



REVIEW ARTICLE

GASTRO-RENAL INTERFACE IN PATHOPHYSIOLOGY OF HYPERTENSION

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ABSTRACT

There has been an increase incidence of hypertension and metabolic disorders in the community of people of both developed and developing countries. The complications of hypertension at times are coupled with those of patients of diabetes and obesity. Neuropathy, retinopathy, autonomic dysfunctions and nephropathy are the common complications in hypertension as well as diabetes mellitus. The changing life style and stress in jobs in this world of the survival of the fitness further increase in incidence of hypertension in adult population is in evitable. In this context adequate preventive measures such as exercise, diet and life style modifications are in demanding state for management of these ailments. But understanding the root cause of especially causation of primary hypertension needs to be evaluated, understood and needs to be put into practice. Along with kidney there is increasing importance of the GI hormones in the regulation of sodium balance, and consequently on blood pressure as sodium homeostasis is the prime contributors towards raised Blood Pressure. The recent modern school of thought belief in the fact that the GI tract hormones and peptides regulate the autocrine functions of renal hormones and are critical in affecting renal functions including sodium excretion. Hence we decided to explore the literature and review the role of GI Tract hormones in regulating the blood pressure and its implication in management of blood pressure. Increased understanding of the role of the gastro-renal axis in the regulation of renal function may give us a novel insight into the pathogenesis of hypertension and provide a new treatment strategy for hypertension.

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INTRODUCTION

Hypertension is one of the most common and important health related problems in world. (first –Poulter and Prabhakaran, 2015) It has been estimated that around 29% of the world's adult population or 1.56 billion people will have hypertension by the year 2025 (Kearney et al., 2005). The prevalence of high blood pressure and its adverse consequences result in a large number of hypertensive patients in both developed as well as developing counties thereby resulting in financial burden for providing health care and thus affecting countries economy (Kearney et al., 2005). The exact cause of essential hypertension is still not known despite of very intensive research studies and moreover etiology requires further exploration as it is a complex disorder with environmental, genetic and epigenetic factors. However various monogenic causes of hypertension have been discovered. Specially role of GIT hormones in pathophysiology of hypertension is gaining importance for its imminent role.

Among numerous environmental factors, sodium intake is thought to be a very important role in pathogenesis of hypertension. Sodium is very essential element for body fluid and cellular homeostasis. The mechanism of sodium absorption is sensed by various gastrointestinal hormones in regulation of blood pressure via excretion of sodium through kidney has been seen (Whelton et al., 2012; Farquhar, et al., 2015; Lambers Heerspink et al., 2012). Hence along with kidney there is increasing importance of the GI hormones in the regulation of sodium balance, and consequently on blood pressure. For example, GI tract hormones and peptides regulate the autocrine functions of renal hormones thereby affecting renal functions including sodium excretion. These facts gave us an impetus to explore the literature and review the role of GI Tract hormones in regulating the blood pressure and its implication in management of blood pressure.

Sodium homeostasis by kidney: Kidney play a crucial role in sodium homeostasis and body fluid and hence long term regulation of blood pressure (Herrera et al., 2012). Almost all parts of nephrons are involved in sodium regulation and therefore in regulation of blood pressure (Hall et al., 2012; Wadei and Textor, 2012; Burnier et al., 2006; Horita et al.,

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2013; Wang *et al.*, 2009; Gildea *et al.*, 2015) This is achieved by various transporters like sodium glucose transporters, sodium hydrogen exchanger, sodium amino acid cotransporter, sodium bicarbonate cotransporter, sodium phosphate cotransporter and various other transporters which are present on luminal and basolateral side of tubular cells (Hall *et al.*, 2012; Wadei and Textor, 2012; Burnier *et al.*, 2006; Horita *et al.*, 2013; Wang *et al.*, 2009; Romero, 2005). These sodium cotransporters, exchangers, and pumps are influenced by numerous neural, hormonal, and humoral factors. These mediators broadly classified into two groups. One is causing natriuresis (example Dopamine) and second is causing retention of sodium and water example angiotensin. These two groups keep the body sodium and fluid in balance and maintain blood pressure in normal range. In hypertensive patient it has been found that natriuresis mediated by dopamine is also decreased (Zhang and Harris, 2015; Giani *et al.*, 2014).

