



***EFFECTS OF Morinda citrifolia L. LEAF EXTRACT ON HUMAN
TLYMPHOBLATIC LEUKEMIA (JURKAT) CELL AND WEHI-3B CELL-
INDUCED MURINE LEUKEMIA***

NEGIN AHMADI

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By

NEGIN AHMADI

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfillment of the Requirements for the Degree of Doctor of Philosophy**

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the Degree of Doctor of Philosophy

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By

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Faculty : Medicine and Health Sciences

Morinda citrifolia (Rubiaceae) or *mengkudu* is familiarly known as Ba JiTian, Noni or Nonu, Indian Mulberry, Nhau and Cheese fruit. There has been no literature reported on the mechanism of *Morinda citrifolia* leaf extract and its effects on leukemia. Therefore, the anti-leukemic effect of *Morinda citrifolia* leaf extract was examined on a human T-lymphoblastic leukemia (JURKAT) cells line and on WEHI-3B (myelomonocytic leukaemia) cell-induced murine leukemia.

MTT assay, fluorescent microscope, flow cytometric analysis after Annexin V-FITC staining, cell cycle, TUNEL assay, and caspase-3, -8 and -9 assays were employed. The study showed that *Morinda citrifolia* leaf extract significantly ($P < 0.05$) suppressed proliferation of JURKAT and WEHI-3B cells *in vitro* in a time-dependent manner with an IC_{50} of 14.5 ± 0.1 and 17.05 ± 0.14 $\mu\text{g/ml}$ at 72 hours. The anti-proliferative effect of *Morinda citrifolia* leaf extract on JURKAT and WEHI-3B cells was shown to induce apoptosis via extrinsic pathway. The study also attempts to determine the effect of *Morinda citrifolia* leaf extract and Zerumbone on WEHI-3B cells. The results show that exposure of WEHI-3B cells to *Morinda citrifolia* leaf extract along with Zerumbone caused a greater level of cell progress inhibition than either extract alone.

BALB/c mice were leukemia-induced with a single intraperitoneal injection of WEHI-3B cells (1×10^6 cells/animal). The *in vivo* study revealed that oral *Morinda citrifolia* leaf extract at doses of 100 mg/kg and 200 mg/kg suppressed the proliferation of leukemic cells in leukemic mice by the decrease in leukemic cell population in the spleen. Histopathologic, electron microscopic, immunochemical evaluations and TUNEL assay studies showed the *Morinda citrifolia* leaf extract leukemia suppression is via apoptosis. To determine whether the leukaemia was restricted to the peritoneal cavity, this study evaluated whether i.p. inoculated WEHI-3 cells were able to migrate to the bone marrow. It is observed that WEHI-3 cells were present in the marrow of inoculated mice as early as 24 h post-inoculation, demonstrating the ability of these cells to colonise secondary sites. This observation demonstrates their aggressive nature, which resulted in

the mortality of all animals tested within 30 days. By contrast, under identical conditions, *Morinda citrifolia* leaf extract markedly promotes the proliferation of mouse normal mononuclear bone marrow cells.

Using qRT-PCR Array, on the spleen cells of *Morinda citrifolia* leaf extract treated leukemic mice indicated the molecular mechanisms accountable for the effective treatment included anti-inflammatory and immune-modulating responses, JAK-STAT signaling, and hematopoiesis pathways.

To define potential toxicity of *Morinda citrifolia* leaf extract, human peripheral blood mononuclear cells (PBMC) were treated *in vitro* with serial concentrations of *Morinda citrifolia* leaf extract up to 100 µg/mL and normal BALB/c mice treated orally with *Morinda citrifolia* leaf extract at doses up to 200 mg/kg. The treatment did not produce any sign of toxicity in either normal human peripheral mononuclear cells or mice at any of the doses used, indicating that *Morinda citrifolia* leaf extract is safe for parenteral use.

