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Title: Fraction of Tempuyung Leaves (*Sonchus arvensis*) Improves Monosodium Urate Crystal Induced Gouty Arthritis
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Journal's name: Medicine and Pharmacy Reports (MPR)
1. Proofreading service (October 12, 2020)
-Certificate of language service
2. Submission Acknowledgement (November 4, 2020)
3. Peer reviewer result (December 28, 2020)
4. Revision sent back to editor (January 4, 2021)
5. Editor decision (February 3, 2021)
6. Galleyproof (May 19, 2021)
7. Manuscript was published in journal website (August 2, 2021)

Fraction of Tempuyung Leaves (*Sonchus arvensis*) Improves Monosodium Urate Crystal-Induced Gouty Arthritis

ABSTRACT

Background. Tempuyung (*Sonchus arvensis*) is one of Indonesia's native plants which has quite superior health potential. Various studies have shown that this plant is useful in overcoming kidney stone disorders, and recent studies have shown that Tempuyung extract can reduce inflammation in synovial tissue due to monosodium urate crystal deposition. This study was aimed to explore the extract of Tempuyung, by fractionating the Tempuyung, to optimize the specific content of Tempuyung with anti-inflammatory potential in gout arthritis.

Methods. A total of 30 white rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. After one week of aclimatization, the mice randomly divided into six groups, each group containing five animals; normal control group, monosodium urate group (negative control), colchicine group, hexane fraction of Tempuyung group, ethyl-acetate fraction of Tempuyung group and water fraction group. Before monosodium urate administration, mice in the colchicine group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine. IL-1β levels in joint synovial fluid were examined with Rat ELISA interleukin-1β.

Results. Tempuyung water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of Tempuyung group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Conclusion. Tempuyung water fraction affects anti-gout arthritis in monosodium urate-induced rats by decreasing the inflammatory response in the synovial joint.

Keywords. Gouty arthritis, anti-inflammatory agents, plant extracts, kidney calculi.

Background

Gouty arthritis is a chronic inflammatory condition characterized by severe pain and severe swelling of one or more joint synovial. This disorder is caused by excessive nucleic acid metabolism and leads to the deposition of monosodium urate (MSU) crystals in the joint synovial.[1] Deposition of MSU crystals in the joint synovial tissue will cause an inflammatory reaction at the deposition site in the form of leukocyte infiltration and is followed by phagocytosis by macrophages/monocytes. This condition is followed by membrane lysis, the production of reactive oxygen species (ROS) and the release of lysozyme enzymes.[2]

Reactive oxygen species will cause oxidative stress in cells and joint tissues; wherein there will be stimulation of the inflammatory pathway cascade due to the activation of the transcription factor, nuclear factor-kB (NF-KB). Activation of NF-KB will lead to activation of transcription and translation of the protein cytokine interleukin 1B (IL-1B) and activation of tumour necrotic factor α (TNF-α) cytokines.[3] Activation of these pro-inflammatory cytokines will lead to erosion and damage to joint tissues. Nonsteroidal anti-inflammatory drugs (naproxen and indomethacin), corticosteroids and colchicine are the first-line therapy for gouty arthritis and myelosuppression.[4-5] Therefore, it is desirable to explore new therapeutic modalities that are superior in dealing with inflammation due to gouty arthritis and minimal side effects.

Indonesia is a country with the second-largest biological wealth in the world after Brazil. With such enormous natural potential, it is very logical that this physical wealth should be explored optimally to obtain new therapeutic modalities for Gout Arthritis. Tempuyung (*Sonchus arvensis*) is one of Indonesia's native plants which has quite superior health potential. Various studies have shown that this plant is useful in overcoming kidney stone disorders, and recent studies have shown that Tempuyung extract can reduce inflammation in synovial tissue

due to monosodium urate crystal deposition.[6,7] Tempuyung flavonoid content is an essential secondary metabolite that plays a role in suppressing the inflammatory process due to crystal deposition—monosodium urate in joint tissue through suppression of ROS activity on monosodium urate-deposited tissue.[8,9] This study is the first research that seeks to further explore the extract of Tempuyung, by fractionating the Tempuyung, to optimize the specific content of Tempuyung with anti-inflammatory potential in gout arthritis.

Methods

Animal Model

A total of 30 white rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. All rats were kept in cages under controlled conditions of 12 hours of the day and night cycle, temperature 22±1ºC and room moistness 40-60% and given ad libitum food. The research treatments and procedures have received approval from the medical research ethics committee of the Faculty of Medicine, Universitas Sriwijaya (No. 187 / kptfkunsri-rsmh / 2020).

Tempuyung fractionation preparation

Simplicia Tempuyung was obtained from the Tawangmangu Herbal Research Center, Karanganyar, Indonesia. Tempuyung extraction process was carried out by maceration in which 500 grams of simplicia was macerated with 96% ethanol for 72 hours. Furthermore, carried out a proportion between the dregs and macerate. Macerate continued with the fractionation process with n-hexane, ethyl acetate and water solvents, to obtain the n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) from Tempuyung.

MSU crystal synthesis

A total of 0.8 grams of uric acid was liquefied in 155 mL of aqua bidest containing 5 mL of NaOH (1M), pH 7.2. The gouty blend is frozen and stirred at room temperature and stored overnight at 4ºC. Next, the residue is purified from the solution, dried at 70ºC for 4 hours, prepared into a fine powder, sieved with a 200 mesh metal filter, sterilized at temperature 180ºC for two hours and saved in sterile conditions. Before administration, MSU crystals were suspended in saline-buffered phosphate, pH 7.2 at 20 mg/mL.

Animal model of gout arthritis

After one week of acclimatization, the mice were randomly divided into the following six groups, each containing five rats: normal control group, monosodium urate (MU) group (negative control), MU + colchicine group (Col; 0.28 mg/kg), MU + FH (20 mg/kg), the MU + FE group (20 mg/kg) and the MU + FA group (20 mg/kg). Before MU administration, mice in the Col group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day Col (Dexa Medica, Indonesia). The animals in the treatment group were given FH, FE or FA once daily for a week, and the dosage used was 20 mg/kg each. The control group and the model group were given the same amount of 0.9% saline (10 ml/kg) with sonde for a week. Furthermore, arthritis gout was induced on the seventh day, an hour after treatment. The mice were anaesthetized by injecting 10% chlorine hydrate (3.5 ml/kg) intraperitoneally, after which each rat in the treatment group was given 50 ml of MU solution (20 mg/ml), which was injected into the left ankle joint gap. Each rat in the control group admitted an injection of 50 µl of saline in the cavity of the left ankle joint. Rats were sacrificed with an intraperitoneal injection of 10% chlorine hydrate. Evacuation of the joint synovial fluid, which was then performed centrifugal at 10,000 rpm for ten minutes, temperature 25ºC and the supernatant, was saved at -20ºC for analysis of IL-1β examination using the ELISA method. Meanwhile, the joint synovial tissue was evacuated, some of which were homogenized and centrifuged to obtain a supernatant and put it in a later RNA solution (Sigma Aldrich, Singapore) and stored at -20ºC, for western blotting TNF-α examination. Part of the synovial tissue was fixed in 4% paraformaldehyde buffer for histopathological evaluation of the synovial tissue.

Histopathological evaluation

Synovial tissue that was fixed with 4% paraformaldehyde buffer was dehydrated using graded alcohol and xylene, then paraffinized and cut to a thickness of 5um using a spinning microtome (Leica, Weitzar, Germany). The result of the cut was then placed on a glass object and dyed with hematoxylin and Eosin. Histopathological alteration in synovial tissue was interpreted under a microscope (Olympus, Tokyo, Japan).

Enzyme-linked immunosorbent assays (ELISA) IL-1β

IL-1β levels in joint synovial fluid were examined with Rat ELISA IL-1β (Cloud Clone, Hangzhou, China), based on the manufacturer's protocols. In brief, 50 µl of standard diluent or serum samples were added to the well coated with anti-IL-1β and incubated at 37^0C for 30 minutes. After the plates were washed, 100 µl of the biotinylated antibody compound was added and set for 30 minutes at 37˚C. After rinsing three times, 50 ul avidin-peroxidase complex solution was added and incubated for 15 minutes at 37˚C. After that, 50 µl of tetramethylbenzidine colour solution was added and set in the darkness for 15 minutes at 37˚C. Subsequently, 50 ul stop solution was added to stop the reaction, and the optical density (OD) was assessed using an ELISA reader (Biorad, California, USA), the wavelength of 450 nm.

Western blot TNF-α

This process begins with the protein extraction stage. The synovial tissue of the joints was put into a RIPA buffer (Sigma Aldrich, Hangzhou, China) equipped with PMSF on frozen water for 5 minutes. After centrifugation at 12,000 rpm for ten minutes at 4˚C, the supernatant was collected as to total protein lysate. Cytoplasmic and nuclear proteins are extracted from synovial tissue using a protein extraction kit (Sigma Aldrich, Hangzhou, China), according to the manufacturer's protocol. In short, the synovial tissue is cut into small pieces and homogenized with a protein extraction agent. After incubation on ice for fifteen minutes and centrifugation at 5000 rpm for 5 minutes at 4˚C, the supernatant was accumulated as partial cytoplasmic protein, while the pellets were reextracted in the extraction buffer. After incubation on ice for 15 minutes and centrifugation at 12,000 rpm for 5 minutes at 4˚C, the supernatant was combined with the above cytoplasmic proteins. The pellets were then again extracted in the extraction buffer and rattled hard for thirty minutes at 4˚C. After centrifugation at 12,000 rpm for ten minutes at 4˚C, the protein was collected. The total protein concentration was quantified using the BCA Protein Assay (Sigma Aldrich, Hangzhou, China) kit.

A total of 40 µg of extract protein was separated at SDS-PAGE 10%. Next, the isolated protein was transferred to the PVDF (Millipore) membrane and blocked with 5% fatless milk on Triss-buffered saline with Tween 20 for an hour at room temperature. The membranes were incubated overnight at 4ºC with rabbit polyclonal TNF-α 1: 700 primary antibodies (Cloud Clone, Hangzhou, China). Moreover, incubation was carried out with secondary antibodies, horseradish peroxidase-conjugated goat anti-rabbit 1: 5000 for 45 minutes at 37ºC. Furthermore, the results of blotting were visualized with chemiluminescence (Biorad, California, USA). Blotting was standardized by blotting β-actin.

Phytochemical test

Tempuyung fraction was analyzed for phytochemical screening which included tannins, alkaloids, flavonoids, quinones, saponins, and steroids/triterpenoids. The ethyl acetate fraction was separated using TLC as a stationary phase in the form of silica gel GF254 and the mobile phase in the shape of n-hexane: chloroform: ethyl acetate (2: 5: 5).

Statistical analysis

All data were presented as mean ± standard deviation, and statistical analysis was performed with the SPSS 25 (IBM) program. One way ANOVA accompanied by a post hoc analysis was carried out to assess the difference in mean expression levels of each protein. $P < 0.05$ was determined as an indication that there was a significant difference in mean levels.

RESULTS

Tempuyung fraction histopathologically on the synovial & knee joint capsule, tissue evacuation was performed, and analysis with H&E staining was performed. Figure 1, shows that when compared with the control group, the histopathological features of the MU model group showed a large number of inflammatory cells showing the reaction of inflammation. Besides, the inflammation response decreased in the Tempuyung fraction treatment group. Tempuyung water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of Tempuyung group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Table I

Level of IL-1β in Synovial Fluid

No.	Group	IL-1β (pg/mL) ± SD	P Value*
1.	Con	28,26±3,41	0,00
2.	MU	496,23±15,43	-
3.	Pos	97,41±7,21	0,00
4.	FH	386,12±21,43	0,00
5.	FE	298,11±18,65	0,00
6.	FA	155,83±10,12	0,00

*** VS MU; ANOVA, pos hoc Bonferroni; p<0,05**

Table I shows that in the experimental group of animals that were induced with monosodium urate increased levels of IL-1B in the synovial tissue. This result indicates that monosodium urate induction causes inflammation of the synovial tissue. The administration of Tempuyung fraction showed the ability to reduce IL-1B levels where the largest decrease was seen in the group that received the tempuyung water fraction treatment.

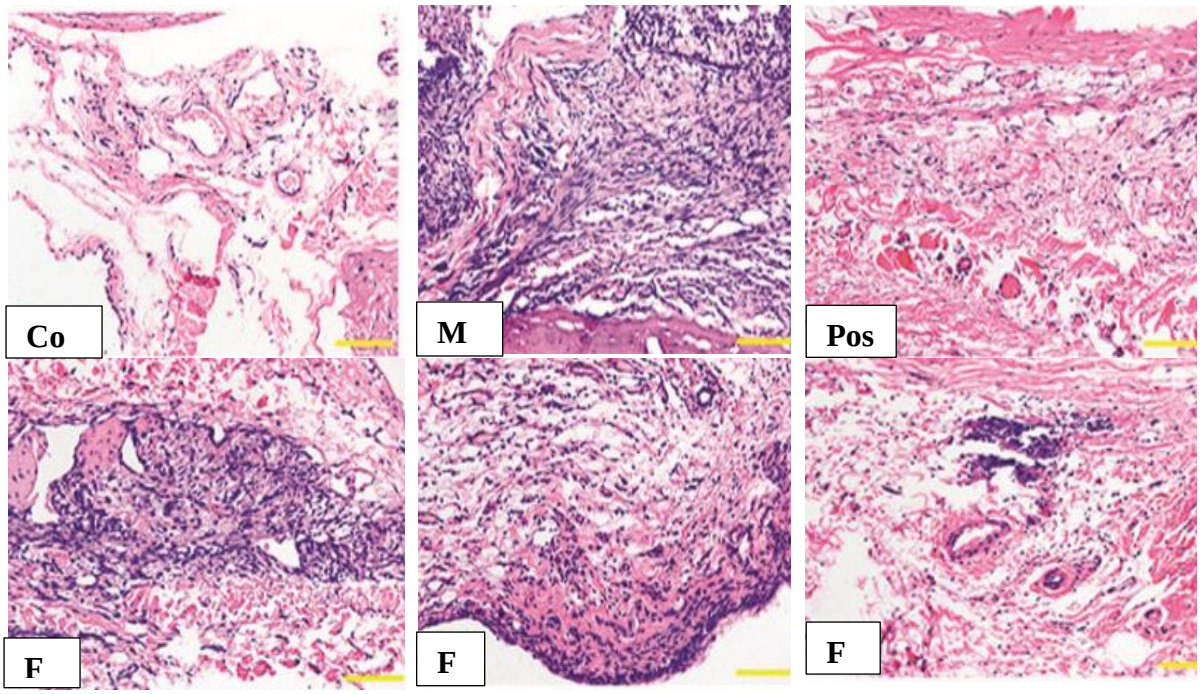

Figure 1. Effect of Fraction Tempuyung on MSU-induced gout arthritis and inflammatory cell infiltration. Hematoxylin and Eosin stained for histological assessment. Con : normal group, MU : MSU-induced gout

arthritis, Pos : MSU-induced gout + Colchicin, FH: hexan fraction of tempuyung, FE: etylacetate fraction of tempuyung, FA : water fraction of tempuyung. Magnification x200.

Figure 2 shows the potential of the Tempuyung fraction in reducing the expression of the pro-inflammatory cytokine protein, TNF alpha. Water fraction of Tempuyung was able to reduce the expression of TNF alpha protein more potently than the hexane and ethyl acetate fractions.

