

微囊藻毒素对鱼类的毒性效应

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摘要:湖泊富营养化导致的蓝藻水华已成为国内外普遍关注的环境问题, 它所带来的主要危害之一是产生的藻毒素对鱼类的影响。在已发现的藻毒素中, 微囊藻毒素(microcystins, MCs)的分布广、毒性大、危害严重, 而备受关注。阐述了MCs对鱼类的影响。微囊藻毒素能干扰胚胎的发育, 降低孵化率, 增加畸形率, 影响存活率, 胚胎孵化受微囊藻毒素影响还具有剂量依赖效应; 野外室内实验均表明鱼类暴露于微囊藻毒素后不仅可在肝脏中富集还可在肌肉、肠道等组织器官中快速积累; 对鱼类进行组织病理检测发现MCs可导致肝脏、肾脏、心脏、脑、鳃等组织受损; MCs在鱼体中的解毒过程可能开始于由谷胱甘肽S-转移酶催化的还原型谷胱甘肽的结合反应; MCs还可影响鱼类的生长、行为和血清生化指标, 此外, 还具有一定的免疫毒性。MCs的转运机制和分子作用机制以及在食物链中传递过程中对人类造成的影响可能成为今后研究重点。

关键词:微囊藻毒素; 鱼类; 毒性效应

Effects of microcystins on fish

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Abstract: The increasing occurrence of cyanobacterial blooms in eutrophic water bodies has now caused worldwide concerns, which may cause adverse effects on the health of aquatic animals. Microcystins (MCs), a family of cyclic peptides, are the most widespread hepatotoxic toxins. This review details the effects of the MCs on fish, and discusses hotspots of future research. In early life stages, exposure to MCs causes, in a dose-dependent manner, perturbations to embryonic hatching, increasing malformation rate and decreasing survival rate. In adults, field and experimental studies demonstrated that MCs accumulate mainly in liver, but can also be found in muscle, intestine and other tissues. Histopathological damages in the liver, intestine, kidneys, heart, brain and gills were observed. Microcystin exposure also has been shown to affect growth rate, modify behavior and enzyme activities. In addition, MCs may have potential immunotoxicity. The detoxification mechanism of MCs in fish begins with a conjugation reaction to glutathione catalyzed by glutathione S-transferases. Further studies are needed to clarify the transport and molecule mechanism of MCs in fish, and the ecological impacts of MCs accumulation in aquatic food chains.

Key Words: microcystins; fish; toxin

随着水体富营养化加剧, 藻类所引起的水污染问题已越来越引起人们的关注, 其中藻类所释放的微囊藻毒素(microcystins, MCs)的分布广、毒性大、危害严重, 而备受关注。研究表明世界各地50%—75%的水华可产生毒素^[1]。MCs是由肽合成酶复合体合成的生物活性小肽^[2]。它是细胞内毒素, 在细胞内合成, 细胞破裂后释放出来并表现出毒性^[3], 其性质稳定, 可溶于水。MCs结构的变体多达80余种^[4], 在这众多异构体中存在最普遍、含量较多、毒性较大、研究较详细的是MC-LR、MC-RR和MC-YR(L、R、Y分别代表亮氨酸、精氨酸和酪氨酸), 其中MC-LR是目前已知的毒性最强、危害最严重的一种淡水蓝藻毒素。Kenneth等^[5]最早报道了

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蓝藻水华分解产生的毒素对鱼类有一定毒性。目前 MCs 对鱼类的毒理学研究主要集中在 MCs 引起的鱼类组织病理及在组织中的积累、MCs 对胚胎孵化、鱼类行为和生长、血清生化指标、氧化酶和解毒酶活性以及免疫毒性方面。

