

SYNERGISTIC EFFECT OF PEPPERMINT OIL AND
BLACK SEED OIL LOADED INTO ALGINATE BEADS
FOR TREATING IRRITABLE BOWEL SYNDROME IN
ANIMAL MODEL

BY

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ABSTRACT

Black seed oil (BSO) have traditional claims and scientific evidences for therapeutic and pharmacological values. Similarly, peppermint oil (PO) has been used for a long time as a therapeutic agent for stomach related diseases. In conjunction with their therapeutic benefit, they have become an interest in utilization in pharmaceutical use. The key objective and major challenge of this study was to develop a pH sensitive BSO and PO loaded alginate bead as an intestinal release matrix system designed to release in the intestine without releasing the drug in the gastric fluid. To overcome these challenges, organic-solvent-free, green, and environmentally friendly electrohydrodynamic atomization (EHDA) technique was employed to prepare BSO and PO loaded alginate beads. This process enabled the formulation of small size and uniform beads with suitable diffusion, and swelling characteristic resulting in process performance enhancement. The current study deals with the development, optimization, and *in vitro* characterization of BSO and PO beads in different aspects like emulsion stability (ES), particle size distribution, zeta potential, yield percentage (Y%), physical appearance i.e. scanning electron microscopy (SEM), encapsulation efficiency (EE%), quantification of thymoquinone and menthol, shape, weight uniformity, *ex vivo* mucoadhesive properties, *in vitro* drug release profile, and gastrointestinal tract (GIT) beads distribution. Prior to that, the compatibility was tested using attenuated total reflectance-Fourier-transform infrared spectroscopy (ATR-FTIR) and differential scanning calorimetry (DSC). Then the optimized formulation was administered to evaluate the therapeutic efficacy as an anti-inflammatory effect of BSO and PO loaded beads in irritable bowel syndrome (IBS) in mustard oil (MO)-induced Sprague-Dawley rats. The results indicate that the voltage and flow rate have significant influenced on beads size and sphericity factor as well as on encapsulation efficiency. All prepared formulations (F1-F9) exhibited low release rate in simulated gastric fluid (SGF) (pH 1.2) within 2 h. However, all these beads (F1-F9) showed better drug release profile in simulated intestinal fluid (SIF) (pH 6.8) at the next 2 h. The optimized formulation (F8) has shown excellent *ex-vivo* mucoadhesive properties, well distributed in various parts of the intestine, well swelling behaviour and release in the SIF. BSO and PO-loaded alginate beads exhibited potential improvement of IBS on MO-induced rat compare to non-treatment group. These formulations were significantly suppressed proinflammatory cytokines like interleukin- IL-1 β , IL-6, and TNF- α expression upregulated of anti-inflammatory cytokine (IL-10) expression in MO-induced intestinal inflammation. However, within the treatment groups, BSO-loaded alginate beads potentially upregulated the anti-inflammatory cytokine (IL-10) expression compared to other treatment groups. The combination of BSO (75 mg) and PO (25 mg) treatment group showed synergistic therapeutic effect by improving disease symptoms and suppressing IL-1 β , IL-6, and TNF- α expression. The technique for the preparation of beads was found to be simple, reproducible, easily controllable, economical, and appeared to be a promising approach to control the bead's nature and to ensure release into targeted site after oral administration. This formulation is considered as an anti-inflammatory drug candidate with possible synergistic effect for IBS treatment.

Keywords: black seed oil, Peppermint oil, electrohydrodynamic technique, microencapsulation, inflammation, IBS.

