetic modulation of NFAT/mTOR signaling pathway in human podocytes under hyperglycemic condition
- ❑ Heat shock proteins involvement in the prevention of diabetes and its associated complications

- Role of PDE4 and ACE2 in the development and progression of diabetic nephropathy by Roflumilast and DIZE

Cardiovascular Diseases:

- Development of DOCA-salt hypertension and the role of AMPK and NFAT in mitigating cardiovascular and renal complications
- Cardiovascular and renal dysfunction in uninephrectomy condition
- Role of local renin angiotensin system (RAS) in atherosclerosis

Asthma:

- Development of murine model of asthma
- Role of ACE2 and NFAT in asthma

Cancer:

- Inhibitors for DNA methylation and histone acetylation in cancer
- Combination therapies with enhanced anti-cancer activity & reduced toxicity in cancer

Nanotoxicology:

- Aptamer mediated drug delivery of various nano-formulations
- Toxicity of nanoparticles involved in drug delivery
- Synthesis of Zinc oxide, Vanadium pentoxide, Selenium, Disulfiram and Gold nanoparticles



AWARDS RECEIVED

OPPI Scientist Award in the year 2011

L to R: Tapan Ray, director general, OPPI, Ranjit Shahani, president, OPPI, Kulbhushan Tikoo, Prof. of Pharmacology and Toxicology, Chief Guest Andrew Witty, global chief executive officer, GSK

Aptamers for cancer therapeutics

Researchers Jasmine Kaur and Kulbhushan Tikoo



Scientists from National Institute of Pharmaceutical Research, Mohali, have described the molecular mechanism of an RNA aptamer which specifically targets drug resistant and metastatic cancer cells¹.

Aptamers - single stranded nucleic acids - have emerged as contemporaries to antibodies due to their high affinity for target cells and researchers worldwide are working on aptamer-based drug delivery systems.

The NIPER researchers selected the RNA aptamer through Cell-SELEX process. The aptamer shows high specificity towards its target gefitinib-resistant lung cancer cells and

sparing the normal lung cells. They used this aptamer to deliver gefitinib-loaded nanoparticles synthesised earlier².

Aptamer conjugated gefitinib nanoparticles (GNPs) showed higher internalization and retention within the resistant cell type as compared to normal GNPs. Due to this the anti-cancer activity of the bio-conjugate was also higher. They did not observe any internalization of bio-conjugate within normal lung cells and saw higher efficacy of the delivery system in xenograft mice with tumours.

"The bio-conjugate alleviates tumour growth. It also significantly lowers body weight loss in bio-conjugate treated animals as compared to animals treated with gefitinib and GNPs," says lead researcher Kulbhushan Tikoo.

The researchers used bioinformatic approach to identify the aptamers' target and were intrigued to find that the aptamer was identifying Ets-1, an oncogenic transcription factor, as its target. Through extensive transfection and co-localization assays, they showed that the high specificity of their aptamer towards drug resistant cells was due to the presence of high levels of Ets-1 in these cells.

Their selected aptamer also internalized within other Ets-1 expressing metastatic and drug resistant cancer cells like H23 lung cancer, MDA-MB231 breast cancer and DU-145 prostate cancer cells. The delivery system, they say, is well suited for not only carrying pharmaceutical cargoes within Ets-1 expressing metastatic cancer cells but also for the diagnosis of highly progressive cancer cells.

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Heat treatment for diabetes

Kulbhushan Tikoo (front) with co-researcher Pinakin Karpe



Mild heat treatment has been shown to suppress diabetic conditions in rats prompting researchers to suggest that it could be used as a treatment protocol for diabetes¹.

The researchers exposed the experimental animals fed on a high-fat diet to 41°C heat treatment for 20 minutes once a week. They found that conditions such as hyperglycemia, hyperinsulinemia and hyperlipidemia were suppressed in the rats.

Mild heat stress also alters the vascular tone and expression of several vasoprotective genes such as eNOS, SIRT1 and AMPK. The heat stress leads to increase in expression of HSP72

which functions as a chaperone and maintains proper folding of various proteins in stressed condition.

Earlier studies have found that expression of HSP72 was lost in diabetic condition. This suggests that the alteration in HSP72 expression is involved in the pathogenesis of diabetes. "We were able to induce the HSP72 expression in thoracic aorta of the rats", says lead researcher Kulbhooshan Tikoo of the National Institute of Pharmaceutical Education and Research in Mohali, Punjab. This led to augmentation of the vasoprotective ANG-(1-7)/Mas/ACE2 axis of renin angiotensin system (RAS). Activation of this axis has been shown to buffer the actions of harmful ANG II/AT1/ACE1 axis and improves insulin signalling. The researchers say therapies stimulating this axis would be helpful to counteract diabetes and associated complications.