In conclusion, the *Morinda citrifolia* leaf extract, inhibited the proliferation of leukemia *in vitro* and *in vivo* leading to the programmed cell death. The *in vivo* study on a xenographic leukemia BALB/c mice model clearly shows that *Morinda citrifolia* leaf extract inhibited the proliferation of leukemia via the induction of apoptosis and other signal transduction pathways.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Doktor Falsafah

KESAN EKSTRAK DAUN *Morinda citrifolia* L. SEL LEUKEMIA T-LIMFOBLAS MANUSIA (JURKAT) DAN LEUKEMIA MENCIT TERARUH SEL WEHI-3B

Oleh

NEGIN AHMADI

Jun 2016

Pengerusi : Profesor Suhaila Mohamed, PhD
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Morinda citrifolia (Rubiaceae) atau mengkudu biasanya dikenali sebagai Ba JiTian, Noni atau Nonu, Indian Mulberry, Nhau dan Cheese fruit. Tiada kajian yang dilaporkan berkenaan mekanisme ekstrak daun *Morinda citrifolia* dan kesannya terhadap leukemia. Oleh itu, kesan antileukemia bagi ekstrak daun *Morinda citrifolia* telah diuji ke atas titisan sel leukemia T-limfoblastik manusia (JURKAT) dan leukemia murin yang dicetuskan oleh sel WEHI-3B (leukemia mielomonosit).

Sel JURKAT dan WEHI-3B diguna untuk menentukan sifat antikanser ekstrak daun *M. citrifolia*. Assai MTT, mikroskopi pendarfluor, elektron imbasan dan pancaran, analisis sitometri aliran selepas pewarnaan annexin V-FITC, assai kitaran sel dan TUNEL, assai kaspase-3, -8, -9 telah diguna. Kajian ini menunjukkan ekstrak daun *M. citrifolia* bersandarkan masa pemproliferasen sel JURKAT *in vitro* dengan IC_{50} 14.5 ± 0.1 dan 17.05 ± 0.14 $\mu\text{g/mL}$, masing-masing pada jam 72. Kesan antipemproliferasen ekstrak daun *M. citrifolia* terhadap sel JURKAT dan WEHI-3B disabitkan dengan pengaruhan apoptosis melalui arah ekstrinsik. Kajian ini juga bertujuan untuk menentukan kesan *Morinda citrifolia* ekstrak daun dan zerumbon pada sel-sel Wehi-3B. Keputusan menunjukkan bahawa pendedahan sel Wehi-3B untuk *Morinda citrifolia* daun ekstrak bersama-sama dengan zerumbon disebabkan tahap yang lebih besar daripada kemajuan sel perencatan daripada sama ada mengekstrak sahaja.

Mencit BALB/c diaruh untuk mendapat leukemia dengan suntikan WEHI-3B cell (1×10^6 cells/mencit) secara intraperitoneum. Kajian *in vivo* ini menunjukkan dos oral ekstrak daun *M. citrifolia* pada 60 mg/kg telah merencat pemproliferasen sel leukemia dalam mencit BALB/c yang ternyata dengan penurunan populasi sel leukemia dalam limpa. Berasaskan penilaian histologi, mikroskopi elektron, imunokimia dan assai TUNEL, kesan ekstrak daun *M. citrifolia* ekstrak daun dalam perencatan leukemia ialah melalui apoptosis.

Untuk menentukan sama ada leukemia ini dihadkan kepada rongga peritoneal, kita dinilai sama ada i.p.-disuntik Wehi-3 sel-sel dapat berhijrah ke sum-sum tulang. Kami mendapati bahawa Wehi-3 sel terdapat di dalam sumsum tikus disuntik seawal 24 h selepas inokulasi, menunjukkan keupayaan sel-sel untuk menjajah laman menengah. Pemerhatian ini menunjukkan sifat agresif mereka, yang mengakibatkan kematian semua haiwan yang diuji within 30 hari. Sebaliknya, di bawah keadaan yang sama, *Morinda citrifolia* ekstrak daun ketara menggalakkan percambahan tetikus mononuklear normal sel-sel sum-sum tulang.

