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桑叶对动物健康的作用及在动物生产中的应用

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摘要: 桑树作为传统中药材的来源, 具有抗炎、杀菌等作用, 这与桑树各部位中含有多糖、多酚、生物碱等生物活性成分有关。桑叶具有易采集及生物量大的优点而得到了最多关注。桑叶中多糖、多酚等生物活性物质具有降血糖、降血脂、增强免疫、增加抗氧化能力的作用, 因此桑叶或其提取物应用于动物生产中对动物的健康有积极影响。桑叶粗蛋白含量高、氨基酸比例均衡, 可替代一部分蛋白原料应用于畜牧生产中。但桑叶中抗营养因子含量较高, 因此以发酵或青贮后饲喂动物为宜。综述了桑生物活性成分对动物糖脂代谢、抗氧化能力及免疫力的影响, 并通过总结桑叶在畜禽及水产动物生产中的研究进展, 阐述了桑叶在改善肉质、调节动物机体免疫及提高动物抗氧化能力等方面的作用。

关键词: 桑叶; 生物活性成分; 免疫调节; 抗氧化; 改善肉质

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Effects of Mulberry Leaf on Animal Health and Its Application in Animal Production

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Abstract: As a source of traditional Chinese medicine, mulberry has anti-inflammatory and antimicrobial effects, which is associated with its various bioactive components including polysaccharides, polyphenols and alkaloids in different parts. Mulberry leaf receives the most attention because it is easy to be harvested and has large biomass. Bioactive components in mulberry leaf such as polysaccharides and polyphenols, etc. have also been shown to be antidiabetic and antihyperlipidemic and can enhance immunity and antioxidant capacity. Therefore, mulberry leaf and its extract can be beneficial to animal health when applied to animal production. With high crude protein contents and balanced amino acid composition, mulberry leaf can be used in animal feeds to substitute parts of protein sources. However, there are large amounts of anti-nutritional factors in mulberry leaf. Therefore, mulberry leaf undergone fermentation and silaging may be more suitable for animal feeding. This paper reviews the effects of these bioactive components on glucolipid metabolism, antioxidant activity and immunity of animals, and elucidates the roles of mulberry leaves in improving meat quality,

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modulating immunity and enhancing antioxidant activity of animals through summarizing the research progresses of mulberry leaves in livestock and aquaculture production.

Key words: mulberry leaf; bioactive components; immune modulation; antioxidant; improving meat quality

桑树隶属于桑科、桑属，是一种快速生长的木本植物。桑树可以适应多种气候、地形及土壤条件，其广泛分布于北半球的温带及亚热带地区以及南半球的热带地区^[1]。桑树是中国传统的经济作物，在中国及周边的亚洲国家，桑叶长期被用于养蚕，已有约5 000年的历史^[2]，而许多欧洲国家则使用桑葚来生产果酱、果汁、醋、酒及化妆品等^[3]。桑树的枝、叶、果实、根皮等各个部分都是传统的中草药材^[4]。1985年，中国卫生部将桑树认定为首个药食同源的植物，并将其药用特性录入中国药典。桑树作为中国及周边亚洲国家民间常见的中草药具有退烧、消炎、杀菌、清肝、明目等作用，究其原因，主要是由于桑树各部位中含有多种生物活性成分，包括多糖类、多酚类、生物碱等^[1]。随着越来越多的成分被证明具有特殊功效，桑树活性成分的提取与分离工艺也不断得到优化^[5-6]，常用的桑树生物活性成分的分离提取主要采用超声辅助萃取技术、酶辅助萃取技术、加压液体萃取技术、柱层析技术、制备液相色谱、反流色谱等技术^[1]。由于桑叶具有生物量大以及易采集的优点，因此桑叶中的生物活性成分得到了较多研究。近些年的许多报道也证实了桑叶中的多糖、1-脱氧野尻霉素(DNJ)、绿原酸、桑辛素、桑黄酮等生物活性成分在降血糖、降血脂、抗炎、清除自由基等方面具有重要功效^[7-9]。

