

TECHNOLOGICAL CHARACTERIZATION OF INDIGENOUS ENTEROCOCCAL POPULATION FOR PROBIOTIC POTENTIAL

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Abstract

Probiotics are the live microbial supplements of single or mixed cultures that produce health beneficial effects when ingested. Diversity in metabolic and/or physiological attributes has made *Enterococcus* a probiotic organism and quite conversely a second or third most common agent of nosocomial infections. The present study is a technological screening for the selection of potential probiotic isolates from the indigenous enterococcal population. Over 500 enterococcal strains have been isolated from sewage samples and baby fecal material, respectively collected from all 18 towns and well recognized hospitals of Karachi. Production of several enzymes and bioactive peptides/proteins has been screened from isolated microbes for instance alkaline phosphatase, bacteriocins, β -galactosidase, urease, protease, cytolysin and lipase etc. Among the total, 95.7%, 78.2% and 3.4% of enterococci have been found as producers of β -galactosidase, bacteriocin and hemolysin (cytolysin) respectively. Other metabolites have been less frequently produced by the isolates. The high prevalence of β -galactosidase suggests the constitutive nature of gene while fluctuation in different metabolite production indicates their dispensability and concomitantly delineates the significance of selection for probiotic organisms. Moreover, far less frequency of hemolytic enterococci suggest low prevalence of pathogenicity island in the indigenous enterococcal population. Conclusively, the findings facilitate not only the down right selection of occult probiotic enterococci but also provide baseline information for composition of potentially probiotic and pathogenic enterococci in the local microbial population.

Introduction

Probiotics are generally defined as live microbial supplements which provide health benefits to the host by bringing balance in the host intestinal microbial flora (Fuller, 1989). Probiotics have been found as prophylactic/therapeutic agents in case of many gastrointestinal ailments like lactose maldigestion, infections, constipation, cholesterolemia, hypertension, colorectal carcinoma, ulcerative colitis, Crohn's diseases, irritable bowel syndrome (IBS), food allergies and antibiotic induced diarrhoea (Daly & Davis, 1998; Sanders, 1998; Famularo *et al.*, 2005; Capurso *et al.*, 2006; Fan *et al.*, 2006; Parkes, 2007). Additionally, they are also known for the production of butyric acid and other cytokine inducing factors which have anti-aging and immuno-modulating effects respectively (Matsuzaki *et al.*, 1998; Roy *et al.*, 2006; Vizoso Pinto *et al.*, 2007). Certain *In vivo* studies are concluded on the note that LAB decreases the occurrences of DNA damages, inhibit activity of cancer causing enzymes and other cancer associated changes, this implies their role against cancer (Goldin & Gorbach, 1984; Ling *et al.*, 1994; Pool-Zobel *et al.*, 1993; 1996). World Health Organization actuation for the use of alternative therapeutics such as probiotics as disease control measures has intensified their public and research interest to

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considerable extent (Bengmark, 1998; Dunne & Shannahan, 2002). Indeed, a Leatherhead food RA's 1996 report has estimated that the probiotics share in global market is currently over US\$6.6 billions (Cathro & Hilliam, 1993). The therapeutic and preventive properties of probiotics are primarily based on the metabolic potential of their constituent microorganisms. Bacteria used in probiotic supplements are found to be the producers of various metabolites including enzymes, antimicrobial peptides and/or proteins and other biologically active substances (Tuomola *et al.*, 2001; Nes *et al.*, 2007). Among the enzymes perhaps the most significant is the β -galactosidase which helps in lactose digestion and conversely renders oligomerization of the products with substrate, cumulatively the enzyme ameliorate the disorders associated with lactose intolerance (Kotz *et al.*, 1994; Lin *et al.*, 1998; Sanders, 1998). Protease and lipase have their role in maintaining microbial balance in gastrointestinal tract by facilitating formation of biofilms. Moreover, products of proteolytic enzyme may abstrusely involve in the reduction of hypertension (Bouzaine *et al.*, 2005; Nallaparradsey *et al.*, 2006; Tallon *et al.*, 2007). Urease producing microbes may inhibit growth of various pathogenic bacteria and fungi in the gut of the host (Zwolinska-Wcislo *et al.*, 2006). Bacteriocins, the antimicrobial peptides or proteins, are traditionally defined as peptides which exhibit antimicrobial activity against closely related organisms (Jack *et al.*, 1995). These are yet another arsenal of probiotic microorganisms in order to establish microbial balance in the gut and indeed included in selection criteria for the microorganisms that tend to be the part of effective probiotics. Unlike the earlier believes, their antimicrobial potential ranges from gram negative food spoilage causing bacteria (Cintas *et al.*, 1997; Eijsink *et al.*, 1998) to even viruses (Wachsman *et al.*, 1999) and fungi (Saeed *et al.*, 2006).

