

Gamma-Oryzanol Attenuates Myocardial Fibrosis in Type 2 Diabetic Rats Through Modulation of Glycaemic Control and Lipid Metabolism

Radda MI^{ab}, Mohd Yusof SF^a, Ahmad R^a, Abdul Jalil R^c, Wan Ishak WR^d,
Mat Zin AA^e, Che Romli A^a, Omar N^{a*}

^aDepartment of Physiology, School of Medical Sciences, Universiti Sains Malaysia, Kelantan, Malaysia.

^bDepartment of Physiology, College of Health Sciences, Federal University Dutsin-Ma, Dutsin-Ma, Katsina, Nigeria.

^cDepartment of Community Medicine, School of Medical Sciences, Universiti Sains Malaysia, Kelantan, Malaysia.

^dNutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Kelantan, Malaysia

^eDepartment of Pathology, School of Medical Sciences, Universiti Sains Malaysia, Kelantan, Malaysia.

Corresponding Author: Assoc. Prof Dr Norsuhana Omar

Department of Physiology, School of Medical Sciences, Universiti Sains Malaysia, Kelantan, Malaysia.

Email: suhanakk@usm.my

ABSTRACT

INTRODUCTION: Diabetes mellitus (DM) is a major public health concern, with a prevalence of over 11% worldwide and expected to rise to 13% by 2050. Cardiovascular disease (CVD) is the leading cause of death among people with diabetes, responsible for roughly one-third of all deaths. In preclinical research, γ -oryzanol (γ -ORZ), a bioactive substance derived from rice bran oil, has demonstrated promising antidiabetic effects. This study used a rat model of type 2 diabetes mellitus (T2DM) to evaluate the cardioprotective effects of γ -ORZ. **MATERIALS AND METHODS:** Fifty-four male Sprague-Dawley rats (200–250 g) were randomly allocated into six groups (n=9): non-diabetic control, non-diabetic + γ -ORZ (100 mg/kg), diabetic control, diabetic + metformin (300 mg/kg), diabetic + γ -ORZ (100 mg/kg), and diabetic + metformin + γ -ORZ (same doses as above). A single injection of streptozotocin (40 mg/kg) was administered after six weeks on a high-fat diet to develop type 2 diabetes. Treatments were given orally for a period of four weeks. **RESULTS:** γ -ORZ significantly lowered fasting blood glucose, glycated haemoglobin (HbA1c), insulin resistance (HOMA-IR), triglycerides (TG), and total cholesterol (TC), while increasing high-density lipoprotein (HDL) levels ($p < 0.05$). No significant differences were observed in body weight, food intake, or serum insulin levels ($p > 0.05$). Histopathological examination revealed improved cardiac tissue structure in γ -ORZ-treated diabetic rats compared to diabetic controls. **CONCLUSION:** γ -ORZ exhibited notable cardiometabolic benefits in diabetic rats through modulation of glucose and lipid metabolism. These findings support its potential as a natural adjunct therapy for managing diabetes and associated cardiovascular complications.

KEYWORDS: Type 2 diabetes; diabetic heart disease; hyperglycaemia; insulin resistance; diabetic dyslipidaemia

INTRODUCTION

The prevalence of cardiovascular disease (CVD) among individuals with diabetes continues to rise, with reported rates of 46.0% in North America and the Caribbean and 42.5% in Southeast Asia. Overall, diabetic patients exhibit approximately twice the risk of developing CVD compared to non-diabetic individuals,¹ and a two-to fourfold higher risk of developing coronary artery disease (CAD).²

Diabetic heart disease (DHD) serves as an umbrella term encompassing three major pathologies associated with diabetes-related complications: coronary artery disease (CAD), cardiac autonomic neuropathy (CAN), and diabetic cardiomyopathy (DCM).² Among these, CAD is the most prevalent manifestation, accounting for approximately 29.4% of all CVD cases.³ The pathophysiological mechanisms underlying DHD are multifactorial, driven primarily by poor glycaemic control and dyslipidaemia. These metabolic disturbances

initiate a cascade of interrelated molecular and cellular processes, including the formation of advanced glycation end products (AGEs), oxidative stress, chronic inflammation, endothelial dysfunction, and impaired insulin signalling, ultimately culminating in adverse cardiac outcomes.⁴⁻⁸