在畜牧业生产中，抗生素具有促生长、防治疾病的作用，但滥用抗生素所导致的细菌耐药性等问题会危害公众健康，我国将于2020年起禁止抗生素在饲料中应用，而绿色、安全的植物提取物或许可以作为抗生素的替代品应用于动物饲料中^[10]。由于桑叶中生物活性成分在抗菌、调节免疫及抗氧化等方面的作用，桑叶提取物有作为抗生素替代品的潜力。有研究报道，饲料中添加桑叶或桑叶提取物具有改善动物免疫力及抗氧化能力的作用^[11-12]。此外，国内蛋白原料紧缺，大部分依赖进口也是畜牧生产中面临的问题之一^[13]。由于桑叶蛋白含量高、氨基酸组成均衡，也可作为蛋白质饲料来源用于畜牧业生产中。然

而桑叶中抗营养因子含量较高，过量使用可能对动物造成负面影响。桑叶发酵或青贮后可以有效降低单宁等抗营养因子的含量，或许这是桑叶应用于畜牧业生产的更优形式。本综述总结了桑树中生物活性成分的分类和作用，以及桑叶在畜牧业生产中的作用，以期为桑叶作为功能性蛋白饲料应用于畜牧业生产提供依据。

1 桑树中的生物活性成分

1.1 多糖类

多糖类是桑树体内重要的生物活性成分。研究显示，桑叶、桑枝、桑葚、桑根皮中的多糖具有抗糖尿病、护肝、抗肥胖、免疫调节等多种生物学功能。但目前大部分研究主要集中于桑叶多糖及桑葚多糖的抗糖尿病作用^[14]。桑葚多糖中的主要单糖组分为葡萄糖、半乳糖、阿拉伯糖以及半乳糖醛酸^[15]。桑叶多糖中的单糖组分主要有葡萄糖、半乳糖、阿拉伯糖、果糖、木糖、鼠李糖、甘露糖、山梨糖等^[14,16-18]。桑树各部位中的多糖为酸性杂多糖，也含有小部分具有α, β糖苷键的葡聚糖。研究表明，桑叶多糖具有促进胰岛素生成及调节肝脏糖代谢的作用^[19]。此外，桑叶多糖还有抗菌、抗氧化、抗炎等作用^[20]。除了调节血糖、抗炎、抗氧化的作用外，桑树多糖还具有调节肠道微生物^[21]及促进脂类消化的作用^[22]。

1.2 多酚类

多酚广泛存在于各种植物中，是桑树体内的主要生物活性物质。桑树多酚主要包括花青素、非花青素黄酮类以及酚酸类化合物，各种多酚物质的含量随着品种、气候、耕作条件及处理方式的变化而改变^[23]。花青素存在于桑叶及桑葚中，是桑葚中最主要的酚类，也是影响桑葚颜色的最主要因素^[24]，其在新鲜桑葚中的含量可高达3 000 mg/kg^[23]。桑葚中的花青素有多种，而花青素3-O-葡萄糖苷和花青素3-O-芸香糖苷是含量最高的花青素^[25-26]。研究表明，花青素在抗癌、抗氧化、抗糖尿病等方面具有重要作用^[27]。非花青素黄酮类是桑树体内一大

类重要的酚类，主要包括黄酮醇和黄烷醇。桑葚中黄酮醇主要以糖基化的形式存在^[28]，其中含量较高的黄酮醇为槲皮素，含量较高的黄烷醇为儿茶酸^[27,29]。酚酸也是桑树内一大类重要的生物活性物质，桑葚中最主要的酚酸类为羟基苯甲酸和羟基肉桂酸的衍生物^[28]。绿原酸与没食子酸分别是羟基肉桂酸及苯甲酸中最重要的代表。

1.3 生物碱类

生物碱是一类广泛存在于细菌、真菌、植物及动物体内的含氮碱性化合物。桑树生物碱主要存在于枝、叶、皮中，主要包括 DNJ 和莽麦碱，均是哌啶生物碱。DNJ 是桑叶中含量最高的生物碱，有学者研究了不同品种桑叶中 DNJ 的水平，发现其含量在 5.9~24.58 mg/g 之间^[30]。DNJ 是强力的 α -糖苷酶抑制剂，可以竞争性地抑制 α -糖苷酶从而抑制葡萄糖的吸收，最终起到降血糖和增加胰岛素敏感性的作用^[31]。莽麦碱是桑树中另一种重要的生物碱，可以抑制肠道中 α , β 葡萄糖苷酶及 α , β 半乳糖苷酶，具有降低糖尿病小鼠血糖以及促进胰岛素分泌的作用^[32-33]。综上可知，桑树中的生物活性成分可以调控动物糖脂代谢、免疫及抗氧化等生物学功能，对动物的健康具有重要影响。