1 微囊藻毒素对鱼类的毒理学影响

1.1 微囊藻毒素对鱼类胚胎孵化的影响

MCs 能干扰胚胎的发育,引起胚胎孵化率降低,还对胚胎有致畸作用。Liu 等^[6] 和 Jacquet 等^[7] 发现 MC-LR 可影响孵化酶的产生和释放,从而干扰胚胎的发育和器官的形成。Oberemm 等^[8] 将斑马鱼(*Danio rerio*)胚胎暴露在蓝藻水华的粗提物中,发现胚胎存活率降低,器官发育迟缓、畸形;血液流动变缓,红细胞聚集在心脏附近的血管内,出现明显的水肿。用 MC-LR 对不同发育时期(1 细胞期、32 细胞期、原肠期和出膜期)的泥鳅(*Misgurnus mizolepis*)胚胎进行处理,Liu 等^[6] 发现 MC-LR 对泥鳅胚胎有强烈的致畸作用,而且这种致畸、致死作用均有剂量依赖性,此外,还发现胚胎原肠期是最敏感的,孵化后期比早期敏感,即对原肠期的影响最大,其次是出膜期,32 细胞期和 1 细胞期。

很多学者报道了胚胎孵化受 MCs 影响的剂量依赖效应。Jacquet 等^[7] 在青鳉(*Oryzias latipes*)胚胎胚盘隆起期(1 细胞期)进行显微注射(MC-LR 的浓度为 10、1、0.1、0.01 $\mu\text{g}/\text{mL}$ 和 0.001 $\mu\text{g}/\text{mL}$),注射了 10 $\mu\text{g}/\text{mL}$ 和 1 $\mu\text{g}/\text{mL}$ 的胚胎出膜 1d 后存活率为 22%,出膜 10d 后的存活率为 12%,而低浓度组(0.1、0.01 $\mu\text{g}/\text{mL}$ 和 0.001 $\mu\text{g}/\text{mL}$)出膜 10d 后还有较高的存活率(15%—56%);此外,还发现注射了 MC-LR 的胚胎的出膜时间提前了 2—3d。然而,有报道表明 MCs 会延缓胚胎孵化,如将虹鳟(*Oncorhynchus mykiss*)胚胎暴露在 0.5—5 $\mu\text{g}/\text{L}$ 蓝藻粗提物中后,出膜时间延迟了,这可能是粗提物促进了胚胎或仔鱼对毒素的吸收,或者是由于毒素间协同作用的结果^[9]。Zhang 等^[10] 的研究结果也表明粗提的 MCs 可延迟南方鰕(*Silurus meridionalis*)胚胎的出膜时间。

1.2 微囊藻毒素在鱼类组织中的积累

对于 MCs 在鱼体内的富集规律,有自然条件下的也有实验室条件下的研究报道。在水华爆发期间,对德国 Ammersee 湖中的白鲑(*Coregonus lavaretus*)进行 ELISA 检测,发现毒素首先在消化道中出现,接着在肝脏、肌肉和排泄物中出现^[11]。Deblois 等^[12] 在巴西的 Funil 和 Furnas 水库采集 27 尾受 MCs 污染的鱼,经检测发现肝脏中 MCs 的含量为 0.8—32.1 $\mu\text{g}/\text{g}$,肌肉中 MCs 的含量为 0.9—12.0 $\mu\text{g}/\text{g}$ 。

自然水体中处在不同营养级的鱼体中 MCs 的含量是不一样的^[13-15]。Xie 等^[13] 对我国大型浅水富营养湖泊——巢湖不同鱼类(鲢, *Hypophthalmichthys molitrix*; 鲢, *Parabramis pekinensis*; 鲫, *Carassius auratus*; 翘嘴鮊, *Culter ilishaeformis*)的检测发现,肝脏中 MCs(MC-LR 和 MC-RR)的含量为:肉食性鱼类(翘嘴鮊) > 杂食性鱼类(鲫) > 浮游植食性鱼类(鲢) > 植食性鱼类(鲤)。Ibelings 等^[14] 对荷兰 IJsselmeer 湖中不同食性的鱼类肝脏和肌肉中 MCs 的含量研究发现了同样的规律。