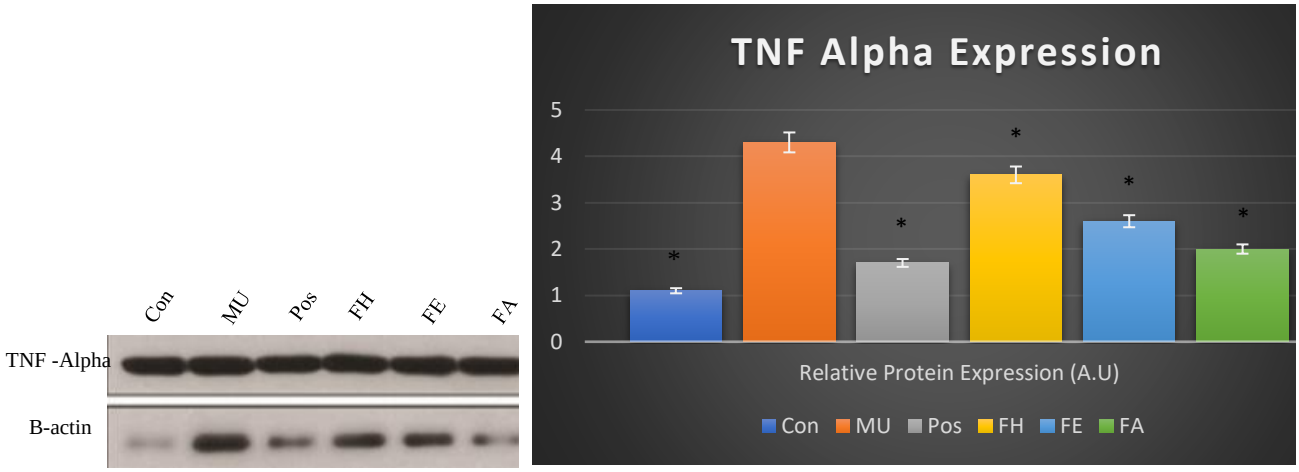

Figure 2. Effect of Tempuyung Faction on MSU-induced TNF alpha activation in synovial of rats. * P<0,05 VS model group; ANOVA, pos hoc Bonferroni.

Table II shows that each fraction shows a difference in the content of active metabolites contained. The hexane fraction is rich in triterpenoids and steroids, while the water fraction is rich in flavonoids.

Table II

Phytochemical test of Tempuyung fraction

Test material	Saponin	Alkaloid	Triterpenoid	Steroid	Flavonoid
FH	+	-	++	++	-
FE	+	+	-	+	+
FA	+	+	+	+	++

Discussion

As the quality of life improves, this results in an increased incidence of gouty arthritis. Gouty arthritis is an inflammatory disease that results from the accumulation of monosodium urate fragments in the joints. The underlying mechanism is the activation of the inflammatory cascade induced by monosodium urate fragments, which has been investigated for several years, and several studies have shown that pro-inflammatory cytokines, as well as IL-1β and TNF-α, and transcription factor, NF-κB, are essential. In the initiation and propagation of gouty arthritis induced by monosodium urate fragments.[10-15] In the pathophysiology of gouty arthritis, NF-κB signalling can encourage the production of genes encoding pro-inflammatory cytokines.

In contrast, overexpression of TNF-α and IL-1β can directly stimulate the NF-κB pathway, lead to a positive feedback loop, then amplify the inflammatory response. and cause joint damage.[16-20] Usually, NF-κB attaches to the inhibiting protein, IκB, and is localized in the cytoplasm. Particular stimuli, including monosodium urate fragments, can cause a reduction of IκB and translocation of NF-κB into the nucleus where it controls the transcription of different target genes. [21-25] In this study, serum IL-1β and TNF-α levels were considerably increased in response to monosodium urate fragments.

Exploration of natural ingredients as a new modality in the management of gout arthritis is a necessity, given the absence of optimal control of this disorder.[26,27] Tempuyung is a medicinal plant with optimal potency for the management of gout arthritis.[28-30] This study showed that Tempuyung was able to reduce the inflammatory response caused by the induction of uric acid crystals in the joints. This study indicates that Tempuyung extract can reduce the expression of pro-inflammatory cytokines, IL-1β and TNF-α. It is well known that the accumulation and intrusion of neutrophils into the joint and synovial fluid are the main features of gouty arthritis.[31-36] After monocytes and neutrophils were activated, these cells actively phagocytose monosodium urate fragments, which further triggers an inflammatory caspase response.[37-40] Therefore, prevent inflammatory cell infiltration may be a potent therapeutic strategy against gouty arthritis.[38] The histopathological results in this research showed that the FA dosage significantly attenuated the infiltration of inflammatory cells into the synovium caused by monosodium urate fragments and increased synovial hyperplasia. The water fraction shows that it is rich in secondary metabolites, flavonoids, where flavonoids are compounds that act as antioxidants. The antioxidant ability of flavonoids is believed to be able to suppress oxidant activity (reactive oxygen species).[28] Suppression of reactive oxygen species activity will decrease the action of the inflammatory cascade in synovial tissue.

CONCLUSION

Tempuyung water fraction affects anti-gout arthritis in monosodium urate-induced rats by decreasing the inflammatory response in the synovial joint.

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Sincerely yours,

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Editor in chief

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Kotak Masuk ×

Dorina Sorcoi <info@medpharmareports.com> Sen, 28 Des 2020, 16.10

kepada saya, Rachmat, Ziske, Bintang

Inggris > Indonesia Terjemahkan pesan Nonaktifkan untuk: Inggris ×

Dear Dr Nita Parisa, Rachmat Hidayat, Ziske Maritska, Bintang Arroyantri Prananjaya,

Thank you for submitting the manuscript, "Fraction of Tempuyung Leaves (Sonchus arvensis) Improves Monosodium Urate Crystal-Induced Gouty Arthritis" for publication to the journal Medicine and Pharmacy Reports (former Clujul Medical).

We have now received the opinions of the reviewers.
They recommend for you to undertake a revision (see below).

Please send us the revised manuscript highlighting the things that you modified.
At the beggining of the manuscript please state the answers to the reviewers' comments and all the changes performed. If your article contains images, please do not upload them again, if there are no changes to them.

We must receive the revised manuscript and the letter to reviewers no later than 4 weeks from this date.
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Thank you for your interest in our journal, and we hope to receive the revised paper in due time.

Yours sincerely,

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Editor in chief
On the behalf of the editorial committee

Medicine and Pharmacy Reports

Peer reviewer result
(December 28, 2020)

Editor Decision - revisions required [Former Clujul Medical journal]
2020-12-28 09:10 AM
Dear Dr Nita Parisa, Rachmat Hidayat, Ziske Maritska, Bintang Arroyantri Prananjaya,

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Yours sincerely,

Prof. Dr. Radu Badea
Editor in chief
On the behalf of the editorial committee

Reviewer A:
Recommendation: Revisions Required

Reviewer's Assessment

The title does not represent the manuscript's contents.
In the Introduction chapter the paper does not demonstrate an adequate understanding of the relevant literature and does not cite an appropriate list of literature sources.
There are significant papers ignored in the Introduction.
The materials and methods are not properly described, so that the reader could clearly understand what was done and on whom. The chapter should be written in a way that the research can be reproduced.
The figures/tables are not well conceived. Their information cannot be understood.
Legends/axis definitions missing/need improvement (i.e. measure units, abbreviations/symbols need to be explained).
Attention has not been paid to the clarity of expression and readability, balancing precision and concision, sentence structure, etc.

Comments for Authors and Editor

The aim of this study was to evaluate the antigout effect of Sonchus arvensis extracts.
This research is important and can bring valuable information with practical application. Therefore, the work could be of interest but some points have to be considered prior acceptance.
- It must be improved English language.
- The title is incorrect formulated. The title could be: Evaluation of the antigout effect of Sonchus arvensis extracts on monosodium urate-induced gout rat model.
- The Introduction provides some data on the stage knowledge of this issue. The Introduction data must be supplemented with the botanical data, chemical composition and therapeutic actions of the studied species- Sonchus arvensis belonging Asteraceae family. The name of the species must be written in Latin letters, the family to which it belongs must be specified.
- There were used an appropriate and modern methodology. But more data related to the identification of the species are needed (who made the identification, where they are stored, the voucher number). Phytochemical analysis is incomplete; methods and bibliographic references are not presented. The flavonoids could be evaluated qualitatively but also quantitatively by appropriate methods. References are not inserted in the Methods chapter.
-The results are well presented but in figure 1 the notations from the legend must be completed on the photos.
-The discussions interpret the findings in view of the results obtained in this research. The discussions could take in attention more other literature data related with this subject.
-References could be complete.

Reviewer B:
Recommendation: Revisions Required

Reviewer's Assessment

The results are not analyzed appropriately in the Discussion section.

Comments for Authors and Editor

The authors have studied the anti-inflammatory effect of an extract from Sonchus arvensis in the experimental model of MU-induced gouty arthritis. The manuscript presents some interesting data on a possible anti-inflammatory effect of natural compounds, however there are several issues which need to be corrected or better explained:
1. The plant Sonchus arvensis is not native only in Indonesia, it is widespread in Europe, Asia and even North Africa, being considered a weed in many parts of the world. Therefore, it would be better to replace the Indonesian name of the plant, which is only of local significance with the scientific (latin) name of the plant which is more familiar to a much wider audience. The name "tempuyung" should be explained in a traditional medicine context.
2. The authors should decide on the animals used in the experiment. In page 2, line 33 they are rats, but in page 3, line 6 they are mice and then rats again. So I must ask: what animal was used?? The authors should know that rats are not just bigger mice, but an entirely different species.
3. The results should be better discussed, correlating the presented possible mechanism with some chemical constituents of the plant, since there are published data on chemical composition of this species and on the inhibitory effect on xantin-oxidase in a gout context.
4. The substance used for general anaesthesia "chlorine hydrate" does not exist, it is probably chloral hydrate.
5. In Table 1, the p value cannot be zero, it is probably 0.0001 but never ZERO!!!
6. The English language of the manuscript is just not acceptable, it looks as it was translated with Google translate. Please refer the manuscript to a person familiar with scientific English, for language corrections.

Revision sent back to editor (January 4, 2021)

Original Research
Pharmacology

Evaluation of the anti-gout effect of *Sonchus Arvensis* on monosodium urate crystal-induced gout arthritis via anti-inflammatory action - an in vivo study

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ABSTRACT

Background and aims. *Sonchus arvensis* is an Indonesian plant with strong therapeutic effects. Various studies have shown that this plant is useful in treating kidney stone disorders, and recent studies have shown that *S. arvensis* extract can reduce inflammation caused by monosodium urate crystal deposition in the synovial tissue . This study was aimed to explore the extract of *Sonchus arvensis*, via fractionation, to optimize the specific content of *S. arvensis* with anti-inflammatory potential in gout arthritis.

Methods. The study included 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. After one week of acclimatization, the rats were randomly divided into six groups, each group containing five animals; normal control group, monosodium urate group (negative control), colchicine group, hexane fraction of *S. arvensis* group, ethyl-acetate fraction of *S. arvensis* group and water fraction group. Before monosodium urate administration, rats in the colchicine group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine. IL-1β levels in joint synovial fluid were examined with Rat ELISA interleukin-1β.

Results. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Conclusion. *Sonchus arvensis* water fraction has anti-gout effects in monosodium urate-induced gout arthritis in rats by decreasing the inflammatory response in the synovial joint.

Keywords: Gouty arthritis, anti-inflammatory agents, plant extracts, kidney calculi

Background and aims

Gouty arthritis is a chronic inflammatory condition characterized by severe pain and severe swelling of one or more synovial joints. This disorder is caused by excessive nucleic acid metabolism and leads to the deposition of monosodium urate (MSU) crystals in the synovial space [1]. Deposition of MSU crystals in the joint synovial tissue will cause an inflammatory reaction at the deposition site in the form of leukocyte infiltration and is followed by phagocytosis by macrophages/monocytes. This condition is followed by membrane lysis, the production of reactive oxygen species (ROS) and the release of lysozyme enzymes [2].

Reactive oxygen species will cause oxidative stress in cells and joint tissues; wherein there will be stimulation of the inflammatory pathway cascade due to the activation of the transcription factor, nuclear factor-kB (NF-KB). Activation of NF-KB will lead to the activation of transcription and translation of the protein cytokine interleukin 1B (IL-1B) and activation of tumor necrotic factor α (TNF-α) cytokines [3]. Activation of these pro-inflammatory cytokines will lead to erosion and damage to joint tissues. Nonsteroidal anti-inflammatory drugs (naproxen and indomethacin), corticosteroids and colchicine are the first-line therapy for gouty arthritis and myelosuppression [4-5]. Therefore, it is desirable to explore new therapeutic modalities that are superior in dealing with inflammation due to gouty arthritis and minimal side effects.

Indonesia is a country with the second-largest biological wealth in the world after Brazil. With such enormous natural potential, it is very reasonable that this grace of nature should be explored optimally to obtain new therapeutic modalities for gout arthritis. *Sonchus arvensis* is widely distributed throughout the Indonesia, and a member of *Asteraceae* family. This plant is usually consumed as raw food (salad) in Indonesia as a cheap and common source of proteins, vitamins and minerals. Consumption of this plant, especially as fresh food (raw), is believed to be effective in overcoming various health problem such as hepatotoxicity [6], nephrotoxicity [7], cardiotoxicity [8,9], asthma [10], brain dysfunction [11], adrenal dysfunction [12], and oxidative stress [13].

S. arvensis has a strong anti-inflammatory potential [14] with the presence of flavonoid compounds (luteolin, luteolin 7-O glucoside, kaempferol, orientin, quercetin) [15,16]. *S. arvensis* flavonoid content is an essential secondary metabolite that plays a role in suppressing the inflammatory process due to crystal deposition-monosodium urate in joint tissue through suppression of ROS activity on monosodium urate-deposited tissue [17-20]. This study was aimed to explore the extract of *Sonchus arvensis*, by *S. arvensis* fractionation, to optimize the specific content of *Sonchus arvensis* with anti-inflammatory potential in gout arthritis.

Methods

Animal model

The study was carried out on 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams.

All rats were kept in cages under controlled conditions of 12 hour day and night cycle, temperature 22±1°C and room moistness 40-60% and given food ad libitum. The research treatments and procedures received approval from the medical research ethics committee of the Faculty of Medicine, Universitas Sriwijaya (No. 187 / kptfkunsri-rsmh / 2020).

Tempuyung fractionation preparation

Simplicia of *Sonchus arvensis* were obtained from the Tawangmangu Herbal Research Center, Karanganyar, Indonesia, by first carrying out the determination test of plant species at the Biological Research Center of the Indonesian Institute of Sciences (LIPI) (No.780/ IPH.1.02/ If.8/V/2020). *S. arvensis* extraction process was carried out by maceration in which 500 grams of simplicia were macerated with 96% ethanol for 72 hours. Furthermore, the separation process of dregs and macerate were done.Macerate continued with the fractionation process with n-hexane, ethyl acetate and water solvents, to obtain the n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) from *S. arvensis*.

MSU crystal synthesis

A total of 0.8 grams of uric acid was liquefied in 155 mL of aqua bidest containing 5 mL of NaOH (1M), pH 7.2. The gouty blend was frozen and stirred at room temperature and stored overnight at 4^{o}C. Next, the residue was purified from the solution, dried at 70^{o}C for 4 hours, prepared into a fine powder, sieved with a 200 mesh metal filter, sterilized at 180^{o}C temperature for two hours and saved in sterile conditions. Before administration, MSU crystals were suspended in saline-buffered phosphate, pH 7.2 at 20 mg/mL.