خلاصة البحث

للحبة السوداء وزيتها ادعاء تقليدي ودليل علمي للقيمة العلاجية والدوائية. وقد تم استخدامهما لعدة قرون لعلاج أنواع مختلفة من الأمراض في الإنسان. وبالمثل ، فإن زيت النعناع (PO) قد استخدم لفترة طويلة لعلاج أمراض المعدة. بالاقتران مع فائدتهما العلاجية ، فقد أصبحوا محط اهتمام للاستخدام على شكل مستحضر صيدلاني. كان الهدف الرئيسي والتحدي الرئيسي للدراسة هو تطوير حبة ألجينات محملة بزيت الحبة السوداء و زيت النعناع كنظام إطلاق طويل المدى في سوائل الأمعاء مصمم للبقاء في المعدة دون إطلاق الدواء في سائل المعدة. للتغلب على هذه التحديات ، تم استخدام تقنية الانحلال الكهرووهدروديناميكي الخالية من المذيبات العضوية والصدقية للبيئة لتحضير حبات الجينات المحملة بزيتي النعناع والحبة السوداء. تتيح هذه العملية صياغة حبيبات صغيرة ومتماثلة الحجم وانتشار مناسب وخصائص انتفاخ تؤدي إلى تحسين أداء عملية إطلاق الدواء. تتناول الدراسة الحالية التطوير والتحسين والتوصيف في المختبر في جوانب مختلفة مثل ثبات المستحلب وتباين حجم الحبيبات و فرق جهد زيتا ونسبة الناتج ومظهر الحبيبات وكفاءة الاحتواء داخل حبيبات المستحلب والقياس الكمي للمنثول، وكذلك الشكل ، و توحيد الوزن ، و خصائص اللصق المخاطي خارج الجسم الحي ، وإطلاق الدواء في المختبر ، وانتشار الحبيبات في الجهاز الهضمي.. قبل ذلك ، تم اختبار التوافق بين مكونات المستحضر باستخدام التحليل الطيفي للأشعة تحت الحمراء والمسح التفاضلي. ثم تم إعطاء الصيغة المحسنة لتقييم الفعالية العلاجية كتأثير مضاد للالتهابات من حبات زيت الحبة السوداء والنعناع في متلازمة القولون العصبي في فئران سبراج داوولي المستحثة بزيت الخردل. أشارت النتائج إلى أن الجهد ومعدل التدفق لهما تأثير معنوي على حجم الحبيبات وعامل كروية وكذلك على كفاءة التغليف. كل هذه التركيبات (F1-F9) وجدت معدل إطلاق منخفض جداً في محاكاة السائل المعدي (الرقم الهيدروجيني 1.2) عند ساعتين. ومع ذلك ، أظهرت كل هذه التركيبات (F1-F9) معدل إطلاق أفضل في السائل المعوي المحاكي (الرقم الهيدروجيني 6.8) في الساعتين التاليتين. أظهرت التركيبة المحسنة (F8) خصائص لاصق مخاطي وانتفاخ ممتازة خارج الجسم الحي وفي وسط الأمعاء. تم العثور على الحبيبات موزعة بشكل جيد في أجزاء مختلفة من الأمعاء في دراسة في الجسم الحي. أظهرت حبيبات الألجينات المحملة بزيت النعناع تحسناً محتملاً في التهابات أمعاء الفئران التي يسببها زيت الخردل مقارنة بالمجموعة غير المعالجة. نرجح هذه التركيبة لتكون دواء مضاد للالتهابات بالإضافة إلى تأثير تآزري محتمل ، والذي يمكن أن يثبط بشكل كبير افراز السيتوكين المسبب للالتهابات في التهاب الأمعاء. من بين المجموعات العلاجية تبين أن المعالجة بالخرزات المحتوية على زيت الحبة السوداء سبب ارتفاعاً ببتراكيذ الساييتوكين المضاد للالتهاب (IL-10). أظهرت مجموعة المشاركة بين زيت الحبة السوداء (75 mg) وزيت النعناع (25 mg) تأثيراً تساندياً لتحسين الأعراض وتثبيط تعبير IL-6, IL-1 β , TNF- α . تعتبر تقنية تحضير حبات الألجينات التي تحتوي على زيت الخردل والنعناع بسيطة وقابلة للتكرار ويمكن التحكم فيها بسهولة واقتصادية ومتسقة ويبدو أنها نهج واعد وموثوق به للتحكم في طبيعة الحبيبة ولضمان إطلاق الدواء بعد تناولها عن طريق الفم. علاوة على ذلك ، يمكن أن تكون الخرزات المحسنة دواءً محتملاً لعلاج القولون العصبي بنجاح.

الكلمات المفتاحية: زيت الحبة السوداء ، زيت النعناع ، التقنية الكهرومائية ، الكبسلة الدقيقة ، الالتهابات، متلازمة القولون المتهيج.

APPROVAL PAGE

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DECLARATION

I hereby declare that this thesis is the result of my own investigations, except where otherwise stated. I also declare that it has not been previously or concurrently submitted as a whole for any other degrees at IIUM or other institutions.