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Anti-cancer Drug Better in nano-form

Gefitinib, a drug used for treatment of cancer, has been found to have enhanced anti-cancer activity when delivered encapsulated inside nanoparticles. The difference in property arises from the fact that the nanoparticle covered drug acts as a ‘histone acetyltransferases’ rather than a ‘tyrosine kinase inhibitor’ which gefitinib is in its free form, new research says^[1].

Gefitinib is a widely used drug for treatment of Non-Small Cell Lung Cancer (NSCLC). It is a tyrosine kinase inhibitor, meaning it inhibits the enzyme tyrosine kinase responsible for triggering cancer cells. Researchers have now shown that gefitinib behaves as a histone acetyltransferases (HAT) activator when coated in poly-lactic co-glycolic acid (PLGA) nanoparticles.

The new complex -nano-gefitinib- exhibits completely different anti-cancer mechanism as compared to the free drug, which stalls cell proliferation primarily by inhibiting Epidermal Growth Factor Receptor (EGFR).

The researchers evaluated the molecular mechanism behind this enhanced activity. They found that the nanoparticles “hyperacetylate histone H3 via activation of histone acetyltransferases p300/CBP, which further increases the expression of cell cycle arrest protein p21”.

“We were intrigued to observe that a tyrosine kinase inhibitor behaved as a HAT activator merely by choosing a nano-sized transporting vehicle” says Kulbhushan Tikoo lead researcher from National Institute for Pharmaceutical Education and Research, Mohali. The findings suggest that the activity/toxicity profile of drugs may completely change when they are delivered in nano form, he told *Nature India*.

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Cracking the histone code

Kulbhushan Tikoo (sitting) with co-researchers



Curcumin, the main ingredient of Indian spice turmeric, provides protection against diabetic nephropathy, a kidney abnormality triggered by diabetes. New research has now pinpointed how this works.

Curcumin plays a role in modifying the histones (proteins that wrap up DNA to form chromatin), in turn bolstering the anti-oxidant defense system of the body; an epigenetic study on rats has concluded¹.

A research team from the National Institute of Pharmaceutical Education and Research (NIPER), Punjab, designed a series of experiments to unravel this protective effect of curcumin. "Curcumin has been used to treat cancer, diabetes and other pathologies. However, little was known regarding its role in bringing about change in histone H3", says lead researcher Kulbhushan Tikoo.

In diabetes, there are changes in the 'histone code' which result in modifying gene expression and lead to the major microvascular complication — diabetic nephropathy. Curcumin was found to decrease the oxidative stress by boosting the anti-oxidant defense system of the body and improving biochemical alterations that resulted in better health.

The team underpinned the role of histone code acting as a prelude to the disease progression and development. The finding could have implications in drug design and developmental programmes targeting diabetes and its complications.

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Fast cure for diabetes

Fasting could be an effective way to control diabetes, says Kulbhushan Tikoo.



Fasting is a well established way of dietary restriction. It involves limiting food and calorie intake below normal levels without reaching malnutrition and can extend the lifespan in most, if not all species, including humans.

Based on this assumption, dietary restriction should prolong not only life span, but also youthfulness and keep at bay diseases associated with lifestyle disorders. In fact, in both rodents and humans, limiting the caloric intake delays many age-associated traits and diseases, including cognitive deterioration and cancer. In addition, dietary restriction can reduce body weight and normalise blood glucose, insulin, and leptin levels in obese animals and humans.

Research¹ carried out at the National Institute of Pharmaceutical Education and Research, Mohali explored the role of intermittent fasting in the progression of diabetic nephropathy and the different underlying mechanisms involved. The observations suggest that alternate day fasting in diabetic animals prevents progression of renal disease. Dietary restrictions also helped reduce tumor formation and increased resistance of neurons to dysfunction and degeneration in experimental models of Alzheimer's, Parkinson's disease and stroke.

Molecular mechanism

The merits of fasting to cure diabetes find mention in ancient Indian Ayurvedic texts such as the Caraka Samhita Sutra. Several ayurvedic practitioners in the country still use fasting as one of the treatment protocols in diabetes. As one starves, digestive enzymes inactivate different toxins as well as all patho-physiological factors responsible for progression of the disease.