鱼类在摄食 MCs 后可在消化道、肝脏、肌肉等组织器官中快速积累。鲢在摄食 MCs 后,首先能在消化道中检测到毒素,接着可在肌肉、肝脏和排泄物中检测到毒素^[16]。Cazenave 等^[17] 通过对 *Corydoras paleatus*, *Jenynsia multidentata* 和 *Odontesthes bonariensis* 的肝、鳃、脑、肠道、血液、肌肉、胆囊的比较研究发现,肝脏是富集 MC-RR 最多的器官。而 Lei 等^[18] 对鲫经腹腔注射 200 $\mu\text{g}/\text{kg}$ 体重 MCs 粗提物,检测发现 MCs 在血液中的最高浓度达到了 526—3753 ng/g 干重,其次是肝脏(103—1656 ng/g 干重),接着是肾脏(279—1592 ng/g 干重),其他的组织如心脏、鳃、肠道、脾脏、脑和肌肉中的含量比较低。Xie 等^[19] 发现银鲫(*Carassius auratus gibelio*)摄食新鲜的铜绿微囊藻后,血液、肝脏和肌肉中均可检测到 MC-RR 的存在,而 MC-LR 仅在肠中检测到。这些研究结果表明可能与 MCs 的类型、摄入方式和不同鱼类的解毒机制等有关^[15]。

鱼体的食性和饥饿状态与 MCs 的积累也存在显著的关系。Malbrouck 等^[20] 比较 MC-LR 在禁食的和摄食的鲫肝脏中的累积规律,发现禁食组肝脏中累积的 MC-LR 含量显著高于投饵组。Malbrouck 等^[21] 同样也发现金鱼(*Carassius auratus*)在饥饿状态下更容易积累毒素。

1.3 微囊藻毒素对鱼类行为和生长的影响

用MCs处理过的鱼可表现出一系列的行为变化。具体表现为集群活动减少、游动迟缓,常停留在靠近水面的地方。斑马鱼的白昼活动会随MCs暴露剂量的增大而先增加后减少^[22]。当斑马鱼和小赤梢鱼(*Leucaspis delineatus*)同时暴露在MC-LR低浓度组(0.5 μg/L)时,两种鱼的白昼活动明显增加,暴露在MC-LR高浓度组(50 μg/L)时白昼活动都明显降低;然而两种鱼的游动时间却有差异,小赤梢鱼在夜间的游动时间增加,而斑马鱼在白天游动的多^[23]。Cazenaved等^[24]将MC-RR添加在*Jenynsia multidentata*的饲料中,剂量为0.01、0.1 μg/g和1 μg/g,发现低剂量的MC-RR可使*Jenynsia multidentata*的活动加快,然而高剂量的MC-RR暴露20 h后则使其活动减缓。

鱼类摄食MCs后可使生长减缓^[25-26]。当虹鳟暴露在裂解的铜绿微囊藻细胞MC-LR(24—42 μg/L)中后,生长率会降低^[27]。

1.4 微囊藻毒素对鱼类血清生化指标的影响

血清生化指标与肝功能具有密切的关系,血清酶活性升高,提示肝脏可能受到一定的损害。对蓝藻水华爆发期间鲤(*Cyprinus carpio*)血液的生化指标研究发现,丙氨酸转氨酶(ALT)和乳酸脱氢酶(LDH)的活性没有改变;而天冬氨酸氨基转移酶(AST)的活性却增加了^[28]。实验室条件下对鲤经腹腔注射纯的MC-LR或饲喂蓝藻后,ALT、AST和LDH的活性均有提高^[29-30]。酶活性的变化与毒素的剂量以及不同种类的鱼可能不一样。注射MC-LR 25 μg/kg 24 h后,褐鳟(*Salmo trutta*)和虹鳟的LDH和ALT的活性均没有变化,而注射MC-LR 75 μg/kg 24 h后,褐鳟血液中的LDH和ALT的活性显著提高,而虹鳟血液中的两种酶的活性没有变化^[25]。

1.5 微囊藻毒素对鱼类氧化酶和解毒酶活性的影响

自Mereish等^[31]首先提出氧化损伤可能是藻毒素所致肝细胞损伤的作用机制后,藻毒素致细胞氧化损伤一直为学者们所关注^[32-34]。MC-LR能引起细胞内的活性氧类(reactive oxygen species, ROS)增加,导致还原型谷胱甘肽(GSH)、超氧化酶(SOD)和过氧化氢酶(CAT)等含量的改变^[32,33]。Botha等^[32]发现MC-LR(50 μmol/L)或藻类提取物能引起ROS呈现剂量、时间依赖性的升高,导致乳酸脱氢酶(LDH)含量的增加,同时还发现MC-LR(1 μmol/L)作用于CaCO₂细胞10 min后ROS显著上升。Cazenave等发现^[18]*Corydoras paleatus*暴露在MC-RR浓度为10 μg/L时,GST在肝、鳃、肠道和脑中均受到抑制,同时肝脏和脑中GST活性的抑制具有剂量依赖效应。

