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## 流行性乙型脑炎发病机制的研究进展

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**[摘要]** 流行性乙型脑炎是由乙脑病毒引起的急性人畜共患疾病。乙脑病毒感染人体后首先在外周组织中扩增, 随后进入中枢神经系统导致广泛的中枢神经系统炎症及血脑屏障的破坏, 这一过程可能涉及脑微血管内皮细胞间紧密连接的破坏、中枢神经系统炎症介质的浸润及神经元的死亡。乙脑的发病为家庭及社会带来沉重的负担。

**[关键词]** 流行性乙型脑炎; 血脑屏障; 神经元损伤

## Advances in research on pathogenesis of epidemic encephalitis B

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**Abstract** Epidemic encephalitis B is an acute zoonotic, mosquito-borne infectious disease caused by encephalitis B virus infection. After infection, encephalitis B virus first replicates in peripheral tissues, and then entry into the central nervous system leads to extensive inflammation of the central nervous system and destruction of the blood-brain barrier, which may involve the destruction of tight connections between brain microvascular endothelial cells, infiltration of inflammatory mediators in the central nervous system and the death of neurons. The incidence of epidemic encephalitis B has brought heavy burden to the family and the society.

**Keywords** epidemic encephalitis B; blood-brain barrier; neuronal damage

流行性乙型脑炎(以下简称乙脑)是由乙脑病毒(Japanese encephalitis virus, JEV)引起的一种急性人畜共患疾病。据统计, 全球每年新发病例数约67 900例, 其中约50%发生在中国<sup>[1]</sup>。JEV属于黄病毒科黄病毒属, 作为一种嗜神经病毒, 它可以穿过血脑屏障(blood brain barrier, BBB), 引起颅内

急性炎症。JEV感染人体后, 病死率为25%~30%, 约50%的患者伴有永久性神经精神后遗症, 如复发性癫痫发作、瘫痪和认知障碍等<sup>[2]</sup>。乙脑为家庭及社会带来沉重负担, 然而乙脑的发病机制尚未完全阐明。本文将从乙脑病毒入侵宿主细胞、破坏血脑屏障及中枢神经系统炎性细胞浸润3个方面综

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述乙脑的发病机制。

## 1 乙脑病毒入侵宿主细胞

乙脑病毒入侵宿主细胞是发病的初始环节。多数学者认为JEV通过与宿主细胞表面受体结合而启动炎症反应,成熟的病毒包膜是由膜(M)蛋白和包膜(E)蛋白两种结构蛋白组成的异二聚体,E蛋白是病毒附着和融合的关键决定因素,E蛋白的胞外域是一个首尾相连的二聚体,每个单体由3个结构域组成,其中结构域3(DIII)的侧面存在细胞表面受体结合位点,参与病毒的吸附入侵过程<sup>[3-4]</sup>。JEV进入宿主细胞的过程是通过结合细胞表面附着因子引发的多步连锁反应,常见的附着因子包括硫酸乙酰肝素蛋白聚糖、粘多糖、某些热休克蛋白家族成员及波形蛋白等<sup>[5-6]</sup>。真皮被认为是感染的主要部位,JEV可能在到达淋巴器官之前在真皮组织的细胞中繁殖,可能由朗格汉斯细胞迁移运输<sup>[7]</sup>。已经从感染患者的脾和淋巴结中检测到并分离出JEV<sup>[8-9]</sup>。JEV也可以在人淋巴细胞中复制,其复制速度可能取决于病毒株的种类<sup>[10]</sup>。

## 2 乙脑病毒破坏血脑屏障

多种病毒可以改变BBB的功能而引发CNS疾病<sup>[11-12]</sup>,如尼帕病毒、狂犬病病毒、西尼罗河病毒和小鼠腺病毒1型等<sup>[13]</sup>。其中,尼帕病毒和小鼠腺病毒1型,通过在感染BMEC期间破坏TJ复合物来增强BBB通透性;而其他病毒,例如HIV病毒,通过诱导炎症细胞因子或趋化因子破坏TJ复合物并增强BBB通透性<sup>[13-14]</sup>。这些炎症介质包括 $\gamma$ 干扰素、白细胞介素-8、肿瘤坏死因子 $\alpha$ 和白介素1等<sup>[15-16]</sup>。多项研究表明,乙脑病毒进入神经系统后,通过释放各种促炎因子和酶类破坏血脑屏障<sup>[17-19]</sup>。

BBB是由脑微血管内皮细胞(brain microvascular endothelial cell, BMEC)以及星形胶质细胞、周细胞、神经元和细胞外基质组成的物理和生理屏障。BMEC之间具有特殊的紧密连接(TJ),TJ是保持BBB完整性的重要因素,与许多中枢神经系统疾病相关的BBB破坏与TJ结构、功能改变密切相关<sup>[20]</sup>。在关于黄病毒属的另一种病毒——登革热病毒(Dengue virus, DENV)的研究<sup>[7]</sup>中表明:BMEC紧密连接蛋白的破坏可能与多种促炎细胞因

