

· 综述 ·

下丘脑室旁核调控心血管活动的研究进展

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[摘要] 随着中国步入老龄化社会的进程逐渐加快, 各种心血管疾病(包括慢性心力衰竭、心肌梗死和高血压等)的发病率逐年上升, 目前还缺乏有效的预防手段。越来越多的研究发现, 中枢神经系统与心血管生理机能的调控有密不可分的交互作用, 其中下丘脑室旁核(paraventricular nucleus, PVN)中神经元和多种细胞因子参与调控心血管活动, 是心血管活动的关键性调节中枢。本文旨在归纳和总结近年来PVN在调控心血管活动中作用及机制的研究进展。

[关键词] 下丘脑室旁核; 交感神经; 心交感传入反射; 心血管活动

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Research progress of hypothalamic paraventricular nucleus regulating cardiovascular activity

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[Abstract] With the gradual acceleration of China's aging society, the incidence rate of various cardiovascular diseases is increasing, including chronic heart failure, myocardial infarction, and hypertension, etc. There is still a lack of effective prevention measures. More and more studies have found that the central nervous system has an inseparable interaction with the regulation of cardiovascular physiological functions. Among them, neurons and various cytokines in the paraventricular nucleus (PVN) of the hypothalamus participate in the regulation of cardiovascular activities, which is a key regulatory center for regulating cardiovascular activities. This article aims to summarize and conclude the recent research progress on the role and mechanism of PVN in regulating cardiovascular activity.

[Key words] hypothalamic paraventricular nucleus; sympathetic nerves; cardiac sympathetic afferent reflex; cardiovascular activity

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流行病学资料显示每年我国因心脑血管疾病死亡的人数占总死亡人数的45%。我国患有心脑血管疾病人数超2亿, 随着人口老龄化加剧, 心脑血管

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管疾病已成为我国中老年人健康的重大威胁, 给社会和家庭造成十分沉重的负担^[1-2]。其中发病率较高的主要有心肌梗死、高血压病、冠心病和慢性心力衰竭等。下丘脑室旁核(paraventricular nucleus, PVN)是中枢维持机体内稳态的重要神经核团, 最近研究显示, PVN在心力衰竭、高血压等心血管疾病的发生和发展中表现出重要调节作用^[3], PVN中的多种神经化学物质或细胞因子, 参与调节交感神经

活动,并对心血管活动发挥调控作用。

1 PVN的解剖位置与结构

下丘脑是第三脑室壁底部的结构,它的前端以视交叉前缘平面为界,向后延伸到乳头体后方,背侧有丘脑沟将其与丘脑分隔开,腹侧通过漏斗柄与垂体相连。下丘脑的体积很小,仅4 g,但其功能非常复杂和重要,被认为是皮层下自主神经活动的较高级神经中枢。下丘脑由较多的神经核团组成,它们主要被分为4个区,包括视前区、视上区、漏斗区和乳头体区,每个区都由几个核团组成。PVN属于视上区,位于第三脑室两侧,是下丘脑最重要的核团之一,PVN中含有分泌肽类激素的肽能神经元,由大细胞部和小细胞部两部分神经元组成。

2 研究PVN神经元功能的主要方法

2.1 电刺激法

实验研究发现单侧电刺激PVN核团(每10 s间隔开关,15~40 μ A,20 Hz)刺激1 h,平均动脉压(mean arterial pressure, MAP)上升13~29 mmHg,并且脑中C-fos蛋白表达上调^[4],电刺激可同时激活PVN内多个目标神经元。

2.2 光遗传学技术

通过光遗传学技术刺激特定的PVN-延髓头端腹外侧核(rostral ventrolateral medulla, RVLM)神经元可增加肾交感神经活动和动脉血压^[5]。光遗传学技术通常将光敏感基因表达于特定的细胞类型神经元中,例如PVN中的谷氨酸能神经元在神经源性高血压的发展中有重要作用,运用光遗传学方法,选择性地激活谷氨酸能神经元时,血压呈频率依赖性上升,并且在20 Hz、脉冲10 s的刺激下血压上升幅度最大约达9 mmHg,而当PVN中部分谷氨酸能神经元(39.3%)损伤后,则导致由去氧皮质酮-高盐诱导的高血压小鼠血压下降^[6]。

