

## Sirtuin 及其食源性激活剂对衰老相关疾病的调控作用研究进展

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**摘要** Sirtuin 是 NAD<sup>+</sup>依赖性去乙酰化酶,可以从组蛋白和其它底物蛋白赖氨酸的  $\epsilon$ -氨基中脱去乙酰基和其它酰基。研究表明,Sirtuin 是热量限制调控疾病的重要靶点,可以作为一种信号转导分子,参与调控代谢综合征、癌症、心血管疾病和神经退行性疾病等多种衰老相关疾病的发生和发展。近年来,多项研究证据表明,多种化合物通过激活 Sirtuin,模拟热量限制预防和调控疾病。为更好地了解 Sirtuin 在这些疾病中的作用机制,进而从食物中筛选出以 Sirtuin 为靶点的有效活性成分,本文聚焦 Sirtuin 调控的特定靶点和信号通路的最新研究进展,概述食源性的 Sirtuin 激活剂在疾病预防及调控中的作用机制。

**关键词** Sirtuin; 赖氨酸去乙酰酶; 衰老相关疾病; 食源性激活剂

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Sirtuin 家族是从细菌到人类高度保守的烟酰胺腺嘌呤二核苷酸(NAD<sup>+</sup>)依赖性脱乙酰酶,它的名字来自于在酵母中发现的一种与长寿有关的蛋白质——酵母沉默信息调节因子 2(Yeast silencing information regulator 2,Sir2)<sup>[1]</sup>。Sirtuin 家族的特征是具有约 260 个氨基酸组成的高度同源序列<sup>[2]</sup>。在哺乳动物中有 7 种 Sirtuin(SIRT1-7),它们可以调节许多底物蛋白和生物信号通路。Sirtuin 独特的 NAD<sup>+</sup>依赖机制使它的催化活性并不局限于去乙酰化,还包括水解其它酰基的赖氨酸修饰<sup>[3]</sup>。除了去酰基化作用,Sirtuin 还可以催化 ADP-核糖基化<sup>[4-5]</sup>。此外,Sirtuin 也可以修饰很多非组蛋白,包括一些转录因子以及一些 DNA 修复蛋白,在全身各个系统中发挥着不同的作用<sup>[6-7]</sup>。通过对底物蛋白的去酰基化或 ADP-核糖基化,Sirtuin 被认为广泛地影响细胞的进程,如细胞增殖、凋亡、自噬、衰老和炎症等。

在过去的 10 年中,越来越多的证据表明 Sirtuin 活性的失调与癌症、心血管疾病、II 型糖尿病、神经退行性疾病、代谢综合征等慢性疾病的发病机制之间存在密切的联系。在代谢研究领域,Sirtuin 的激活剂,如白藜芦醇、SRT(Sirtuin modu-

lator)等成为研究热点,它们通过发挥类似热量限制的作用缓解代谢性疾病的进展<sup>[8]</sup>。本文重点讨论 Sirtuin 蛋白的细胞内靶点以及它们在疾病中的调控机制,并对能够激活 Sirtuin 蛋白活性的食源性活性成分进行总结。

### 1 Sirtuin 的分类、细胞定位和酶活性

#### 1.1 Sirtuin 的分类和细胞定位

迄今为止,在人类细胞中已经确定了 7 种 Sirtuin(SIRT1-7)成员。系统发育分析将 Sirtuin 分为 I、II、III、IV 四类,其中 SIRT1、SIRT2、SIRT3 属于 I 类,SIRT4 属于 II 类,SIRT5 属于 III 类,SIRT6、SIRT7 属于 IV 类<sup>[9]</sup>。

不同 Sirtuin 的亚型和亚细胞定位受其 C 和 N 端的积极调控<sup>[10-11]</sup>。SIRT1 主要是核去酰化酶,然而它也能够以细胞周期和细胞类型依赖的方式在核质和胞质之间穿梭<sup>[10]</sup>。SIRT2 是最重要的胞质 Sirtuin 亚型,它也能够有丝分裂过程中转移到细胞核<sup>[12-13]</sup>。SIRT3、SIRT4、SIRT5 主要位于线粒体内。也有报道称,在细胞核中存在一个长而未加工的 SIRT3 亚型(ISIRT3),当进入线粒体后,ISIRT3 被线粒体基质处理肽酶(Mitochondrial matrix processing peptidase,MPP)裂解为 sSIRT3,sSIRT3 比 ISIRT3 缩短了 16 ku<sup>[14]</sup>。同样,在细胞质中也发现了 SIRT5<sup>[15]</sup>。SIRT6 和 SIRT7 主要位于细胞核内<sup>[16-17]</sup>,然而这两种酶也都在细胞核外被报道过<sup>[18-19]</sup>。ISIRT7 是存在于细胞质中的一种亚型,分

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子质量为 47.5 ku, 它比已知的核仁亚型(sSIRT7, 45 ku)稍长<sup>[20]</sup>。

## 1.2 Sirtuin 的酶活性

哺乳动物 Sirtuin 可以催化一系列不同的酶促反应。在已知的酰基修饰当中,可逆的赖氨酸乙酰化已被广泛的研究和报道。蛋白质组学研究表明,很大比例的线粒体蛋白受到了赖氨酸乙酰化作用的修饰<sup>[21-27]</sup>。可逆的酰基修饰会改变赖氨酸残基的电荷,通过改变酶活性、结构、底物特异性、蛋白质更新和靶标亚细胞定位等多种机制从而影响蛋白质的功能<sup>[28]</sup>。Landry 等<sup>[29]</sup>描述了 Sirtuin 催化去乙酰作用的机理:Sirtuin 能将乙酰基从底物转移到它们的共底物 NAD<sup>+</sup>上,生成去乙酰化的 2'-和 3'-O-乙酰-ADP-核糖 (2'- and 3'-O-acetyl-ADP Ribose, OAADPR)<sup>[30]</sup>。水解一分子 NAD<sup>+</sup>可以产生一分子烟酰胺和一分子 OAADPR。

总的来说,SIRT1-3 具有比较强的去乙酰化酶活性,SIRT4-7 在其去酰基酶活性上则受到更多限制。线粒体 SIRT4 最初是作为单 ADP-核糖基转移酶被发现的<sup>[31]</sup>。后来使用肽阵列的大量研究表明 SIRT4 也有去乙酰化酶的活性<sup>[32]</sup>。另外,SIRT4 在调节脂酰化中也起着新的重要作用<sup>[33]</sup>。SIRT5 的其它酶促作用包括有效去除二元羧酸中的酰基<sup>[34-36]</sup>,这表明不同的 Sirtuin 介导的过程与细胞能量代谢之间存在复杂的相互作用。与 SIRT4 一样,SIRT6 最初也被认为是一种单 ADP-核糖基转移酶<sup>[37]</sup>,后来研究发现 SIRT6 可以用作核脱酰基酶,优先从酰化的赖氨酸上裂解脂肪酸酰基<sup>[38]</sup>。另外,SIRT6 的去乙酰化酶活性在长链脂肪酸存在时会升高<sup>[39]</sup>。SIRT7 的去乙酰化酶活性在家族成员中相对较弱<sup>[17]</sup>,最近研究发现 SIRT7 可以通过去丙酰化 SP7/Osterix,从而在骨形成中起重要作用<sup>[40]</sup>。并且,SIRT7 在染色质环境中可以被 DNA 激活<sup>[41]</sup>。

随着翻译后修饰(Post-translational modifications, PTMs)的不断增加,Sirtuin 家族成员的其它功能仍有待研究。

## 2 Sirtuin 在疾病中的作用机制

### 2.1 Sirtuin 在癌症中的作用

Sirtuin 作为转录过程的调控者,与癌细胞的

存活、凋亡、转移和肿瘤发生等多种生物学途径有关。虽然 Sirtuin 家族成员具有高度的同源性,但它们在促进肿瘤发生中的作用并不一致,在不同类型的癌症中表达水平和机制存在差异。