This is how Ayurveda explains the mechanism. However, the different molecular and cellular mechanisms involved in fasting are not completely known.

More recently, several possible molecular mechanisms have been proposed that might explain the beneficial effects of intermittent fasting on aging and disease including reduction in mitochondrial oxyradical production, induction of a cytoprotective cellular stress response, and stimulation of the production of growth factors.

In addition, to these mechanisms, the NIPER study demonstrated that alternate day fasting prevents the decrease in sirtuins (Sir 2) expression in the kidney of diabetic animals during the nephropathy progression. Several reports have shown involvement of sirtuins (a longevity protein) in extending the life span of wide variety of organisms².

Two different paradigms to extend life span are widely employed in rat and mice — calorie restriction (CR), in which 30 to 40% less than normal food is allowed for consumption; and intermittent fasting (IF), in which food is given every other day. Out of several possible molecular mechanisms that might explain the beneficial effect of CR or IF, one is increase in expression of Sirtuins. Several reports also show involvement of sirtuins in inflammation, which is involved in number of pathological conditions, including diabetes, cancer, arthritis, asthma, heart disease and neurodegeneration.

Sirtuins target many proteins that are not histones, they have been demonstrated to bind and deacetylate p53 in vitro and in vivo. The expression of p53 protein in the kidneys of diabetic animals increased as compared to their respective controls. However, the expression of proapoptotic p53 reduced significantly in the kidneys of diabetic rats on IF regimen.

The expression as well as activation of p53 is thought to be mediated by Sir2 dependent deacetylation. They both share an inverse relationship as is evident from the results where the Sir2 expression is decreased and at the same time p53 is upregulated. Further IF decreases the level of caspases-3 and p38 which are involved in apoptosis as compared to diabetic animal kidney and shows its antiapoptotic effect. Although the mechanism by which IF exerts its antiapoptotic effects is yet to be understood in detail but these results suggest a cross talk between Sir2, p53, p38 and caspase-3.

These and other findings may have unique clinical efficacy in preventing the development and progression of diabetic complications in diabetes. In the present scenario in India, there has been a marked change in lifestyle and eating habits of people rendering them more prone to develop different lifestyle disorders like diabetes and metabolic syndrome. Fasting could be a useful intervention for enhancing life span as well as minimising the risk of metabolic disorders.

Past work

A clinical study aimed at increasing exercise combined with diet is able to decrease the incidence of type 2 diabetes³. The Indian Diabetes Prevention Programme demonstrated the lifestyle modification and metformin prevent type 2 diabetes in Asian Indian subjects with impaired glucose tolerance⁴.

As per World Health Organization (WHO), across the world the total number of people with diabetes is projected to rise from 171 million in 2000 to 366 million in 2030. The maximum absolute increase in the number of people with diabetes will be in India. In 2000, the number of diabetic patients was 31 million and is predicted to go up to 79 million till 2030⁵. India is the capital of the lifestyle disease diabetes.

Of all the abnormalities associated with diabetes, nephropathy or renal failure has become the world's leading cause of chronic and end-stage renal disease⁶. It is associated with structural changes in the glomerulus such as thickening of the glomerular basement membrane and eventually causes progressive hyperfiltration and albuminuria. As the disease progresses, glomerular filtration rate (GFR) declines and leads to end-stage renal disease.

To treat diabetic nephropathy, a variety of therapeutic approaches or treatments are available. While they can slow down the development of the disease, they do not stop the progression of end stage renal failure.

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Projects sanctioned from sources other than

Department of Pharmaceuticals

Sr No.	Title of Project	Funding Agency	Amount	Duration
1.	Epigenetic changes during hyperglycemia induced oxidative stress and its role in modulating expression of genes (diabetogenes) involved in pathogenesis of diabetes	Department of Biotechnology, India.	44.798 lakhs	2010-2013
2.	Toxicity screening of nanoparticles used for drug delivery	Department of Science and Technology, India	3.2 Crores	2008-2011
3.	Regulatory Toxicology-development of GLP-certified facility for toxicological screening of new chemical entities	Department of Science and Technology, India	1.3 Crores	2006-2008
4.	Role of Histone Modifications and its Inhibitors in Reactive Oxygen species (ROS) –Induced Cell-Death	Department of Biotechnology, India.	25 lakhs	2003-2007

PATENTS

Number of patents: 7