

# **PROTECTIVE EFFECT OF SOME DAIRY PRODUCTS ON FATTY LIVER DISEASE**

**BY**

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### ABSTRACT

Fatty liver disease is one of the most dominant chronic liver diseases that disperses among children with different ages' and adults. Non-alcoholic fatty liver disease (NAFLD) includes a wide spectrum of liver injury stages: steatosis, steatohepatitis, fibrosis, cirrhosis and hepatocellular carcinoma. No drugs can be used to treat NAFLD; only some clinical recommendations must be followed for management of NAFLD. Functional foods including fermented dairy products provide various healthy benefits in addition to their higher nutritional value. Therefore, the current study aimed to evaluate the protective effect of fermented camel milk (FCM) on progression of NAFLD induced by a high fat diet and high fructose syrup (HFDHFr) in rats. The present study included evaluation the effect of microencapsulation of some probiotic strains combined with or without plant extract on their viability under simulated gastrointestinal conditions (SGC) as well as the properties of the resultant FCM during storage at 4°C for 21 days. In addition to, evaluate the effect of the resultant FCM on different biochemical markers of rats' serum that feeding on HFDHFr, as well as histological examination. Results indicated that maximum probiotic counts were observed in the presence of 10% of beetroot extract or 1% ginger extract in comparison to other concentrations. The highest survival rates were found in chitosan-coated beads after exposure to SGC. Significant differences were found concerning probiotic counts of different FCM. Regarding to the sensory evaluation, FCM containing microencapsulated probiotic with beetroot extract was the most favorable among all treatments. Moreover, oral administration of FCM containing microencapsulated probiotics with or without plant extract lowered liver enzymes, proinflammatory cytokines and oxidative stress markers as well as enhanced insulin sensitivity, lipid profile and antioxidants parameters in serum rats. Histopathological examination showed that the group that was given FCM containing microencapsulated probiotic with beetroot extract was the nearest to negative control group followed by the group of FCM containing microencapsulated probiotic with ginger extract. In contrast, oral administration of FCM containing microencapsulated probiotic with plant extract either beetroot or ginger showed markedly amelioration of NAFLD compared to HFDHFr group.

**Key Words:** Microencapsulated probiotic, synbiotic, Ginger extract, Beetroot extract, Fermented camel milk, Fatty liver disease.

# CONTENTS

	Page
<b>INTRODUCTION</b> .....	1
<b>REVIEW OF LITERATURE</b>	
1. Effect of probiotic bacteria on fatty liver disease .....	8
2. Encapsulation of probiotic bacteria .....	12
3. Therapeutic properties of camel milk .....	20
4. Biological activity of plant extract	
a. Beetroot extract .....	25
b. Ginger extract .....	28
<b>MATERIALS AND METHODS</b>	
1. Materials .....	35
2. Methods of analyses.....	36
<b>RESULTS AND DISCUSSION</b>	
<b>1. Viability of microencapsulated probiotics combined with and without plant extracts using different material agents under simulated gastrointestinal conditions.</b>	
a. Evaluation the effect of beetroot or ginger aqueous extract on the growth of tested probiotic strains .....	47
b. Microencapsulation of some probiotic strains combined with beetroot or ginger aqueous extract using different material agents	50
c. In vitro studies	
(1) Survival of microencapsulated probiotic strains under simulated gastric juice (SGJ) .....	53
(2) Survival of microencapsulated probiotic strains under simulated	

small intestinal juice (SSIJ) .....	57
(3) Survival of microencapsulated probiotic strains under simulated large intestinal juice (SLIJ) .....	61
<b>2. Stability and survival of microencapsulated probiotic combined with and without plant extracts using chitosan in fermented camel milk during cold storage</b>	
a. pH of fermented camel milk .....	65
b. Microbiological analysis of fermented camel milk .....	67
c. Sensory evaluation of fermented camel milk .....	72
<b>3. In vivo studies: Protective effect of synbiotic fermented camel milk on non-alcoholic fatty liver in rats</b>	
a. Protective effect of camel milk with and without chitosan-coated beads containing different plant extract on final body weight, liver weight and liver index .....	76
b. Protective effect of camel milk with and without chitosan-coated beads containing different plant extract on some biochemical parameters	
(1) Insulin resistance and inflammatory markers.....	80
(2) Liver enzymes .....	86
(3) Lipid profile .....	88
(4) Oxidative stress markers .....	93
c. Protective effect of camel milk with and without chitosan-coated beads containing different plant extract on histological examination .....	96
<b>SUMMARY</b> .....	99

<b>REFERENCES.....</b>	<b>105</b>
<b>ARABIC SUMMARY .....</b>	<b>٨٤١</b>

## LIST OF ABBREVIATIONS

<b>NAFLD</b>	Nonalcoholic Fatty Liver Disease
<b>BAE</b>	Beetroot Aqueous Extract
<b>GAE</b>	Ginger Aqueous Extract
<b>HFDHFr</b>	High Fat Diet High Fructose Syrup
<b>TNF-<math>\alpha</math></b>	Tumor Necrosis Factor- $\alpha$
<b>NO</b>	Nitric Oxide
<b>IR</b>	Insulin Resistance
<b>TC</b>	Total Cholesterol
<b>TG</b>	Total Triglycerides
<b>HDL</b>	High Density Lipoprotein
<b>LDL</b>	Low Density Lipoprotein
<b>VLDL</b>	Very Low Density Lipoprotein
<b>ALT</b>	Alanine Aminotransferase
<b>AST</b>	Aspartate Aminotransferase
<b>MDA</b>	Malondialdehyde
<b>GSH</b>	Reduced Glutathione
<b>GSSG</b>	Oxidized Glutathione