SIRT1 是与酵母 Sir2 最接近的哺乳动物同源体,在许多生理过程中起着重要作用。作为 Sirtuin 家族成员中研究最广泛的哺乳动物亚型,SIRT1 在癌症中的作用似乎是矛盾且复杂的,因此它在癌症中充当着一把“双刃剑”。

SIRT1 通过去乙酰化组蛋白和其它表观遗传调节因子来调节转录。例如,SIRT1 通过去乙酰化 H1K26、H3K9/K14/K56 和 H4K16<sup>[42]</sup>直接调节转录或通过去乙酰化 NF- $\kappa$ B、FOXO1、FOXO4、HIF1 $\alpha$  和 HIF2 $\alpha$ <sup>[43-44]</sup>间接调节转录。SIRT1 也可以通过去乙酰化和募集 DNA 损伤位点来调节同源重组(Homologous recombination, HR)修复机制蛋白 NBS1 和 Rad51 来影响 DNA 修复的进程<sup>[45-46]</sup>。通过去乙酰化肿瘤抑制蛋白 p53、p73 和 Ku70, SIRT1 也参与了细胞凋亡的调控<sup>[47-48]</sup>。然而,有的研究得到了相反的结论,SIRT1 去乙酰化 NF- $\kappa$ B 增加了细胞对 TNF $\alpha$  诱导的凋亡的敏感性<sup>[49]</sup>。因此,Yeung 等<sup>[49]</sup>基于 SIRT1 可以介导促凋亡和抗凋亡效应这一事实,描述了“SIRT1 悖论”。

与正常组织相比,SIRT1 在多种癌症中高表达,包括前列腺癌、急性骨髓性白血病、结肠癌和一些非黑素瘤皮肤癌<sup>[50-53]</sup>。然而,在胶质母细胞瘤、膀胱癌和卵巢癌中却观察到 SIRT1 的下调<sup>[54]</sup>。SIRT1 可以根据其亚细胞和组织定位发挥不同的作用,这依赖于特定肿瘤特异性的致癌途径。Sasca 等<sup>[55]</sup>发现 SIRT1 表达上调可促进 K-Ras 驱动的肺腺癌细胞凋亡。并且,SIRT1 阻止了遗传毒性应激诱导的急性髓性白血病中 p53 的活化,而药理或 RNAi 介导的 SIRT1 抑制作用则可以通过恢复 P53 的活性来抑制细胞生长<sup>[56]</sup>;然而,也有研究表明,miR-22、miR-34a、miR-200a、miR-138、miR-30e-5P、miR-204、miR-212 和 miR-449a 靶向 SIRT1 的过程可以抑制肿瘤进展中的细胞增殖<sup>[57]</sup>。同样地,在不同类型的肿瘤中,SIRT1 对癌细胞的迁移和侵袭也起着复杂而重要的调节作用。SIRT1 与胃癌患者的肿瘤侵袭、淋巴结转移、整体生存期缩短和不良预后有关<sup>[58]</sup>。然而,SIRT1 也是

上皮间质细胞转化(Epithelial-mesenchymal transition, EMT)的阳性调节因子,影响前列腺癌细胞的转移性生长,SIRT1 过表达是逆转 EMT 和预防前列腺癌进展的潜在治疗靶点<sup>[59]</sup>。

早期的报道显示,SIRT2 调节细胞周期进程并维持基因组完整性,是一种弱抑癌基因。SIRT2 缺陷小鼠会发生性别特异性肿瘤:雌性主要发生乳腺肿瘤,雄性主要发生肝细胞癌<sup>[60]</sup>。尽管没有在 SIRT2 KO 小鼠中发现癌症倾向表型,但 Serrano 等<sup>[62-63]</sup>发现当受到致癌物攻击时,KO 小鼠的肿瘤发生率会增加<sup>[61]</sup>。并且,与正常组织相比,人前列腺癌和卵巢癌中的 SIRT2 表达水平降低。最近,在胶质母细胞瘤模型的 RNA 干扰筛选中发现,SIRT2 通过去乙酰化和抑制 p73 可以抑制胶质母细胞瘤的发展<sup>[64]</sup>。尽管有抗癌作用,但 Jing 等<sup>[65]</sup>发现利用巯基赖氨酸小分子 TM 选择性抑制 SIRT2 可以促进癌蛋白 c-MYC 的降解,并在多种癌症细胞系和乳腺癌小鼠模型中发挥广泛的抗癌活性。因此,SIRT2 可能是一个可以用于对抗某些 c-MYC 驱动的癌症的靶点。SIRT2 在白血病、肝癌、胃癌和黑色素瘤等多种癌症组织中相对于邻近正常组织表达也是上调的<sup>[66]</sup>。另外,SIRT2 被证明可以积极调节癌细胞的迁移和侵袭,糖蛋白 Slug 对于 EMT 非常重要,SIRT2 通过去乙酰化可以使其稳定<sup>[67]</sup>。

作为线粒体中主要的去乙酰化酶,SIRT3 的肿瘤抑制作用已在多种癌症中被证明。在许多转化细胞系和人类肿瘤中 SIRT3 的表达降低,SIRT3 KO 小鼠有着较高的自发肿瘤发生率<sup>[68]</sup>。在机制方面,SIRT3 减弱了 ROS 引起的氧化应激,从而抑制 HIF1 $\alpha$  和肿瘤的生长<sup>[69]</sup>。SIRT3 也被发现可以通过调节细胞的增殖或凋亡途径来影响肿瘤的发生<sup>[70]</sup>。并且,SIRT3 的缺失驱动了代谢重编程,并通过增加糖酵解通量为生长中的肿瘤细胞提供选择性优势<sup>[72]</sup>。在前列腺癌中,SIRT3 通过调节 PI3K/Akt 信号通路增加了 c-MYC 的泛素化和降解,从而抑制了前列腺癌的发展<sup>[72]</sup>。在肿瘤的转移和侵袭方面,SIRT3 可以通过 Twist 控制卵巢癌的 EMT 过程和癌细胞的转移动力<sup>[73]</sup>。此外,SIRT3 也能够激活 FOXO3a,同时抑制 Wnt/ $\beta$ -catenin 信号通路<sup>[74]</sup>。

然而,SIRT3 似乎也充当着致癌基因的作用。在口腔癌和黑色素瘤中,SIRT3 表达水平升高<sup>[75-76]</sup>。在机制方面,有报道称 SIRT3 调节线粒体内稳态,保持线粒体膜的完整性,从而增加细胞对氧化应激的抵抗<sup>[77-78]</sup>。SIRT3 还可与 DNA 修复蛋白 Ku70 相互作用,从而避免细胞在应激条件的凋亡。并且,SIRT3 的高表达也与一些类型肿瘤的转移相关<sup>[79-80]</sup>。因此,SIRT3 在调节肿瘤发生中的双重作用可能取决于细胞环境。通常,癌细胞显示出比正常细胞更高的 ROS 水平,这在肿瘤进展中具有优势。但是,也有一些抗癌疗法是基于将 ROS 进一步增加到毒性水平的能力,从而导致细胞的死亡和克服治疗的耐药性<sup>[81-82]</sup>。

SIRT4 通过对 DNA 损伤的调节并抑制谷氨酰胺的代谢而起抑癌的作用<sup>[83,84]</sup>。SIRT4 在胃癌中负责 EMT 的调节,可以减少胃癌中细胞的迁徙和侵袭<sup>[85]</sup>。另一方面,SIRT4 功能的丧失会产生肿瘤相关的表型。在同种异体肿瘤形成的实验中,SIRT4 KO 小鼠自发发展为多种类型的肿瘤,例如肺癌、肝癌、乳腺癌和淋巴瘤<sup>[83]</sup>。SIRT4 的缺乏促进集落肿瘤的形成和迁移,从而促进异种移植和 SIRT4 KO 小鼠的肿瘤发展和转移<sup>[86]</sup>。此外,SIRT4 在许多人类癌症中表达降低,并且低水平的 SIRT4 与结肠癌、肺癌和食管癌的不良预后相关<sup>[87]</sup>。也有研究表明,C 端结合蛋白(CtBP)在癌组织中表达的增加直接导致了 SIRT4 表达的减少<sup>[88]</sup>。