2.3 微量注射化学药物(微型渗透泵植入技术)

使用立体定位仪三维坐标定位,PVN的坐标为距前囱尾部1.8 mm,中线外侧各0.4 mm,腹侧至背表面7.9 mm处,两侧PVN均使用微量注射器缓慢给药^[7-10]。实验发现,在PVN注射谷氨酸5 min [10 nL/(次·min)],共注射50 nL,1 h内大鼠MAP上升7~13 mmHg^[11]。

2.4 腺病毒干扰

在PVN中微量注射腺病毒,可特异性地敲降或过表达某种特定的基因或RNA,阻止或增强某种蛋

白在PVN中的表达。腺病毒干扰是一种活体的慢性长期刺激,可起到长时间抑制或增强作用,效果较稳定,特异性强^[12-14]。

3 PVN的生理功能

下丘脑参与体内多种生理功能的调节,包括调控心血管活动、代谢、体温、性行为 and 进食行为等。PVN对血压的中枢调节功能和自主神经内分泌功能已被证实^[15]。PVN中的神经元对激素的合成及释放、神经内分泌调节和病理情况下的交感神经活动有重要作用^[16-17]。

PVN中的大细胞神经元轴突末梢投射至垂体后叶,与垂体门脉系统的第一级毛细血管网接触,将下丘脑调节肽血管加压素释放入门脉系统,直至全身循环。PVN中的小细胞部合成和分泌促肾上腺皮质激素释放激素或甲状腺激素释放激素^[18]。

PVN的前交感神经元直接投射向RVLM、孤束核和脊髓中间柱,调节心血管系统的功能^[19-20]。PVN的前交感神经元兴奋是由PVN神经回路中兴奋性谷氨酸能神经突触和抑制性 γ -氨基丁酸(γ -aminobutyric acid, GABA)能神经突触共同调节^[21]。生理状态下,兴奋性与抑制性神经突触维持平衡,交感神经活动稳定。病理状态下,如高血压时,PVN的前交感神经元中抑制性(GABA能)突触和兴奋性(谷氨酸能)突触失衡,GABA能神经突触受损,谷氨酸能神经突触增强,前交感神经元异常激活,使交感神经活动病理性增强^[18]。

心交感传入反射(cardiac sympathetic afferent reflex, CSAR)是调节交感神经和心血管活动的重要反射,在慢性心力衰竭和高血压疾病的发生中起重要作用。使用腺苷、缓激肽或过氧化氢等对支配心脏的交感神经传入末梢进行化学刺激,或用电刺激心脏交感神经传入纤维,会增加血压和交感神经活动,这种正反馈的交感兴奋性反射被称为CSAR^[22]。研究发现,通过双侧电损伤PVN或海盐酸选择性抑制PVN后,CSAR消失,谷氨酸刺激PVN神经元兴奋可增强CSAR活动,证明PVN是CSAR中枢神经活动的关键组成部分^[23]。

4 PVN中内源性化学物质对心血管的调控作用

4.1 血管紧张素II(angiotensin II, Ang II)

在中枢神经系统中,内源性的Ang II作用于其1型受体刺激交感神经和神经内分泌,从而影响心血管功能^[24],Ang II是PVN中一种重要的神经调节

肽,在高血压和心力衰竭中,PVN中Ang II被大量激活,并导致异常的交感神经-体液活动^[25]。在心力衰竭模型的动物实验中,可以发现心力衰竭动物的PVN区域的Ang II 1型受体明显上调,并且Ang II水平也增加^[10]。研究发现,在PVN中微量注射Ang II导致大鼠血压和心率均上升,PVN中Ang II 1型受体的作用增强,PVN中的Ang II调节动脉血压通过Ang II 1型受体起重要作用^[26-27],在慢性心力衰竭大鼠PVN中微量注射Ang II也能引起同样变化,同时引起CSAR增强^[28]。

4.2 血管紧张素1~7(angiotensin1-7,Ang1-7)