子相关,例如TNF- $\alpha$ , IL-6, 巨噬细胞迁移抑制因子等。

### 2.1 炎症介质导致细胞间紧密连接的分解

在JEV感染过程中,CNS产生大量趋化因子和细胞因子,介导疾病的发生及进展,包括CXCL10, CCL2, CCL3, CCL4, CCL5, TNF- $\alpha$ , IL-6和IFN- $\gamma$ ,这些促炎因子可能来源于感染的神经元及神经胶质细胞<sup>[21]</sup>。CNS中趋化因子和细胞因子的功能超出了它们作为神经炎症介质的作用。研究<sup>[18]</sup>表明:乙脑病毒感染小鼠的脑提取物可以增加体外模型血脑屏障的通透性,而单纯乙脑病毒感染并不产生同样的结果,并且通过阻断体内IFN- $\gamma$ 的产生,可以逆转JEV感染后BBB通透性的增加,这表明炎症介质在体内促成BBB的破坏。炎症细胞因子可以通过两种途径调节BBB通透性。首先,炎症细胞因子可以上调内皮细胞黏附分子,促进白细胞在内皮壁上的滚动和黏附,并迁移到受影响的部位<sup>[22-23]</sup>。在JEV感染的小鼠的大脑中,ICAM-1, VCAM-1和PECAM-1的表达水平显著升高,表明单核白细胞从外周向CNS的募集增加的可能性。其次,炎症细胞因子或趋化因子(IL-6, IFN- $\gamma$ , CXCL10和CCL2至CCL5)可通过下调TJ蛋白claudin-5, occludin和ZO-1从而降低BBB的通透性<sup>[24]</sup>。

### 2.2 肥大细胞释放类糜蛋白酶分解细胞间紧密连接

肥大细胞(mast cells, MC)作为一种固有免疫细胞,在炎症疾病及过敏反应中发挥重要作用,其中枢神经系统亦有表达,脑内的肥大细胞主要位于丘脑,分布于BBB和神经血管单元附近。被某些病原体激活后,MC可释放预先形成的颗粒,其含有炎症介质、血管活性分子和蛋白酶(包括类糜蛋白酶和类胰蛋白酶)<sup>[25]</sup>,这些MC产物一起具有促炎性及血管活性,并且可以动员其他免疫细胞最佳地清除病原体。MC对感染的反应通常是保护性的;然而,最近的证据表明,在某些情况下它们可能是有害的。在另一种黄病毒病原体DENV的情况下,MC在感染的反应中显著诱导外周组织中血管渗漏和水肿<sup>[26-27]</sup>。MC还可能在几种不育的神经炎症疾病中增加疾病的严重程度,包括多发性硬化、脑出血、脑梗死和创伤性脑损伤<sup>[26-31]</sup>。在创伤性脑损伤和中风的情

况下, 肥大细胞特异性蛋白可直接和通过调节MMP-9和-2调节BBB通透性。MMPs可以分解重要的TJ蛋白, 如闭塞带(ZO)-1, ZO-2, claudin-5和occludin<sup>[28,32-35]</sup>。但是, MC在病毒性脑炎期间的作用尚不清楚。

JEV感染可导致MC脱颗粒, 并进一步释放特异性类糜蛋白酶, 破坏细胞间紧密连接, 导致BBB通透性增强。与同类型野生型小鼠相比, MC缺陷型小鼠在JEV感染期间表现出较低的BBB通透性, 并且, MC脱颗粒释放的糜蛋白酶是促进JEV感染期间BBB分解的主要物质<sup>[17]</sup>。类糜蛋白酶可以分解重要的TJ蛋白, 包括ZO-1, ZO-2, claudin-5和occludin。体外研究<sup>[36]</sup>表明: occludin和claudin具有可被类糜蛋白酶直接切割的位点。此外, 类糜蛋白酶可以激活其他有效的蛋白酶, 如MMP2和MMP9<sup>[34]</sup>, 活化的MMP可以增加内皮细胞通透性<sup>[37]</sup>并促进BBB分解<sup>[38]</sup>。在JEV感染期间, 糜蛋白酶抑制可逆转BBB渗漏, 减少脑部感染和神经功能缺损, 延长生存期。