Animal model of gout arthritis

After one week of acclimatization, the rats were randomly divided into the following six groups, each containing five rats: normal control group (Con), monosodium urate (MU) group (negative control); monosodium urate-induced and colchicine (0.28 mg/kg) treatment group (Pos); monosodium urate-induced and n-hexane fraction of *S. arvensis* (20 mg/kg) treatment (FH) group; monosodium urate-induced and ethyl acetate fraction of *S. arvensis* (20 mg/kg) treatment (FE) group; and monosodium urate-induced and water fraction of *S. arvensis* (20 mg/kg) treatment (FA) group. Before MU administration, rats in the Pos group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine (Dexa Medica, Indonesia). The animals in the treatment group were given n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) of *S. arvensis* once daily for a week, and the dosage used was 20 mg/kg each rat. The control group and the model group were given the same amount of 0.9% saline (10 ml/kg) used a sonde for a week. Furthermore, arthritis gout was induced on the seventh day, an hour after treatment. The rats were anesthetized by injecting 10% chloral hydrate (3.5 mL/kg) intraperitoneally. Before that, each rat in the treatment group was given 50 ml of monosodium-urate solution (20 mg/ml) and injected into the left ankle joint gap. Each rat in the control group received an injection of 50 µl of saline in the cavity of the left ankle joint. Rats were sacrificed with an intraperitoneal injection of 10% chloral hydrate. Evacuation of the joint synovial fluid, which was then performed centrifugal rotation at 10,000 rpm for ten minutes and temperature 25^{o}C. The supernatant was kept at -20^{o}C for analysis of IL-1β examination using the ELISA method.

Meanwhile, the joint synovial tissue was evacuated, some of which were homogenized and centrifuged to obtain a supernatant and put it in a later RNA solution (Sigma Aldrich, Singapore) and stored at -20^{o}C, for western blotting TNF-α examination. Part of the synovial tissue was fixed in 4% paraformaldehyde buffer for histopathological evaluation of the synovial tissue.

Histopathological evaluation

Synovial tissue that was fixed with 4% paraformaldehyde buffer was dehydrated using graded alcohol and xylene, then paraffined and cut to a 5 um thickness using a spinning microtome (Leica, Weitzar, Germany). The result of the cuts was then placed on a glass object

and dyed with hematoxylin and eosin. Histopathological changes in synovial tissue were interpreted under a microscope (Olympus, Tokyo, Japan).

Enzyme-linked immunosorbent assays (ELISA) IL-1β

IL-1β levels in the joint synovial fluid were examined with Rat ELISA IL-1β (Cloud Clone, Hangzhou, China), based on the manufacturer's protocols. In brief, 50 µl of standard diluent or serum samples were added to the well coated with anti-IL-1β and incubated at 37°C for 30 minutes. After the plates were washed, 100 µl of the biotinylated antibody compound was added and set for 30 minutes at 37°C. After rinsing three times, 50 ul avidin-peroxidase complex solution was added and incubated for 15 minutes at 37°C. After that, 50 µl of tetramethylbenzidine colour solution was added and set in the darkness for 15 minutes at 37°C. Subsequently, 50 ul stop solution was added to stop the reaction, and the optical density (OD) was assessed using an ELISA reader (Biorad, California, USA), the wavelength of 450 nm.

Western blot TNF-α

This process begins with the protein extraction stage. The synovial tissue of the joints was put into a RIPA buffer (Sigma Aldrich, Hangzhou, China) equipped with PMSF on frozen water for 5 minutes. After centrifugation process at 12.000 rpm for ten minutes at 4˚C, the supernatant was collected as total protein lysate. Cytoplasmic and nuclear proteins were extracted from the synovial tissue using a protein extraction kit (Sigma Aldrich, Hangzhou, China), according to the manufacturer's protocol. In short, the synovial tissue is cut into small pieces and homogenized with a protein extraction agent. After incubation on ice for fifteen minutes and centrifugation at 5000 rpm for 5 minutes at 4°C, the supernatant was accumulated as partial cytoplasmic protein, while the pellets were re-extracted in the extraction buffer. After keeping on ice for 15 minutes and centrifugation process at 12.000 rpm for 5 minutes at 4°C, the supernatant was combined with cytoplasmic proteins. The pellets were then again extracted in the extraction buffer and shook hard for thirty minutes at 4°C. After centrifugation at 12.000 rpm for ten minutes at 4°C, the protein was collected. The total protein concentration was quantified using the BCA Protein Assay (Sigma Aldrich, Hangzhou, China) kit.

A total of 40 µg of extract protein was separated at SDS-PAGE 10%. Next, the isolated protein was transferred to the PVDF (Millipore) membrane and blocked with 5% non-fat milk on Triss-buffered saline with Tween 20 for an hour at room temperature. The membranes were incubated overnight at 4°C with rabbit polyclonal TNF-α 1:700 primary antibodies (Cloud Clone, Hangzhou, China). Moreover, incubation was carried out with secondary antibodies, horseradish peroxidase-conjugated goat anti-rabbit 1: 5000 for 45 minutes at 37°C. Furthermore, the results of blotting were visualized with chemiluminescence (Biorad, California, USA). Blotting was standardized by blotting β-actin.

Phytochemical test

Test for phenols

The test was performed by using the method of Sofowora [21]. 2 ml extract was taken in a beaker glass. Then, 2 ml of ferric chloride solution was added. A deep bluish-green solution indicated the presence of phenols.

Test for terpenoids

Salkowski test was performed by using the method of Edeoga et al [22]. 5 ml of aqueous extract was mixed in 2 ml of chloroform. Then 3 ml of concentrated sulfuric acid was poured to form a layer. A reddish-brown coloration of interface indicated the presence of terpenoids.

Test for saponins

The test was performed using the method of Edeoga et al [22]. 2 g of the powdered sample boiled in 20 ml of distilled water in a water bath and filtered the solution. Then 10 ml of the filtrate was mixed with 5 ml of distilled water and shaken vigorously for a stable, persistent foam. The foam was mixed with three drops of olive oil and shake vigorously, which leads to the formation of the emulsion; indicated the presence of saponins.

Test for flavonoids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was heated with 10 ml ethyl acetate over a steam bath (40–50°C) for 5 minutes. The filtrate was treated with 1 ml dilute ammonia. A yellow coloration demonstrated positive test for flavonoids.

Test for alkaloids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was extracted with 5 ml methanol and 5 ml of 2N hydrochloric acid. Then the filtrate was tested with Meyer's and Wagner's reagents. The samples were scored positive, based on turbidity.

Statistical analysis

All data were presented as mean ± standard deviation, and statistical analysis was performed with the SPSS 25 (IBM) program. One way ANOVA accompanied by a post hoc analysis was carried out to assess the difference in mean expression levels of each protein. P <0.05 was determined as an indication that there was a significant difference in mean levels.

RESULTS

Tissue evaluation and analysis with H&E staining were performed on each *S. arvensis* fraction. Figure 1, shows that when compared with the control group, the histopathological features of the MU model group showed a large number of inflammatory cells showing the reaction of inflammation. Besides, the inflammation response decreased in the *S. arvensis* fraction treatment group. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Table I. Level of IL-1β in synovial fluid.

No.	Group	IL-1β (pg/mL) ± SD	p-value*
1.	Con	28.26±3.41	0.001
2.	MU	496.23±15.43	-
3.	Pos	97.41±7.21	0.001
4.	FH	386.12±21.43	0.001
5.	FE	298.11±18.65	0.001
6.	FA	155.83±10.12	0.001

Notes: Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group.*
*vs MU; ANOVA, pos hoc Bonferroni; p<0,05

Table I shows in the experimental group of animals that were induced with monosodium urate increased levels of IL-1B in the synovial tissue. This result indicates that monosodium urate induction causes inflammation of the synovial tissue. The administration of *S. arvensis* fraction showed the ability to reduce IL-1B levels where the largest decrease was seen in the group that received the *S. arvensis* water fraction treatment.

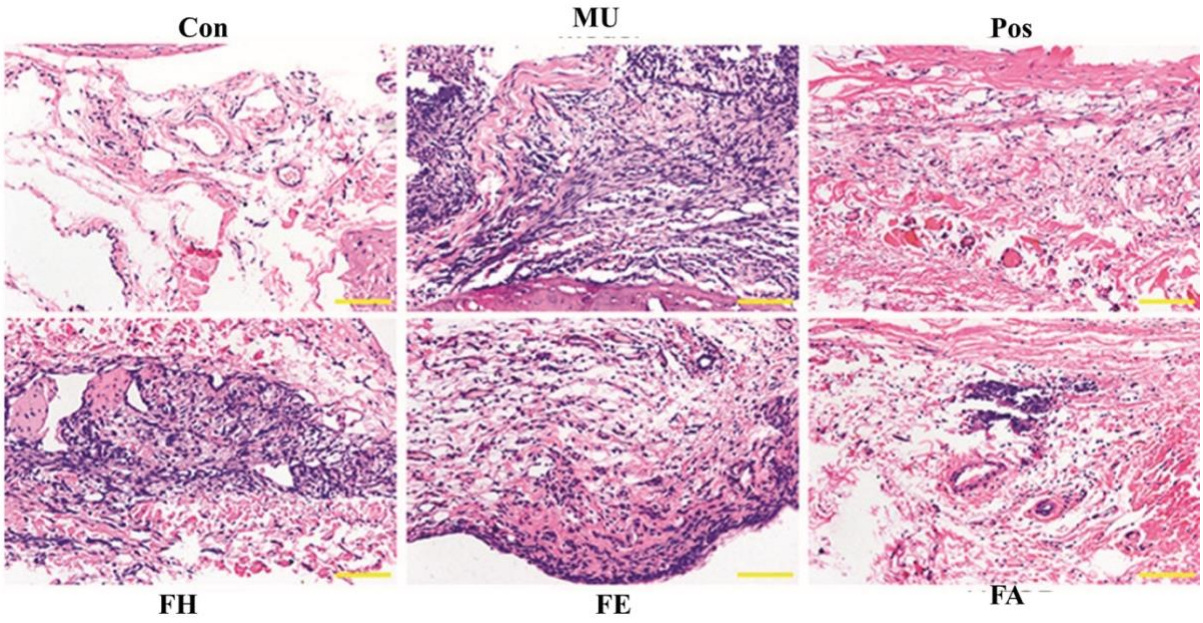

Figure 1. Effect of fraction *S. arvensis* on monosodium urate-induced gout arthritis and inflammatory cell infiltration. Hematoxylin and eosin stained for histological assessment. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*. Magnification x200.

Figure 2 shows the potential of the *S. arvensis* fraction in reducing the expression of the pro-inflammatory cytokine protein, TNF alpha. Water fraction of *S. arvensis* was able to reduce the expression of TNF alpha protein more potently than the hexane and ethyl acetate fractions.

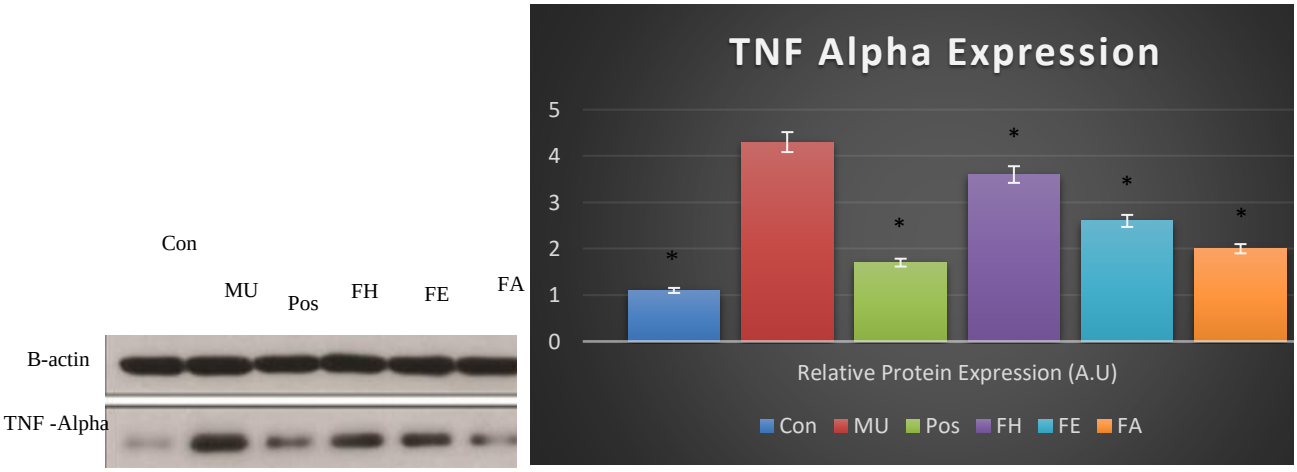

Figure 2. Effect of *S.arvensis* fraction on monosodium urate-induced TNF alpha activation in synovial of rats. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate-induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*.
* p<0,05 versus model group; ANOVA, pos-hoc Bonferroni.

Table II shows that each fraction shows a difference in the content of active metabolites contained. The hexane fraction is rich in triterpenoids and phenol, while the water fraction is rich in flavonoids.

Table II. Phytochemical test of *S. arvensis* fraction.

***S. arvensis* fraction**	**Saponin**	**Alkaloid**	**Triterpenoid**	**Phenol**	**Flavonoid**
n-hexane fraction	+	-	++	++	-
Ethyl acetate fraction	+	+	-	+	+
Water fraction	+	+	+	+	++

DISCUSSION

Quality of life improvement results in the increase of the incidence of gouty arthritis. Gouty arthritis is an inflammatory disease caused by the accumulation of monosodium urate fragments in the joints. The underlying mechanism is the activation of the inflammatory cascade induced by monosodium urate fragments, which has been investigated for several years, and several studies have shown that pro-inflammatory cytokines, as well as IL-1β and TNF-α, and transcription factor, NF-κB, are essential. In the initiation and propagation of gouty arthritis induced by monosodium urate fragments [24-29]. In the pathophysiology of gouty arthritis, NF-κB signaling can encourage the production of genes encoding pro-inflammatory cytokines.

In contrast, overexpression of TNF-α and IL-1β can directly stimulate the NF-κB pathway, lead to a positive feedback loop, then amplify the inflammatory response and cause joint damage [30-34]. Usually, NF-κB attaches to the inhibiting protein, IκB, and is localized in the cytoplasm. Particular stimuli, including monosodium urate fragments, can cause a reduction of IκB and translocation of NF-κB into the nucleus where it controls the transcription of different target genes [35-39]. In this study, serum IL-1β and TNF-α levels were considerably increased in response to monosodium urate fragments.

Exploration of natural ingredients as a new modality in the management of gout arthritis is a necessity, given the absence of optimal control of this disorder [40,41]. *S. arvensis* is a medicinal plant with optimal potency for the management of gout arthritis [42,43]. This study showed that *S. arvensis* was able to reduce the inflammatory response caused by the induction of uric acid crystals in the joints. This study indicates that *S. arvensis* extract can reduce the expression of pro-inflammatory cytokines, IL-1β and TNF-α. It is well known that the accumulation and intrusion of neutrophils into the joint and synovial fluid are the main features of gouty arthritis [44-49]. After monocytes and neutrophils were activated, these cells actively phagocytose monosodium urate fragments, which further triggers an inflammatory caspase response [50-54]. Therefore, prevention of inflammatory cell infiltration may be a potent therapeutic strategy against gouty arthritis [50]. The histopathological results in this research showed that the water fraction of *S. arvensis* significantly attenuated the infiltration of inflammatory cells into the synovium caused by monosodium urate fragments and increased synovial hyperplasia. The water fraction is rich in secondary metabolites, flavonoids, where they are compounds that act as antioxidants. The antioxidant ability of flavonoids is known to be an inhibitor of oxidant activity (reactive oxygen species) [46]. Suppression of reactive oxygen species activity will decrease the action of the inflammatory cascade in the synovial tissue.

Luteolin and apigenin, a class of flavonoids contained in *S. arvensis*, significantly inhibited TNFα-induced NF-κB transcriptional activation. However, they did not affect the degradation of IκB proteins and the nuclear translocation and DNA binding activity of NF-κB p65. Interestingly, the suppression of NF-κB activation by these flavonoids is due to inhibition of the transcriptional activation of NF-κB, since the compounds markedly inhibited the transcriptional activity of GAL4-NF-κB p65 fusion protein [54-55].