慢性心力衰竭大鼠PVN中内源性的Ang1-7激活Mas受体,通过活性氧(reactive oxygen species, ROS)依赖的cAMP-PKA通路,增强大鼠的心交感传入反射和交感神经活动,并增强Ang II的作用^[10]。本课题组在肾性高血压大鼠中也发现,PVN中Ang1-7主要通过激活Mas受体,增加大鼠MAP和肾交感神经活动,增强CSAR、Ang1-7在PVN中的作用与cAMP-PKA通路密切相关^[29]。

4.3 血管加压素(vasopressin,VP)

下丘脑视上核的神经内分泌细胞和PVN中的大细胞部神经元的轴突投射至垂体后叶,释放VP至体内循环中,VP可以减少水分流失,增加循环血量,是一种强大的血管收缩剂^[16]。VP的血管收缩功能是通过V1受体介导的,中枢的VP能增加交感神经活动,抑制压力感受器反射,VP在很大程度上促进了高血压和心力衰竭的疾病发展^[30]。研究发现,通过腺病毒过表达PVN中的V1受体,大鼠在应激时表现出血压和心率上升^[31]。文献报道,环境温度过高的热应激会诱导下丘脑-垂体-肾上腺轴的激活和VP分泌量明显增加,实验大鼠暴露于38℃环境下60 min,PVN中VP的分泌明显增加^[32]。有研究通过下丘脑切片技术研究PVN中65个自主神经元的敏感性,发现热敏神经元广泛分布于PVN内,提示PVN可能在温度调节中发挥重要作用^[33]。

4.4 Salusin-β

Salusin-β起着重要的调控心血管活动的作用,与多种心脏疾病的发病和病程进展存在密切联系。Salusin-β在中枢和外周发挥多样化的调控作用,在中枢Salusin-β被发现在PVN中大量表达,并刺激VP释放,增加细胞内Ca²⁺内流,上调多种基因并诱导细胞有丝分裂^[34]。对Salusin-β的作用和对VP产生的影响进一步研究,发现高血压大鼠PVN中Salusin-β水平明显高于正常大鼠,在其PVN中微

量注射Salusin-β引起血压、心率、肾交感神经活性的上升,外周血浆中去甲肾上腺素水平、VP水平上升。结果表明,PVN中Salusin-β调节VP释放和对交感神经活动的双重作用可能是导致高血压大鼠交感神经异常激活的原因之一^[35]。若靶向降低PVN中Salusin-β表达,可通过ROS相关的MAPK/NF-κB通路,改善老年性自发性高血压大鼠心力衰竭的心脏及血管功能^[13]。PVN中阻断Salusin-β蛋白表达,可减轻自发性高血压大鼠的血压增高和炎症反应^[12]。

4.5 Intermedin(IMD)

IMD作为降钙素基因相关肽家族的一员,在外周器官和中枢神经中均有表达,尤其大量表达于PVN的大细胞神经部^[36],对心血管和肾脏疾病具有明显保护作用^[37]。研究发现,高血压大鼠PVN中IMD水平明显低于正常大鼠。在高血压大鼠PVN中微量注射IMD后,其血压和肾交感神经活性明显下降。研究发现,PVN中的IMD通过一氧化氮合酶机制减弱了肾血管性高血压大鼠体异常增强的交感神经活动^[38]。

4.6 炎症因子

高盐诱导的高血压模型大鼠PVN中,炎症因子NOD样受体蛋白3(NOD-like receptor protein 3, NLRP3)、小胶质细胞、促炎性细胞因子(proinflammatory cytokine, PIC)等均有所增加,检测血浆中去甲肾上腺素(norepinephrine, NE)水平上升,间接代表交感神经活动增加,PVN中抑制性GABA能神经元水平下降。通过阻断PVN中NLRP3的激活,改善炎症环境可使高盐诱导的高血压大鼠血压降低^[39]。研究表明,交感神经过度激活是心梗患者产生室性心律失常和心源性猝死的主要原因之一^[40],PVN在心血管疾病中对交感神经活动有重要作用^[41],在PVN中激活核因子-κB(nuclear factor-κB, NF-κB)后会引起心衰大鼠的氧化应激并增加交感神经活性^[42]。先天免疫激活是炎症反应的第一道防线,是由病原体识别反应因子引起的,特别是Toll样受体(Toll-like receptor, TLR),TLR是天然免疫系统的重要组成部分,在13种TLR中,TLR4被证实与高血压的发病机制密切相关^[43-44],TLR4主要在大脑中的小胶质细胞中表达。组织凋亡、细胞坏死、热休克蛋白等配体刺激会激活小胶质细胞,并引起一系列炎症反应,触发下游转录因子NF-κB,启动肿瘤坏死因子(tumor necrosis factor, TNF)-α、白介素-1β、白介素-6等促炎性介质^[45]。研究发现,激活心肌梗死大鼠PVN中的TLR4,可使小胶质细胞中的NF-κB激活和