MD. ABUL KALAM AZAD

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TABLE OF CONTENTS

Abstract	ii
Abstract in Arabic	iii
Approval Page.....	iv
Declaration	v
Copyright	vi
Acknowledgements	vii
Table of Contents	viii
List of Tables	xii
List of Figures	xiv
List of Abbreviations	xviii
CHAPTER ONE: INTRODUCTION	1
1.1 Background of the Study	1
1.2 Statement of the Problem.....	3
1.3 Research Objectives.....	4
1.4 Significance of the Study.....	5
1.5 Brief Explanation on the Flow of Chapters	5
CHAPTER TWO: LITERATURE REVIEW	8
2.1 Definition of Irritable Bowel Syndrome.....	8
2.2 Classification of Irritable Bowel Syndrome	9
2.3 Prevalence of Irritable Bowel Syndrome.....	9
2.3.1 Prevalence of Irritable Bowel Syndrome in Asia.....	9
2.3.2 Prevalence of Irritable Bowel Syndrome in rest of the world.....	11
2.4 Pathophysiology of irritable bowel syndrome	12
2.5 Symptoms of Irritable Bowel Syndrome	13
2.6 Pharmacological Treatment of Irritable Bowel Syndrome	14
2.7 Herbal medicine for irritable bowel syndrome	17
2.8 Alginate as natural biomaterials for pharmaceutical application	23
2.8.1 Source of Alginate	23
2.8.2 Properties of Alginate	24
2.9 Alginate microsphere as oral intestinal drug delivery to treat irritable bowel syndrome.....	25
2.10 Key properties for oral intestinal application	26
2.10.1 Crosslinking	27
2.10.2 Biocompatibility	28
2.10.3 pH-sensitiveness	28
2.10.4 Mucoadhesiveness	29
2.11 Formulation technique of alginate Beads	30
2.12 Nigella sativa/black seed	33
2.12.1 Botanical and demographic background of Nigella sativa (N. sativa)	33
2.12.2 Scientific classification of the plant	33
2.12.3 Phytochemical constituents of black seed.....	35

2.12.4 Traditional use of black seed and oil	36
2.12.5 Pharmacological studies of black seed and its oil.....	36
2.12.6 Anti-inflammatory effect of BSO	37
2.13 Peppermint (mentha)	47
2.13.1 Botanical and demographic background of peppermint	48
2.13.2 Phytochemical constituents of PO	49
2.13.3 Traditional claim of peppermint	50
2.13.4 Pharmacological studies of PO	50
2.13.5 Previous and current approaches to treat irritable bowel syndrome using PO as modern medicine	51
2.14 Experimental animal models for irritable bowel syndrome study.....	56
2.14.1 Infection-induced models.....	58
2.14.2 Chemical agent-induced models	63

CHAPTER THREE: DEVELOPMENT AND VALIDATION OF SPECTROPHOTOMETRIC METHOD FOR MEASURE OF PO AND BSO..... 69

3.1 Introduction.....	69
3.2 Materials and methods.....	70
3.2.1 Materials	70
3.2.2 Spectrophotometric method for quantification of BSO and PO	70
3.2.3 Detection limit (DL) and Quantification limit (QL)	73
3.2.4 Determination of encapsulation efficiency of BSO and PO loaded in alginate beads.....	73
3.3 Result and discussion.....	73
3.3.1 Method development and method validation.....	73
3.3.2 Specificity	74
3.3.3 Linearity	75
3.3.4 Accuracy and Precision.....	76
3.3.5 Detection and quantification limits	80
3.3.6 Encapsulation efficiency (EE%)	80
3.3.7 Conclusion	81

CHAPTER FOUR: FABRICATED BSO AND PO LOADED ALGINATE BEADS FOR INTESTINE-TARGETED DRUG DELIVERY USING ELECTROSPRAY..... 82

4.1 Introduction.....	82
4.2 Materials and Methods	87
4.2.1 Materials	87
4.2.2 Preparation of Alginate-BSO Emulsion.....	87
4.2.3 Characterisation of Alginate-BSO Emulsion.....	88
4.2.4 Bead Preparation	88
4.2.5 Bead Characterization	90
4.2.6 Determination of TQ.....	92
4.2.7 Swelling Characteristics of Beads	94
4.2.8 Statistical analysis.....	98
4.3 Results and Discussion	98
4.3.1 Formulation development and characterization of a pH- Sensitive BSO loaded Alginate Beads	98