在胚胎发育早期,MCs就可影响氧化酶和解毒酶的活性。Pietsch^[35]将斑马鱼胚胎暴露在蓝藻粗提物中(MC-RR、MC-LR和MC-YR),发现粗提物组中的胚胎的过氧化酶的活性明显高于纯毒素暴露组(MC-LR或MC-RR)胚胎的活性。Wiegand等^[36]用¹⁴C示踪法研究了斑马鱼胚胎对MC-LR的吸收,以及谷胱甘肽S-转移酶(GST)和谷胱甘肽过氧化酶(GP-X)的活性的影响,发现胚胎早期就开始吸收MC-LR,而且其解毒酶的活性也明显提高。

MCs在鱼体中的解毒过程可能开始于GST催化的还原型谷胱甘肽的结合反应。Xu等^[37]研究了草鱼(*Ctenopharyngodon idellus*)肝脏中GSH的活性,发现通过腹腔注射MC-LR 100 μg/kg 1 h后,肝脏中GSH的水平较对照组降低了。此外,增加体内GSH的含量对肝脏有一定的保护作用。当草鱼腹腔注射MC-LR 900 μg/kg和GSH 8 mg/kg 2 h后,肝脏的超微结构没有变化,而未注射GSH的草鱼的肝脏损伤则很严重^[37]。正常情况下,GSH在一定细胞或组织中的含量是相对稳定的,如果消耗速度异常增加,则胞内GSH含量会降低,而引起消耗的原因之一就是由于存在着可与GSH结合的底物^[38]。Gehringer等^[39]通过小鼠的染毒实验,发现GST在降解MC-LR毒性方面起着重要作用,利用基因芯片技术对染毒后的小鼠的mRNA的转录进行分析,发现GST可诱导GSH的合成,从而进一步证实了GST在MC-LR解毒过程中的作用。Li等^[40]对鲫的研究发现其对MCs有较高的耐受力可能与其肝脏内高浓度的GSH或较高的GSH合成效率有关,Qui等^[41]也发现鳙(*Aristichthys nobilis*)更能耐受MCs与其体内高的GSH的转化率以及抗氧化酶的活性有关。

1.6 微囊藻毒素引起的鱼类组织病理变化

经饲喂和注射等染毒方式处理后,通过对肝脏、肾脏、脑、心脏和鳃等组织进行病理分析^[26,42-45],发现MCs不仅可对鱼类肝脏造成损伤,而且对上述其他组织也有影响。研究表明,MCs对肝脏有高度特异性。光镜病理学检查发现肝小叶结构遭到破坏,出现水肿、充血和炎性细胞浸润^[42,44]。电镜下,细胞内的溶酶体数量较少;糖原丰富,颜色较深,常聚集排列成星状或雪片状;粗面内质网上附着的核糖体脱离;线粒体分散在胞浆中;靠近细胞膜处有微丝聚集^[42,46]。鲤在摄入MC-LR 1 h后,就可观察到肝脏的坏死、肝细胞的裂解和早期细胞凋亡的出现^[43]。Fournie等^[43]观察了硬头鮋(*Arius felis*)和青鱧(*Fundulus grandis*)两种鱼经腹腔注射MC-LR 45—300 μg/kg后肝脏的变化,发现6 h后两种鱼的肝脏都出现肝细胞坏死的症状;到48 h后,坏死仍然持续,大量的嗜碱性粒细胞渗透进入肝实质部分,这些细胞成单个或呈小簇出现;72 h后,嗜碱性粒细胞高度增生,并在肝实质周围排列成束状和管状。

MCs引起的肾脏病理变化主要为肾小管、肾小球和间质组织退化^[46-47]。肾近曲小管细胞在染毒1 h后就有损伤,而肠黏膜的损伤在12 h后才会出现^[43]。肾近曲小管的病理变化主要包括单个的管状上皮细胞的空泡化、凋亡、细胞脱落等。但并不是所有有关鱼类病理变化的研究都观察到了肾脏的病变,如Francesca等^[48]就只观察到了虹鳟的肝脏病变,没发现肾脏病变。