Untuk menentukan ketoksikan potensi *M. citrifolia* ekstrak daun, sel mononukleus darah periferi manusia (PBMC) telah diperlakukan *in vitro* dengan kepekatan bersiri *M. citrifolia* ekstrak daun sehingga 100 µg/mL dan mencit BALB/c diperlakukan secara oral dengan *M. citrifolia* ekstrak daun pada dos setinggi hingga 200 mg/kg. Perlakuan ini tidak menghasilkan sebarang petanda ketoksikan sama ada terhadap PBMC manusia atau mencit normal pada mana-mana dos yang diguna, menunjukkan ekstrak daun *M. citrifolia* adalah selamat untuk diguna secara parenteral.

Setelah menggunakan tatasusunan qRT-PCR pada sel limpa tikus leukemia yang dirawat dengan ekstrak daun *Morinda citrifolia*, didapati bahawa mekanisme molekul yang bertanggungjawab ke atas rawatan yang berkesan termasuklah tindak balas antiradang dan tindak balas modulasi imun, pengisyratan JAK-STAT dan laluan hemopoiesis.

Kesimpulannya, ekstrak daun *M. citrifolia* merencatkan proliferasi leukemia *in vitro* dan *in vivo* dan menyebabkan kematian sel terprogram. Kajian *in vivo* ke atas model tikus leukemia BALB/c xenograf jelas menunjukkan bahawa ekstrak daun *M. citrifolia* merencatkan proliferasi leukemia melalui induksi apoptosis dan laluan transduksi isyarat yang lain.

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This thesis was submitted to the Senate of the Universiti Putra Malaysia and has been accepted as fulfillment of the requirements for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

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This is to confirm that:

- the research conducted and the writing of this thesis was under our supervision;
- supervision responsibilities as stated in the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) were adhered to.

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LIST OF ABBREVIATIONS

°C	Degree Celsius
®	Trade Mark
µg	Microgram
µl	Microlitre
µm	Micro Meter
Å	Angstrom
AA	Arachidonic Acid
AB	Apoptotic Body
ACUC	Animal Care And Use Committee
ADP	Adenosine Di Phosphate
Alb	Albumin
ALL	Acute Lymphocytic Leukemia
ALP	Alkaline Phosphatase
ALT	Alanine Aminotransferase
AML	Acute Myelogenous Leukemia
AO	Acridine Orange
AST	Aspartate Aminotransferase
ATCC	American Type Culture Collection
Bad	Bcl-2-associated death promoter
Bak	Bcl-2 homologous antagonist killer
Bax	Bcl ₂ associated x protein
B-cell	B lymphocyte
Bcl-2	B cell lymphoma 2
BCL2L12	Bcl-2-like protein 12

Bcl-xL	B cell lymphoma extra large
BDMA	Benzyl dimethyl amine
BH1-BH3	Bcl-2 homology 1-3
BHT	Butylated Hydroxytoulene
Bid	BH3 interacting-domain death agonist
Bik	Bcl-2-interacting killer
Bim	Bcl2-interacting mediator
BL	Blebbing of cell membrane
BSA	Bovine Serum Albumin
CB	Conjugated Bilirubin
CC	Chromatin Condensation
CD	Cluster Of Differentiation
CLL	Chronic Lymphocytic Leukemia
Cm	Centimeter
cm ²	Square Centimetre
CML	Chronic Myelogenous Leukemia
CO ₂	Carbon Dioxide
COX-2	Cyclooxygenase -2
Creat	Creatinine
Cyt-c	Cytochrome C
DMSO	Dimethyl Sulphoxide
DNA	Deoxyribo Nucleic Acid
DTBN	5, 5 Dithiohis-2-Nitrobenzoic Acid
DTT	Dithiothreitol
EA	Early Apoptosis