2 桑树生物活性成分对动物健康的作用

2.1 桑树生物活性成分对糖脂代谢的作用

糖尿病是以血糖过高为特征的慢性代谢疾病，是全世界第三大威胁生命的疾病^[34]。研究发现，在高糖日粮饲喂的小鼠中，桑叶提取物可以有效降低血糖、缓解胰岛素抵抗，并推迟 2 型糖尿病的发生^[35]。对四氧嘧啶诱导的糖尿病小鼠进行桑叶提取物（富含多糖与 DNJ）灌胃也具有降血糖的作用^[36]。富含多酚的桑葚提取物也可以显著地降低糖尿病小鼠模型空腹血糖与糖基化血清蛋白的水平。在桑叶的所有活性成分中，DNJ 具有最强的 α -糖苷酶抑制作用^[37]，它可以在动物小肠内直接抑制多糖的分解而减慢葡萄糖的吸收，是桑叶中降血糖的重要成分。DNJ 降血糖的机制可能与其促进糖尿病动物胰岛素分泌并提高胰岛素敏感性有关^[38]。Liu 等^[39]研究发现，DNJ 可以通过增加小鼠骨骼肌中葡萄糖转运蛋白 4 的转位以及增加 PI3K/AKT 信号通路中蛋白激酶 B 丝氨酸磷酸化位点（Ser 473）的磷酸化和其他

关键蛋白的磷酸化而提高胰岛素的敏感性。桑树中的另外一种生物碱莽麦碱也可通过增加胰岛素的释放抑制糖尿病小鼠的血糖升高^[40]。研究表明，桑枝、桑叶及桑葚中的多糖均具有降低糖尿病鼠空腹血糖的作用^[41-43]，桑叶多糖对糖代谢的调控作用也依赖于 PI3K/AKT 信号通路的激活^[44]。血脂异常是一种代谢性疾病，是心血管疾病的重要诱因^[45]。近些年的相关报道证实，桑树生物活性成分对脂质代谢具有一定的调控作用。Yang 等^[46]研究发现，桑黄酮 C 和桑辛素可以强力抑制 3T3-L1 前脂肪细胞的分化及脂肪合成。从桑白皮中提取的桑黄酮、桑根酮、桑色素、桑辛素对胰脂肪酶均有不同程度的抑制作用^[47]。花青素 3-O-葡萄糖苷和花青素 3-O-芸香糖苷可以增加棕色脂肪细胞中产热相关基因及脂肪酸氧化相关基因的表达^[48]，因此它们可能有助于抑制机体内的脂肪沉积。还有研究发现，向肥胖小鼠饲喂桑叶来源的 DNJ 可以显著促进脂肪酸 β 氧化，抑制肝脏中脂质沉积，降低血浆甘油三酯的水平并提高血浆脂联素的水平^[49]。

2.2 桑树生物活性成分的抗炎及免疫调节作用

免疫系统是机体抵御病原入侵的第一道防线，但宿主的免疫应答过度可能会引起炎症反应^[50]。而炎症反应往往与一些慢性疾病相关，例如心血管疾病、自身免疫性疾病、癌症等^[51]，因此维持机体正常免疫功能与炎症反应之间的动态平衡非常重要。研究显示，桑葚、桑树皮、桑叶等各部分提取物均具有抗炎作用^[25,52-53]。在 LPS 刺激的小鼠巨噬细胞中，桑葚多糖处理显著增加抗炎细胞因子 IL-10 的分泌，显著降低促炎细胞因子 IL-1 β 和 IL-6 的分泌^[54]。研究发现，饲喂富含多酚的桑叶提取物可以显著降低大鼠肝脏中炎症细胞的浸润，减少 COX-2、iNOS 等炎症诱导因子的蛋白表达，其机制可能是桑叶提取物抑制了 NF- κ B、MyD88 等关键分子介导的炎症信号通路^[52]。此外，从桑根皮中分离得到的桑根酮 E 也可以减少巨噬细胞中 LPS 诱导的 TNF- α 产生^[55]。而在 LPS 与 IFN- γ 刺激的 RAW264.7 细胞中，桑辛素 C 和桑辛素 O 也可以抑制 NO 的生成^[46]，并可能因此发挥一定的抗炎作用。桑枝多糖可以提高小鼠的免疫功能，主要表现为增加小鼠的免疫器官指数、增强腹腔巨噬细胞的吞噬功能、提高淋巴细胞转化率^[56]。