4.3.2 Alginate-BSO Emulsion	98
4.3.3 Percentage of Yield (Y%)	100
4.3.4 Characterization of BSO loaded alginate Beads	101
4.3.5 Analysis of Beads Weight Uniformity	105
4.3.6 ATR-FTIR	106
4.3.7 DSC	108
4.3.8 SEM	109
4.3.9 Quantification of TQ	110
4.3.10 Bead Swelling Behaviour	112
4.3.11 In Vitro Drug Release	116
4.3.12 Kinetics Modelling and Mechanism of Drug Release	118
4.3.13 Ex-vivo Mucoadhesion Test of Beads	119
4.4 Formulation development of po loaded alginate beads as a ph- sensitive carrier for intestine-targeted drug delivery	122
4.4.1 Emulsion stability (ES%),	122
4.4.2 Particle size distribution and zeta potential of emulsion	122
4.4.3 Percentage of yield (Y%)	124
4.4.4 Size and sphericity factor analysis	125
4.4.5 Analysis of Beads Weight Uniformity	125
4.4.6 Determination of drug encapsulation efficiency (EE%)	127
4.4.7 Effect of process conditions on beads size, sphericity factors, encapsulation efficiency and drug release.	127
4.4.8 Scanning Electron Microscopy	130
4.4.9 ATR-FTIR spectroscopy	131
4.4.10 DSC	134
4.4.11 GC-FID	135
4.4.12 Swelling behaviour of beads	137
4.4.13 In vitro drug release	141
4.4.14 Release kinetic mechanism	144
4.4.15 Ex-vivo evaluation of mucoadhesive properties of beads	147
4.5 Conclusion	148

CHAPTER FIVE: EVALUATION OF BSO AND PO BEADS IN ANIMAL

MODEL	150
5.1 Introduction	150
5.2 Materials and Methods	153
5.2.1 Materials	153
5.2.2 Quantitative and Qualitative GIT distribution of BSO and PO beads	154
5.2.3 Synergy efficacy of the formulation in an animal model through regulation pathways of inflammatory cytokine.	156
5.3 Statistical Analysis	161
5.4 Results and discussion	161
5.4.1 Quantitative and Qualitative GIT distribution of BSO beads	161
5.5 Quantitative and Qualitative GIT Distribution of PO beads	165
5.6 Synergic Efficacy of the Formulation in An Animal Model through Regulation Pathways of Inflammatory Cytokine.	167
5.6.1 Disease Activity Index (DAI)	167
5.6.2 Assessment of Pro-inflammatory Cytokines	174

5.6.3 Histological Observation	179
5.7 Conclusion	181
CHAPTER SIX: GENERAL CONCLUSION AND RECOMMENDATIONS.....	183
REFERENCES.....	191
APPENDIX I: LIST OF PUBLICATION	229
APPENDIX II: PROOF OF PUBLICATION.....	230
APPENDIX III: CONFERENCE AND PRESENTATION.....	231
APPENDIX IV: ETHICAL FOR ANIMAL USE APPROVAL LETTER	232

LIST OF TABLES

<u>Table No.</u>		<u>Page No.</u>
1.1	IBS symptoms summarised based on diagnostic criteria	2
2.1	Prevalence of Irritable Bowel Syndrome Among the Asian Countries	10
2.2	Prevalence of Irritable Bowel Syndrome Among the Western Developed Countries and Latin America	12
2.3	FDA Approved Drugs for Gastroenterology (adapted from Centerwatch, 2018)	16
2.4	Applications of herbal supplements and medicines for IBS	19
2.5	Brief outline of anti-inflammatory effect of BSO/TQ in preclinical study model	43
2.6	Showing the major chemical constituents of PO	48
2.7	Clinical Trials on PO and approaches to treat IBS and other GI disorders	53
2.8	Summary in details of current animal models of parasites or bacteria induced post-infectious IBS (PI-IBS)	61
2.9	Summary in details of current animal models of chemical induced post-inflammatory IBS (PI-IBS)	66
3.1	Accuracy evaluation of BSO emulsion using at 600 nm	76
3.2	Accuracy evaluation of PO emulsion using at 600 nm	77
3.3	Intraday precision of BSO emulsion	77
3.4	Interday precision of BSO oil emulsion	78
3.5	Intraday precision of PO emulsion	78
3.6	Interday precision of PO oil emulsion	79
4.1	Effect of lecithin concentration on particle size, zeta potential and emulsion stability (ES) of alginate-BSO emulsion. Data were presented as mean \pm S. D. (n = 3). * denotes significant difference after centrifugation (t-test, p < 0.05)	98
4.2	Effect of voltage (kV) and flow rate (mL/min) on bead size, sphericity factor and encapsulation efficiency	103

4.3	Swelling parameters (exponent, n_s and kinetic constant, k_s), swelling rate and water penetration velocity (up to 1 h) of various beads in pH 1.2 and pH 6.8	113
4.4	Dissolution efficiency (DE), Mean dissolution time (MDT) and results of the drug release profile fitting to kinetic models of various beads (F-1-F-9)	120
4.5	Particle size distribution and zeta potential analyses of ALG-PO emulsions before and after centrifugation (BC and AC, respectively) in the presence of variable lecithin concentrations, *mean \pm S. D.	121
4.6	Effect of voltage (kV) and flow rate (mL/min) on bead size, sphericity factor and encapsulation efficiency	125
4.7	Swelling parameters (exponent, n_s and kinetic constant, k_s), swelling rate and water penetration velocity (up to 1 h) of various beads in pH 1.2 and pH 6.8	142
4.8	Dissolution efficiency (DE), Mean dissolution time (MDT) and results of the drug release profile fitting to kinetic models of various beads (F-1-F-9)	145