EDTA	Ethyl Diamine Tetra Acetic Acid
EGFR	Epidermal Growth Factor Receptor
ELISA	Enzyme Linked Immunosorbant Assay
dNTP	Deoxyribonucleotide
FAB	French–American–British Classification
FCS	Fetal Calf Serum
FITC	Fluorescein Isothiocyanate
G	Gage
g	Gram
G0/G1	Quiescent/ Gap 1
G2/M	Gap 2/Mitosis
GGT	Γ-Glutamyl Transferase
GSH	Glutathione
H&E	Haematoxylin And Eosin
h	Hour (S)
Hcl	Hydrochloric Acid
Hg	Mercury
HPLC	High Performance Liquid Chromatography
HPO	Hydrogenated Palm Oil
HRP	Horse Radish Peroxidase
IAP	Inhibitor Of Apoptosis Protein
IBS	Institute Of Bioscience
IC ₅₀	Half-Maximal Inhibitory Concentration
ICAM-1	Intercellular Adhesion Molecule 1
IDT	Integrated Dna Technologies

IDTE	Integrated Dna Technologies Edta
IgG	Immunoglobulin
IKK	Inhibitor Of Nuclear Factor Kappa-B Kinase
Inc	Incorporation
IκBα	Nuclear Factor Of Kappa Light Polypeptide Gene Enhancer In B-Cells Inhibitor, Alpha
κ	Kappa
kDa	Kilo Dalton
Kg	Kilogram
KH ₂ PO ₄	Potassium Dihydrogen Phosphate
Kv	Kilo Volt
L	Litre
LA	Late Apoptosis
LD	Loading Capacity
LIVES	Laboratory Of Immunotherapeutic And Vaccines
mA	Milliamp
MAKNA	National Cancer Council Malaysia
MDA	Malondialdehyde
MeOH	Methanol
mg	Milligram
min	Minute
mL	Millilitre
Mm	Micromolar
mm	Millimetre
MN	Mariginated Nucleus
MTT	3-(4,5-Dimethylthiazol-2-Yl)-2,5-Diphenyltetrazolium Bromide

n	Number
NaCN	Sodium Cyanide
NADPH	Nicotinamide Adenine Dinucleotide Phosphate
NaOH	Sodium Hydroxide
NBT	Nitro Blue Tetrazolium
NBT	Nitro Blue Tetrazolium
NF- κ B	Nuclear Factor Kappa-Light-Chain-Enhancer Of Activated B Cells
NH ₄ Cl	Ammonium Chloride
NIK	NF-Kb Inducing Kinase
NK	Natural Killer
nm	Nanometer
nmol	Nanomole
OD	Optical Density
$P < 0.05$	Probability Values Of Less Than Alpha 0.05
PARP	Peroxisome Proliferator Activated Receptor
PBS	Phosphate Buffer Saline
PBST	Phosphate Buffer Solution With Triton X-100
pH	Measurement For Hydrogen Ion Concentration
PhD	Doctor Of Philosophy
PI	Propidium Iodide
PMSF	Phenylmethanesulfonylfluoride Or Phenylmethylsulfonyl Fluoride
PS	Particle Size
PTA	Phosphotungstic Acid
RNAase	Ribonuclease Enzyme
RP	Reverse Phase

rpm	Round Per Minute
RPMI	Roswell Park Memorial Institute Medium
RT	Reverse Transcriptase
S	Synthesis Phase
SD	Standard Deviation
SDS-PAGE	Sodium Dodecyl Sulphate-Polyacrylamide Gel Electrophoresis.
Sec	Second (S)
SEM	Scanning Electron Microscope
SKHep 1	A Human Cell Line Of Endothelial Origin
SN	Secondary Necrosis
SOD	Superoxide Dismutase
SPSS	Statistical Package For The Social Sciences
survivin	Baculoviral Inhibitor Of Apoptosis Repeat-Containing 5
TB	Total Bilirubin
TBA	Thiobarbituric Acid
TCA	Tri-Chloro-Acetic Acid
T-cell	T Lymphocyte
TEM	Transmission Electron Microscopy
TEP	Tetra-Ethoxy Propane
TNF	Tissue Necrotizing Factor
TUNEL	Tdt-Mediated Dntp Nick-End Labelling
UPM	University Putra Malaysia
USA	United States Of America
UV	Ultra Violet
v/v	Volume To Volume