ROS生成增加,进而兴奋交感神经,使用腺病毒抑制PVN中的TLR4后明显减少心肌梗死大鼠的交感神经活动^[42]。在PVN中阻断TLR4可以降低高血压大鼠的炎症反应、MAP以及交感神经活动^[46]。炎症是多种心血管疾病的特征,升高的PIC通过室周器官细胞转运至PVN^[47],导致PVN中抗炎细胞因子和促炎细胞因子释放失衡,通过抑制PVN中积累的大量磷脂酶C(phospholipase C, PLC),降低NF- κ B和NAD(P)H氧化酶活性,可抑制自发性高血压大鼠神经激素兴奋,从而延缓高血压疾病进程和心肌肥厚的发展^[48]。

4.7 内皮素-1(endothelin-1, ET-1)

内皮素在心血管系统的中枢调控中起重要作用。ET-1在PVN中表达,在PVN小细胞部表达尤其丰富^[49]。先前研究发现,侧脑室注射外源性ET-1后导致交感神经活动增强,血压增高,当PVN损毁后,ET-1的升压反应被阻断,表明PVN是ET-1发挥作用的重要条件^[50]。此外,研究发现,ET-1在PVN中通过增加超氧阴离子的产生来增强CSAR,微量注射外源性ET-1可激活PVN中的ET-A受体,也增强CSAR和交感神经活动,增加大鼠的MAP^[51]。

4.8 ROS

交感神经的过度激活促进高血压的发展。研究发现,高血压大鼠下丘脑中ROS水平增高,阻断ROS生成可降低交感神经活性^[42,52]。在心血管疾病如高血压、心衰中,PVN中的ROS起重要作用。研究证明,清除PVN中的超氧阴离子可以减弱心衰大鼠CSAR,并阻断由Ang II诱导的CSAR增强,提示PVN中Ang II对CSAR的增强作用是通过PVN中的ROS介导的^[8]。长期用微量泵向PVN中注射黄连素,可通过ROS/Erk1/2/iNOS等氧化应激途径降低肾性高血压大鼠的血压和交感神经兴奋性^[53]。本课题组既往研究发现,慢性心力衰竭大鼠PVN中ROS,尤其是超氧阴离子水平和NAD(P)H氧化酶活性明显升高,慢性心力衰竭大鼠的CSAR和交感神经活动增强由超氧阴离子介导^[8]。

超氧化物歧化酶1(superoxide dismutase 1, SOD1)是一种抗氧化同工酶,可催化超氧阴离子转化为过氧化氢,在交感神经活性调节中起重要作用^[54]。研究报道,在PVN中运用腺病毒过表达SOD1可减轻高血压,抑制交感神经活动和CSAR,减轻自发性高血压大鼠的病理性左心室肥厚和血管重构。结果表明,超氧阴离子在PVN调节交感神经活性中起重要作用,参与高血压的异常交感神经激活^[55]。

5 小结

在心血管疾病的发生和发展中,中枢神经系统发挥重要的调控作用,而PVN中大量的兴奋性神经递质和抑制性神经递质,不仅参与调控血压,而且维持交感神经活动的稳定,当神经递质的传递发生紊乱时,会加速高血压和心力衰竭的发展。PVN作为中枢和心血管系统的重要整合区,通过刺激PVN中多种神经肽及炎症因子,对交感神经活动产生影响,进而对心血管疾病的发展起关键性作用。

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