LIST OF FIGURES

<u>Figure No.</u>		<u>Page No.</u>
2.1	Representative of alginate structure	24
2.3	Representing the (A) <i>N. sativa</i> flower and fruits, (B) seeds and (C) oil	34
2.3	Chemical structures of some major chemical constituents of <i>Nigella sativa</i> seeds oil	35
2.4	(A) & (B), shows the peppermint's young green leaves and barks, (C) flowers & fruits and (C) matured seeds	47
3.1	UV-vis spectra of (A) pure BSO, BSO-emulsion, blank-emulsion and (B) pure PO, PO-emulsion, blank-emulsion	71
3.2	Standard curve of PO (mean \pm S. D., n=3)	75
3.3	Standard curve of BSO (mean \pm S. D., n=3)	75
4.1	Microscopic image of oil droplets in BSO emulsion. a) Freshly prepared and b) after centrifugation at 4000 rpm for 5 min. Magnification at 10x	98
4.2	Effect of (a) 1% w/v (b) 3% w/v and (c) 5% w/v lecithin concentrations on particle size distributions of freshly prepared and centrifuged alginate-BSO emulsion. BC = before centrifuge, AC = after centrifuge, n = 3	99
4.3	Main effect plots of alginate beads on size (A), sphericity factor (SF) (B), encapsulation efficiency (EE%) (C), % cumulative drug release at 2 h (D). Data were presented as mean value (n = 3)	104
4.4	Interaction effect plots of BSO-loaded alginate beads on size (A), sphericity factor (SF) (B), encapsulation efficiency (EE%) (C), % cumulative drug release at 2 h (D). Data were presented as mean value (n = 3)	105
4.5	Showing the ATR-FTIR spectra of (a) BSO, (b) sodium alginate, (c) lecithin, (d) calcium chloride, (e) BSO-free beads, (f) alginate-BSO beads, (g) physical mixture of all ingredients.	107
4.6	Differential scanning calorimetry (DSC) thermogram of BSO-free beads (a) and BSO-loaded beads (b)	108
4.7	Scanning electron microphotograph of (A and B) alginate-BSO dried beads showing the surface morphology (25 \times and 100 \times) and the	

	presence of pores and channels in the dried beads slice with the magnification of 100× (C) and 500× (D)	109
4.8	HPLC chromatographs of A) Blank, B) Standard TQ, C) BSO-loaded beads and D) BSO	110
4.9	Swelling behaviour of optimized alginate/lecithin beads containing BSO in (A) acidic (pH 1.2) and (B) buffer (pH 6.8) media. Data were presented as mean ± S. D., n = 3	111
4.10	Swollen alginate-BSO bead characterization comprised of evidence on its thickness and graphic appearance in SGF media (pH 1.2) using a digital camera. Magnification at 50x	114
4.11	Swollen alginate-BSO bead characterization comprised of evidence on its thickness and graphic appearance in pH 6.8 using a digital camera. Magnification at 50x	115
4.12	In vitro drug-release profile of alginate-BSO dry beads in SGF (pH 1.2) and SIF (pH 6.8) (mean ± S. D.; n = 3)	116
4.13	Data of ex-vivo wash-off method to evaluate mucoadhesive properties of the optimized alginate beads containing BSO in pH 1.2 and pH 6.8 (mean ± S. D., n = 3)	119
4.14	Size distribution and zeta potential intensity curve of alginate-PO emulsion. BC = before centrifuge, AC = after centrifuge, n = 3	122
4.15	Main effect plots and interaction effect plots of alginate beads on size (A & B), sphericity factor (SF) (C & D), encapsulation efficiency (EE%) (E & F), % cumulative drug release at 2 h (G & H). Data were presented as mean value (n = 3)	128
4.16	Scanning electron microphotograph of (A and B) alginate-PO dried beads showing the surface morphology (25× and 100×) and the presence of pores and channels in the dried beads slice with the magnification of 100× (C) and 500× (D)	130
4.17	ATR-FTIR spectra of sodium alginate (a), lecithin (b), blank beads (c), PO (d), alginate-PO beads (e)	131
4.18	The DSC thermograms (a) of PO free beads, (b) PO loaded beads (F-8)	134
4.19	The GC-FID chromatographs of blank (a), standard menthol (b), ALG-PO beads (F-8) (c), freshly prepared (d) and ALG-PO beads (F-8) after 6-month storage (e)	135
4.20	Swollen alginate-PO bead characterization comprised of evidence on its thickness and graphic appearance in SGF media (pH 1.2) using a digital camera. Magnification at 50x	138