VC	Viable Cell
w/v	Weight To Volume
WHO	World Health Organization
Z	Zingiber
ZER	Zerumbone
β -actin	Beta Actin
γ	Gamma
θ	Theta

CHAPTER 1

INTRODUCTION

Leukemia is a group of heterogeneous neoplastic disorder of white blood cells characterized by uncontrolled proliferation and blockage in differentiation of hematopoietic cells (Lee et al., 2007). Basically, leukemia is a cancer of the organ that involves the blood: the bone marrow and the lymph system (Le Clerct et al., 2002). Leukaemia is the seventh most common occurring types of cancer in all races in the world (Alitheen et al., 2012). In 2014, 52,380 people are expected to be diagnosed with leukemia in malaysia. Decreased in incidence of infectious diseases and increased human life span caused prevalence of leukaemia (American Cancer Society, 2014). In Malaysia for myeloid leukemia, the incidence rates were 3.0 and 2.7 per 100,000 populations, in males and females, respectively. About 52,380 cases of leukemia are detected in 2014, causing 24,090 deaths in malaysia. Males are expected to account for approximately 57 percent of the new cases of leukemia (American Cancer Society, 2014) (Figures 1.1, 1.2 and Table 1.1).

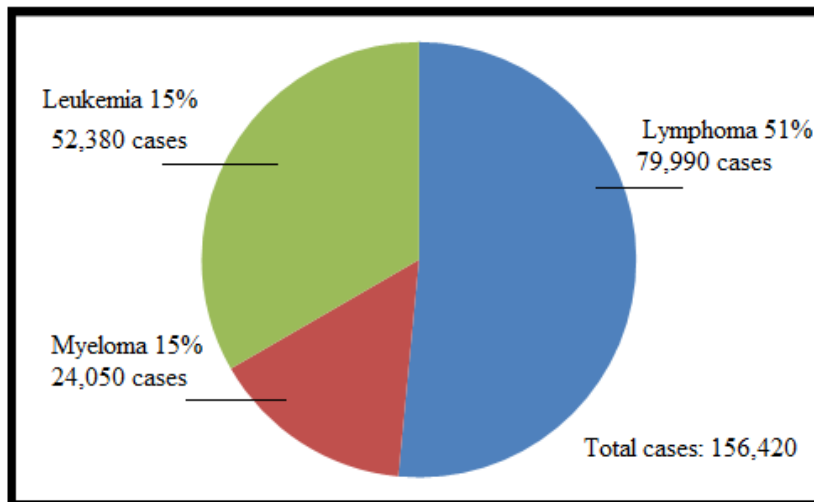


Figure 1.1 : Estimated new cases of leukemia, lymphoma, and myeloma, 2014 in malaysia. Cancer Facts and Figures, American Cancer Society, 2014.