Quercetin, one of the class flavonoids in *S. arvensis,* inhibits the proliferative phase of inflammation and probably may act by inhibition. This impact may be due to the cellular migration to injured sites and accumulation of collagen. Cell migration appears as a result of a much different process, including adhesion and cell mobility. Flavonoids are naturally occurring compounds contained in *S. arvensis*. Such compounds have been noticed to have anti-inflammatory features, both in vitro and in vivo [56]. Several flavonoids have been found out to have significant anti-inflammatory activity [57]. This study has emphasized that the flavonoids are in charge of its anti-inflammatory action.

CONCLUSION

Sonchus arvensis water fraction has an anti-gout effect in monosodium urate-induced arthritis in rats by decreasing the inflammatory response in the synovial joint.

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Research Article

Evaluation of the Antigout Effect of *Sonchus arvensis* on Monosodium Urate Crystal-Induced Gout Arthritis via Anti-Inflammatory Effects In Vivo Study

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Conflict of interest: Authors declared no conflict of interest.

Author contribution: N.P. the concept and design of the study; N.P., R.H., and Z.M. data acquisition; R.H. statistical analysis; R.H. & Z.M performed ELISA examination and Western blot in the laboratory, interpreted the results; N.P and B.A.P. analyzed the data and drafted the manuscript. All authors critically revised the manuscript, approved the final version to be published, and agree to be accountable for all aspects of the work.

Dear editors,
The following is a revised manuscript as recommended by reviewers. We have highlighted the improvements in this manuscript in green colour.
Hereby the answers to reviewer's comments.

Reviewer A:

- The title does not represent the manuscript's contents
  Answer: we have corrected the title to **Evaluation of the Antigout Effect of *Sonchus arvensis* on Monosodium Urate Crystal-Induced Gout Arthritis via Anti-Inflammatory Effects In Vivo Study**

- In the Introduction chapter the paper does not demonstrate an adequate understanding of the relevant literature and does not cite an appropriate list of literature sources. There are significant papers ignored in the Introduction.
  Answer: we have improved Introduction part in manuscript. The Introduction data has been supplemented with the botanical data, chemical composition and therapeutic actions of the studied species (*Sonchus arvensis* belonging Asteraceae family).

- The materials and methods are not properly described, so that the reader could clearly understand what was done and on whom. The chapter should be written in a way that the research can be reproduced.
  Answer: we have improved the material and methods part. Data related to the identification of the species has been added (identification, institution, and the voucher number). The phytochemical analysis has been completed, methods and bibliographic references has been presented. The evaluation of flavonoids has been described and written based on appropriate methods.

- The figures/tables are not well conceived. Their information cannot be understood. Legends/axis definitions missing/need improvement (i.e. measure units, abbreviations/symbols need to be explained).
  Answer: the figures and tables has been corrected, so the information can be understood by reader. The notations from the legend has been completed.

Reviewer B

- The plant Sonchus arvensis is not native only in Indonesia, it is widespread in Europe, Asia and even North Africa, being considered a weed in many parts of the world. Therefore, it would be better to replace the Indonesian name of the plant, which is only of local significance with the scientific (latin) name of the plant which is more familiar to a much wider audience. The name "tempuyung" should be explained in a traditional medicine context.
  Answer: the name of plant has been revised in all parts of manuscript.

- The authors should decide on the animals used in the experiment. In page 2, line 33 they are rats, but in page 3, line 6 they are mice and then rats again. So I must ask: what animal was used?? The authors should know that rats are not just bigger mice, but an entirely different species.

Answer: This study used Wistar rats as study subject. We have revised this part in abstract and Methods part.

- The results should be better discussed, correlating the presented possible mechanism with some chemical constituents of the plant, since there are published data on chemical composition of this species and on the inhibitory effect on xantin-oxidase in a gout context.
  Answer: We have improved the discussion of the results.

- The substance used for general anaesthesia "chlorine hydrate" does not exist, it is probably chloral hydrate.
  Answer: This study used chloral hydrate as anaesthesia. We have revised this in Methods part.

- In Table 1, the p value cannot be zero, it is probably 0.0001 but never ZERO!!!
  Answer: the p value has been corrected to 0.001.

The English language has been corrected and proofread by an expert familiar with scientific English.

Thank you for all comment and correction.

Regards,

Nita Parisa
(Corresponding author)

Evaluation of the Antigout Effect of *Sonchus arvensis* on Monosodium Urate Crystal-Induced Gout Arthritis via Anti-Inflammatory Effects In Vivo Study

ABSTRACT

Background and Aims. *Sonchus arvensis* is one of Indonesian plants which has quite superior health potential. Various studies have shown that this plant is useful in overcoming kidney stone disorders, and recent studies have shown that *S. arvensis* extract can reduce inflammation in synovial tissue due to monosodium urate crystal deposition. This study was aimed to explore the extract of *Sonchus arvensis*, via fractionating, to optimize the specific content of *S. arvensis* with anti-inflammatory potential in gout arthritis.

Methods. A total of 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. After one week of aclimatization, the rats randomly divided into six groups, each group containing five animals; normal control group, monosodium urate group (negative control), colchicine group, hexane fraction of *S. arvensis* group, ethyl-acetate fraction of *S. arvensis* group and water fraction group. Before monosodium urate administration, rats in the colchicine group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine. IL-1β levels in joint synovial fluid were examined with Rat ELISA interleukin-1β.

Results. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Conclusion. *Sonchus arvensis* water fraction affects anti-gout arthritis in monosodium urate-induced rats by decreasing the inflammatory response in the synovial joint.

Keywords. Gouty arthritis, anti-inflammatory agents, plant extracts, kidney calculi.

Background and Aims

Gouty arthritis is a chronic inflammatory condition characterized by severe pain and severe swelling of one or more joint synovial. This disorder is caused by excessive nucleic acid metabolism and leads to the deposition of monosodium urate (MSU) crystals in the joint synovial.[1] Deposition of MSU crystals in the joint synovial tissue will cause an inflammatory reaction at the deposition site in the form of leukocyte infiltration and is followed by phagocytosis by macrophages/monocytes. This condition is followed by membrane lysis, the production of reactive oxygen species (ROS) and the release of lysozyme enzymes.[2]

Reactive oxygen species will cause oxidative stress in cells and joint tissues; wherein there will be stimulation of the inflammatory pathway cascade due to the activation of the transcription factor, nuclear factor-kB (NF-KB). Activation of NF-KB will lead to activation of transcription and translation of the protein cytokine interleukin 1B (IL-1B) and activation of tumour necrotic factor α (TNF-α) cytokines.[3] Activation of these pro-inflammatory cytokines will lead to erosion and damage to joint tissues. Nonsteroidal anti-inflammatory drugs (naproxen and indomethacin), corticosteroids and colchicine are the first-line therapy for gouty arthritis and myelosuppression.[4-5] Therefore, it is desirable to explore new therapeutic modalities that are superior in dealing with inflammation due to gouty arthritis and minimal side effects.

Indonesia is a country with the second-largest biological wealth in the world after Brazil. With such enormous natural potential, it is very reasonable that this grace of nature should be explored optimally to obtain new therapeutic modalities for gout arthritis. *Sonchus arvensis* is widely distributed throughout the Indonesia, and a member of *Asteraceae* family. This plant is usually consumed as raw food (salad) in Indonesia as a cheap and common source of proteins, vitamins and minerals. Consumption of this plant, especially as fresh food (raw),

is believed to be effective in overcoming various health problem such as hepatotoxicity[6], nephrotoxicity [7], cardiotoxicity [8,9], asthma [10], brain dysfunction [11], adrenal dysfunction [12], and oxidative stress [13].

S. arvensis shows potential as a potent anti-inflammatory [14] with the presence of flavonoid compounds (luteolin, luteolin 7-O glucoside, kaempferol, orientin, quercetin) [15-16]. *S. arvensis* flavonoid content is an essential secondary metabolite that plays a role in suppressing the inflammatory process due to crystal deposition—monosodium urate in joint tissue through suppression of ROS activity on monosodium urate-deposited tissue.[17-20] This study was aimed to explore the extract of *Sonchus arvensis*, by *S. arvensis* fractionating , to optimize the specific content of *Sonchus arvensis* with anti-inflammatory potential in gout arthritis.

Methods

Animal model

A total of 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. All rats were kept in cages under controlled conditions of 12 hours of the day and night cycle, temperature 22±1ºC and room moistness 40-60% and given ad libitum food. The research treatments and procedures have received approval from the medical research ethics committee of the Faculty of Medicine, Universitas Sriwijaya (No. 187 / kptfkunsri-rsmh / 2020).

Tempuyung fractionation preparation

Simplicia of *Sonchus arvensis* was obtained from the Tawangmangu Herbal Research Center, Karanganyar, Indonesia, by first carrying out the determination test of plant species at the Biological Research Center of the Indonesian Institute of Sciences (LIPI) (No.780/ IPH.1.02/ If.8/V/2020). *S. arvensis* extraction process was carried out by maceration in which 500 grams of simplicia was macerated with 96% ethanol for 72 hours. Furthermore, carried out a proportion between the dregs and macerate. Macerate continued with the fractionation process with n-hexane, ethyl acetate and water solvents, to obtain the n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) from *S. arvensis*.

MSU crystal synthesis

A total of 0.8 grams of uric acid was liquefied in 155 mL of aqua bidest containing 5 mL of NaOH (1M), pH 7.2. The gouty blend is frozen and stirred at room temperature and stored overnight at 4ºC. Next, the residue is purified from the solution, dried at 70ºC for 4 hours, prepared into a fine powder, sieved with a 200 mesh metal filter, sterilized at temperature 180ºC for two hours and saved in sterile conditions. Before administration, MSU crystals were suspended in saline-buffered phosphate, pH 7.2 at 20 mg/mL.

Animal model of gout arthritis

After one week of acclimatization, the rats were randomly divided into the following six groups, each containing five rats: normal control group (Con), monosodium urate (MU) group (negative control); monosodium urate-induced and colchicine (0.28 mg/kg) treatment group (Pos); monosodium urate-induced and n-hexane fraction of *S. arvensis* (20 mg/kg) treatment (FH) group; monosodium urate-induced and ethyl acetate fraction of *S. arvensis* (20 mg/kg) treatment (FE) group; and monosodium urate-induced and water fraction of *S. arvensis* (20 mg/kg) treatment (FA) group. Before MU administration, rats in the Pos group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine (Dexa Medica, Indonesia). The animals in the treatment group were given n-hexane fraction (FH), ethya acetate fraction (FE) and water fraction (FA) of *S. arvensis* once daily for a week, and the dosage used was 20 mg/kg each rat. The control group and the model group were given the same amount of 0.9% saline (10 ml/kg) used a sonde for a week. Furthermore, arthritis gout was induced on the seventh day, an hour after treatment. The rats were anaesthetized by

injecting 10% chloral hydrate (3.5 mL/kg) intraperitoneally. Before that, each rat in the treatment group was given 50 ml of monosodium-urate solution (20 mg/ml) and injected into the left ankle joint gap. Each rat in the control group received an injection of 50 µl of saline in the cavity of the left ankle joint. Rats were sacrificed with an intraperitoneal injection of 10% chloral hydrate. Evacuation of the joint synovial fluid, which was then performed centrifugal rotation at 10,000 rpm for ten minutes and temperature 25^{o}C. The supernatant was kept at -20^{o}C for analysis of IL-1β examination using the ELISA method.

Meanwhile, the joint synovial tissue was evacuated, some of which were homogenized and centrifuged to obtain a supernatant and put it in a later RNA solution (Sigma Aldrich, Singapore) and stored at -20^{o}C, for western blotting TNF-α examination. Part of the synovial tissue was fixed in 4% paraformaldehyde buffer for histopathological evaluation of the synovial tissue.

Histopathological evaluation

Synovial tissue that was fixed with 4% paraformaldehyde buffer was dehydrated using graded alcohol and xylene, then paraffinized and cut to a 5 um thickness using a spinning microtome (Leica, Weitzar, Germany). The result of the cuts was then placed on a glass object and dyed with hematoxylin and eosin. Histopathological changes in synovial tissue was interpreted under a microscope (Olympus, Tokyo, Japan).

Enzyme-linked immunosorbent assays (ELISA) IL-1β

IL-1β levels in joint synovial fluid were examined with Rat ELISA IL-1β (Cloud Clone, Hangzhou, China), based on the manufacturer's protocols. In brief, 50 µl of standard diluent or serum samples were added to the well coated with anti-IL-1β and incubated at 37^{0}C for 30 minutes. After the plates were washed, 100 µl of the biotinylated antibody compound was added and set for 30 minutes at 37˚C. After rinsing three times, 50 ul avidin-peroxidase complex solution was added and incubated for 15 minutes at 37˚C. After that, 50 µl of tetramethylbenzidine colour solution was added and set in the darkness for 15 minutes at 37˚C. Subsequently, 50 ul stop solution was added to stop the reaction, and the optical density (OD) was assessed using an ELISA reader (Biorad, California, USA), the wavelength of 450 nm.

Western blot TNF-α

This process begins with the protein extraction stage. The synovial tissue of the joints was put into a RIPA buffer (Sigma Aldrich, Hangzhou, China) equipped with PMSF on frozen water for 5 minutes. After centrifugation process at 12.000 rpm for ten minutes at 4˚C, the supernatant was collected as total protein lysate. Cytoplasmic and nuclear proteins are extracted from synovial tissue using a protein extraction kit (Sigma Aldrich, Hangzhou, China), according to the manufacturer's protocol. In short, the synovial tissue is cut into small pieces and homogenized with a protein extraction agent. After incubation on ice for fifteen minutes and centrifugation at 5000 rpm for 5 minutes at 4˚C, the supernatant was accumulated as partial cytoplasmic protein, while the pellets were reextracted in the extraction buffer. After keeping on ice for 15 minutes and centrifugation process at 12.000 rpm for 5 minutes at 4˚C, the supernatant was combined with cytoplasmic proteins. The pellets were then again extracted in the extraction buffer and shook hard for thirty minutes at 4˚C. After centrifugation at 12.000 rpm for ten minutes at 4˚C, the protein was collected. The total protein concentration was quantified using the BCA Protein Assay (Sigma Aldrich, Hangzhou, China) kit.

A total of 40 µg of extract protein was separated at SDS-PAGE 10%. Next, the isolated protein was transferred to the PVDF (Millipore) membrane and blocked with 5% non-fat milk on Triss-buffered saline with Tween 20 for an hour at room temperature. The membranes were incubated overnight at 4^{o}C with rabbit polyclonal TNF-α 1:700 primary antibodies (Cloud Clone, Hangzhou, China). Moreover, incubation was carried out with secondary antibodies, horseradish peroxidase-conjugated goat anti-rabbit 1: 5000 for 45 minutes at 37^{o}C.

Furthermore, the results of blotting were visualized with chemiluminescence (Biorad, California, USA). Blotting was standardized by blotting β-actin.

Phytochemical test

Test for phenols

The test was performed by using the method of Sofowora [21]. 2 ml extract was taken in a beaker glass. Then, 2 ml of ferric chloride solution was added. A deep bluish-green solution indicated the presence of phenols.

Test for terpenoids

Salkowski test was performed by using the method of Edeoga et al. [22]. 5 ml of aqueous extract was mixed in 2 ml of chloroform. Then 3 ml of concentrated sulfuric acid was poured to form a layer. A reddish-brown colouration of interface indicated the presence of terpenoids.

Test for saponins

The test was performed using the method of Edeoga et al. [22]. 2 g of the powdered sample boiled in 20 ml of distilled water in a water bath and filtered the solution. Then 10 ml of the filtrate was mixed with 5 ml of distilled water and shake vigorously for a stable, persistent foam. The foam was mixed with three drops of olive oil and shake vigorously, which leads to the formation of the emulsion; indicated the presence of saponins.