The foremost bacterial groups that constitute majority of the probiotic supplements include Lactic Acid Bacteria (LAB) and *Bifidobacteria* (du Toit *et al.*, 1998; Sanders, 2000). However, probiotics properties for certain enterococci strains have also been stipulated (Linaje *et al.*, 2004; Saavedra *et al.*, 2003). *E. faecium* M-74 and *E. faecium* SF68 are two well known and commercially used probiotics strains. In particular, use of *E. faecium* SF68 has been found active in reducing the recovery period of acute diarrhoea, and decreasing blood cholesterol level (Benyacoub *et al.*, 2003; Richelsen *et al.*, 1996). Adhesion of enterotoxigenic strain, *Escherichia coli* K88 (an etiological agent of piglets diarrhoea) to piglet intestinal mucus was also found inhibited by *E. faecium* 18C23 by steric hindrance and alteration of pH (Jin *et al.*, 2000). Additionally, *E. faecium* EK13 a bacteriocin producing strain was successfully used to alleviate the experimental contamination of gonobiotic Japanese quails by *Salmonella enterica* serovar *Duesseldorf* (Laukova *et al.*, 2003). Enterococci though generally considered as normal inhabitant of gastrointestinal tract but they are concomitantly the second to third most common agent of nosocomial infections (Foulque Moreno *et al.*, 2006). Considering these, excluding pathogenic enterococci from the consortium of microbes as being the candidate for probiotics holds great importance. Metabolic characterization of enterococci will strongly abet in this connection. Hence the study has been designed in order to explore the probiotic potentials residing in the local enterococcal population, which has been isolated from sewage and baby fecal material.

Materials and Methods

Isolation: During June, August and November 2006 and January 2007, sewage samples were collected from randomly selected 5 different stations of main sewage lines from all 18 towns of Karachi. Similarly 20 samples of baby (<3 months) fecal material were also collected from well recognized hospitals situated at different regions of Karachi. After serial dilutions, samples were dispensed and spread over Bile Esculin Agar (BE; Merck). The black

colonies (appeared after 24 hours of incubation) on BE plates are of enterococci, which were subsequently patched over Brain Heart Infusion agar (BHI; Merck).

Enzymatic screening: For Amylase, β -galactosidase, lipase and protease production 1% soluble starch (w/v), 0.01% X-Gal (5-bromo-4-chloro-3-indolyl- β -D-galactopyranoside; w/v), 0.1% Tween-20 and 0.1% Tween-80 (v/v), and 1% casein (w/v) were added in BHI agar respectively. However, simple BHI agar was used for screening alkaline phosphatase and catalase. Urease activity was checked by mixing 4M filter-sterile urea solution in Urea agar base (Oxoid). After 24 hours of incubation, lipase and protease activity was detected as precipitated zones around patches on their respective agar plates. However, pink zone over urea agar plate was reflective of urease production. On dispensing iodine, clear zones around patch over starch agar plate indicated hydrolysis of starch or amylase production by tested strain. Effervescence and yellow color production over patch present on BHI agar plate on dispensing 3% hydrogen peroxide and 5mM 4-nitrophenylphosphate/para-nitrophenylphosphate pNPP (disodium salt hexahydrate), chromogenic substrate (Sigma) indicated catalase and alkaline phosphatase production respectively (Fig. 1). Animal liver tissues and simple BHI agar were used as positive and negative control respectively.