桑叶多糖可以促进B淋巴细胞与T淋巴细胞的增殖，可以显著增加鸡气管与空肠冲洗液中的免疫球蛋白A的浓度^[57]。树突细胞是强力的抗原呈递细胞，而桑葚多糖则可能通过激活MAPK及NF-κB信号通路促进树突细胞的成熟，并通过激活ERK和p38调控树突细胞的存活与迁移^[58]。

2.3 桑树生物活性成分的抗氧化作用

过量的自由基以及氧化产物的产生会导致DNA、脂类、蛋白质等生物大分子的氧化损伤，导致细胞及组织的功能紊乱^[59]。在人体内，这种氧化损伤与一些慢性疾病的发生相关，例如心血管疾病、癌症等^[60]。而研究证实，桑树中的许多生物活性成分均具有抗氧化作用。富含多酚的桑葚提取物可以降低HepG2细胞中过氧化氢诱导的活性氧产生，从而缓解氧化应激反应^[61]。桑树中的黄酮类物质具有较强的抗氧化能力。研究发现，桑黄酮C和桑黄酮G均具有清除自由基ABTS和DPPH的作用^[62-63]。桑根酮X可以显著缓解Fe²⁺-Cys诱导的大鼠肝脏脂质过氧化反应^[64]。有研究表明，桑树中的多糖有一定的抗氧化能力^[65-66]，然而也存在不一致的报道^[67]。研究发现，尽管桑叶多糖单独的抗氧化能力不强，但它可以增强黄酮的抗氧化能力^[67]。研究证明，桑葚花青素也具有很强的抗氧化能力，可以强力清除自由基DPPH^[68]。还有研究发现，桑葚花青素提取物可能通过调控MAPK通路增强Nrf2的激活从而缓解HepG2细胞的氧化损伤^[69]。

3 桑树及其有效成分在畜禽及水产动物生产中的应用

3.1 作为蛋白饲料来源

桑叶等桑树资源粗蛋白含量高，动物必需氨基酸种类齐全，且富含亚麻酸、亚油酸等多种不饱和脂肪酸和矿物质元素^[70]，具有作为蛋白饲料来源的潜质。Liu等^[71]研究发现，在饲喂氨化稻草的基础上使用桑叶替代全部菜粕作为蛋白质补充料，对初始体重16~18 kg的湖羊进行75 d的饲养试验，并不会降低湖羊的采食量和增重，也不会影响饲料转化率和饲料成本，因此桑叶可以替代菜粕作为蛋白饲料来源。而在饲喂稻草的基础上额外补充与尿素、糖蜜混合并制粒的桑叶粒有助于提高肉牛采食稻草及总干物质与总蛋白的摄入，提高干物质、粗蛋白及纤维的表观消化

率，还能提高肉牛瘤胃中乙酸、丁酸及总挥发性脂肪酸的浓度，当桑叶粒补充量为600 g/d时效果最好^[72]。Zeng等^[12]选取体重约为40 kg的DLY生长育肥猪，使用桑叶粉替代15%的麦麸进行85 d的饲养试验，结果发现，相比于对照组，桑叶粉组育肥猪平均日采食量没有变化，而其平均日增重却显著降低。此外，饲粮中添加2%及5%的桑叶粉对肉鸡的平均日采食量、平均日增重及饲料转化率无显著影响^[70]。

由于桑叶中抗营养因子及纤维含量较高，发酵或青贮后再用于饲喂动物效果更佳。丁鹏等^[73]比较了发酵饲料桑粉与未发酵饲料桑粉对宁乡花猪的饲喂效果，发现相较于未发酵饲料桑粉，发酵饲料桑粉可显著提高猪的肠道绒隐比，并有提高回肠菌群alpha多样性的趋势。发酵桑叶还可替代部分蛋白质源及纤维源类饲料用于饲喂育肥牛，其可以提高牛的屠宰性能、肉品质以及肌肉中的脂肪酸、氨基酸含量^[74]。Mondal等^[75]将不同比例的桑叶粉与米糠、芥子油饼及鱼粉进行混合发酵后用于鲤鱼的饲养试验，结果发现含65%桑叶粉的发酵饲料可以显著提高鲤鱼的生长速度及饲料转化率，显著增加鲤鱼体组成中粗蛋白的含量。