SIRT5 在肿瘤发生调节中的明确作用目前尚无定论。在胰腺癌<sup>[89]</sup>、卵巢癌<sup>[90]</sup>、乳腺癌<sup>[91]</sup>、非小细胞肺癌(NSCLC)<sup>[92]</sup>等多种肿瘤中都检测到了 SIRT5 的表达增高;SIRT5 也被证明可能在结肠癌<sup>[93]</sup>、人骨肉瘤<sup>[93]</sup>和乳腺癌<sup>[94]</sup>等多种类型的癌症中发挥肿瘤促进作用。尽管如此,也有研究发现 SIRT5 在子宫内膜癌<sup>[95]</sup>、头颈部鳞状细胞癌<sup>[96]</sup>和神经胶质瘤<sup>[97]</sup>中表达下调,这也支持了该酶在肿瘤中的潜在抑制作用。

SIRT6 被认为是维持基因组稳定的关键调控因子。最近,研究人员发现 SIRT6 在开发抗皮肤癌药物中有着潜在的靶向能力,已引起很大的关注。Ming 等<sup>[98]</sup>发现,SIRT6 通过抑制 AMPK 信号传导来促进 COX-2 的表达,从而增加细胞增殖和存活率,并且通过激活暴露于 UVB 中的 AKT 信号通

路,皮肤角质形成细胞中 SIRT6 的表达增加。

既往研究表明,在一些癌症患者中,SIRT7 高表达。与正常细胞相比,SIRT7 的表达在肝细胞癌和结直肠癌中表达上调<sup>[99]</sup>。SIRT7 的高表达与前列腺癌和胃癌的高侵袭性和转移有关,SIRT7 的耗竭显著抑制了小鼠移植模型的人癌细胞的致瘤性,然而 SIRT7 本身不会引起原代成纤维细胞的致瘤转化<sup>[100]</sup>。因此,SIRT7 的促肿瘤作用可能是继发效应,因为它对核糖体的生物发生有积极影响。然而,Tang 等<sup>[101]</sup>指出 SIRT7 是 TGF- $\beta$  信号的重要

调节剂和乳腺癌转移的抑制剂,其缺陷可以激活 TGF- $\beta$  信号通路并加剧 EMT,进而促进乳腺癌细胞的转移。在癌症免疫治疗方面,最近的研究表明 SIRT7 可以通过减少未暴露于干扰素  $\gamma$  的肝癌细胞中 MEF2D 的乙酰化来抑制 PD-L1 的表达<sup>[102]</sup>。因此,通过控制 SIRT7 的活性或许可以提高免疫治疗肝癌的疗效。

综上所述,Sirtuin 家族成员在不同类型的癌细胞中所起的作用是不同的,因此在检测 Sirtuin 作为癌症特异性标志物的变化时应予以考虑。

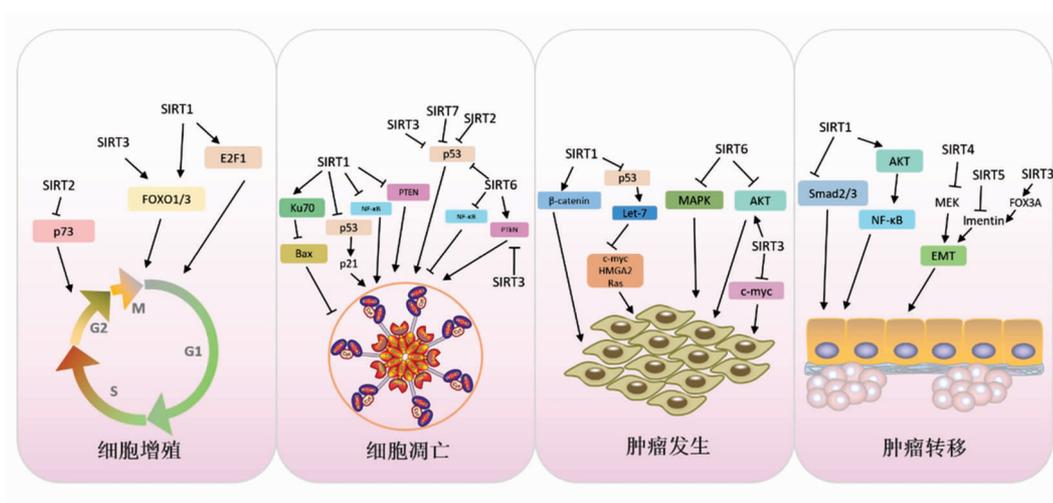


图 1 Sirtuin 在癌症中的靶向途径

Fig.1 Targeted pathways by Sirtuin in cancer

## 2.2 Sirtuin 在神经退行性疾病中的作用

神经退行性疾病主要依赖于特定神经结构的丧失,其共同特征是蛋白质稳态的失衡。Sirtuin 可以通过协调应激反应和损伤修复来调节能量代谢和线粒体功能,进而影响神经退行性疾病,包括阿尔茨海默病 (Alzheimer's disease, AD)、帕金森氏病 (Parkinson's disease, PD) 和亨廷顿病 (Huntington's disease, HD) 等。

SIRT1 在高等动物胚胎大脑中高表达,提示其可能在神经发育中发挥重要作用。SIRT1 可以抑制  $\alpha$ -突触核蛋白 ( $\alpha$ -synuclein) 的积累和 NF- $\kappa$ B 信号转导来防止  $\beta$ -淀粉样蛋白 ( $\beta$ -amyloid) 诱导的神经毒性,从而保护神经元免受损害<sup>[103]</sup>。Jeong 等<sup>[104]</sup>也发现在 HD 小鼠模型中,SIRT1 的脑特异性敲除可导致脑病理恶化,而 SIRT1 的过表达则提高了存活率和脑源性神经营养因子 (BD-

NF) 的表达。并且,过表达激活 SIRT1 对肌萎缩性脊髓侧索硬化症 (ALS) 和沙多约瑟夫病 (MJD) 也有保护作用<sup>[105]</sup>。另一方面,Kakefuda 等<sup>[106]</sup>报道过表达 SIRT1 对转基因 PD 小鼠的神经元没有保护作用,SIRT1 抑制也被证明在多种基于动物和细胞的 HD 模型中可减轻病理状况<sup>[107]</sup>。

SIRT2 与神经退行性疾病高度相关。在 PD 的细胞模型中,针对 SIRT2 的 siRNA 或使用其抑制剂 AGK2 阻断了  $\alpha$ -突触核蛋白介导的神经毒性<sup>[108]</sup>。Guan 等<sup>[109]</sup>报道 SIRT2 抑制改善了 MPTP 诱导的老年 PD 模型小鼠的神经和行为缺陷。抑制 SIRT2 的神经保护作用进一步在基于 HD 的模型中得到了显示,Chopra 等<sup>[110]</sup>发现 SIRT2 的药物抑制可以减缓小鼠神经元 N 端聚谷氨酰胺的积累,从而保护神经并延长寿命。近期一项研究却表明,AD 患者外周血 SIRT2 mRNA 表达升高<sup>[111]</sup>,且 SIRT2