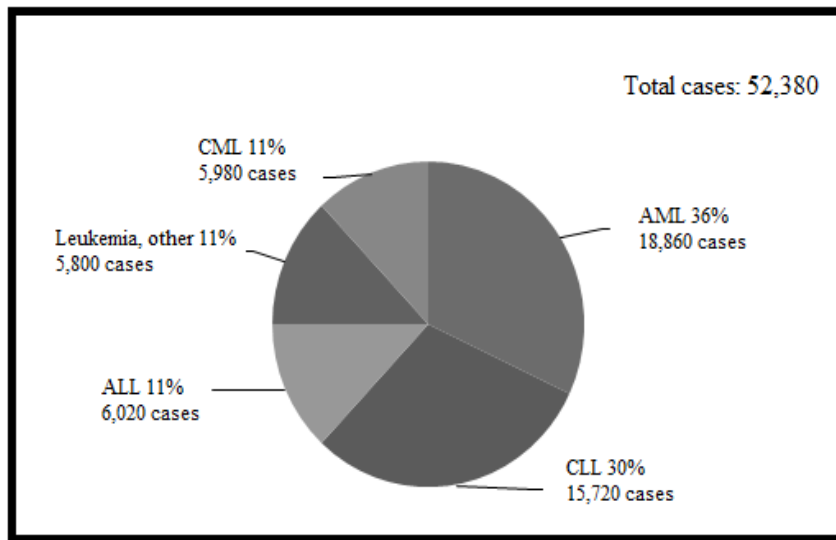


Figure 1.2 : Estimated proportion of new cases in 2014 for types of leukemia, adults and children in Malaysia. Cancer Facts and Figures, American Cancer Society, 2014.

Table 1.1 : Estimated Deaths (All Age Groups) from All Types of Leukemia, in Malaysia, 2014.

Type	Total	Male	Female
Acute Lymphoblastic Leukemia	1,440	810	630
Chronic Lymphoblastic Leukemia	4,600	2,800	1,800
Acute Myeloid Leukemia	10,460	6,010	4,450
Chronic Myeloid Leukemia	810	550	260
Other Leukemia	6,780	3,870	2,910
Total	24,090	14,040	10,050

Source: Cancer Facts and Figures, American Cancer Society; 2014.

There are some factors for developing of leukemia: hereditary syndromes such as Down syndrome, prior chemotherapy, ionizing radiation, smoking and viruses' infection. The use of therapeutic herbs in developing countries as cures against leukaemia is prominent. The plants being investigated for their leukemia therapeutic potential include *Hibiscus cannabinus* (Foo et al., 2012), *Vernonia amygdalina* root (Khalafalla et al., 2009), *Euphorbia formosana* (Hsieh et al., 2013), *Allium sativum* (Abdullah et al., 1988), *Moringa oleifera* (Eltayb et al., 2010), *Typhonium flagelliforme* (Mohan et al., 2010).

Morinda citrifolia (M.c) (Noni) or named mengkudu in Malaysia has been extensively used for its broad therapeutic effects, including anticancer activity, in both clinical practice

and laboratory animal models (Monthanapisut *et al.*, 2004). Six substances which are anthraquinones, epigallocatechin gallate, monoterpenes, terpenoid compounds and proxeronine had been identified in *M. citrifolia* that possess cancer preventive effects (Wang and Su, 2001). *M. citrifolia* anticancer effects had been reported in human and animals, both *in vivo* and *in vitro*. Damnacanthal, isolated from this herb can inhibit some human cancers in the colon, pancreas, lung as well as leukemia (Hiramatsu *et al.*, 1993).

Currently, the most widely used anti-leukemia therapies are chemotherapy, radiotherapy, hormonal therapy, immune therapy and bone marrow transplantation. Generally, most of these treatments will damage healthy cells and tissues with short to long-term side-effects (Butler, 2008). To avoid the side-effects extensive research is being conducted to discover innocuous therapeutic compounds as candidates for next generation anti-leukemic drugs. Although pharmaceutical companies prefer synthetic compounds to natural materials, the search for new and effective natural therapeutic agents, which offer better survival rates and fewer side-effects, still persists among researchers worldwide (Butler, 2008). The previous logical facts propose that *M. citrifolia* have possible to be developed as a new anti-cancer drug against leukemia. Then it can be hypothesized that this plant contains rich epicatechin and scopoletin and the mode of action of it may be apoptosis in leukemia cells *in vitro* (Lim, 2016). There is no information signifying the apoptosis pathways connected to this plant, that has to be severely evaluated.