3.2 改善动物产品品质

Zeng等^[12]研究发现，饲粮中添加15%的桑叶粉有改善育肥猪背最长肌肌肉红度的趋势，并能显著降低肌肉剪切力、滴水损失和蒸煮损失，还能显著提高肌内脂肪含量，有改善猪肉品质的作用。桑叶粉改善猪肉品质的机理可能是其增加了I型及IIa型肌纤维的基因表达，而更深层次的机制目前还不清楚^[12]。Lin等^[11]向蛋鸡饲粮中添加0.5%、1%、2%桑叶提取物进行为期12周的饲养试验，结果发现，在整个试验周期，随着桑叶提取物添加剂量的增加，蛋重、蛋黄重、蛋壳强度、蛋黄颜色评分、哈夫单位等蛋品质参数呈线性增加。在肉鸡上的研究则显示，向饲粮中添加5%的桑叶粉可以显著降低鸡胸肉中饱和脂肪酸的含量，降低n-6与n-3多不饱和脂肪酸的比例，显著提高多不饱和脂肪酸的含量。与对照组相比，5%桑叶组肉鸡的胸肉中棕榈酸及棕榈油酸的含量显著降低，而花生四烯酸含量显著升高，鸡胸肉中总胆固醇含量也显著降低^[70]。在水产动物上的相关研究表明，罗非鱼饲料中添

加 10% 的不同品种桑叶粉均可以缓解罗非鱼宰后 pH 值的下降速度，降低鱼肉的滴水损失^[76]。

3.3 增强动物抗氧化能力及免疫力

Lin 等^[11]研究发现，饲粮中添加 0.5% 桑叶提取物可显著增加蛋鸡单核细胞中抗氧化相关基因 *Nrf-2*、*HO-1* 及 *GST* 的表达水平，而蛋鸡血清中丙二醛含量也随着桑叶提取物的添加而显著降低。另一项蛋鸡试验的研究结果显示，在新城疫疫苗接种后第 28 天，给予桑叶多糖的鸡空肠及气管中免疫球蛋白 A 的含量以及血清中 IL-2 和 IFN-γ 的浓度均显著高于对照组^[57]。猪的饲粮中添加 15% 的桑叶粉则可以显著提高猪血清谷胱甘肽过氧化物酶的活性及总抗氧化能力，同时还有提高超氧化物歧化酶活性的趋势^[12]。Wang 等^[77]在犊牛上的研究发现，在进行大肠杆菌免疫应激的条件下，每天额外饲喂 3 g 桑黄酮的犊牛平均日增重显著高于对照组，而粪便评分显著低于对照组，在正常条件下桑黄酮并未表现出这一作用，表明桑黄酮有助于缓解大肠杆菌引起的免疫应激反应。此外，在大肠杆菌免疫应激条件下，饲喂桑黄酮的犊牛血浆谷胱甘肽过氧化物酶活性低于对照组，这反映了桑黄酮能够缓解大肠杆菌引起的氧化应激反应^[77]。

4 结语

桑树中的多糖、生物碱、多酚等生物活性物质在调节动物的糖脂代谢、抗氧化能力及免疫力等方面发挥重要作用。在畜禽及水产动物生产中使用桑叶及桑树有效成分能提高动物免疫力及抗氧化能力，还有助于改善畜禽及水产品品质。因此，桑资源具有作为蛋白饲料原料的应用前景，然而其在不同动物中的用法用量存在差异，使用不当会影响动物的生长性能，甚至引起腹泻。不同动物对各种桑资源的消化利用率也需要进一步研究。单宁等抗营养因子会制约其使用，青贮、微生物发酵、优化加工工艺等方法有助于解决这一问题。然而，目前关于应用于不同动物的桑树资源青贮及发酵的菌种筛选、底物组合、发酵时间及 pH 优化等数据比较缺乏，未来需要进一步研究。桑叶青贮后用于反刍动物饲养具有十分重要意义，值得深入研究。富含生物活性成分的桑叶提取物可以作为功能性饲料添加剂应用于动物生产中，桑多糖、桑多酚等活性成分具有抑菌抗

炎作用，是潜在的抗生素替代品。今后需要开展更深入的动物试验来评价桑叶及富含活性成分的桑叶提取物在不同动物生产中的应用效果并确定适宜使用剂量。

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