多态性与AD风险存在相关性<sup>[112-113]</sup>。在其它神经系统疾病中,SIRT2也被确认与缺血性中风相关<sup>[114]</sup>。

ROS标记分析显示AD中存在氧化应激,SIRT3在人和小鼠AD中表达上调<sup>[115-116]</sup>。原代神经元培养实验显示,SIRT3的上调与AD中氧化应激导致线粒体反应增加的可能性有关<sup>[117]</sup>,因此分析SIRT3水平可能有助于AD的诊断。同样地,最近一项研究发现SIRT3在神经元对生理挑战的适应和对退化的抵抗中起着关键作用。在与HD和癫痫相关的模型中,SIRT3 KO使小鼠对纹状体和海马神经元的脆弱性增加<sup>[118]</sup>,也有报道称SIRT3与ALS有关<sup>[119]</sup>。然而,另一篇最近的文章报道称SIRT3通过作用于神经酰胺合酶促进了中风和脑损伤<sup>[120]</sup>。

SIRT4在大脑中也非常丰富,它参与了脑星形胶质细胞的发育。研究发现SIRT4依赖性谷氨酸脱氢酶(GDH)的抑制调节了胶质细胞的发育,并且SIRT4和GDH过表达在神经胶质发生的调控中起拮抗作用<sup>[121]</sup>。SIRT4的缺失会导致大脑中谷氨酸转运蛋白的表达和功能的降低,这进一步与癫痫、脑外伤和ALS有关<sup>[122]</sup>。

通过改变线粒体的抗氧化能力,SIRT5缺失在神经毒素诱发的PD模型中加速了神经变性,并加剧了百草枯引起的神经元变性<sup>[123-124]</sup>。另外,在AD的发展过程中,SIRT5的表达水平上调,这与AD的神经变性有关<sup>[125]</sup>。最近,已经有研究发现SIRT6在老年小鼠中表达较低<sup>[126-127]</sup>。Kaluski等<sup>[128]</sup>研究发现,SIRT6水平的严重降低可能通过促进DNA损伤、细胞死亡和Tau蛋白的过度磷酸化而引起AD患者的神经退行性改变。Zhang等<sup>[129]</sup>发现SIRT6可以负责保护大脑免受脑血管缺血,因此SIRT6可能是缺血性中风的潜在治疗靶点。

### 2.3 Sirtuin在心血管疾病中的作用

蛋白乙酰化被认为是对抗心血管疾病发展的一种新的潜在的治疗策略<sup>[130]</sup>。目前,关于蛋白乙酰化在心血管疾病中的研究主要集中在SIRT1、SIRT3和SIRT6。在杂交小鼠的缺失实验中,SIRT1-/+小鼠发展为扩张型心肌病,这与SIRT1介导的FOXO1和FOXO3激活的抑制有关<sup>[131-132]</sup>。在心肌中,SIRT1可以保护心肌免受缺血/再灌注

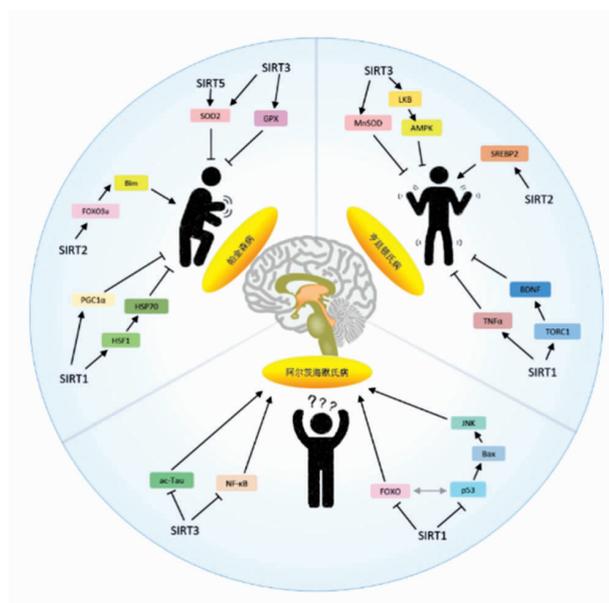


图2 Sirtuin在神经退行性疾病中的靶向途径

Fig.2 Targeted pathways by Sirtuin in neurodegenerative diseases

(I/R)损伤和心功能障碍<sup>[133]</sup>。SIRT1缺乏导致增生和促炎途径的激活,进而导致心脏肥厚、纤维化和心力衰竭<sup>[134-135]</sup>。激活SIRT1也可通过减少肝脏Pcsk9的分泌并增强Ldlr的表达来发挥抗动脉粥样硬化作用<sup>[136]</sup>。

SIRT3在保护心血管疾病的发展中也起到重要作用。纯合的SIRT3-/-小鼠出生时,不表达任何特定的心脏表型,当暴露于I/R损伤或激动剂诱导的心肌肥厚时,SIRT3-/-小鼠表现出严重的线粒体高乙酰化,线粒体和心肌功能下降,存活率降低<sup>[137]</sup>。SIRT3对氧化应激诱导的心肌损伤和细胞凋亡也提供保护,这些保护作用与FOXO3a介导的抗氧化防御反应的激活有关,FOXO3a通过激活线粒体脱氢酶来保持线粒体能量的产生,从而阻止线粒体通透性过渡孔(mPTP)的打开<sup>[138]</sup>。

SIRT4也参与了ROS的产生,已被当作冠状动脉疾病(CAD)的生物标记物<sup>[139]</sup>。它还可以通过抑制锰超氧化物歧化酶(MnSOD)的活性来促进Ang II诱导的病理性心肌肥大<sup>[140]</sup>。SIRT5的异常表达会导致心脏功能异常,这表明SIRT5是心肌能量代谢和心脏功能的调节因子。在I/R损伤中,SIRT5显著下调,与野生同窝小鼠相比,SIRT5-/-心脏的梗死面积增加<sup>[141]</sup>。此外,由于SIRT5的下

调,心肌梗塞的程度也显著增加<sup>[142]</sup>。心脏是 SIRT6 表达最高的器官,SIRT6 是心肌 IGF-Akt 信号通路的负调控因子,抑制 IGF 信号可降低心肌肥厚率<sup>[143]</sup>。此外,来自 SIRT6 转基因小鼠的心肌细胞也避免了体外缺氧的影响,这主要是由于 SIRT6 介导脱乙酰基作用的增加以及对 NF- $\kappa$ B 亚基 RelA 的抑制<sup>[143]</sup>。另外,Lu 等<sup>[144]</sup>也证实 SIRT6 水平的升高会导致心肌细胞自噬增强,其机制是 SIRT6 通过促进转录因子 FOXO1,在自噬开始时对心肌肥厚有保护作用。

Vakhrusheva 等<sup>[145]</sup>发现 SIRT7 在心脏内环境稳定中起作用,SIRT7 敲除小鼠患有退行性心肌肥厚,其心肌细胞纤维化和炎症可导致炎症性心

肌病。Ryu 等<sup>[146]</sup>也报道称 SIRT7 KO 小鼠还显示出乳酸水平升高,体力活动耐力下降,这是由于心肌缺氧和线粒体呼吸功能异常引起耗氧量减少。此外,SIRT7 还参与心脏损伤修复,SIRT7 在急性心血管损伤后的伤口愈合部位表达增加,通过调节 TGF- $\beta$  受体蛋白的转化而参与瘢痕形成、血管生成、炎症和伤口愈合,以应对急性心血管损伤<sup>[147-148]</sup>。SIRT7 耗竭导致胶原蛋白生成减少,血管生成和炎症反应不足,从而导致伤口愈合受损。