This study attempts to determine the effect of *M. citrifolia* leaf extract on JURKAT T-lymphoblastic leukemia cells and WEHI-3B cell-induced myelomonocytic leukemia in mice. Therefore, the objective of this study is to investigate the anti-proliferative and cytotoxic effects of *M. citrifolia* leaf extract on human lymphocytic leukemia (JURKAT) cell line and WEHI-3B cell-induced myelomonocytic leukemia in mice and the biomolecular mechanisms involved.

Objectives of the Study

Main Objective

To evaluate the *in vitro* and *in vivo* anti-leukemic properties of *M. citrifolia* leaf extract.

Specific Objectives of the Research

1. To assess the cytotoxic and apoptotic effects of *M. citrifolia* leaf ethanolic extract and *M. citrifolia* leaf ethanolic extract-Zerumbone combination on JURKAT and WEHI-3B cells *in vitro*.
2. To determine the anti-leukemia effect of *M. citrifolia* leaf extract in male BALB/c mice model *in vivo*.
3. To determine the effect of *M. citrifolia* leaf extract on the metastasis of WEHI-3B cell-induced myelomonocytic leukemia to bone marrow and liver in BALB/c mice model.

4. To determine the mechanism of action of *M. citrifolia* leaf extract in leukemic mice by monitoring changes in gene expression of important cell regulatory pathways in selected cells.

Significance of the Present Study

Previous studies showed the immune modulatory and antitumor effects of *M. citrifolia* fruit juice on cancers induced in laboratory animals (transgenic mice and rats) using cultured cells (cultured leukemia cell line, K-Ras-NRK cells, Lewis lung carcinoma (LLC) cells and murine effector cells) and its synergistic effect with anticancer drugs (Hirazumi *et al.*, 1996; Hirazumi and Furusa 1999; Liu *et al.*, 2001; Wang and Su, 2001). There was a lack of demonstration of the effects of *M. citrifolia* leaf extract on WEHI-3B induced leukemia in BALB/c mice. From the outcome of this study, this remedial herb can be potentially suggested alone or synergistically used in combination with human leukemia anticancer drugs to prevent and treat leukemia in both man and animals.

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APPENDICES

Appendix A

Table A1: Histopathology lesion scoring for leukemic mice spleen tissues after staining with H & E staining.

Groups	Leukemic cells %	Non leukemic cells %	Score	Degree
Control	0.0±0.0	100.0±0.0	0	Normal
Leukemia	85.5±1.08*	14.49±0.9	4	More severe
M. citrifolia leaf extract (100mg/kg)	28.15±0.75**	71.85±0.75	1	Mild
M. citrifolia leaf extract (200mg/kg)	20.2±0.62**	79.8±0.22	1	Mild
ATRA	15.00±0.86**	85.00±0.86	1	Mild

Values are expressed as mean ± SD. Data been analyzed using post hoc comparison test-one way ANOVA, means compare by Tukey's-b test. (*): significant ($P<0.05$) increasing of leukemic cells in comparing to that of untreated control. (**): significant ($P<0.05$) reducing of leukemic cells in comparing to that of untreated leukemia control.

Table A2: Apoptotic lesion scoring for leukemic mice spleen tissues after staining with rTdT staining.

Groups	Apoptotic cells %	Non apoptotic cells %	Score	Degree
Control	4.0±0.5	95.52±0.5	0	No apoptosis
Leukemia	3.2±0.4	96.8±0.4	0	No apoptosis
M. citrifolia leaf extract (100mg/kg)	74.83±0.8	25.17±0.8	4	Massive apoptosis
M. citrifolia leaf extract (200mg/kg)	60.0±1.7*	38.17±2.9	4	Massive apoptosis
ATRA	83.0±0.5*	17.0±0.5	4	Massive apoptosis

Values are expressed as mean ± SD. Data been analyzed using post hoc comparison test-one way ANOVA, means compare by Tukey's-b test. (*): significant ($P<0.05$) increasing of apoptotic cells in comparing to that of untreated control.

