Effects of Coenzyme Q$_{10}$ on Hemoglobin A$_{1C}$, Serum Urea and Creatinine in Alloxan- Induced Type 1 Diabetic Rats

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ABSTRACT

Coenzyme Q$_{10}$ is a natural antioxidant and free radicals scavenger. In the present study, we examined effect of coenzyme Q$_{10}$ on hemoglobin A$_{1C}$, serum urea and creatinine in alloxan-induced Type 1 diabetic rats. Thirty Sprague-Dawley male rats were divided into three groups randomly; group one as control, group two diabetic untreated, and group three treatments with coenzyme Q$_{10}$ (15 mg/kg i.p daily), respectively. Diabetes was induced in the second and third groups by alloxan injection subcutaneously. After 8 weeks, animals were anaesthetized; blood samples were collected to measure the hemoglobin A$_{1C}$, serum glucose, urea and creatinine. Coenzyme Q$_{10}$ significantly decreased hemoglobin A$_{1C}$, serum glucose, urea and creatinine. Coenzyme Q$_{10}$ exerts beneficial effects on the hemoglobin A$_{1C}$ and serum glucose in alloxan-induced type 1 diabetic rats.

Keywords: Diabetes, Hemoglobin A$_{1C}$, Serum, Glucose, Rat, Coenzyme Q$_{10}$

Hyperglycemia is confounded for the complications of diabetes because hyperglycemia directly causes glycation of proteins, lipids and nucleic acid that injures cells and induces lipid peroxidation [1]. Also, antioxidant and antioxidative enzyme activities are reduced due to glycation or increased lipid peroxidation products [2]. A number of natural antioxidant such as vitamin E and phenolic compounds are known to have hypoglycemic, hypolipidemic or both activities [3]. Chemical drugs have many side effects; therefore, screening for new antidiabetic sources from natural antioxidants is still attractive because they are mostly safe and are good alternative for treatment of diabetes mellitus. A growing body of research indicates that nutritional deficiencies such as antioxidants contribute to the development of diabetes.

Coenzyme Q$_{10}$ is a natural human ubiquinone, and it has fundamental role in mitochondrial energy (ATP) production in the respiratory chain [4,5]. Coenzyme Q$_{10}$ is also antioxidant, scavenging free radicals and inhibiting lipid peroxidation [6-8]. The antioxidant effect of coenzyme Q$_{10}$ is greater than vitamin E [8]. Coenzyme Q$_{10}$ is also known to enhance the availability of other antioxidants such as vitamin C, vitamin E and beta-carotene [9]. Since the protective effects of coenzyme Q$_{10}$ on hyperglycemia and hemoglobin A$_{1C}$ status in alloxan-induced type 1 diabetic rats have not previously been reported; the objectives of the present study were to investigate amelioration of altered glucose, hemoglobin A$_{1C}$, serum urea and creatinine by coenzyme Q$_{10}$ in alloxan-induced type 1 diabetic rats.

MATERIALS AND METHODS

Experimental designee

Animals

Thirty male mature Sprague–Dawley rats (180–200 g) were obtained from Pasteur Institute of Tehran and were allowed to adapt themselves with the new location for one week. This study was approved by the Animal
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Ethics Committee of the Medical University of Lorestan

![Figure 1](image1.png)

**Fig 1.** The effect of coenzyme Q₁₀ on hemoglobin A₁C in alloxan-induced diabetic rats.

* \( p < 0.05 \) as compared with control group.

\( \# p < 0.05 \) as compared with diabetic without treatment group.

Statistical analysis

All values were expressed as mean ± SEM. The data were compared between groups by Mann-Whitney U test. Statistical analyses were performed using the SPSS 13 for windows software. A \( p \) value of \(< 0.05\) was considered statistically significant.

Results

The level of hemoglobin A₁C in the untreated diabetic rats was significantly (1.58-fold) higher than that of control animals. The treatment of diabetic animal with coenzyme Q₁₀ could significantly (20%) inhibit the increase of hemoglobin A₁C in comparison with the untreated diabetic animals (Fig 1). The level of glucose in the untreated diabetic rats was significantly (4.5-fold) higher than that of control animals. The treatment of diabetic animal with coenzyme Q₁₀ could significantly (21%) inhibit the increase of glucose in comparison with the untreated diabetic animals (Fig 2). The level of urea in the untreated diabetic rats was significantly (1.5-fold) higher than that of control animals. The treatment of diabetic animal with coenzyme Q₁₀ could significantly (29.5%) inhibit the increase of urea in comparison with the untreated diabetic animals (Fig 3). The level of creatinine in the untreated diabetic rats was significantly (1.3-fold) higher than that of control animals. The treatment of diabetic animal with coenzyme Q₁₀ could significantly (14.5%) inhibit the increase of creatinine in comparison with the untreated diabetic animals (Fig 4).

Discussion

Diabetes significantly increased serum urea and creatinine in comparison with the control group. Elevations of serum urea and creatinine were confirmed with development of diabetic nephropaty in the untreated diabetic rats [14]. Treatment of diabetic animals with coenzyme Q₁₀ significantly inhibited increase of serum urea and creatinine and progression of...
diabetic nephropathy in comparison with the untreated diabetic animals. This study showed that coenzyme Q₁₀ has beneficial effects, in reduction the increased hemoglobin A₁C had protective effects on hyperglycemia in alloxan-induced diabetic rats. There are much evidence that oxidative stress play a key role in the most pathogenic pathway of diabetic injuries. Free radicals such as superoxide can induce cell and tissue injuries throughout lipid peroxidation and increase carcinogenesis, inflammation, early aging, cardiovascular diseases and tissue damage in diabetes [15,16]. Antioxidants such as vitamin E, coenzyme Q₁₀ and antioxidant enzymes protect the cells against oxidative-stress-mediated cellular injuries by converting the toxic free radicals to non-toxic products [17,18]. There are reports that natural antioxidant such as vitamin E [19], caffeic acid [20,21], lipoic acid, quercetin [22], melatonin [23] and natural phenolic compounds have protective effects on hyperglycemia in diabetes [24,25]. Also, these compounds could reduce hemoglobin A₁C level in diabetic patients [17-25]. There are reports that coenzyme Q₁₀ have protective effects on lipid peroxidation and in vitro or in vivo LDL oxidation. The inhibitory effect of coenzyme Q₁₀ on LDL oxidation is better than vitamin E [26]. Researchers showed coenzyme Q₁₀ could reduce serum lipid peroxidation level in diabetic patients [26]. Moreover, researchers showed coenzyme Q₁₀ could reduce serum lipid peroxidation level in patients with coronary artery diseases [27].

Results of our study are in accordance with other researchers’ study that showed coenzyme Q₁₀ similar to others antioxidants such as vitamin E and lipoic acid could reduce hemoglobin A₁C and prevent hyperglycemia. Therefore, natural antioxidant with protective effects on hyperglycemia could prevent or be helpful in reducing the complications that related to hyperglycemia in diabetes patients. Although the detailed molecular protective mechanisms of coenzyme Q₁₀ can not be fully explained by our results, our results are satisfactory. Coenzyme Q₁₀ as lipid soluble antioxidant with multi beneficial properties can be introduced to diabetic patients without diabetic nephropathy for inhibition of progression of diabetic nephropathy. This study showed that coenzyme Q₁₀ has beneficial effects in decreasing the elevated hemoglobin A₁C, urea and creatinine and protective effects on hyperglycemia in alloxan-induced diabetic rats. Hence, attenuation of hyperglycemia, hemoglobin A₁C, urea and creatinine can decrease diabetic complication such as nephropathy in diabetic patients.

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