Test for flavonoids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was heated with 10 ml ethyl acetate over a steam bath (40–50°C) for 5 minutes. The filtrate was treated with 1 ml dilute ammonia. A yellow colouration demonstrated positive test for flavonoids.

Test for alkaloids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was extracted with 5 ml methanol and 5 ml of 2N hydrochloric acid. Then the filtrate was tested with Meyer's and Wagner's reagents. The samples were scored positive, based on turbidity.

Statistical analysis

All data were presented as mean ± standard deviation, and statistical analysis was performed with the SPSS 25 (IBM) program. One way ANOVA accompanied by a post hoc analysis was carried out to assess the difference in mean expression levels of each protein. $P < 0.05$ was determined as an indication that there was a significant difference in mean levels.

RESULTS

Tissue evacuation and analysis with H&E staining were performed to evaluate each *S. arvensis* fraction's efficacy histopathologically on the synovial & knee joint capsule. Figure 1, shows that when compared with the control group, the histopathological features of the MU model group showed a large number of inflammatory cells showing the reaction of inflammation. Besides, the inflammation response decreased in the *S. arvensis* fraction treatment group. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Table I

Level of IL-1β in synovial fluid

No.	Group	IL-1β (pg/mL) ± SD	p-value*
1.	Con	28,26±3,41	0,001
2.	MU	496,23±15,43	-

3.	Pos	97,41±7,21	0,001
4.	FH	386,12±21,43	0,001
5.	FE	298,11±18,65	0,001
6.	FA	155,83±10,12	0,001

Notes: Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*.
*vs MU; ANOVA, pos hoc Bonferroni; p<0,05

Table I shows that in the experimental group of animals that were induced with monosodium urate increased levels of IL-1B in the synovial tissue. This result indicates that monosodium urate induction causes inflammation of the synovial tissue. The administration of *S. arvensis* fraction showed the ability to reduce IL-1B levels where the largest decrease was seen in the group that received the *S. arvensis* water fraction treatment.

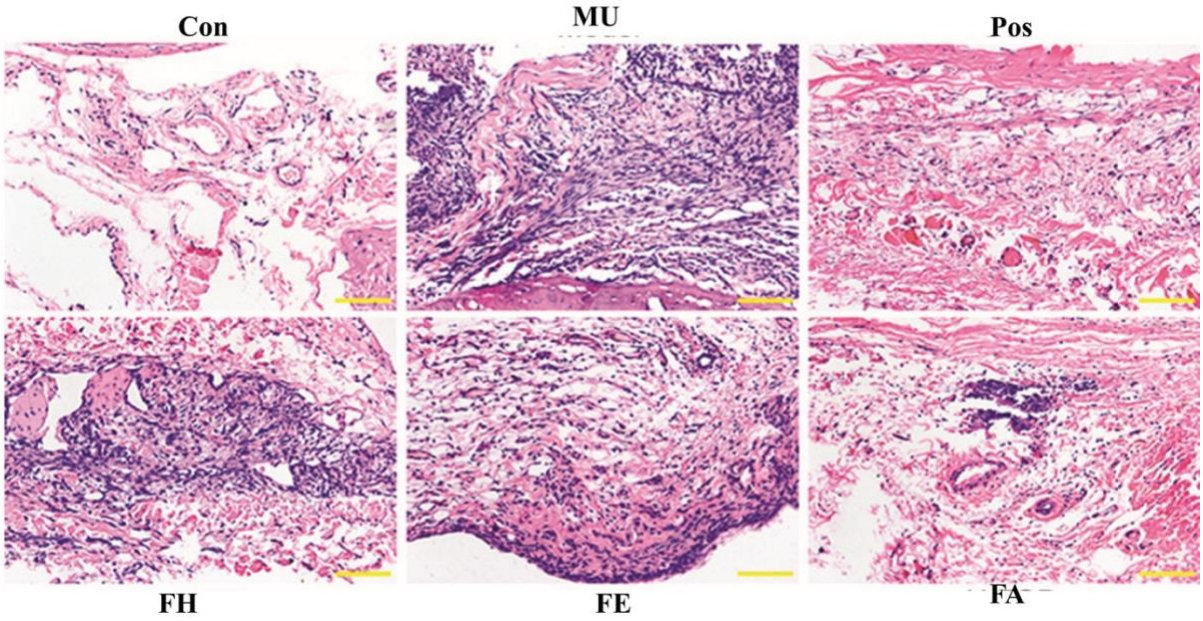

Figure 1. Effect of fraction *S. arvensis* on monosodium urate-induced gout arthritis and inflammatory cell infiltration. Hematoxylin and eosin stained for histological assessment. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*. Magnification x200.

Figure 2 shows the potential of the *S. arvensis* fraction in reducing the expression of the pro-inflammatory cytokine protein, TNF alpha. Water fraction of *S. arvensis* was able to reduce the expression of TNF alpha protein more potently than the hexane and ethyl acetate fractions.

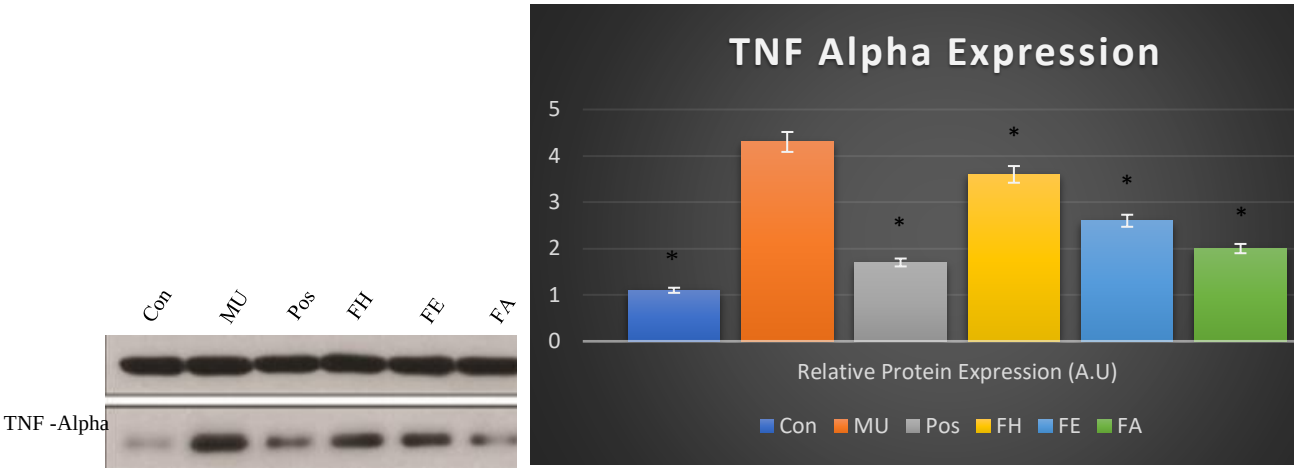

Figure 2. Effect of *S.arvensis* fraction on monosodium urate-induced TNF alpha activation in synovial of rats. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate-induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*.
* p<0,05 versus model group; ANOVA, pos-hoc Bonferroni.

Table II shows that each fraction shows a difference in the content of active metabolites contained. The hexane fraction is rich in triterpenoids and phenol, while the water fraction is rich in flavonoids.

Table II

Phytochemical test of *S. arvensis* fraction

***S. arvensis* fraction**	**Saponin**	**Alkaloid**	**Triterpenoid**	**Phenol**	**Flavonoid**
n-hexane fraction	+	-	++	++	-
Ethyl acetate fraction	+	+	-	+	+
Water fraction	+	+	+	+	++

DISCUSSION

As the quality of life improves, this results in increasing incidence of gouty arthritis. Gouty arthritis is an inflammatory disease that results from the accumulation of monosodium urate fragments in the joints. The underlying mechanism is the activation of the inflammatory cascade induced by monosodium urate fragments, which has been investigated for several years, and several studies have shown that pro-inflammatory cytokines, as well as IL-1β and TNF-α, and transcription factor, NF-κB, are essential. In the initiation and propagation of gouty arthritis induced by monosodium urate fragments.[24-29] In the pathophysiology of gouty arthritis, NF-κB signalling can encourage the production of genes encoding pro-inflammatory cytokines.

In contrast, overexpression of TNF-α and IL-1β can directly stimulate the NF-κB pathway, lead to a positive feedback loop, then amplify the inflammatory response and cause joint damage.[30-34] Usually, NF-κB attaches to the inhibiting protein, IκB, and is localized in the cytoplasm. Particular stimuli, including monosodium urate fragments, can cause a reduction of IκB and translocation of NF-κB into the nucleus where it controls the transcription

of different target genes [35-39]. In this study, serum IL-1β and TNF-α levels were considerably increased in response to monosodium urate fragments.

Exploration of natural ingredients as a new modality in the management of gout arthritis is a necessity, given the absence of optimal control of this disorder [40,41]. *S. arvensis* is a medicinal plant with optimal potency for the management of gout arthritis.[42,43] This study showed that *S. arvensis* was able to reduce the inflammatory response caused by the induction of uric acid crystals in the joints. This study indicates that *S. arvensis* extract can reduce the expression of pro-inflammatory cytokines, IL-1β and TNF-α. It is well known that the accumulation and intrusion of neutrophils into the joint and synovial fluid are the main features of gouty arthritis [44-49]. After monocytes and neutrophils were activated, these cells actively phagocytose monosodium urate fragments, which further triggers an inflammatory caspase response.[50-54] Therefore, prevention of inflammatory cell infiltration may be a potent therapeutic strategy against gouty arthritis [50]. The histopathological results in this research showed that the water fraction of *S. arvensis* significantly attenuated the infiltration of inflammatory cells into the synovium caused by monosodium urate fragments and increased synovial hyperplasia. The water fraction is rich in secondary metabolites, flavonoids, where they are compounds that act as antioxidants. The antioxidant ability of flavonoids is known to as an inhibitor of oxidant activity (reactive oxygen species).[46] Suppression of reactive oxygen species activity will decrease the action of the inflammatory cascade in synovial tissue.

Luteolin and apigenin, some class of flavonoids that contain in *S. arvensis*, significantly inhibited TNFα-induced NF-κB transcriptional activation. However, they did not affect the degradation of IκB proteins and the nuclear translocation and DNA binding activity of NF-κB p65. Interestingly, the suppression of NF-κB activation by these flavonoids is due to inhibition of the transcriptional activation of NF-κB, since the compounds markedly inhibited the transcriptional activity of GAL4-NF-κB p65 fusion protein [54-55].

Quercetin, one of the class flavonoids in *S. arvensis* inhibits the proliferative phase of inflammation and probably may act by inhibition. This impact may be due to the cellular migration to injured sites and accumulation of collagen. Cell migration appears as a result of a much different process, including adhesion and cell mobility. Flavonoids are naturally occurring compounds containing in *S. arvensis*. Such compounds have been noticed to have anti-inflammatory features, both in vitro and in vivo [56]. Several flavonoids have been found out to have significant anti-inflammatory activity [57]. This study emphasized that the flavonoids in charge of its anti-inflammatory action.

CONCLUSION

Sonchus arvensis water fraction affects anti-gout arthritis in monosodium urate-induced rats by decreasing the inflammatory response in the synovial joint.

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To: Editor in Chief
Medicine and Pharmacy Reports.

Dear editors,
The following is a revised manuscript as recommended by reviewers. We have highlighted the improvements in this manuscript in green colour.
Hereby the answers to reviewer's comments.

Reviewer A:

- The title does not represent the manuscript's contents
  Answer: we have corrected the title to **Evaluation of the Antigout Effect of *Sonchus arvensis* on Monosodium Urate Crystal-Induced Gout Arthritis via Anti-Inflammatory Effects In Vivo Study**

- In the Introduction chapter the paper does not demonstrate an adequate understanding of the relevant literature and does not cite an appropriate list of literature sources. There are significant papers ignored in the Introduction.
  Answer: we have improved Introduction part in manuscript. The Introduction data has been supplemented with the botanical data, chemical composition and therapeutic actions of the studied species (*Sonchus arvensis* belonging Asteraceae family).

- The materials and methods are not properly described, so that the reader could clearly understand what was done and on whom. The chapter should be written in a way that the research can be reproduced.
  Answer: we have improved the material and methods part. Data related to the identification of the species has been added (identification, institution, and the voucher number). The phytochemical analysis has been completed, methods and bibliographic references has been presented. The evaluation of flavonoids has been described and written based on appropriate methods.

- The figures/tables are not well conceived. Their information cannot be understood. Legends/axis definitions missing/need improvement (i.e. measure units, abbreviations/symbols need to be explained).
  Answer: the figures and tables has been corrected, so the information can be understood by reader. The notations from the legend has been completed.

Reviewer B

- The plant Sonchus arvensis is not native only in Indonesia, it is widespread in Europe, Asia and even North Africa, being considered a weed in many parts of the world. Therefore, it would be better to replace the Indonesian name of the plant, which is only of local significance with the scientific (latin) name of the plant which is more familiar to a much wider audience. The name "tempuyung" should be explained in a traditional medicine context.
  Answer: the name of plant has been revised in all parts of manuscript.

- The authors should decide on the animals used in the experiment. In page 2, line 33 they are rats, but in page 3, line 6 they are mice and then rats again. So I must ask: what animal was used?? The authors should know that rats are not just bigger mice, but an entirely different species.
  Answer: This study used Wistar rats as study subject. We have revised this part in abstract and Methods part.

- The results should be better discussed, correlating the presented possible mechanism with some chemical constituents of the plant, since there are published data on chemical composition of this species and on the inhibitory effect on xantin-oxidase in a gout context.
  Answer: We have improved the discussion of the results.

- The substance used for general anaesthesia "chlorine hydrate" does not exist, it is probably chloral hydrate.
  Answer: This study used chloral hydrate as anaesthesia. We have revised this in Methods part.

- In Table 1, the p value cannot be zero, it is probably 0.0001 but never ZERO!!!
  Answer: the p value has been corrected to 0.001.

The English language has been corrected and proofread by an expert familiar with scientific English.

Thank you for all comment and correction.

Regards,

Nita Parisa
(Corresponding author)

[Medicine and Pharmacy Reports] Editor Decision - Accept [Former Clujul Medical journal]

Kotak Masuk ×

Editor decision (February 3, 2021)

Dorina Sorcoi <info@medpharmareports.com> Rab, 3 Feb 2021, 18.08

kepada saya, Rachmat, Ziske, Bintang

Inggris > Indonesia Terjemahkan pesan Nonaktifkan untuk: Inggris ×

Dear Dr. Nita Parisa, Rachmat Hidayat, Ziske Maritska, Bintang Arroyantri Prananjaya,

Thank you for submitting the manuscript, "Fraction of Tempuyung Leaves (Sonchus arvensis) Improves Monosodium Urate Crystal-Induced Gouty Arthritis" for publication to the journal Medicine and Pharmacy Reports (Former Clujul Medical).

We have now received the opinions of the reviewers.

They recommend publishing your paper.

We want to thank you for your interest in our journal.

It is possible to be asked for future minor changes or proofreading during the publishing process.

Yours sincerely,

Prof. Dr. Radu Badea
Editor in chief
On the behalf of the editorial comitee

Medicine and Pharmacy Reports

Editor Decision - Accept [Former Clujul Medical journal]

2021-02-03 11:08 AM

Dear Dr. Nita Parisa, Rachmat Hidayat, Ziske Maritska, Bintang Arroyantri Prananjaya,

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Yours sincerely,

Prof. Dr. Radu Badea

Editor in chief

On the behalf of the editorial comitee

C

Clujul Medical <clujulmedical@umfcluj.ro>
kepada saya

Rab, 19 Mei 2021, 19.02

Inggris > Indonesia Terjemahkan pesan

Nonaktifkan untuk: Inggris

Dear Author,

Please let us know if you agree with the final PDF format of your article. If any minor changes are still needed, please notify us as soon as possible. Please note that after publication, no further changes can be operated.