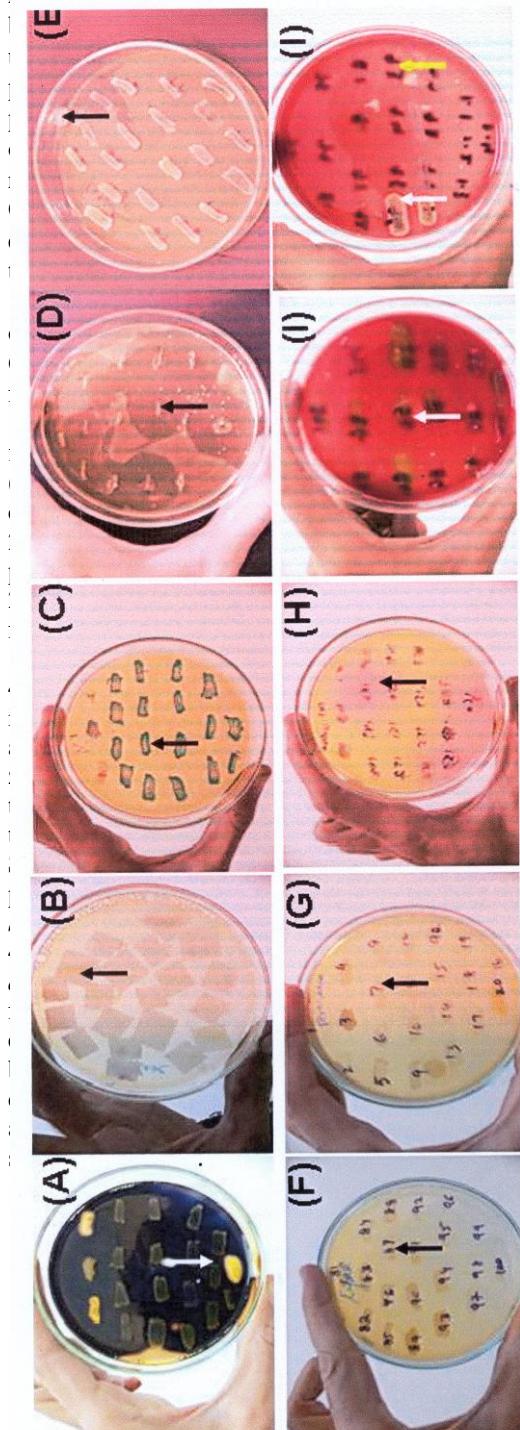
Bacteriocin production: All isolated strains were stabbed on BHI agar plates and after overnight incubation were exposed to pre-autoclaved filter paper soaked with chloroform for 30minutes. Plates were then over-layered using 0.6% soft agar previously mixed with 100 μ l log phase (OD₆₀₀; 1.0) cultures of *Enterococcus* SM-18 & 43, *Streptococcus pneumoniae*, *Staphylococcus aureus* and *Listeria monocytogenes* as sensitive strains (Fig. 1).

Hemolytic assay: Blood (AB+ve), drawn from a volunteer in a EDTA vacutainer was dispensed in pre-autoclaved blood agar base at 5% concentration. Isolated strains were patched over plates and incubated for 24-48 hours and hemolytic patterns were then observed as greenish (α -hemolysis) or clear zone (β -hemolysis) around the patch (Fig. 1).