Histopathology of Tissues

Formalin 10%

Formaldehyde 40%	100 mL
Sodium chloride	9 g
Distilled water	900 mL

Harri's Haematoxylin Solution

Aluminium potassium sulphate	20 g
Absolute ethanol	10 mL
Mercuric oxide	0.5 g
Hematoxylin crystals	1 g
Distilled water	200 mL

Eosin Solution

Stock Eosin Solution (1%)

Eosin Y	1 g
Distilled water	100 mL

Working Eosin Solution

Stock eosin solution	1 part
Ethanol (80%)	3 part

Harri's Hematoxylin and Eosin (H & E) Staining

Solution	Time period
Xylene	5 min
Ethanol 100%	5 min
Ethanol 70%	5 min
Rinse	2 min
Hematoxylin	5 min
Rinse	2 min
Acid alcohol (1%)	3 sec
Running tap water	2 min
Eosin	1 min
Ethanol 70%	5 min
Ethanol 100%	5 min
Xylene	5 min
Mounting with DPX	-

Appendix B

Electron Microscopy Solutions

Sodium Cocodylate (0.1 M) Solution

Sodium cocodylate	2.14 g
Distilled water	400 mL
Hydrochloric acid	0.2 M
PH=7.4	

Resin Mixture

DDSA	6 mL
MNA	5.5 mL
BDMA	0.5 mL
Agar 100 resin	10 mL

Appendix C

Cell Cycle Buffers

Washing Buffer

PBS	100 mL
EDTA	0.2 g
BSA	0.1 g
Sodium azide	0.1 g

Staining Buffer

PBS	100 mL
EDTA	0.00374 g
Triton X-100	0.1 mL
RNAase A (50 mg/mL)	0.1 mL
PI (10 mg/mL)	0.03 mL

Appendix D

TUNEL Assay Solutions

rTdT Incubation Buffer

Equilibration buffer	45 μ l
Nucleotide mix	5 μ l
rTdT enzyme	1 μ l

PBS-triton X-100-BSA

PBS	1 mL
Triton X-100	0.01 mL
BSA	0.005 g

PBS-PI-RNAase A

PBS	1 mL
PI (10 mg/mL)	0.005 mL
RNAase A (50 mg/mL)	0.01 mL

Appendix E

Wright Stain Reagents

Wright Stain Solution

Wright's dye	0.3 g
Glycerin	3 mL
Absolute methanol	100 mL

Wright's Buffer

Potassium phosphate	6.63 g
Dibasic sodium phosphate	2.56 g
Distilled water	1000 mL

Appendix F

Immunohistochemistry Solutions

Citrate Buffer Solution pH 6.0

Sodium citrate trisodium salt dehydrate	2.94 g
Distilled water	1000 mL

TBST

TBS	1000 mL
Tween-20	1 mL

DAB+ Substrate - Chromogen Solution

DAB-substrate	1 mL
Chromogen	20 μ L

LIST OF PUBLICATIONS

Mahnaz HP, Heshu SR, Ahmad BA, Rasedee A, Negin A. and Hemn H (2014). Comparison of Apoptotic Inducing Effect of Zerumbone and Zerumbone-Loaded Nanostructured Lipid Carrier on Human Mammary Adenocarcinoma MDA-MB-231 Cell Line. *Journal of Nanomaterials*, Volume 2014, Article ID 742738, 10 pages.

A. CONFERENCE PAPERS

Heshu SR, Rasedee A, Ahmad Bustamam A, Hemn HO, Zeenathul NA, and Negin A (2013). Zerumbone Loaded Nanostructured Lipid Carrier Regulate the Expression of Apoptotic Biomarkers in BALB/C Mice Model of Leukemia. *Asia-Pacific Journal of Molecular Medicine*, 3 (Suppl 1): P16. (ISI cited)

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