Yours
Dorina Sorcoi

Original Research

Evaluation of the anti-gout effect of *Sonchus Arvensis* on monosodium urate crystal-induced gout arthritis via anti-inflammatory action - an *in vivo* study

Nita Parisa[1,2], Rachmat Hidayat[3], Ziske Maritska[3], Bintang Arroyantri Prananjaya[4]

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4) Department of Psychiatry, Faculty of Medicine, Universitas Sriwijaya, Palembang, Indonesia

Abstract

Background and aims. *Sonchus arvensis* is an Indonesian plant with strong therapeutic effects. Various studies have shown that this plant is useful in treating kidney stone disorders, and recent studies have shown that *S. arvensis* extract can reduce inflammation caused by monosodium urate crystal deposition in the synovial tissue. This study was aimed to explore the extract of *Sonchus arvensis*, via fractionation, to optimize the specific content of *S. arvensis* with anti-inflammatory potential in gout arthritis.

Methods. The study included 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. After one week of acclimatization, the rats were randomly divided into six groups, each group containing five animals; normal control group, monosodium urate group (negative control), colchicine group, hexane fraction of *S. arvensis* group, ethyl-acetate fraction of *S. arvensis* group and water fraction group. Before monosodium urate administration, rats in the colchicine group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine. IL-1β levels in joint synovial fluid were examined with Rat ELISA interleukin-1β.

Results. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Conclusion. *Sonchus arvensis* water fraction has anti-gout effects in monosodium urate-induced gout arthritis in rats by decreasing the inflammatory response in the synovial joint.

Keywords: Gouty arthritis, anti-inflammatory agents, plant extracts, kidney calculi

DOI: 10.15386/mpr-1959

Manuscript received: 04.11.2020
Received in revised form: 30.12.2020
Accepted: 28.01.2021

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Background and aims

Gouty arthritis is a chronic inflammatory condition characterized by severe pain and severe swelling of one or more synovial joints. This disorder is caused by excessive nucleic acid metabolism and leads to the deposition of monosodium urate (MSU) crystals in the synovial space [1]. Deposition of MSU crystals in the joint synovial tissue will cause an inflammatory reaction at the deposition site in the form of leukocyte infiltration and is followed by phagocytosis by macrophages/monocytes. This condition is followed by membrane lysis, the production of reactive oxygen species (ROS) and the release of lysozyme enzymes [2].

Reactive oxygen species will cause oxidative stress in cells and joint tissues; wherein there will be stimulation of the inflammatory pathway cascade

due to the activation of the transcription factor, nuclear factor-kB (NF-KB). Activation of NF-KB will lead to the activation of transcription and translation of the protein cytokine interleukin 1B (IL-1B) and activation of tumor necrotic factor α (TNF-α) cytokines [3]. Activation of these pro-inflammatory cytokines will lead to erosion and damage to joint tissues. Nonsteroidal anti-inflammatory drugs (naproxen and indomethacin), corticosteroids and colchicine are the first-line therapy for gouty arthritis and myelosuppression [4-5]. Therefore, it is desirable to explore new therapeutic modalities that are superior in dealing with inflammation due to gouty arthritis and minimal side effects.

Indonesia is a country with the second-largest biological wealth in the world after Brazil. With such enormous natural potential, it is very reasonable that this grace of nature should be explored optimally to obtain new therapeutic modalities for gout arthritis. *Sonchus arvensis* is widely distributed throughout the Indonesia, and a member of *Asteraceae* family. This plant is usually consumed as raw food (salad) in Indonesia as a cheap and common source of proteins, vitamins and minerals. Consumption of this plant, especially as fresh food (raw), is believed to be effective in overcoming various health problem such as hepatotoxicity [6], nephrotoxicity [7], cardiotoxicity [8,9], asthma [10], brain dysfunction [11], adrenal dysfunction [12], and oxidative stress [13].

S. arvensis has a strong anti-inflammatory potential [14] with the presence of flavonoid compounds (luteolin, luteolin 7-O glucoside, kaempferol, orientin, quercetin) [15,16]. *S. arvensis* flavonoid content is an essential secondary metabolite that plays a role in suppressing the inflammatory process due to crystal deposition-monosodium urate in joint tissue through suppression of ROS activity on monosodium urate-deposited tissue [17-20]. This study was aimed to explore the extract of *Sonchus arvensis*, by *S. arvensis* fractionation, to optimize the specific content of *Sonchus arvensis* with anti-inflammatory potential in gout arthritis.

Methods

Animal model

The study was carried out on 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. All rats were kept in cages under controlled conditions of 12 hour day and night cycle, temperature 22±1°C and room moistness 40-60% and given food ad libitum. The research treatments and procedures received approval from the medical research ethics committee of the Faculty of Medicine, Universitas Sriwijaya (No. 187 / kptfkunsri-rsmh / 2020).

Tempuyung fractionation preparation

Simplicia of *Sonchus arvensis* were obtained from the Tawangmangu Herbal Research Center, Karanganyar, Indonesia, by first carrying out the determination test of plant species at the Biological Research Center of the Indonesian Institute of Sciences (LIPI) (No.780/ IPH.1.02/ If.8/V/2020). *S. arvensis* extraction process was carried out by maceration in which 500 grams of simplicia were macerated with 96% ethanol for 72 hours. Furthermore, the separation process of dregs and macerate were done. Macerate continued with the fractionation process with n-hexane, ethyl acetate and water solvents, to obtain the n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) from *S. arvensis*.

MSU crystal synthesis

A total of 0.8 grams of uric acid was liquefied in 155 mL of aqua bidest containing 5 mL of NaOH (1M), pH 7.2. The gouty blend was frozen and stirred at room temperature and stored overnight at 4°C. Next, the residue was purified from the solution, dried at 70°C for 4 hours, prepared into a fine powder, sieved with a 200 mesh metal filter, sterilized at 180°C temperature for two hours and saved in sterile conditions. Before administration, MSU crystals were suspended in saline-buffered phosphate, pH 7.2 at 20 mg/mL.

Animal model of gout arthritis

After one week of acclimatization, the rats were randomly divided into the following six groups, each containing five rats: normal control group (Con), monosodium urate (MU) group (negative control); monosodium urate-induced and colchicine (0.28 mg/kg) treatment group (Pos); monosodium urate-induced and n-hexane fraction of *S. arvensis* (20 mg/kg) treatment (FH) group; monosodium urate-induced and ethyl acetate fraction of *S. arvensis* (20 mg/kg) treatment (FE) group; and monosodium urate-induced and water fraction of *S. arvensis* (20 mg/kg) treatment (FA) group. Before MU administration, rats in the Pos group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine (Dexa Medica, Indonesia). The animals in the treatment group were given n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) of *S. arvensis* once daily for a week, and the dosage used was 20 mg/kg each rat. The control group and the model group were given the same amount of 0.9% saline (10 ml/kg) used a sonde for a week. Furthermore, arthritis gout was induced on the seventh day, an hour after treatment. The rats were anesthetized by injecting 10% chloral hydrate (3.5 mL/kg) intraperitoneally. Before that, each rat in the treatment group was given 50 ml of monosodium-urate solution (20 mg/ml) and injected into the left ankle joint gap. Each rat in the control group received an injection of 50 µl of saline in the cavity of the left ankle joint. Rats were sacrificed with an intraperitoneal injection of 10% chloral hydrate. Evacuation of the joint synovial fluid, which was then performed centrifugal rotation at 10,000 rpm for ten minutes and temperature 25°C. The supernatant was kept at -20°C for analysis of IL-1β examination using the ELISA method.

Meanwhile, the joint synovial tissue was evacuated, some of which were homogenized and centrifuged to obtain a supernatant and put it in a later RNA solution (Sigma Aldrich, Singapore) and stored at -20°C, for western blotting TNF-α examination. Part of the synovial tissue was fixed in 4% paraformaldehyde buffer for histopathological evaluation of the synovial tissue.

Histopathological evaluation

Synovial tissue that was fixed with 4% paraformaldehyde buffer was dehydrated using graded alcohol and xylene, then paraffined and cut to a 5 um thickness using a spinning microtome (Leica, Weitzar, Germany). The result of the cuts was then placed on a glass object and dyed with hematoxylin and eosin. Histopathological changes in synovial tissue were interpreted under a microscope (Olympus, Tokyo, Japan).

Enzyme-linked immunosorbent assays (ELISA) IL-1β

IL-1β levels in the joint synovial fluid were examined with Rat ELISA IL-1β (Cloud Clone, Hangzhou, China), based on the manufacturer's protocols. In brief, 50 µl of standard diluent or serum samples were added to the well coated with anti-IL-1β and incubated at 37°C for 30 minutes. After the plates were washed, 100 µl of the biotinylated antibody compound was added and set for 30 minutes at 37°C. After rinsing three times, 50 ul avidin-peroxidase complex solution was added and incubated for 15 minutes at 37°C. After that, 50 µl of tetramethylbenzidine colour solution was added and set in the darkness for 15 minutes at 37°C. Subsequently, 50 ul stop solution was added to stop the reaction, and the optical density (OD) was assessed using an ELISA reader (Biorad, California, USA), the wavelength of 450 nm.

Western blot TNF-α

This process begins with the protein extraction stage. The synovial tissue of the joints was put into a RIPA buffer (Sigma Aldrich, Hangzhou, China) equipped with PMSF on frozen water for 5 minutes. After centrifugation process at 12.000 rpm for ten minutes at 4˚C, the supernatant was collected as total protein lysate. Cytoplasmic and nuclear proteins were extracted from the synovial tissue using a protein extraction kit (Sigma Aldrich, Hangzhou, China), according to the manufacturer's protocol. In short, the synovial tissue is cut into small pieces and homogenized with a protein extraction agent. After incubation on ice for fifteen minutes and centrifugation at 5000 rpm for 5 minutes at 4°C, the supernatant was accumulated as partial cytoplasmic protein, while the pellets were re-extracted in the extraction buffer. After keeping on ice for 15 minutes and centrifugation process at 12.000 rpm for 5 minutes at 4°C, the supernatant was combined with cytoplasmic proteins. The pellets were then again extracted in the extraction buffer and shook hard for thirty minutes at 4°C. After centrifugation at 12.000 rpm for ten minutes at 4°C, the protein was collected. The total protein concentration was quantified using the BCA Protein Assay (Sigma Aldrich, Hangzhou, China) kit.

A total of 40 µg of extract protein was separated at SDS-PAGE 10%. Next, the isolated protein was transferred to the PVDF (Millipore) membrane and blocked with 5% non-fat milk on Triss-buffered saline with Tween 20 for an hour at room temperature. The membranes were incubated overnight at 4°C with rabbit polyclonal TNF-α 1:700 primary antibodies (Cloud Clone, Hangzhou, China). Moreover, incubation was carried out with secondary antibodies, horseradish peroxidase-conjugated goat anti-rabbit 1: 5000 for 45 minutes at 37°C. Furthermore, the results of blotting were visualized with chemiluminescence (Biorad, California, USA). Blotting was standardized by blotting β-actin.

Phytochemical test

Test for phenols

The test was performed by using the method of Sofowora [21]. 2 ml extract was taken in a beaker glass. Then, 2 ml of ferric chloride solution was added. A deep bluish-green solution indicated the presence of phenols.

Test for terpenoids

Salkowski test was performed by using the method of Edeoga et al [22]. 5 ml of aqueous extract was mixed in 2 ml of chloroform. Then 3 ml of concentrated sulfuric acid was poured to form a layer. A reddish-brown coloration of interface indicated the presence of terpenoids.

Test for saponins

The test was performed using the method of Edeoga et al [22]. 2 g of the powdered sample boiled in 20 ml of distilled water in a water bath and filtered the solution. Then 10 ml of the filtrate was mixed with 5 ml of distilled water and shaken vigorously for a stable, persistent foam. The foam was mixed with three drops of olive oil and shake vigorously, which leads to the formation of the emulsion; indicated the presence of saponins.

Test for flavonoids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was heated with 10 ml ethyl acetate over a steam bath (40–50°C) for 5 minutes. The filtrate was treated with 1 ml dilute ammonia. A yellow coloration demonstrated positive test for flavonoids.

Test for alkaloids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was extracted with 5 ml methanol and 5 ml of 2N hydrochloric acid. Then the filtrate was tested with Meyer's and Wagner's reagents. The samples were scored positive, based on turbidity.

Statistical analysis

All data were presented as mean ± standard deviation, and statistical analysis was performed with the SPSS 25 (IBM) program. One way ANOVA accompanied by a post hoc analysis was carried out to assess the difference in mean expression levels of each protein. $P < 0.05$ was determined as an indication that there was a significant difference in mean levels.

Results

Tissue evaluation and analysis with H&E staining were performed on each *S. arvensis* fraction. Figure 1, shows that when compared with the control group, the histopathological features of the MU model group showed a large number of inflammatory cells showing the reaction of inflammation. Besides, the inflammation response decreased in the *S. arvensis* fraction treatment group. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Table I. Level of IL-1β in synovial fluid.

No.	Group	IL-1β (pg/mL) ± SD	p-value*
1.	Con	28.26±3.41	0.001
2.	MU	496.23±15.43	-
3.	Pos	97.41±7.21	0.001
4.	FH	386.12±21.43	0.001
5.	FE	298.11±18.65	0.001
6.	FA	155.83±10.12	0.001

Notes: Con: normal control group, MU: monosodium urate-induced group (negative control), Pos: monosodium urate-induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group.*
*vs MU; ANOVA, pos hoc Bonferroni; p<0,05

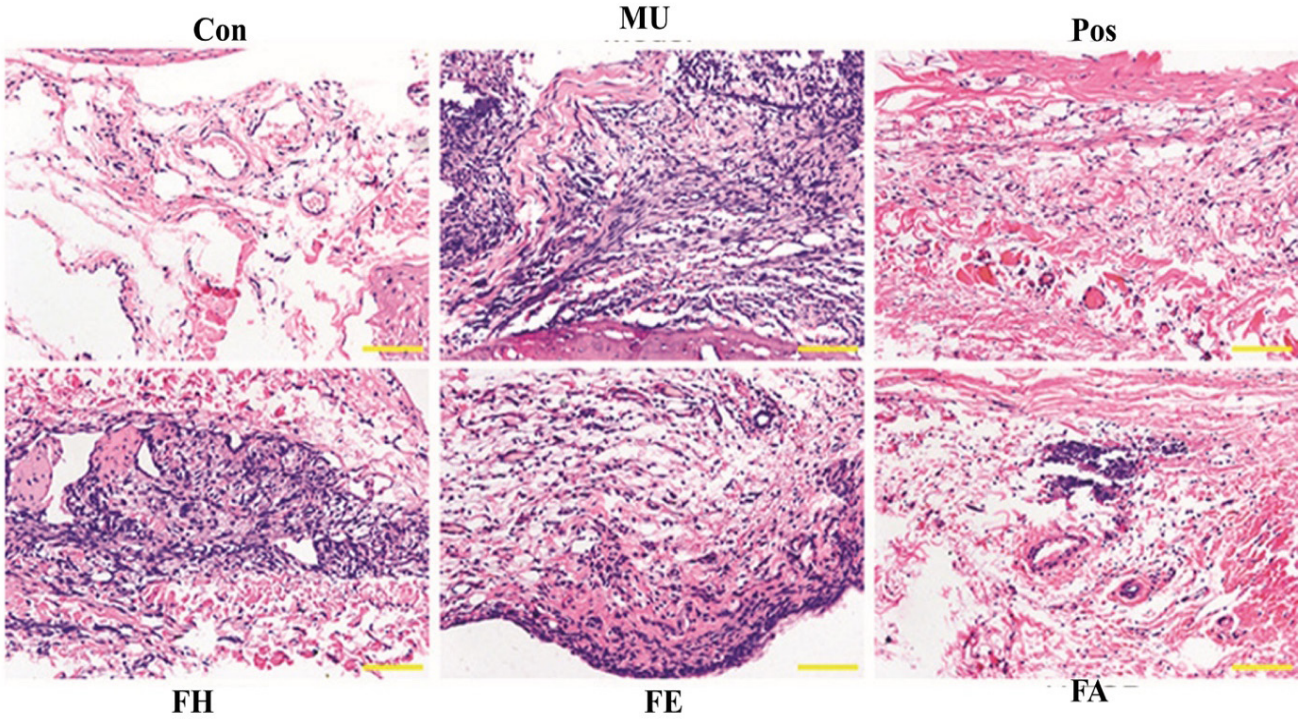

Figure 1. Effect of fraction *S. arvensis* on monosodium urate-induced gout arthritis and inflammatory cell infiltration. Hematoxylin and eosin stained for histological assessment. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*. Magnification x200.