Results and Discussion

Out of 535, 500 strains of enterococci were isolated from main stream sewage lines of Karachi while remaining 35 were of baby fecal origin. Isolates/strains were differentiated on the basis of their colonial morphology, pigment production, time and site of collection. All isolates were subsequently designated as SM-No.code. Enzymatic screenings revealed that out of 535 isolates, 512 (95.7%) were positive for β -galactosidase production. This high frequency of β -galactosidase producers enterococci is akin to the previous reports in this connection suggesting constitutive nature of β -galactosidase gene in the organism (Tao *et al.*, 2005). As β -galactosidase is known to hydrolyze the lactose into glucose and galactose, hence the production of the enzyme by enterococci when taken as probiotic, greatly reduces the ill manifestation caused by lactose mal digestion in humans. Additionally, oligomerization of products and substrate is also mediated by β -galactosidase which subsequently stimulates cytotoxic and humoral immunity *via* activation of macrophages and T-cells (Famularo *et al.*, 2005; Montaldo *et al.*, 2006; Mountzouris *et al.*, 2007; Parkes, 2007). Hence the production of this worthy enzyme by enterococci may also beneficially influence the host immune system. Followed by β -galactosidase, around 12.7% (68), 5.2% (28), 3.9% (21), and 3.5% (19) of the isolates

showed positive activity for alkaline phosphatase, protease, lipase and urease respectively. Role of protease and lipase is well documented in biofilm formation; therefore, it seems plausible to state that the mentioned enzyme production would help the producer enterococci to inhabit GI tract and consequently inhibit colonization of various pathogenic organisms (Nallaparradey *et al.*, 2006; Bourgogne *et al.*, 2006). Conversely, if the protease and/or lipase activity is present in hemolytic (pathogenic) enterococci, it may aggravate the virulence of the organism (Tendolkar *et al.*, 2003). Hence selection of protease and/or lipase producer organism(s) as a potential probiotic is dependent on their ability to exhibit hemolysis. Besides this other virulence factors must be taken into consideration which has



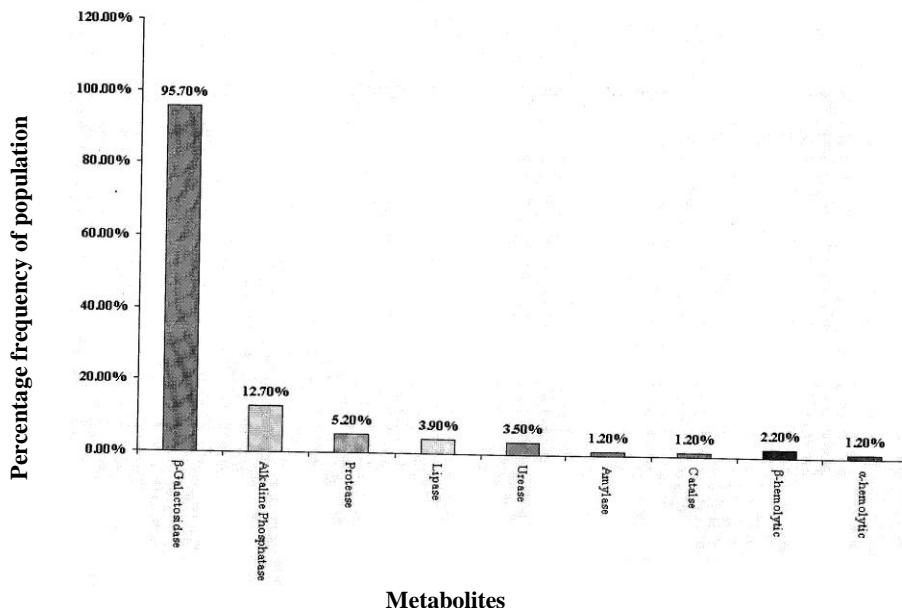


Fig. 2. Metabolic profile of Indigenous enterococcal population: Bar graph suggest that most enterococci are positive for β -galactosidase activity while pathogenic enterococci are relatively less dense in the total population. (For details please see Result and Discussion in text).