目前,关于 Sirtuin 家族在心血管疾病临床前期作用的报道非常丰富,激活 Sirtuin 可能是预防心血管疾病的有效方法。

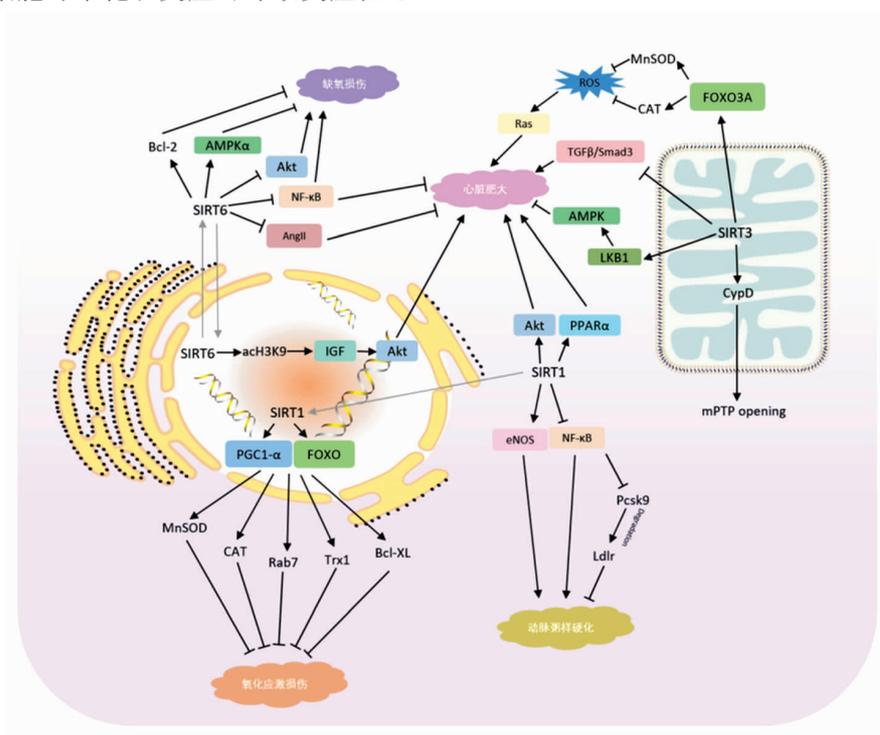


图 3 Sirtuin 在心血管疾病中的靶向途径

Fig.3 Targeted pathways by Sirtuin in cardiovascular diseases

#### 2.4 Sirtuin 在代谢相关疾病中的作用

所有 Sirtuin 家族成员的催化活性都取决于辅助因子 NAD<sup>+</sup>的可用性,这将 Sirtuin 的活性,尤其是 SIRT1,与细胞的能量状态联系起来<sup>[149]</sup>。卡路里限制 (Calorie restriction, CR) 是一种营养干预措施,它在减少卡路里摄入的同时保持必要营养素的充足供应,已被证明可以改善和延缓与人类衰老相关的代谢变化<sup>[150]</sup>。而在此过程中被激活的

Sirtuin 家族蛋白是影响糖脂代谢的重要分子。因此,通过增加 Sirtuin 家族蛋白的表达,或许可以改善糖脂代谢紊乱,降低患衰老性疾病的风险。

SIRT1 是多种代谢过程的主要调控因子,SIRT1 的激活对代谢性疾病发挥保护作用,可减少肥胖、纤维化、肝脂肪变性和血脂异常,同时也可以改善糖代谢,增加胰岛素敏感性,延长生存时间。当 SIRT1 在小鼠中过表达时,SIRT1 模拟了

CR小鼠的状态,即体重更轻,葡萄糖耐量更高,胆固醇更低,胰岛素敏感性提高,线粒体生物生成增强和年龄相关疾病发生率降低<sup>[151]</sup>。同时CR可以通过SIRT1依赖性诱导自噬来促进寿命延长<sup>[152]</sup>。此外,SIRT1也参与了CR下维持葡萄糖稳态的信号通路<sup>[153]</sup>。

SIRT2对碳水化合物代谢也有重要影响。Arora等<sup>[154]</sup>认为SIRT2是胰岛素抵抗发生的关键酶。此外,SIRT2通过一种与豆蔻酰化富含丙氨酸的C激酶底物(MARCKS)相互作用并去乙酰化的机制,减轻了孕产妇糖尿病引起的神经管缺陷(NTD)<sup>[155]</sup>。

最初,Hirschey等<sup>[156]</sup>报道SIRT3与代谢紊乱有关,因为在SIRT3缺乏的小鼠中观察到了葡萄糖耐受性缺陷、肝脂肪变性和代谢综合征的加速发展。后来的研究发现在CR对衰老性听力损失的作用中,SIRT3不仅调节过氧化物的产生,而且直接上调了线粒体谷胱甘肽抗氧化防御系统,还能使IDH2去乙酰化,增加NADPH<sup>+</sup>水平,进而预防或延缓衰老性听力损失<sup>[157-158]</sup>。并且,在各种肥胖和T2D的啮齿动物模型中,SIRT3的表达水平都被证明降低了<sup>[159-160]</sup>。

通过SIRT4抑制GDH活性被认为可以抑制T2D的发展<sup>[21]</sup>。已发现T2D患者中性粒细胞和单核细胞中SIRT4 mRNA水平明显低于健康人<sup>[161]</sup>。并且,SIRT4缺失可能促进T2D的发展<sup>[162]</sup>。一方面,肥胖患者血清中的SIRT4水平较低,SIRT4与人体测量和代谢参数呈负相关,而与生长激素峰值(GH)和胰岛素样生长(IGF-1)峰值呈显著正相关,这可能是应对SIRT4在线粒体氧化能力中发挥的负调节作用的一种代偿机制<sup>[163]</sup>。另一方面,SIRT4活性的增加可能会抑制脂肪酸氧化,增强异位脂质储存<sup>[164]</sup>。同样,SIRT4 KO小鼠表现出更高的运动耐受性并对饮食诱发的肥胖有保护作用<sup>[165-166]</sup>。

SIRT5在非酒精性脂肪肝(NAFLD)患者的肝脏中下调,SIRT5在脂肪组织中的表达与胰岛素敏感性呈正相关,与炎症呈负相关<sup>[167-168]</sup>。SIRT6缺陷小鼠出现低血糖,并且肝脏特异性SIRT6 KO引起了小鼠脂肪肝的发生<sup>[169]</sup>。

作为一种低葡萄糖压力传感器,SIRT7将其

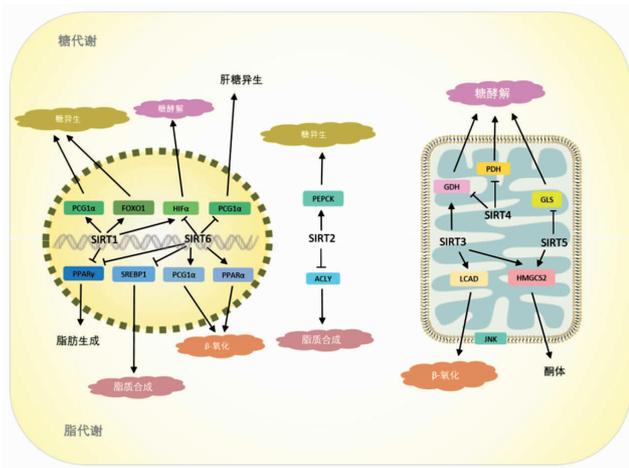


图4 Sirtuin在代谢相关疾病中的靶向途径

Fig.4 Targeted pathways by Sirtuin in metabolic diseases

作用与细胞的生物发生联系起来。Sun等<sup>[170]</sup>发现葡萄糖饥饿通过AMPK介导的磷酸化激活了SIRT7的再分配,这一作用随后导致REG $\gamma$ -蛋白酶体依赖降解,从而降低rDNA转录和蛋白合成,避免细胞死亡。然而,支持SIRT7在肝脏脂质代谢中的作用的证据是矛盾的。Shin等<sup>[171]</sup>和Ryu等<sup>[146]</sup>认为在小鼠中敲除SIRT7可导致脂肪肝,然而,Yoshizawa等<sup>[172]</sup>提出SIRT7敲除小鼠在高脂饮食饲养时,可抵抗脂肪肝的形成,这提示SIRT7在脂质代谢作用机制中的多样性和复杂性。