Table II. Phytochemical test of *S. arvensis* fraction.

S. arvensis fraction	Saponin	Alkaloid	Triterpenoid	Phenol	Flavonoid
n-hexane fraction	+	-	++	++	-
Ethyl acetate fraction	+	+	-	+	+
Water fraction	+	+	+	+	++

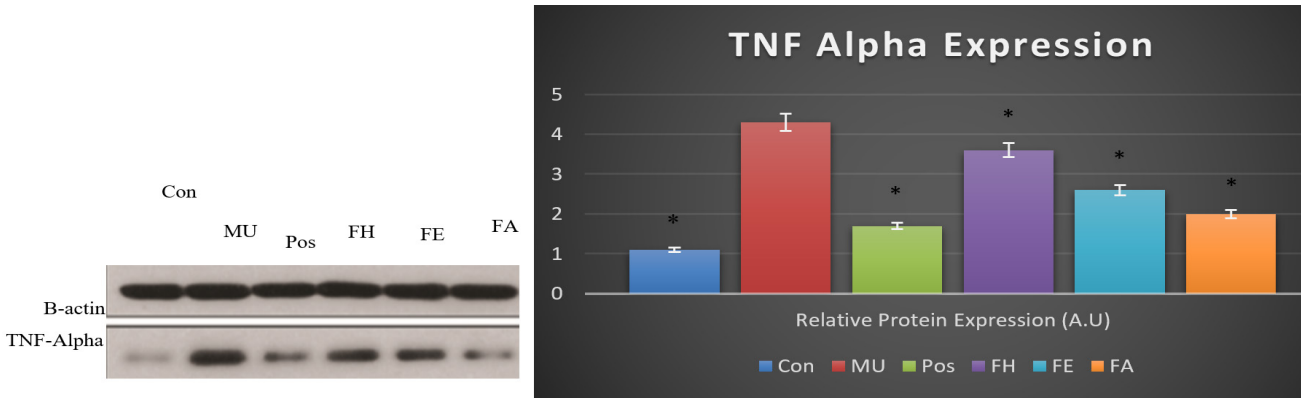

Figure 2. Effect of *S.arvensis* fraction on monosodium urate-induced TNF alpha activation in synovial of rats. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*.
* p<0,05 versus model group; ANOVA, pos-hoc Bonferroni.

Table I shows in the experimental group of animals that were induced with monosodium urate increased levels of IL-1B in the synovial tissue. This result indicates that monosodium urate induction causes inflammation of the synovial tissue. The administration of *S. arvensis* fraction showed the ability to reduce IL-1B levels where the largest decrease was seen in the group that received the *S. arvensis* water fraction treatment.

Figure 2 shows the potential of the *S. arvensis* fraction in reducing the expression of the pro-inflammatory cytokine protein, TNF alpha. Water fraction of *S. arvensis* was able to reduce the expression of TNF alpha protein more potently than the hexane and ethyl acetate fractions.

Table II shows that each fraction shows a difference in the content of active metabolites contained. The hexane fraction is rich in triterpenoids and phenol, while the water fraction is rich in flavonoids.

Discussion

Quality of life improvement results in the increase of the incidence of gouty arthritis. Gouty arthritis is an inflammatory disease caused by the accumulation of monosodium urate fragments in the joints. The underlying mechanism is the activation of the inflammatory cascade induced by monosodium urate fragments, which has been investigated for several years, and several studies have shown that pro-inflammatory cytokines, as well as IL-1β and TNF-α, and transcription factor, NF-κB, are essential. In the initiation and propagation of gouty arthritis induced by monosodium urate fragments [24-29]. In the pathophysiology of gouty arthritis, NF-κB signaling can encourage the production of genes encoding pro-inflammatory cytokines.

In contrast, overexpression of TNF-α and IL-1β can directly stimulate the NF-κB pathway, lead to a positive feedback loop, then amplify the inflammatory response and cause joint damage [30-34]. Usually, NF-κB attaches to the inhibiting protein, IκB, and is localized in the cytoplasm. Particular stimuli, including monosodium urate fragments, can cause a reduction of IκB and translocation of NF-κB into the nucleus where it controls the transcription of different target genes [35-39]. In this study, serum IL-1β and TNF-α levels were considerably increased in response to monosodium urate fragments.

Exploration of natural ingredients as a new modality in the management of gout arthritis is a necessity, given the absence of optimal control of this disorder [40,41]. *S. arvensis* is a medicinal plant with optimal potency for the management of gout arthritis [42,43]. This study showed that *S. arvensis* was able to reduce the inflammatory response caused by the induction of uric acid crystals in the joints. This study indicates that *S. arvensis* extract can reduce the expression of pro-inflammatory cytokines, IL-1β and TNF-α. It is well known that the accumulation and intrusion of neutrophils into the joint and synovial fluid are the main features of gouty arthritis [44-49]. After monocytes and neutrophils were activated, these cells actively phagocytose monosodium urate fragments, which further triggers an inflammatory caspase response [50-54]. Therefore, prevention of inflammatory cell infiltration may be a potent therapeutic strategy against gouty arthritis [50]. The histopathological results in this research showed that the water fraction of *S. arvensis* significantly attenuated the infiltration of inflammatory cells into the synovium caused by monosodium urate fragments and increased synovial hyperplasia. The water fraction is rich in secondary

metabolites, flavonoids, where they are compounds that act as antioxidants. The antioxidant ability of flavonoids is known to be an inhibitor of oxidant activity (reactive oxygen species) [46]. Suppression of reactive oxygen species activity will decrease the action of the inflammatory cascade in the synovial tissue.

Luteolin and apigenin, a class of flavonoids contained in *S. arvensis*, significantly inhibited TNFα-induced NF-κB transcriptional activation. However, they did not affect the degradation of IκB proteins and the nuclear translocation and DNA binding activity of NF-κB p65. Interestingly, the suppression of NF-κB activation by these flavonoids is due to inhibition of the transcriptional activation of NF-κB, since the compounds markedly inhibited the transcriptional activity of GAL4-NF-κB p65 fusion protein [54-55].

Quercetin, one of the class flavonoids in *S. arvensis,* inhibits the proliferative phase of inflammation and probably may act by inhibition. This impact may be due to the cellular migration to injured sites and accumulation of collagen. Cell migration appears as a result of a much different process, including adhesion and cell mobility. Flavonoids are naturally occurring compounds contained in *S. arvensis*. Such compounds have been noticed to have anti-inflammatory features, both in vitro and in vivo [56]. Several flavonoids have been found out to have significant anti-inflammatory activity [57]. This study has emphasized that the flavonoids are in charge of its anti-inflammatory action.

Conclusion

Sonchus arvensis water fraction has an anti-gout effect in monosodium urate-induced arthritis in rats by decreasing the inflammatory response in the synovial joint.

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your article was included in volume 94, number 3/2021 of the journal Medicine and Pharmacy Reports.

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Manuscript was published in journal website (August 2, 2021)

PHARMACOLOGY

Original Research

Evaluation of the anti-gout effect of *Sonchus Arvensis* on monosodium urate crystal-induced gout arthritis via anti-inflammatory action - an *in vivo* study

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Abstract

Background and aims. *Sonchus arvensis* is an Indonesian plant with strong therapeutic effects. Various studies have shown that this plant is useful in treating kidney stone disorders, and recent studies have shown that *S. arvensis* extract can reduce inflammation caused by monosodium urate crystal deposition in the synovial tissue. This study was aimed to explore the extract of *Sonchus arvensis*, via fractionation, to optimize the specific content of *S. arvensis* with anti-inflammatory potential in gout arthritis.

Methods. The study included 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. After one week of acclimatization, the rats were randomly divided into six groups, each group containing five animals; normal control group, monosodium urate group (negative control), colchicine group, hexane fraction of *S. arvensis* group, ethyl-acetate fraction of *S. arvensis* group and water fraction group. Before monosodium urate administration, rats in the colchicine group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine. IL-1β levels in joint synovial fluid were examined with Rat ELISA interleukin-1β.

Results. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Conclusion. *Sonchus arvensis* water fraction has anti-gout effects in monosodium urate-induced gout arthritis in rats by decreasing the inflammatory response in the synovial joint.

Keywords: Gouty arthritis, anti-inflammatory agents, plant extracts, kidney calculi

DOI: 10.15386/mpr-1959

Manuscript received: 04.11.2020
Received in revised form: 30.12.2020
Accepted: 28.01.2021

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Background and aims

Gouty arthritis is a chronic inflammatory condition characterized by severe pain and severe swelling of one or more synovial joints. This disorder is caused by excessive nucleic acid metabolism and leads to the deposition of monosodium urate (MSU) crystals in the synovial space [1]. Deposition of MSU crystals in the joint synovial tissue will cause an inflammatory reaction at the deposition site in the form of leukocyte infiltration and is followed by phagocytosis by macrophages/monocytes. This condition is followed by membrane lysis, the production of reactive oxygen species (ROS) and the release of lysozyme enzymes [2].

Reactive oxygen species will cause oxidative stress in cells and joint tissues; wherein there will be stimulation of the inflammatory pathway cascade

due to the activation of the transcription factor, nuclear factor-kB (NF-KB). Activation of NF-KB will lead to the activation of transcription and translation of the protein cytokine interleukin 1B (IL-1B) and activation of tumor necrotic factor α (TNF-α) cytokines [3]. Activation of these pro-inflammatory cytokines will lead to erosion and damage to joint tissues. Nonsteroidal anti-inflammatory drugs (naproxen and indomethacin), corticosteroids and colchicine are the first-line therapy for gouty arthritis and myelosuppression [4-5]. Therefore, it is desirable to explore new therapeutic modalities that are superior in dealing with inflammation due to gouty arthritis and minimal side effects.

Indonesia is a country with the second-largest biological wealth in the world after Brazil. With such enormous natural potential, it is very reasonable that this grace of nature should be explored optimally to obtain new therapeutic modalities for gout arthritis. *Sonchus arvensis* is widely distributed throughout the Indonesia, and a member of *Asteraceae* family. This plant is usually consumed as raw food (salad) in Indonesia as a cheap and common source of proteins, vitamins and minerals. Consumption of this plant, especially as fresh food (raw), is believed to be effective in overcoming various health problem such as hepatotoxicity [6], nephrotoxicity [7], cardiotoxicity [8,9], asthma [10], brain dysfunction [11], adrenal dysfunction [12], and oxidative stress [13].

S. arvensis has a strong anti-inflammatory potential [14] with the presence of flavonoid compounds (luteolin, luteolin 7-O glucoside, kaempferol, orientin, quercetin) [15,16]. *S. arvensis* flavonoid content is an essential secondary metabolite that plays a role in suppressing the inflammatory process due to crystal deposition-monosodium urate in joint tissue through suppression of ROS activity on monosodium urate-deposited tissue [17-20]. This study was aimed to explore the extract of *Sonchus arvensis*, by *S. arvensis* fractionation, to optimize the specific content of *Sonchus arvensis* with anti-inflammatory potential in gout arthritis.

Methods

Animal model

The study was carried out on 30 rats (*Rattus norvegicus*) Wistar strain obtained from the Eureka Research Laboratory (Palembang, Indonesia) weighing between 200 - 250 grams. All rats were kept in cages under controlled conditions of 12 hour day and night cycle, temperature 22±1°C and room moistness 40-60% and given food ad libitum. The research treatments and procedures received approval from the medical research ethics committee of the Faculty of Medicine, Universitas Sriwijaya (No. 187 / kptfkunsri-rsmh / 2020).

Tempuyung fractionation preparation

Simplicia of *Sonchus arvensis* were obtained from the Tawangmangu Herbal Research Center, Karanganyar, Indonesia, by first carrying out the determination test of plant species at the Biological Research Center of the Indonesian Institute of Sciences (LIPI) (No.780/ IPH.1.02/ If.8/V/2020). *S. arvensis* extraction process was carried out by maceration in which 500 grams of simplicia were macerated with 96% ethanol for 72 hours. Furthermore, the separation process of dregs and macerate were done. Macerate continued with the fractionation process with n-hexane, ethyl acetate and water solvents, to obtain the n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) from *S. arvensis*.

MSU crystal synthesis

A total of 0.8 grams of uric acid was liquefied in 155 mL of aqua bidest containing 5 mL of NaOH (1M), pH 7.2. The gouty blend was frozen and stirred at room temperature and stored overnight at 4°C. Next, the residue was purified from the solution, dried at 70°C for 4 hours, prepared into a fine powder, sieved with a 200 mesh metal filter, sterilized at 180°C temperature for two hours and saved in sterile conditions. Before administration, MSU crystals were suspended in saline-buffered phosphate, pH 7.2 at 20 mg/mL.

Animal model of gout arthritis

After one week of acclimatization, the rats were randomly divided into the following six groups, each containing five rats: normal control group (Con), monosodium urate (MU) group (negative control); monosodium urate-induced and colchicine (0.28 mg/kg) treatment group (Pos); monosodium urate-induced and n-hexane fraction of *S. arvensis* (20 mg/kg) treatment (FH) group; monosodium urate-induced and ethyl acetate fraction of *S. arvensis* (20 mg/kg) treatment (FE) group; and monosodium urate-induced and water fraction of *S. arvensis* (20 mg/kg) treatment (FA) group. Before MU administration, rats in the Pos group, as a positive control group, were given orally for seven days with 0.28 mg/kg/day colchicine (Dexa Medica, Indonesia). The animals in the treatment group were given n-hexane fraction (FH), ethyl acetate fraction (FE) and water fraction (FA) of *S. arvensis* once daily for a week, and the dosage used was 20 mg/kg each rat. The control group and the model group were given the same amount of 0.9% saline (10 ml/kg) used a sonde for a week. Furthermore, arthritis gout was induced on the seventh day, an hour after treatment. The rats were anesthetized by injecting 10% chloral hydrate (3.5 mL/kg) intraperitoneally. Before that, each rat in the treatment group was given 50 ml of monosodium-urate solution (20 mg/ml) and injected into the left ankle joint gap. Each rat in the control group received an injection of 50 µl of saline in the cavity of the left ankle joint. Rats were sacrificed with an intraperitoneal injection of 10% chloral hydrate. Evacuation of the joint synovial fluid, which was then performed centrifugal rotation at 10,000 rpm for ten minutes and temperature 25°C. The supernatant was kept at -20°C for analysis of IL-1β examination using the ELISA method.

Meanwhile, the joint synovial tissue was evacuated, some of which were homogenized and centrifuged to obtain a supernatant and put it in a later RNA solution (Sigma Aldrich, Singapore) and stored at -20°C, for western blotting TNF-α examination. Part of the synovial tissue was fixed in 4% paraformaldehyde buffer for histopathological evaluation of the synovial tissue.

Histopathological evaluation

Synovial tissue that was fixed with 4% paraformaldehyde buffer was dehydrated using graded alcohol and xylene, then paraffined and cut to a 5 um thickness using a spinning microtome (Leica, Weitzar, Germany). The result of the cuts was then placed on a glass object and dyed with hematoxylin and eosin. Histopathological changes in synovial tissue were interpreted under a microscope (Olympus, Tokyo, Japan).