此外,MCs还可影响其它的组织器官。Phillips等^[49]发现MCs可引起虹鳟脑脊膜严重水肿,偶尔可见小脑和大脑视区的神经元坏死。MCs还可造成次级鳃小片末梢杆状样变,表皮逐渐增厚;广泛性上皮细胞固缩坏死,并与血管区分离^[42]。MC-LR还可导致草鱼心脏中心肌细胞间腔隙增大^[50]。

1.7 微囊藻毒素对鱼类的免疫毒性

Vajcova等^[51]报道了MCs对鲤的免疫毒性,发现可导致白细胞总数和白细胞比容的减少。Zhang等^[52]以鲫为材料,采用体外诱导方法研究了MC-LR对其淋巴细胞的毒性效应,发现MC-LR可诱导鲫淋巴细胞的凋亡,而且有明显的时间和剂量效应。Rymuszka等^[53]体外实验也发现高浓度的MC-LR可抑制虹鳟淋巴细胞的增殖。Wei等^[54]报道了MC-LR对草鱼免疫器官超微结构的影响,发现MC-LR可引起免疫器官的病变,在脾脏和头肾中受损的细胞主要是淋巴细胞。Wei等^[55]用基因芯片的方法发现大量免疫基因表达下调。Li等^[56]对斑马鱼早期淋巴细胞发育相关的基因(Rag1, Rag2, Ikaros, GATA1, Lck, TCRα)的研究发现MC-LR可诱导这些基因表达显著上调。这些研究表明MC-LR对鱼类具有一定的免疫毒性。

2 微囊藻毒素对鱼类的毒性机理

一般认为MCs对真核生物的毒性机制在于其可特异性地抑制蛋白磷酸酶1(PP1)和2A(PP2A)^[57]。MCs与PP1和PP2A的结合最初是非共价的,经过数小时后,MCs与PP1和PP2A形成共价结合(covalent linkage),共价结合可导致PP1和PP2A的不可逆的改变^[42,58]。PP1和PP2A参与许多重要的胞内过程,如细胞生长、分化、蛋白质合成、细胞信号转导等^[59]。因此,MCs对鱼类的危害可能是抑制蛋白磷酸酶所产生的。Tencalla等^[60]用铜绿微囊藻(*M. aeruginosa*)饲喂虹鳟(*Oncorhynchus mykiss*)后,观察到虹鳟肝脏PP1和PP2A的活性很快被完全抑制,饲喂3 h后蛋白磷酸酶的抑制达到最大。饲喂12 h后,蛋白磷酸酶的活性逐渐增高,72 h后活性可达对照组的50%,但肝损伤仍在继续发展。由于对蛋白磷酸酶PP1和PP2A活性的抑制,则相应增加了蛋白激酶的活性,从而引起细胞内多种蛋白质的过磷酸化^[61],而细胞骨架蛋白的过磷酸化,会诱导细胞中间纤丝的重排,导致细胞骨架系统结构的破坏,促进肿瘤增生^[32]。

3 结论与展望

总的来说,MCs对鱼类的影响非常大,涉及到各个方面。MCs不仅可在肝脏中积累,还可在消化道和肌肉等组织中积累,各组织在鱼体饥饿状态下更容易富集毒素;MCs能干扰胚胎的发育,延迟出膜时间,降低孵化率,增加畸形率,而且还具剂量依赖效应;通过病理学研究发现MCs不仅损害肝脏,还可导致其他组织(肾脏、心脏、脑、腮等)病变;MCs对鱼类的生长、行为以及血清生化指标也具有一定影响。此外,MCs还具有免疫毒性等。

对鱼类的研究证实 MCs 通过载体转运到肝细胞和肠细胞的过程与胆酸盐转运系统 (bile acid transporting system) 有关^[62]。根据毒素对肝脏作用的特异性, 推测鱼类中的胆汁酸传输系统在毒素转送到靶器官的过程中也可能扮演重要角色^[60], 但具体的转运机制还需要进一步的研究。考虑到 MCs 易在鱼组织中富集, 那么 MCs 通过食物链传递的潜在后果应该引起关注。随着分子生物学技术的发展, MCs 对鱼类作用的分子机制将是未来研究的一大热点。

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