## 2.5 Sirtuin在炎症中的作用

NF- $\kappa$ B作为一种核转录因子,参与调控众多炎症因子的表达,是多种促炎基因转录的必需因子。SIRT1通过多种信号通路参与了炎症反应,白藜芦醇能增强SIRT1介导的抗炎反应,这可能与其抗衰老作用相关<sup>[173]</sup>。Kauppinen等<sup>[174]</sup>发现SIRT1在急性炎症时,通过激活AMPK和PPAR抑制了NF- $\kappa$ B,减缓了炎症反应。Xie等<sup>[175]</sup>认为SIRT1对体内外的炎症反应起负向调节作用,而NF- $\kappa$ B正是其中一个靶点。

SIRT2对炎症也很重要,然而其相关机制尚未完全了解。在感染单核细胞增生李斯特氏菌期间,宿主SIRT2被发现移位到细胞核并去乙酰化H3K18以参与基因重编程<sup>[176]</sup>。细菌感染可以特异性诱导S25的e-磷酸化,而这一事件对于SIRT2与染色质的结合至关重要。有趣的是,SIRT2对控

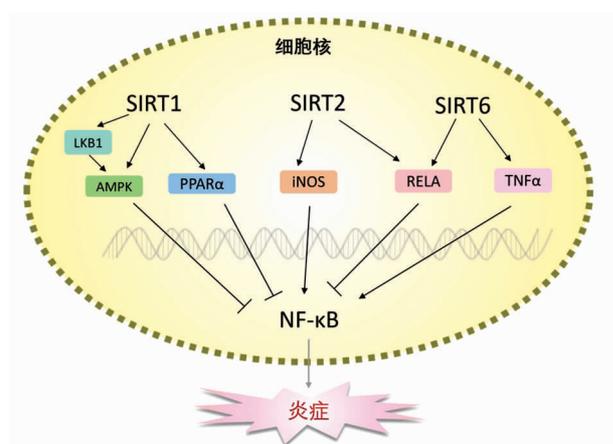


图 5 Sirtuin 在炎症中的靶向途径

Fig.5 Targeted pathways by Sirtuin in inflammation

制感染是有害的, Eskandarian 等<sup>[177]</sup>发现当 SIRT2 KO 小鼠的 SIRT2 活性被阻断时, 细菌感染明显受损。在应对其它细菌的感染中, SIRT2 在幽门螺杆菌感染的胃炎患者的胃上皮细胞中表达增高<sup>[178]</sup>, 而 SIRT2 缺乏可增加慢性葡萄球菌感染小鼠的存活率<sup>[179]</sup>。在巨噬细胞中, SIRT2 通过诱导型一氧化氮合酶(iNOS)的转录激活而介导了促炎反应<sup>[180]</sup>。然而, SIRT2 也被证明是脑炎<sup>[181]</sup>和胶原诱导关节炎<sup>[182]</sup>的主要抑制因子。

SIRT6 也可以与 NF-κB 的 RELA 亚基相互作用而发挥抗炎作用<sup>[183]</sup>。此外, 在骨关节炎患者的关节软骨细胞中发现 SIRT6 水平显著降低<sup>[184]</sup>。在类风湿关节炎中, 也观察到类似的 SIRT6 的抗炎作用, 过表达 SIRT6 可抑制胶原诱导的关节炎<sup>[185]</sup>。

### 3 食源性 Sirtuin 激活剂

鉴于 Sirtuin 可能与多种疾病的发病机制有关, 世界各地的研究团队都在致力于开发能调控 Sirtuin 活性的小分子调节剂。目前, 许多 SIRT 调节剂单独使用或与批准的药物及其它表观遗传调节剂组合使用, 已在与衰老相关疾病的预防及治疗中被报道。一般来说, 激活剂比抑制剂有更好的潜力。激活剂通常与蛋白外的调控区域或保守催化域结合, 因此有较高的靶点特异性, 而抑制剂可能由于残留的酶活性而失效<sup>[186]</sup>。目前发现的 Sirtuin 激活剂大多为 SIRT1 选择性激活剂, 由于 SIRT2-7 缺少一个独特的 C/N 末端, 使得激活因

子很难绕过 SIRT1 而单独激活 SIRT2-7。

天然产物化学为医学需求带来了巨大的多样性和丰富的资源。通常, 天然提取物及其衍生物可引起较少的副作用。在水果、蔬菜、全谷物和纤维中发现的生物活性膳食成分, 已被证明可以通过调节组蛋白的乙酰化, 从而对与年龄有关的疾病起到预防作用<sup>[187]</sup>。因此, 可以通过合理调整饮食结构或补充具有改变组蛋白乙酰化能力的膳食添加剂, 来获得这些重要的生物活性膳食成分, 从而避免或延缓衰老相关疾病的发生。目前, 研究发现的一些食源性 Sirtuin 激活剂主要为多酚类物质。

#### 3.1 白藜芦醇 (Resveratrol)

天然多酚白藜芦醇是在葡萄中发现的多酚的代表, 是第 1 个被描述的 SIRT1 激活剂。2003 年, Howitz 等<sup>[188]</sup>首次证明白藜芦醇能够同时降低 SIRT1 乙酰化靶点和 NAD<sup>+</sup>靶点的 K<sub>m</sub>。白藜芦醇可以改善小鼠的线粒体功能并预防高脂饮食引起的肥胖, 而在肥胖小鼠中, 白藜芦醇可以改善其存活率并延长寿命<sup>[189]</sup>。并且, 它也可以对 2 型糖尿病、心血管疾病和神经退行性疾病提供保护作用<sup>[190-191]</sup>。白藜芦醇活性机制后来受到质疑, 有人对白藜芦醇和 SIRT1 之间的激活机制, 是直接激活还是通过其它途径间接调控提出了疑问<sup>[192-194]</sup>。后来 Hubbard 等<sup>[195]</sup>的研究证实了白藜芦醇是 SIRT1 的变构激活剂。此外, 在其天然底物存在的条件下, 检测 SIRT1 的激活存在微妙的结构和位置要求<sup>[196]</sup>。除 SIRT1 以外, 白藜芦醇还可以直接激活 SIRT5 的去乙酰化酶活性<sup>[197]</sup>。需要注意的是白藜芦醇在体内有许多靶点, 并且被广泛代谢, 其口服生物利用度仅约 0.5%。由于白藜芦醇的生物利用度较差, 因此具有新型结构且生物利用度较高的小分子 Sirtuin 激活剂, 如 SRT 化合物, 已成为新的研究热点。

#### 3.2 厚朴酚 (Honokiol)

厚朴酚是从木兰树皮中提取的多酚类化合物, 在心脏肥大小鼠模型中具有抗肥大作用, 对心脏有益<sup>[198]</sup>。Pillai 等<sup>[198]</sup>证明了厚朴酚不仅能够预防激动剂诱导的心力衰竭, 而且还能逆转先前存在的纤维化和心室衰竭, 在机制方面, 厚朴酚进入线粒体并直接与 SIRT3 相互作用, 增加了 SIRT3 的表达, 从而导致 SIRT3 底物, 如 MnSOD 和寡霉素

致敏蛋白(OSCP)的乙酰化降低。

### 3.3 黄芩素 A(Oroxylin A, OA)

黄芩素 A 是从黄芩根中提取的主要活性成分之一,属于黄酮类物质<sup>[199]</sup>。OA 具有广泛的药理作用,包括抗癌、抗炎、神经保护、抗凝等,在疾病治疗中有着广阔的应用前景。Wei 等<sup>[200]</sup>发现,OA 在人乳腺癌细胞中发挥 SIRT3 激活剂的作用,它诱导己糖激酶 II 从线粒体解离,并通过 SIRT3 介导的亲环蛋白 D(Cyclophilin D)脱乙酰化作用抑制乳腺癌中的糖酵解。后来也有研究发现,OA 在心肌细胞胰岛素抵抗的体外模型中,发挥急性 SIRT3 激活剂的作用,从而阻止了胰岛素过度刺激导致的收缩功能的丧失<sup>[201]</sup>。此外,OA 还能减少血管紧张素诱导的心肌细胞肥大和细胞死亡,并以剂量依赖的方式降低线粒体高乙酰化和能量崩溃<sup>[202]</sup>。