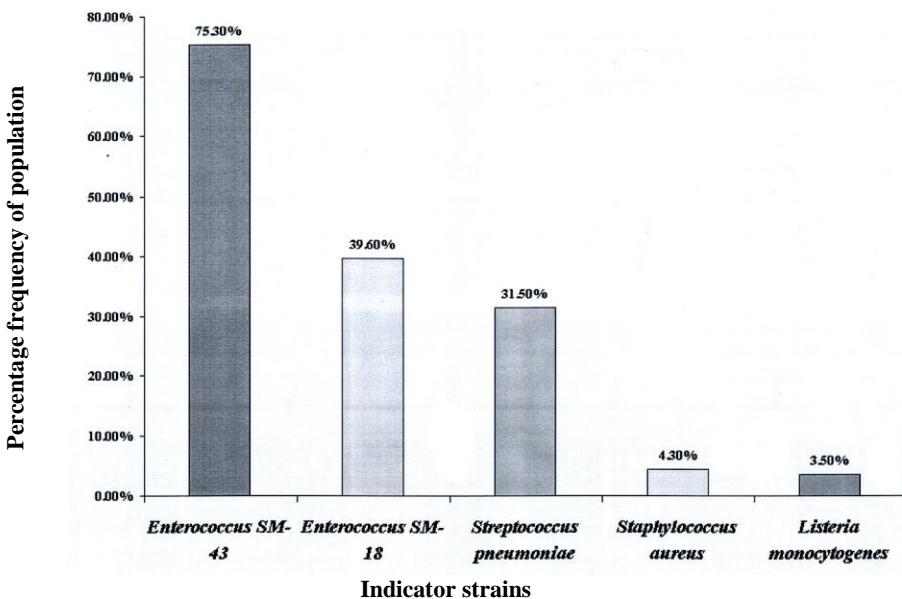


Fig. 3. Bacteriocinogenesis in indigenous enterococcal population: Note the gradual descend in number of bacteriocin producer enterococci in local enterococcal population when screened against evolutionary distant organisms (see text for details).

Bacteriocins are generally referred as ribosomally synthesized antimicrobial peptides or proteins of bacterial origin, which inhibit growth of closely related organisms. However, in light of past decade it is now increasing evident that their antibacterial activity span is well beyond to what is earlier stipulated. Reportedly, bacteriocins from enterococci are also found active against even viruses and fungi. Bacteriocin production certainly helps enterococci to colonize in the GI tract triumphantly and this also renders to the inhibition of pathogenic organisms in the intestine (Wachsman *et al.*, 1999; Saeed *et al.*, 2006). In the study enterococcal isolates exhibiting antibacterial activity against *Sterptococcus pneumoniae*, *Staphylococcus aureus* and *Listeria monocytogenes* provides additional advantage to them to be exploited as probiotics. Moreover, the difference in antibacterial spectrum of bacteriocinogenic enterococci plausibly implies the diversity of the bacteriocins produced by enterococcal population. These bacteriocins in addition to be an essential characteristic of probiotic may have many other industrial and therapeutic values.

Laconically, the present study suggests that preliminary screening of locally isolated enterococci has greater probiotic potentials primarily because of high frequency of β -galactosidase production and bacteriocinogenesis and less intense pathogenecity. On that ground further intense screening with reference to antibiotic resistance and bile salt tolerance etc., and *In vivo* animal model studies will certainly help in exploring more probiotic attributes in the isolated organisms. In addition to this molecular identification of other virulence factors like aggregation substance, membrane surface adhesion molecules etc among the organism population might also be helpful in order to develop a more conspicuous epidemiological picture of the indigenous enterococcal population. Studies in this regard are in process and will be reported in future.

Acknowledgement

We are indebted to Dr. Mujtaba Hasan Naqvi, Ex-Director General of Institute of Biotechnology and Genetic Engineering (KIBGE) for financial and technical support in order to conduct this work.

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(Received for publication 26 November 2007)