Mechanism of sodium absorption in GIT: GIT is first and most important organ in salt sensing and its absorption regulation. Other organs are also involved in salt sensing in body for maintenance of blood pressure. In GIT salt sensing and absorption starts from tongue, stomach, small and large intestine (Noda and Hiyama, 2007; Orlov and Mongin, 2007; Titze and Machnik, 2010; Jones *et al.*, 2014; Benos *et al.*, 2004). In case of excess of sodium in body, the GIT initiates mechanism that causes natriuresis and diuresis and little amount of salt is absorbed through the gut. In contrast to this in salt depleted state, tongue and stomach sense the need for salt intake and this enhances GIT hormone secretions especially involved in sodium reabsorption from kidney and other organs and this increases sodium level in the body (Fu and Vallon, 2014). Many studies have shown that sodium is excreted more faster if given orally than intravenous (Furness *et al.*, 2013; Michell *et al.*, 2008; Carey, 1978; Andersen *et al.*, 2000; Mironova *et al.*, 2015; Preston *et al.*, 2012). Apart from gastro-renal reflex sodium sensors are also present in vascular smooth muscle that directs the kidney to decrease sodium transport (Drummond *et al.*, 2008). In addition the recruitment of aversive taste pathways for example activation of sour and bitter taste sensing cells and taste receptors in kidney which also participate in sodium homeostasis (Oka *et al.*, 2013; Liu *et al.*, 2015; Rabin *et al.*, 2009; Okoro *et al.*, 1998; Arguelles *et al.*, 2007). Therefore, the targeting of sodium sensors in different parts of the body, including those present in the GI tract, might be the new targets in future for anti-hypertensive therapy.

GIT Hormones secretion and modulation of renal handling of sodium: Studies regarding GIT hormones mediated natriuretic signalling mechanism is not completely understood but it is clear that various GI polypeptides and hormones play important role in regulation of blood pressure via renal sodium transport¹⁰. These GIT derived substances can be grouped into three classes and these are GIT hormones, pancreatic hormones and GIT neuropeptides. On the basis of their ability for sodium excretion they can be classified into two groups and these are GIT derived substances involved in increasing sodium excretion and those decreasing sodium excretion.

Glucagon Like Peptide (GLP-1): GLP-1 is secreted by L cells in intestine and degraded by dipeptidyl peptidase-4. It acts on receptor GLP-1R which is widely distributed all over body and over brush border of kidney. In rodents stimulation of

GLP-1R suppresses the renal proximal tubule sodium transport and causes natriuresis. This is done by inhibition of sodium hydrogen exchanger 3 (NHE3) activity via a protein kinase-A mechanism (Farah *et al.*, 2016). So GLP-1 has both activities; that is increase sodium excretion and vasodilator activity (Yu *et al.*, 2003). The natriuretic effect of GLP-1 in humans is also associated with a decrease in plasma Ang II but not plasma, aldosterone, Renin or urinary excretion of angiotensinogen (Skov *et al.*, 2013) In one study it has been found that exenatide, a GLP-1 agonist, reduced systolic and diastolic blood pressure (Moretto *et al.*, 2008). In essential hypertension it is seen that decreased GLP-1Rs, and GLP-1-mediated renal arterial vasorelaxation is impaired (Liu *et al.*, 2015). Hence decreased GLP-1 and renal GLP-1R expression may be involved in the pathogenesis of hypertension. These studies would suggest that GLP-1 would have an antihypertensive action.

Gastrin, cholecystokinin, and dopamine interaction: Gastrin is major hormone secreted by G cells in stomach in pyloric region of stomach and upper part of small intestine. Other site in body are cerebral and few peripheral neurons, pituitary glands and spermatocyte (Rehfeld *et al.*, 1984; Schalling *et al.*, 1990). CCK is secreted by I cells in upper intestine. Both hormones share common receptor CCK-A and CCK-B but CCK-A has high affinity for CCK while CCK-B is having more affinity for Gastrin. CCK-BR is mainly present in proximal convoluted tubule, distal tubule and collecting ducts (von Schrenck *et al.*, 2000). Both Gastrin and CCK can act as hypertensive via natriuresis and diuresis (Rehfeld *et al.*, 1984; von Schrenck *et al.*, 2000; Chen *et al.*, 2013). but Gastrin exerts more effect on renal proximal tubule (Melis *et al.*, 2007). Food increases serum gastrin levels, and sodium given orally, even without food, also increases serum gastrin levels.⁴⁵ The role of Gastrin hormone in regulation of sodium excretion and blood pressure has also been substantiated by animal experiment study in mice gastrin (Gast) gene-deficient mice in which it was found that there is no sodium excretion after ingestion of sodium and these mice developed salt-sensitive hypertension (Survé and Håkanson, 1998).