4.21	Swollen alginate-PO bead characterization comprised of evidence on its thickness and graphic appearance in SIF media (pH 6.8) using a digital camera. Magnification at 50x	138
4.22	The swelling behaviour of PO beads (F1-F9) (A) at pH1.2 and (B) at pH6.8. Data expressed as mean±S. D., (n=3)	139
4.23	In vitro drug-release profile of alginate-PO dry beads in SGF (pH 1.2) and SIF (pH 6.8) (mean ± S. D.; n = 3)	144
4.24	Mucoadhesive properties of the optimized PO-loaded alginate beads (F-8) (mean ± S. D., n = 3)	146
5.1	Schematic illustration of the method (A) and real set up (B)	153
5.2	The transmittance spectrum of the UV-ray filter	162
5.3	GIT distribution of BSO-alginate beads in different sections of the rat GIT. Data are presented as mean ± S. D. (n=4)	162
5.4	Distribution of BSO beads as fluorescence probe across the stomach and intestine, (A) stomach at 1 h, (B) Stomach at 3 h, (C) Stomach at 6 h, (D) intestine sections at 1 h, E) intestine sections at 3 h and (F) intestine sections at 6 h, (mean ± S. D., n=4)	163
5.5	Swollen beads in intestine, 1 h (A), 3 h (B), 6 h (C) (mean ± S. D., n=4)	163
5.6	GIT distribution of PO-alginate beads in different sections of the rat GIT. Data are presented as mean ± S. D. (n=4)	164
5.7	Distribution of PO beads as fluorescence probe across the stomach and intestine, (A) stomach at 1 h, (B) Stomach at 3 h, (C) Stomach at 6 h, (D) intestine sections at 1 h, E) intestine sections at 3 h and (F) intestine sections at 6 h, (mean ± S. D., n=4)	165
5.8	Swollen beads in intestine, (A)1 h, (B) 3 h, (C) 6 h (mean ± S. D., n=4)	166
5.9	Effect oral treatment of BSO, PO and combination BSO and PO on body weight of rats. Mean ± S. E., n=6. Different letter denotes significant different (p<0.05)	168
5.10	Effect oral treatment of BSO, PO and combination BSO and PO on stool consistency of rats. Mean ± S. E., n=6. Different letter denotes significant different (p<0.001)	171
5.11	Effect oral treatment of BSO, PO and combination BSO and PO on bleeding severity of rats. Mean ± S. E., n=6. Different letter denotes significant different (p<0.05)	172

5.12	Effect of BSO, PO and combination BSO and PO oral treatment on IL-1 β , IL-6, IL-10 and TNF- α of rats. Mean \pm S. E., n=6	175
5.13	Histology of rat intestine observed by light microscope following oral treatment of BSO, PO and combination BSO and PO	179

LIST OF ABBREVIATIONS

IBS	Irritable Bowel Syndrome
IFFGD	The International Foundation For Functional Gastrointestinal Disorders
IBS-C	Constipation Predominant Irritable Bowel Syndrome
IBS-D	Diarrhoea Predominant Irritable Bowel Syndrome
IBS-M	Mixed Irritable Bowel Syndrome
GI	Gastrointestinal
GIT	Gastrointestinal Tract
FDA	U.S. Food and Drug Administration
Y%	Percentage Yield
SF	Sphericity Factor
SEM	Scanning Electron Microscope
ATR-FTIR	Attenuated Total Reflection- Fourier Transform Infrared
EE%	Percentage of Encapsulation Efficiency
GC-FID	Gas Chromatography-Flame-Ionization Detection
MO	Mustard Oil
TQ	Thymoquinone
TNF- α	Tumour Necrosis Factor-A
IFN- γ	Interferon-Gamma
IL-1 β	Interleukin-1 β
IL-6	Interleukin-6
IL-8	Interleukin-8
IL-10	Interleukin-10
PGE2	Prostaglandin E2
WGO	World Gastroenterology Organisation
AGA	American Gastroenterological Association
IMMCs	Intestinal Mucosal Mast Cells
mMCP-1	Mouse Mast Cells Protease-1
PAF	Platelet-Activating Factor
MDA	Malondialdehyde
NO	Nitric Oxide
GPX	Glutathione Peroxidase
LTB4	Leukotriene B4
5-LO	Synthase 5-Lipoxygenase
LTs	Leukotrienes
LTC4	Leukotriene C4
SN	Sodium Nitrite
MAPKs	Mitogen Activated Protein Kinases
NF- κ B	Nuclear Factor Kappa B
TLR	Toll-Like Receptor
TGF- β 1	Transforming Growth Factor- B1
RT-PCR	Reverse Transcription Polymerase Chain Reaction
ApoE	Apolipoprotein E
PDA	Pancreatic Ductal Adenocarcinoma