Enzyme-linked immunosorbent assays (ELISA) IL-1β

IL-1β levels in the joint synovial fluid were examined with Rat ELISA IL-1β (Cloud Clone, Hangzhou, China), based on the manufacturer's protocols. In brief, 50 µl of standard diluent or serum samples were added to the well coated with anti-IL-1β and incubated at 37°C for 30 minutes. After the plates were washed, 100 µl of the biotinylated antibody compound was added and set for 30 minutes at 37°C. After rinsing three times, 50 ul avidin-peroxidase complex solution was added and incubated for 15 minutes at 37°C. After that, 50 µl of tetramethylbenzidine colour solution was added and set in the darkness for 15 minutes at 37°C. Subsequently, 50 ul stop solution was added to stop the reaction, and the optical density (OD) was assessed using an ELISA reader (Biorad, California, USA), the wavelength of 450 nm.

Western blot TNF-α

This process begins with the protein extraction stage. The synovial tissue of the joints was put into a RIPA buffer (Sigma Aldrich, Hangzhou, China) equipped with PMSF on frozen water for 5 minutes. After centrifugation process at 12.000 rpm for ten minutes at 4˚C, the supernatant was collected as total protein lysate. Cytoplasmic and nuclear proteins were extracted from the synovial tissue using a protein extraction kit (Sigma Aldrich, Hangzhou, China), according to the manufacturer's protocol. In short, the synovial tissue is cut into small pieces and homogenized with a protein extraction agent. After incubation on ice for fifteen minutes and centrifugation at 5000 rpm for 5 minutes at 4°C, the supernatant was accumulated as partial cytoplasmic protein, while the pellets were re-extracted in the extraction buffer. After keeping on ice for 15 minutes and centrifugation process at 12.000 rpm for 5 minutes at 4°C, the supernatant was combined with cytoplasmic proteins. The pellets were then again extracted in the extraction buffer and shook hard for thirty minutes at 4°C. After centrifugation at 12.000 rpm for ten minutes at 4°C, the protein was collected. The total protein concentration was quantified using the BCA Protein Assay (Sigma Aldrich, Hangzhou, China) kit.

A total of 40 µg of extract protein was separated at SDS-PAGE 10%. Next, the isolated protein was transferred to the PVDF (Millipore) membrane and blocked with 5% non-fat milk on Triss-buffered saline with Tween 20 for an hour at room temperature. The membranes were incubated overnight at 4°C with rabbit polyclonal TNF-α 1:700 primary antibodies (Cloud Clone, Hangzhou, China). Moreover, incubation was carried out with secondary antibodies, horseradish peroxidase-conjugated goat anti-rabbit 1: 5000 for 45 minutes at 37°C. Furthermore, the results of blotting were visualized with chemiluminescence (Biorad, California, USA). Blotting was standardized by blotting β-actin.

Phytochemical test

Test for phenols

The test was performed by using the method of Sofowora [21]. 2 ml extract was taken in a beaker glass. Then, 2 ml of ferric chloride solution was added. A deep bluish-green solution indicated the presence of phenols.

Test for terpenoids

Salkowski test was performed by using the method of Edeoga et al [22]. 5 ml of aqueous extract was mixed in 2 ml of chloroform. Then 3 ml of concentrated sulfuric acid was poured to form a layer. A reddish-brown coloration of interface indicated the presence of terpenoids.

Test for saponins

The test was performed using the method of Edeoga et al [22]. 2 g of the powdered sample boiled in 20 ml of distilled water in a water bath and filtered the solution. Then 10 ml of the filtrate was mixed with 5 ml of distilled water and shaken vigorously for a stable, persistent foam. The foam was mixed with three drops of olive oil and shake vigorously, which leads to the formation of the emulsion; indicated the presence of saponins.

Test for flavonoids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was heated with 10 ml ethyl acetate over a steam bath (40–50°C) for 5 minutes. The filtrate was treated with 1 ml dilute ammonia. A yellow coloration demonstrated positive test for flavonoids.

Test for alkaloids

The test was performed by using the method of Harborne [23]. 1 g powdered sample was extracted with 5 ml methanol and 5 ml of 2N hydrochloric acid. Then the filtrate was tested with Meyer's and Wagner's reagents. The samples were scored positive, based on turbidity.

Statistical analysis

All data were presented as mean ± standard deviation, and statistical analysis was performed with the SPSS 25 (IBM) program. One way ANOVA accompanied by a post hoc analysis was carried out to assess the difference in mean expression levels of each protein. $P < 0.05$ was determined as an indication that there was a significant difference in mean levels.

Results

Tissue evaluation and analysis with H&E staining were performed on each *S. arvensis* fraction. Figure 1, shows that when compared with the control group, the histopathological features of the MU model group showed a large number of inflammatory cells showing the reaction of inflammation. Besides, the inflammation response decreased in the *S. arvensis* fraction treatment group. *S. arvensis* water fraction showed the most significant reduction in inflammatory cells compared to the hexane or ethyl acetate fractions. The water fraction of *S. arvensis* group had an equal effect with positive control in reducing the infiltration of inflammatory cells in the synovial tissue.

Table I. Level of IL-1β in synovial fluid.

No.	Group	IL-1β (pg/mL) ± SD	p-value*
1.	Con	28.26±3.41	0.001
2.	MU	496.23±15.43	-
3.	Pos	97.41±7.21	0.001
4.	FH	386.12±21.43	0.001
5.	FE	298.11±18.65	0.001
6.	FA	155.83±10.12	0.001

Notes: Con: normal control group, MU: monosodium urate-induced group (negative control), Pos: monosodium urate-induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group.*
*vs MU; ANOVA, pos hoc Bonferroni; p<0,05

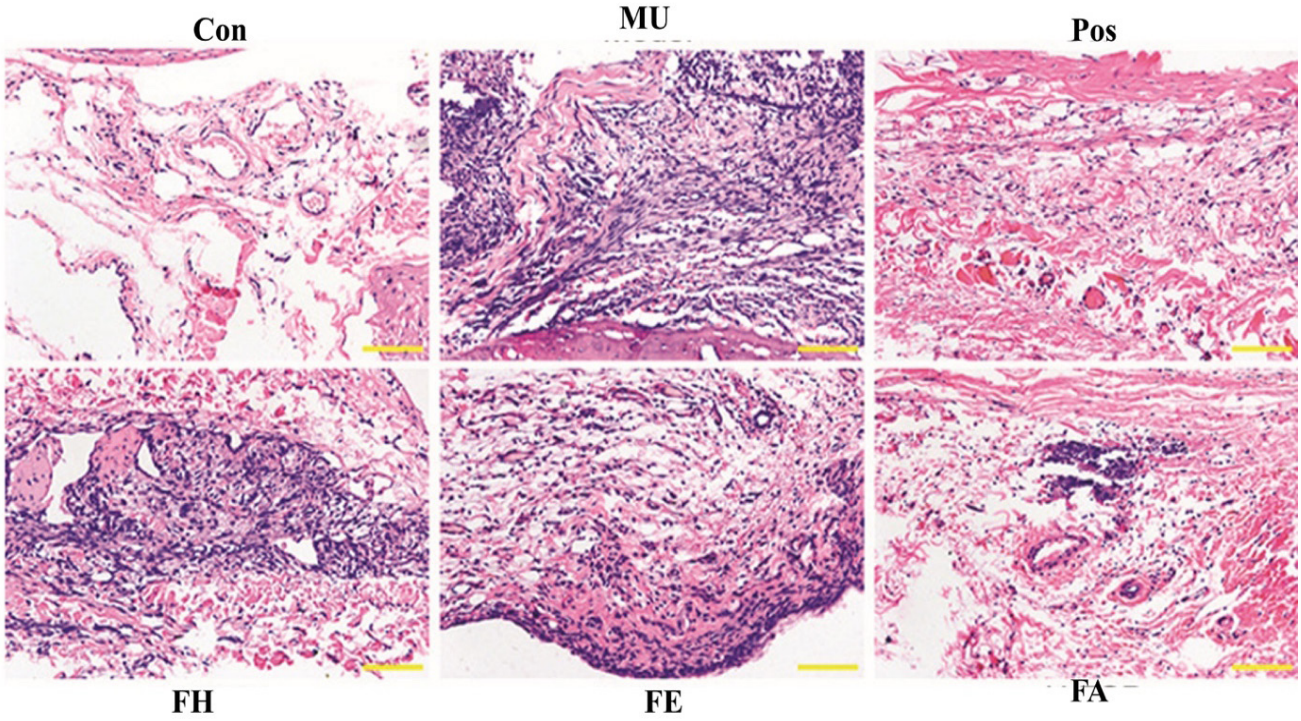

Figure 1. Effect of fraction *S. arvensis* on monosodium urate-induced gout arthritis and inflammatory cell infiltration. Hematoxylin and eosin stained for histological assessment. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*. Magnification x200.

Table II. Phytochemical test of *S. arvensis* fraction.

S. arvensis fraction	Saponin	Alkaloid	Triterpenoid	Phenol	Flavonoid
n-hexane fraction	+	-	++	++	-
Ethyl acetate fraction	+	+	-	+	+
Water fraction	+	+	+	+	++

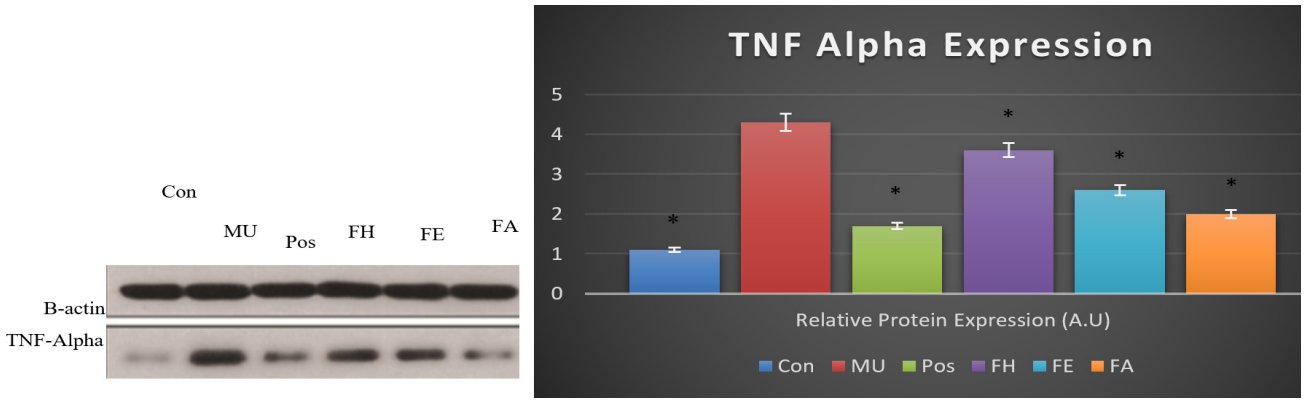

Figure 2. Effect of *S.arvensis* fraction on monosodium urate-induced TNF alpha activation in synovial of rats. Con: normal control group, MU: monosodium urate- induced group (negative control), Pos: monosodium urate- induced and colchicine treatment group (positive control), FH: monosodium urate-induced and hexane fraction of *S. arvensis* group, FE: monosodium urate-induced and ethyl acetate fraction of *S. arvensis* group, FA: monosodium urate-induced and water fraction of *S. arvensis group*.
* p<0,05 versus model group; ANOVA, pos-hoc Bonferroni.

Table I shows in the experimental group of animals that were induced with monosodium urate increased levels of IL-1B in the synovial tissue. This result indicates that monosodium urate induction causes inflammation of the synovial tissue. The administration of *S. arvensis* fraction showed the ability to reduce IL-1B levels where the largest decrease was seen in the group that received the *S. arvensis* water fraction treatment.

Figure 2 shows the potential of the *S. arvensis* fraction in reducing the expression of the pro-inflammatory cytokine protein, TNF alpha. Water fraction of *S. arvensis* was able to reduce the expression of TNF alpha protein more potently than the hexane and ethyl acetate fractions.

Table II shows that each fraction shows a difference in the content of active metabolites contained. The hexane fraction is rich in triterpenoids and phenol, while the water fraction is rich in flavonoids.

Discussion

Quality of life improvement results in the increase of the incidence of gouty arthritis. Gouty arthritis is an inflammatory disease caused by the accumulation of monosodium urate fragments in the joints. The underlying mechanism is the activation of the inflammatory cascade induced by monosodium urate fragments, which has been investigated for several years, and several studies have shown that pro-inflammatory cytokines, as well as IL-1β and TNF-α, and transcription factor, NF-κB, are essential. In the initiation and propagation of gouty arthritis induced by monosodium urate fragments [24-29]. In the pathophysiology of gouty arthritis, NF-κB signaling can encourage the production of genes encoding pro-inflammatory cytokines.

In contrast, overexpression of TNF-α and IL-1β can directly stimulate the NF-κB pathway, lead to a positive feedback loop, then amplify the inflammatory response and cause joint damage [30-34]. Usually, NF-κB attaches to the inhibiting protein, IκB, and is localized in the cytoplasm. Particular stimuli, including monosodium urate fragments, can cause a reduction of IκB and translocation of NF-κB into the nucleus where it controls the transcription of different target genes [35-39]. In this study, serum IL-1β and TNF-α levels were considerably increased in response to monosodium urate fragments.

Exploration of natural ingredients as a new modality in the management of gout arthritis is a necessity, given the absence of optimal control of this disorder [40,41]. *S. arvensis* is a medicinal plant with optimal potency for the management of gout arthritis [42,43]. This study showed that *S. arvensis* was able to reduce the inflammatory response caused by the induction of uric acid crystals in the joints. This study indicates that *S. arvensis* extract can reduce the expression of pro-inflammatory cytokines, IL-1β and TNF-α. It is well known that the accumulation and intrusion of neutrophils into the joint and synovial fluid are the main features of gouty arthritis [44-49]. After monocytes and neutrophils were activated, these cells actively phagocytose monosodium urate fragments, which further triggers an inflammatory caspase response [50-54]. Therefore, prevention of inflammatory cell infiltration may be a potent therapeutic strategy against gouty arthritis [50]. The histopathological results in this research showed that the water fraction of *S. arvensis* significantly attenuated the infiltration of inflammatory cells into the synovium caused by monosodium urate fragments and increased synovial hyperplasia. The water fraction is rich in secondary

metabolites, flavonoids, where they are compounds that act as antioxidants. The antioxidant ability of flavonoids is known to be an inhibitor of oxidant activity (reactive oxygen species) [46]. Suppression of reactive oxygen species activity will decrease the action of the inflammatory cascade in the synovial tissue.

Luteolin and apigenin, a class of flavonoids contained in *S. arvensis*, significantly inhibited TNFα-induced NF-κB transcriptional activation. However, they did not affect the degradation of IκB proteins and the nuclear translocation and DNA binding activity of NF-κB p65. Interestingly, the suppression of NF-κB activation by these flavonoids is due to inhibition of the transcriptional activation of NF-κB, since the compounds markedly inhibited the transcriptional activity of GAL4-NF-κB p65 fusion protein [54-55].

Quercetin, one of the class flavonoids in *S. arvensis,* inhibits the proliferative phase of inflammation and probably may act by inhibition. This impact may be due to the cellular migration to injured sites and accumulation of collagen. Cell migration appears as a result of a much different process, including adhesion and cell mobility. Flavonoids are naturally occurring compounds contained in *S. arvensis*. Such compounds have been noticed to have anti-inflammatory features, both in vitro and in vivo [56]. Several flavonoids have been found out to have significant anti-inflammatory activity [57]. This study has emphasized that the flavonoids are in charge of its anti-inflammatory action.

Conclusion

Sonchus arvensis water fraction has an anti-gout effect in monosodium urate-induced arthritis in rats by decreasing the inflammatory response in the synovial joint.

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