This might be related to the ability of gastrin to inhibit Na⁺-K⁺-ATPase and NHE3 activities in RPT cells (Chen *et al.*, 2013; Liu and Jose, 2013; Liu *et al.*, 2016). Gastrin also induces natriuresis and diuresis via Dopamine receptor specially D1 like receptor (D1 and D5) synergistically (Chen *et al.*, 2013; Jiang *et al.*, 2016). It has been seen that natriuresis produced by ingestion of high sodium in diet can be blocked by D1 like receptor agonist (Fenodopam) or CCK-BR antagonist (Jiang *et al.*, 2016). Hence these data suggest that there is synergistic action between CCK-BR and D1-R/D5-R to increase sodium excretion. So any aberrant interaction between renal CCK-BR and both D-1 like receptor may lead to pathogenesis of hypertension.

Insulin and Renal Dopamine interaction: Insulin is a hormone secreted by beta cell of pancreas and regulates blood sugar level within normal range via its receptors which are widely present all over the body including nephron. Insulin acts on almost all parts of nephron and has anti natriuretic effect through specific sodium transporters, channels and exchangers. In insulin resistance patients compensatory hyperinsulinaemia leads to increased salt absorption and hence is attributable in genesis of hypertension (Baudrand *et al.*, 2014). It has been found that high sodium diet causes increased

insulin resistance (Baudrand *et al.*, 2014). Insulin and Dopamine have antagonistic action on renal sodium transport. Insulin acts on Dopaminergic system at two different levels in kidney. First insulin enhances uptake of hydroxylphenylamine, immediate precursor of catecholamine, specially dopamine, through increase in transport in PCT⁵¹. Second Insulin increases expression of D5R and its mediated inhibition of Na-K ATPase activity on PCT which is an important counterbalance to increase sodium absorption (Ahmad Banday and Lokhandwala, 2006; Banday *et al.*, 2007). Dopamine also regulates insulin receptor expression and functions (Li *et al.*, 2015). It has been found that D-1 like receptor agonist Fenodopam increases the expression of insulin receptors in human PCT. Also activation of D2R regulates insulin secretion (Li *et al.*, 2015). It has been found that acute administration of a D-like receptor agonist quinpirole or an agonist bromocriptine inhibits glucose-stimulated insulin secretion by D-R dependent or independent mechanism (Rubí *et al.*, 2005; de Leeuw van Weenen *et al.*, 2010). So disruption of D2R in mice shows impaired insulin secretion and glucose metabolism.

GIT Hormones and Renin Angiotensin system (RAS)

Interaction: RAS plays important role in development and maintenance of Hypertension (Carey, 2015; Santos *et al.*, 2012). Angiotensin 2(AT2) is main mediator of RAS and it is mainly present in renal tubular cells and interstitium of kidney. Angiotensin 2 acts via AT1 receptor in kidney. Recently various studies have been done on interaction between RAS and GIT hormones.

GLP-1 and RAS: GLP-1 can interact with RAS (Skov *et al.*, 2013; Hirata *et al.*, 2009; Kim *et al.*, 2013). GLP-1R agonist counteract hypertensive action of AT2. It has been seen that GLP-1R agonist (Liraglutid) normalizes both systolic and diastolic blood pressure in AT2 induced hypertension. Same result was also found by Exanadin-4. (Hirata *et al.*, 2009) Therefore beneficial role of combination of GLP-1R agonist with RAS inhibition has been seen (Kim *et al.*, 2013). Combination of AT2R blocker (Telmisartan) and DPP-4 inhibitor (Linagliptin) reduces urinary excretion of albumin and renal oxidation stress in Diabetic endothelial Nitric Oxide synthase (NOS), indicating that these two might be new approach for patient with diabetic nephropathy (Alter *et al.*, 2012).