### 3.4 白皮杉醇(Piceatannol)

白皮杉醇是一种存在于各种水果和蔬菜中的多酚二苯乙烯,是白藜芦醇的羟基化类似物。相对于白藜芦醇来说,白皮杉醇在葡萄等植物和葡萄酒中的含量较低<sup>[203]</sup>,因此得到的关注并不多。白皮杉醇的活性与白藜芦醇类似,甚至在某些情况下比白藜芦醇表现出更高的活性<sup>[204]</sup>。Kawakami 等<sup>[205]</sup>发现,经过白皮杉醇及其代谢物处理后,THP-1 单核细胞中 SIRT1 的 mRNA 和蛋白表达上调,而白藜芦醇的代谢产物白藜芦醇葡萄糖醛酸和硫酸盐并不影响 SIRT1 的表达。此外,白皮杉醇还可以促进胶原蛋白合成,抑制黑色素生成和保护皮肤免受 UVB 照射的损伤等多种作用<sup>[206]</sup>。

### 3.5 姜黄素(Curcumin)

姜黄素是一种来自姜黄植物的多酚,具有多种特性。姜黄素调节心脏乙酰化并刺激 SIRT1 发挥心脏保护作用。Dao 等<sup>[207]</sup>在 2012 年发现了 4 种烯化香豆素,通过体外酶促试验发现 4 种香豆素均以剂量依赖的方式提高了 SIRT1 的活性。在人类 THP-1 巨噬细胞源性泡沫细胞中,姜黄素激活 SIRT1 并降低细胞胆固醇水平,因此姜黄素诱导的 SIRT1 激活可以防止形成动脉粥样硬化斑块,从而改善血管功能<sup>[208]</sup>。另一项研究表明姜黄素通过依赖于 SIRT1 的 eNOS 激活减弱了氧化应激诱导的过早衰老,SIRT1 通过去乙酰化 eNOS,刺激

内皮依赖性 NO 的合成,改善了血管功能<sup>[209]</sup>。

### 3.6 槲皮素(Quercetin)

槲皮素是从植物中提取的类黄酮,常见于水果、蔬菜、叶子和谷物中。槲皮素具有抗炎和抗氧化的特性,有着潜在的健康益处。白藜芦醇联合槲皮素可以通过改变大鼠血清脂肪酸组成,上调白色脂肪组织中 SIRT1 和 SIRT2 表达,从而减轻代谢综合征<sup>[210]</sup>。2017 年,Wang 等<sup>[211]</sup>发现槲皮素通过调节 Sirtuin 表达,减少了与年龄相关的纺锤体组织和线粒体分布异常,从而防止 Sirtuin 表达降低和组蛋白甲基化,延迟了小鼠卵母细胞的排卵后衰老。最近的研究表明,在 db/db 小鼠中,槲皮素同样增加了 SIRT1 蛋白的表达,并降低了 NLRP3 炎症相关蛋白的表达<sup>[212]</sup>。因此,SIRT1/NLRP3 通路可能是槲皮素对糖尿病脑病的神经保护作用的重要机制。

### 3.7 非瑟酮(Fisetin)

非瑟酮也是一种有效的 Sirtuin 激活剂。草莓中含有丰富的非瑟酮,并被认为具有增强记忆的潜力<sup>[213]</sup>。它已被证明不仅能够减轻生物老化效应,还可以在不同的培养细胞中发挥抗炎和抗癌作用<sup>[188]</sup>。在调节脂质代谢方面,非瑟酮发挥重要作用。通过激活 SIRT1 去乙酰化酶和过氧化物酶体增殖激活受体(Peroxisome proliferation-activated receptors,PPARs),非瑟酮上调 3T3-L1 脂肪细胞中脂联素的表达。脂联素是一种脂肪因子,对肥胖相关功能障碍和血管功能障碍具有生理益处<sup>[214]</sup>。另外,非瑟酮通过调节高脂饮食诱导的肥胖小鼠的 SIRT1/AMPK 和脂肪酸  $\beta$ -氧化信号通路,改善了非酒精性脂肪肝<sup>[215]</sup>。

### 3.8 其它激活剂

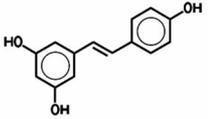
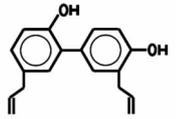
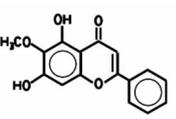
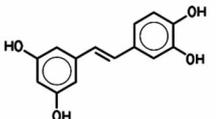
其它的激活剂还包括丹参酚酸 B(Salvianolic acid B)、紫柳因(Butein)、儿茶素(Catechin)和异黄酮(Isoflavones)等。丹参酚酸 B 是从丹参根中提取的一种生物活性成分,可以激活 SIRT1 来预防酒精性肝损伤和癌症等疾病<sup>[216-217]</sup>。紫柳因是一种从漆树(Rhus verniciflua)中分离的关键活性膳食成分,有抗炎和抗癌作用,研究证明紫柳因可以激活 SIRT1,通过减轻炎症、氧化应激和细胞凋亡来缓解脓毒症所致的脑损伤<sup>[218]</sup>。表没食子儿茶素没食子酸酯(Epigallocatechin gallate,EGCG)是绿茶

茶多酚的主要组成成分,具有抗菌、抗病毒、抗血栓形成以及抗肿瘤等作用,EGCG 通过作用于 SIRT1,可以挽救高糖诱导的心肌缺陷<sup>[202]</sup>。水飞蓟素(Silymarin)是天然的黄酮木脂素类化合物,是从水飞蓟的干燥果实中提取而得到的天然活性物质,它可以通过降低 MDA、LDH 和促凋亡细胞色素的释放,增加 SOD 的活性来恢复线粒体功能,并且激活 SIRT1 使异丙肾上腺素处理的大鼠心肌细胞免于死亡<sup>[219]</sup>。咖啡因(Caffeine)是一种嘌呤生物碱,存在于咖啡、茶和许多其它食品中,低剂量的咖啡因上调 SIRT3 表达水平,通过 AMPK 激活自噬,加速 ROS 的清除,保护了 UVB 照射导致的皮肤组织衰老,并且口服咖啡因也可以提高 UVB 照射小鼠皮肤的 SIRT3 蛋白表达水平<sup>[220]</sup>。大豆苷元(daidzein)、染料木素(genistein)及其代谢物是大豆中最常见的植物雌激素,它们通过激活 SIRT1 增加了 PGC1- $\alpha$  的表达,使线粒体生物发生增加<sup>[221]</sup>,线粒体功能障碍是 I/R、创伤和药物/毒物诱导器官损伤的常见后果,这也与多发性硬化症、AD、HD 和癌症等多种病理进展有关,这类化合物的发现有可能为与代谢紊乱、细胞损伤和线粒体功能障碍有关的疾病提供一种新的预防及治