### 2.3 JEV 感染诱导氧化应激反应破坏细胞间紧密连接

氧化应激参与鼻病毒介导的紧密连接复合物的解离<sup>[39]</sup>, 柯萨奇病毒B感染可导致细胞死亡, 其原因是钙依赖蛋白酶calpain裂解了一些连接蛋白。关于乙脑病毒的研究<sup>[40]</sup>显示, JEV感染小鼠后可诱导其体内ROS的产生, 然而用JEV感染Caco-2细胞后用蛋白酶体抑制剂(MG-132)和NADPH氧化酶抑制剂——二苯基氯化碘(diphenyleneiodonium chloride, DPI)未能阻止claudin-1降解, 但用一氧化氮合成酶处理细胞部分拯救了claudin-1蛋白的破坏<sup>[7]</sup>, 因此JEV感染后诱导氧化应激反应可能促进了血脑屏障通透性的增加。

## 3 JEV 感染后中枢神经系统中炎症细胞浸润及神经元损伤

乙脑病毒进入大脑后, 在患者<sup>[18]</sup>以及小鼠模型<sup>[9,18,41]</sup>的神经组织及脑脊液中发现了乙脑病毒。在人脑中, JEV抗原主要在核灰质中检测到, 包括丘脑、下丘脑、海马和黑质, 大部分的脑损伤都出现在这些核灰质中。经鼻腔感染JEV的猕猴中, 病毒抗原也在丘脑和脑干核中检测到。神经元细胞是JEV最重要的靶细胞<sup>[42]</sup>。啮齿类动物模

型<sup>[43-44]</sup>表明: JEV对神经元前体和发育中的神经元具有特别高的趋向性, 影响其增殖发育。此外, JEV感染可导致直接的神经元损伤, 而JEV诱导的炎症可进一步增强这种损伤<sup>[45]</sup>。并且在JEV患者的CSF中, 以多形核和单核细胞为主的白细胞计数增加<sup>[43]</sup>。此外, 粒细胞和NK细胞也渗入JEV感染小鼠的脑中<sup>[46]</sup>。除渗透大脑的外周免疫细胞的贡献之外, 脑驻留细胞在感染脑时与JEV相互作用, 已经提出小胶质细胞通过释放促炎介质在神经细胞死亡中发挥重要作用<sup>[47]</sup>。

## 4 乙脑的治疗现状

目前疫苗免疫预防仍是对抗乙脑的主要措施, 许多关于JEV的研究已经将减毒菌株用于疫苗的开发, 在我国甲强龙联合静注人免疫球蛋白的使用也可改善部分乙脑患者极期临床症状及远期愈后。通过前文的论述, 我们了解到通过减少脑中炎症介质的产生可能会对乙脑治疗提供帮助。牛蒡子苷, 一种来自大牛蒡的木质素, 不仅可以抑制小胶质细胞激活引起的氧化应激, 而且可以抑制激酶, 如P38-MAPK, ERK和AKT的激活, 从而消除小胶质细胞激活和细胞因子如TNF- $\alpha$ , IL-6, IFN- $\gamma$ 和CCL2的产生, 牛蒡子苷元还可以减少JEV诱导的神经细胞死亡, 降低脑组织病毒载量, 诱导神经保护并防止JE致死<sup>[48]</sup>。但是, 该药物尚未在临床试验中进行评估。米诺环素是一种半合成四环素类抗生素。JEV感染后, 米诺环素同样减少了PI3K, Aktp38, MAPK及转录因子NF- $\kappa$ B等激酶的磷酸化<sup>[49]</sup>, 从而抑制TNF- $\alpha$ , IL-6, IL-12, IFN- $\gamma$ 和CCL2的产生和小胶质激活<sup>[50]</sup>。不仅如此, 米诺环素还限制了先天免疫细胞向小鼠大脑的浸润<sup>[43,49]</sup>。最后, 二甲胺四环素能够抑制病毒复制, 降低病毒抗原在大脑中的表达<sup>[50]</sup>。在最近的一项随机对照临床试验<sup>[51]</sup>中发现, 当米诺环素被应用于年龄超过12岁的个体时取得了更好的治疗效果, 但需要更大规模的研究来确定米诺环素对JEV脑炎的真实临床疗效。IFN- $\gamma$ 改善了JEV感染小鼠BBB的通透性, 表明IFN- $\gamma$ 可能是潜在的治疗靶标<sup>[19]</sup>; 抑制胃促胰酶可降低BBB的JEV渗透率并减少与乙脑相关的体征和病死率。希望通过上述机制的概括和总结, 能够为乙脑的治疗提供一个新的切入点。



## 5 结语

人类对于乙脑发病过程及治疗方法进行了积极探索, 但是世界范围内乙脑疫情的不断演变以及新的变异菌株的出现为乙脑的诊疗带来很大的阻碍。因此, 在积极探索其发病机制的同时, 也应致力于了解乙脑的易感人群及易感因素, 以便及时识别及预防。本文通过对乙脑发病过程的简单阐述, 期望能够提高更多医务工作者对乙脑的认识, 并为乙脑的诊疗提供一个新的切入点。

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