Role of Ghrelin in Hypertension: Ghrelin is a hormone acts as endogenous ligand for growth hormone secretagogue receptor (GHS-R) 62. Ghrelin is secreted by mainly X/A type cells in stomach (Date *et al.*, 2000) and also from small intestine, heart, liver, pancreas, brain⁶⁴. Secretion of ghrelin is stimulated by fasting and inhibited by feeding (Date *et al.*, 2000), resulting in pre-prandial rise of the plasma ghrelin level (Cummings *et al.*, 2001). The plasma ghrelin level is also correlated inversely with body mass index (BMI), low in obese patients and high in patients with anorexia nervosa and cardiac cachexia (Ariyasuet *et al.*, 2001; Tschöp *et al.*, 2001). Ghrelin stimulates GH secretion, promotes feeding (Nakazato *et al.*, 2001), and decreases insulin secretion and increases blood glucose levels (Dezaki *et al.*, 2004; Dezaki *et al.*, 2006). GHS-R is expressed in a variety of tissues, including the heart, blood vessels and kidney. Suggesting possible cardiovascular effects of ghrelin. Recently it has been reported that plasma ghrelin level is elevated and antagonist of the ghrelin receptor causes

earlier onset of salt-sensitive hypertension in rats, indicating that endogenous ghrelin serves as an anti-hypertensive hormone (Sato *et al.*, 2011). One study was done in 2013 on ghrelin and they found that it significantly increases the urine volume and increase urine Na⁺ excretion. Furthermore, ghrelin increases urine nitric oxide (NO) excretion and tends to increase renal neuronal nitric oxide synthase (nNOS) mRNA expression. It has been also found that Ghrelin did not alter the plasma angiotensin II level and renin activity, nor urine catecholamine levels. Furthermore, ghrelin prevented the high salt-induced increases in heart thickness and plasma ANP mRNA expression. These results demonstrate that long-term ghrelin treatment counteracts salt-induced hypertension in rats primarily through diuretic action associated with increased renal NO production, thereby exerting cardio-protective effects (Hirotaka Aoki *et al.*, 2013).

Role of gut Microflora in Hypertension: In recent years, various studies have been done regarding the influence of microflora of GIT and their effect on blood pressure. Although the mechanisms of gut microflora on regulation of blood pressure are complex, effects on gut or renal hormones/peptide synthesis or release might be involved. The gut flora, via various metabolites such as short chain fatty acids SCFA, can influence the number and function of enterochromaffin cells, thereby promoting the release of serotonin that would alter the physiology (Miyamoto *et al.*, 2016). SCFA influence blood pressure via activating sensory receptors such as olfactory receptor 78 (Olf78), GPR (Schalling *et al.*, 1990), and GPR (Miyamoto *et al.*, 2016; Afsar *et al.*, 2016). Olf78 is expressed well in the renal juxtaglomerular apparatus, where activation of Olf78 induces renin secretion. Treatment with antibiotics reduces the biomass of the gut flora and elevates blood pressure in Olf78 knockout mice⁷⁵. It is reported that gut flora affect the generation of free dopamine and norepinephrine in the gut lumen (Asano *et al.*, 2012).

The levels of dopamine and norepinephrine in the lumen of the cecum are higher in control mice than the germ-free mice (Asano *et al.*, 2012). Resistant starch is fermented to SCFAs by microflora in the large intestine. It is found that high-amylose resistant starch is associated with increased gene expression of proglucagon (gene for GLP-1) and PYY in the cecal and large intestine, and increased plasma levels of PYY and GLP-1, which play important roles in the regulation of blood pressure (Keenan *et al.*, 2012). Dietary factors such as high fiber diet, and acetate supplementation change the gut microbiota, downregulate renal RAS, and prevent the development of hypertension in desoxycorticosterone acetate-salt hypertensive mice (Marques *et al.*, 2017). These indicate that targeting the gut microbiota may be a potential and novel strategy for the regulation of gastro-renal axis and treatment of hypertension.

Conclusion

After these discussion, it is evident that increasing support of the concept of a gastro-renal communication in the excretion of a sodium load. GIT hormones and peptides released from the intestine into the circulation in response to sodium intake that interacts with dopamine and various other receptors in the kidney to regulate sodium excretion and keep the blood pressure within in the normal range. Any imbalance in gastro-renal natriuretic signaling axis may cause the

pathogenesis of hypertension. Increased understanding of the role of the gastro-renal axis in the regulation of renal function may give us a novel insight into the pathogenesis of hypertension and provide a new treatment strategy for hypertension.

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