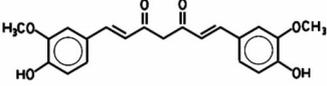
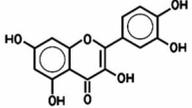
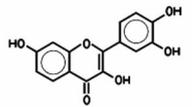
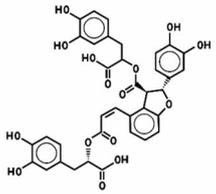
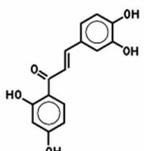
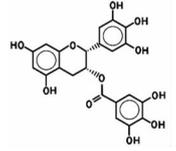
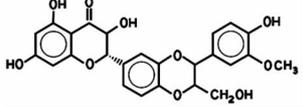
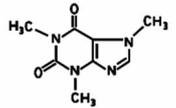
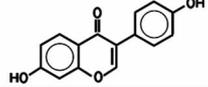
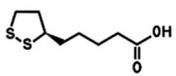
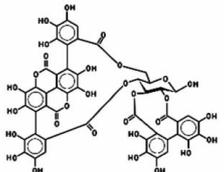
疗方法。硫辛酸( $\alpha$ -Lipoic acid, ALA)是一种天然的二硫醇化合物,在线粒体生物能方面起着重要作用,ALA 在动物肝脏和肾脏组织中含量丰富,其中鸡肝中含量最为丰富,ALA 通过 SIRT1/LKB1/AMPK 途径影响了 Nrf2、FoxO1 和 SREBP-1 活性,控制了脂肪生成蛋白的表达<sup>[222]</sup>。石榴中的多酚类物质安石榴苷(Punicalagin)和尿石素 A(Urolithin A)也可以通过 SIRT1 依赖的方式上调 XPC 的表达和 XPA 去乙酰化水平,进而保护皮肤细胞免受 UVB 照射的损伤<sup>[223]</sup>。小檗碱(Berberine)亦称黄连素,是从中药黄连中分离的一种季铵生物碱,小檗碱可以通过 SIRT1/p66shc 介导的途径改善阿霉素诱导的心脏毒性<sup>[224]</sup>,同时也有报道称黄连素与白藜芦醇联用可提高降脂效果<sup>[225]</sup>。蘑菇中具有多种生物活性物质,蘑菇多糖也可以通过增强 SIRT1 的表达抑制 UVB 照射导致的皮肤细胞衰老<sup>[226]</sup>。另外,酪醇(Tyrosol)是红景天苷的苷元,广泛存在于红景天属植物中,也是橄榄油中主要酚类化合物之一,它可以通过增加 SIRT1 蛋白表达和核易位以及 ERK1/2 磷酸化的增加,对细胞的凋亡起保护作用<sup>[227]</sup>。

表 1 食源性 Sirtuin 激活剂

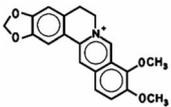
Table 1 Foodborne Sirtuin activators

| 活性成分  | 结构式   | 功能   | 文献              |
|-------|---|--|-----------------|
| 白藜芦醇  |  | 激活 SIRT1 改善小鼠线粒体功能,防止高脂肪饮食引起的肥胖;提高肥胖小鼠的存活率和寿命;预防 2 型糖尿病、心血管疾病和神经退行性疾病                | [189]~[191]     |
| 厚朴酚   |  | 通过 SIRT3 依赖的方式预防激动剂引起的心力衰竭,逆转纤维化和心室衰竭;减少 ROS 的产生,防治心肌细胞死亡                            | [198]           |
| 黄芩素 A |  | 促进 SIRT3 依赖的 PGC-1 去乙酰化,防止因胰岛素过度刺激而导致的收缩功能丧失;通过 SIRT3 介导的亲环蛋白 D 的去乙酰化抑制依赖糖酵解的乳腺癌细胞生长 | [200],<br>[201] |
| 白皮杉醇  |  | 激活 SIRT1, 增加 eNOS 的磷酸化水平改善血管功能   | [205]           |

(续表 1)

| 活性成分          | 结构式   | 功能   | 文献              |
|---------------|---|--|-----------------|
| 姜黄素           |    | 刺激 SIRT1 发挥心脏保护作用;降低细胞胆固醇水平,防止动脉粥样硬化斑块的形成,改善血管功能;  | [208],<br>[209] |
| 槲皮素           |    | 上调 SIRT1 和 SIRT2 在白色脂肪组织中的表达,缓解代谢综合征;减少纺锤体组织和线粒体分布的年龄相关异常;增加 SIRT1 的表达,降低 NLRP3 炎症相关蛋白表达 | [210]~[212]     |
| 非瑟酮           |    | 靶向 SIRT1 上调脂联素表达,以改善肥胖相关功能障碍和血管功能障碍;改善高脂饮食诱导的肥胖小鼠肝脏脂质代谢,改善 NAFLD                         | [213]~[215]     |
| 丹参酚酸 B        |    | 通过 SIRT1 介导的对 CRP 和 ChREBP 的抑制,保护大鼠慢性酒精性肝损伤;预防癌症   | [216],<br>[217] |
| 紫铆因           |   | 激活 SIRT1,减轻炎症、氧化应激和细胞凋亡来缓解脓毒症所致的脑损伤  | [218]           |
| EGCG          |  | 作用于 SIRT1,逆转高糖处理的 H9c2 细胞中 ROS 和自噬的升高  | [202]           |
| 水飞蓟素          |  | 激活 SIRT1,通过线粒体途径保护大鼠心肌细胞免受损伤   | [219]           |
| 咖啡因           |  | 上调 SIRT3 蛋白水平,诱导自噬,减少衰老和组织损伤   | [220]           |
| 大豆苷元          |  | 激活 SIRT1 增加 PGC1- $\alpha$ 的表达,增加线粒体生物合成   | [221]           |
| $\alpha$ -硫辛酸 |  | 通过 SIRT1/LKB1/AMPK 途径调控转录因子 SREBP-1、FOXO1 和 Nrf2,改善高脂肪饮食诱导的肝脏脂肪变性                        | [222]           |
| 安石榴苷          |  | 以 SIRT1 依赖的方式上调 XPC 的表达和 XPA 去乙酰化水平,保护皮肤细胞免受 UVB 照射损伤                                    | [223]           |

(续表 1)

| 活性成分 | 结构式   | 功能                                | 文献    |
|------|---|-----------------------------------|-------|
| 小檗碱  |  | 通过 SIRT1/p66shc 介导的途径改善阿霉素诱导的心脏毒性 | [224] |
| 酪醇   |  | 增加 SIRT1 表达和核易位对细胞的凋亡起保护作用        | [227] |

#### 4 总结与展望

随着研究的不断深入,越来越多的证据表明 Sirtuin 与许多疾病的发生和发展有关。不同的 Sirtuin 在不同的疾病当中有着不同的表达模式,这取决于细胞环境、疾病的分子亚型、疾病分期等多种因素,一些尚未明确的作用需要在相应领域进行更多的探索。近年来,有关食源性 Sirtuin 激活剂的研究取得了很大的进展,其在修复线粒体损伤,改善新陈代谢,保护神经细胞等各种调控中,具有很好的潜力,是一组很有前途的、可预防或逆转疾病进程的天然活性产物。然而,目前发现的激活剂大部分为 SIRT1 的选择性激活剂,而有关其它家族成员的调节剂研究较少。鉴于它们在人类疾病的进程中也发挥着重要的作用,因此寻找能有效激活 Sirtuin 家族其它成员的天然活性产物或许将会为相关疾病的预防提供新的思路。并且,上述部分激活剂还存在着生物利用度差,选择性弱等一系列问题,仍然需要后续进一步研究。目前,多种天然的 Sirtuin 调节剂已经在临床试验中被应用,它们可以作为有效的治疗药物,来对许多疾病的发生和发展过程进行调控。综上所述,Sirtuin 是极具潜力的可以预防和调控疾病发展的干预靶点。

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### Research Progress on the Regulatory Effects of Sirtuin and its Foodborne Activators on Age-related Diseases

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**Abstract** Sirtuin is a NAD<sup>+</sup>-dependent protein deacetylase that can cleave off acetyl and other acyl groups from the ε-amino group of lysines in histones and other substrate proteins. Studies have shown that Sirtuin is an important target for regulating diseases by calorie restriction (CR). It participates in development of various human age-related diseases, including metabolic syndrome, cancer, cardiovascular disease and neurodegenerative disease. In recent years, numerous evidences indicate that various compounds activate Sirtuin to simulate the effects of CR in preventing and regulating diseases. To better understand the underlying mechanism of Sirtuin in these diseases, and to screen Sirtuin-activating food components, this article focuses on the latest developments in Sirtuin-regulated signaling pathways, and summarizes the mechanism of foodborne Sirtuin activators in disease prevention.

**Keywords** Sirtuin; lysine deacetylase; age-related disease; foodborne activators