MCP-1	Monocyte Chemoattractant Protein-1
CFB	Complement Factor B
COX-1	Cyclooxygenase 1
VEGFR2	Vascular Endothelial Growth Factor Receptor 2
PI3K	Phosphoinositide 3-Kinase
LPS	Lipopolysaccharide
HNE	4-Hydroxy-Trans-2-Nonenal
OVA	Ovalbumin
Pi-IBS	Post-Infectious Irritable Bowel Syndrome
CDR	Cumulative Drug Release
PEG	Polyethylene Glycol
TCA	Tricyclic Antidepressants
NaOH	Sodium Hydroxide
HCl	Hydrochloric Acid
<i>N. sativa</i>	<i>Nigella Sativa</i>
EI	Enteric Infection
EC	Enterochromaffin
DCA	Deoxycholic Acid
DSS	Dextran Sulfate Sodium
ROS	Reactive Oxygen Species
TNBS	Trinitrobenzene Sulfonic Acid
S	Sensitivity
P	Permeability
H	Histopathology
SE	Secretion
PA	Pathogenesis
H	Visceral Hypersensitivity
M	Motility Dysfunction
S	Secretion Alterations
P	Permeability Alteration
ICH	International Conference on Harmonization
HPLC	High-Performance Liquid Chromatography
W/V	Weight/Volume
PBS	Phosphate Buffer Saline
RSD	Relative Standard Deviation
DL	Detection Limit
QL	Quantification Limit
EDTA	Ethylenediamine Tetraacetic Acid
EHDA	Electrohydrodynamic Atomisation
DSC	Differential Scanning Calorimetry
XRD	X-Ray Diffraction
NSO	<i>Nigella Sativa</i> Oil
<i>H. Pylori</i>	<i>Helicobacter Pylori</i>
ES	Emulsion Stability
SGF	Simulated Gastric Fluid
SIF	Simulated Intestinal Fluid
ANOVA	Analysis of Variance
SD	Standard Deviation
PDI	Polydispersity Index

API	Active Pharmaceutical Ingredient
CaCl ₂	Calcium Chloride
DE	Dissolution Efficiency
MDT	Mean Dissolution Time
IG	Ionic Gelation
BC	Before Centrifuge
AC	After Centrifuge
USP	United States Pharmacopeia
MLCK	Myosin Light Chain Kinase
IUM	International Islamic University Malaysia
DAI	Disease Activity Index
NC	Negative Control
DC	Drug Control
PO	PO Treatment
BSO	BSO Treatment
Comb	Combination Treatment
W	Week
ME	Muscularis Externa
SM	Submucosal
M	Mucosal
BG	Brunner's Gland
V	Villi
NSAID	Nonsteroidal Anti-Inflammatory Drug
Th1	T Helper Cell Type 1

CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

According to the report of gastroenterologists, irritable bowel syndrome (IBS) is one of the most widely recognized ailments, which is responsible to diminish quality of daily life and socioeconomic burden significantly (Camilleri M, 2001). IBS has a significant occurrence up to 10–15% of population worldwide reported by the International Foundation for Functional GI Disorders (IFFGD, 2016). Among all IBS patients, nearly 25% patients are suffering from severe IBS which is lower in rate than patients experiencing moderate and mild IBS as per reported 35% and 40% respectively. In the USA, about 2.4 to 3.5 million people visits physicians because of IBS annually. According to them, a cost of nearly \$21 billion is estimated per year due to IBS by means of direct and indirect treatment expenditures as well as loss of productivity and work absenteeism. In the community, there are significant proportions of individuals' female approximately 60% to 65% report IBS, on the other hand, male who reports IBS almost 35% to 40% of individuals (Canavan, west & Card, 2014; IFFGD, 2016). A brief description of symptoms of IBS has been summarised in Table 1.1.

Table 1.1 IBS symptoms summarised based on diagnostic criteria

Diagnostic criteria	Symptoms, signs, and laboratory investigations included in criteria
Manning (1978)	<ul style="list-style-type: none"> • Abdominal pain relieved by defecation • More frequent stools with onset of pain • Looser stools with onset of pain • Mucus per rectum • Feeling of incomplete emptying • Patient-reported visible abdominal distension
Kruis (1984)	<ul style="list-style-type: none"> • Abdominal pain, flatulence, or bowel irregularity • Description of character and severity of abdominal pain • Alternating constipation and diarrhea • Signs that exclude IBS (each determined by the physician): • Abnormal physical findings and/or history pathognomonic for any diagnosis other than IBS • Erythrocyte sedimentation rate > 20 mm/2 h • Leukocytosis > 10000/cc • Anemia (Hemoglobin < 12 for women or < 14 for men) • Impression by the physician that the patient has rectal bleeding
Rome I (1990)	<ul style="list-style-type: none"> • Abdominal pain or discomfort relieved with defecation, or associated with a change in stool frequency or consistency, • Plus, two or more of the following on at least 25% of occasions or days for 3: • Altered stool frequency • Altered stool form • Altered stool passage • Passage of mucus • Bloating or distension
Rome II (1999)	<ul style="list-style-type: none"> • Abdominal discomfort or pain that has two of three features for 12 wk (need not be consecutive) in the last one year: • Relieved with defecation • Onset associated with a change in frequency of stool • Onset associated with a change in form of stool
Rome III (2006)	<ul style="list-style-type: none"> • Recurrent abdominal pain or discomfort three days per month in the last 3 mo associated with two or more of: • Improvement with defecation • Onset associated with a change in frequency of stool • Onset associated with a change in form of stool

It is being used for centuries to treat various types of disorders in human.

Thymoquinone (TQ) is referred as a significant phytochemical ingredient of BSO.

Agbaria et al. (2015) has been reported for wide spectrum of pharmacological properties of TQ which has been included *in vitro* and *in vivo* studies.

Similarly, peppermint has been used for a long time as a treatment agent for stomach related diseases. PO has particularly been assessed for IBS treatment effectively for many years. PO as well as its principle active components, l-menthol is very well known for providing smooth muscle Ca⁺⁺ channel antagonism, orocecal transit time normalization, carminative actions, kappa opioid agonism, anti-infective activities and anti-inflammatory activities and serotonergic antagonism (5HT₃) (Cas, Epstein & Shah, 2016). All proposed possible mechanisms of action attract attention to PO as a therapeutic agent for IBS.

The combination of alginate beads microparticles of BSO and PO formulation developed to provide delayed delivery of active ingredient into the small intestine. The purposes of the study are to delineate the safety, effectiveness, tolerability and synergic effect of this innovative pharmaceutical preparation of BSO and PO to treat the worldwide spread of GI symptoms in individual patient with IBS.

1.2 STATEMENT OF THE PROBLEM

IBS and its related complications cause noteworthy public health care burden to the society. There are no prescriptions to treatment this ailment till now due to not discover the underlying pathophysiology of IBS. The most generally implemented treatment for the attenuation of symptomatic mild to severe IBS includes prokinetics and antispasmodics drug for the patients with constipation-predominant irritable bowel syndrome (IBS-C) and diarrhoea-predominant irritable bowel syndrome (IBS-D). Besides, opioid agonists (diphenoxylate and loperamide), anticholinergics, and 5-HT₃ (Tegaserod, ondansetron and granisetron) have been widely used for the treatment of

IBS C & D. However, the use of these drugs has been declined due to an expanded risk of cardiovascular disorder, hyposalivation and reduce in GI motility. There are different types of anti-infective gut-specific rifaximin, nystatin and tetracycline being tested by IBS patients but unfortunately, they have showed unexpected systemic adverse effects with very less response rate.

The present pharmacological management strategies emphasize on minimizing severity of the symptoms while frequently the quality of life is declining due to considerable side effects of present accessible remedies. This has prompted a usefulness opening for IBS patients who look for help to upgrade their personal quality of life. BSO and PO have been reported to contribute in the management of IBS symptoms to higher degree and personal satisfaction of patient's daily life as well, but either PO or BSO has been used separately, no combined use has been reported. There is no such matrix to deliver the drug to specific site for inflammatory bowel syndrome. Therefore, it has become very necessary to develop a drug carrier to deliver active compound into specific site like intestine. In this study, a novel delayed release formulation combining both BSO and PO were developed to target the release in intestine. Moreover, the safety and effectiveness of the formulation to relief IBS symptoms was evaluated in animal model.

1.3 RESEARCH OBJECTIVES

To develop a formulation combining BSO and PO as an oral dosage form and to determine the synergic effect of the combination formulation in IBS. The study aimed to obtain the following objectives:

- 1- To develop and characterize the alginate bead formulations of BSO.