Chronic hyperglycaemia alone is sufficient to induce oxidative stress and inflammatory responses that compromise endothelial function. The resultant endothelial injury increases arterial stiffness and accelerates atherogenesis by promoting atherosclerotic plaque formation.⁹ Dyslipidaemia, another hallmark of insulin resistance, is typically characterised by elevated triglyceride concentrations and reduced high-density lipoprotein (HDL) cholesterol levels. Insulin resistance alters the activities of lipoprotein lipase and hepatic lipase, leading to disrupted lipoprotein metabolism and the accumulation of atherogenic lipoproteins. This dyslipidaemic profile constitutes a critical risk factor for arterial plaque deposition and the subsequent development of CVD.^{10,11}

Although pharmacological agents such as metformin remain central to diabetes management, limitations related to cost, tolerability, and patient adherence have stimulated interest in alternative therapeutic strategies. γ -oryzanol, a bioactive phytochemical derived from brown rice and rice bran oil, has demonstrated antihyperglycaemic, antioxidant, and lipid-lowering properties in both preclinical and clinical models, suggesting its potential utility in the management of type 2 diabetes mellitus (T2DM) and its associated complications.¹² A systematic review¹³ further highlighted the capacity of γ -oryzanol to ameliorate diabetes-related complications, particularly diabetic neuropathy and nephropathy, through its antihyperglycaemic, anti-inflammatory, antioxidative, and antidyslipidaemic mechanisms. However, evidence regarding its efficacy in diabetic cardiovascular complications, specifically DHD, remains scarce. The present study, therefore, aims to address this gap by evaluating the cardioprotective potential of γ -oryzanol in comparison with metformin, a standard antidiabetic agent.

MATERIALS AND METHODS

Preparation of γ -Oryzanol and Metformin Solutions

The γ -oryzanol powder used was purchased from SolarBio Life Sciences, Beijing, China (CAT No. YS157671), while the metformin brand used was Diabetmin, manufactured by Hovid Berhad, Malaysia. γ -Oryzanol and metformin solutions were prepared separately. γ -Oryzanol (5 g) was dissolved in 50 mL of 4% Tween-80 to obtain a final concentration of 100 mg/mL, while metformin (15 g) was dissolved in 50 mL of distilled water to achieve a final concentration of 300 mg/mL. Both solutions were freshly prepared weekly and stored at 4 °C.

Animals

Based on the hormonal analysis (glucose, insulin, and HOMA-IR) from an earlier study, the sample size was calculated using PS Power Software (version 3.1.6).¹⁴ The ultimate sample size determined using these parameters was 54 rats (n=9 per group). All animals were obtained from the Animal Research and Service Centre (ARASC), Universiti Sains Malaysia (USM) Health Campus, following approval by the Institutional Animal Care and Use Committee of USM (USM/IACUC/2022/(137)(1229). Animals were housed three per opaque polypropylene Type I cage, with sufficient bedding, under controlled conditions (temperature:

23 ± 1°C; relative humidity: 50 ± 5%); a 12-hour light/dark cycle was maintained. Standard commercial food pellet diet ([SPD], Gold CoinFeedmills, Port Klang, Malaysia) and water were provided ad libitum.

Induction and Assessment of Obesity and T2DM

Fifty-four adult rats were split into two groups at random: an obese group and a control group. For six weeks, the obese rats (n=36) were fed a high-fat diet (HFD) developed based on the previously described method¹⁵ to promote obesity, whereas the control group (n=18) was provided an SPD. The HFD was composed of 50% SPD, 38% pure ghee, 8% full-cream milk powder, and 4% white sugar. The diet provided an energy density of approximately 5.61 kcal/g, whereas the SPD produced an energy density of 3.27 kcal/g.

Rats were deemed obese if their Lee Obesity Index score was greater than 315. This threshold was applied based on recent literature, which defines this value as indicative of obesity in rat models.^{16,17} Moreover, this higher threshold was selected to provide a stringent definition of obesity in the diabetic model and to reduce potential confounding effects of diabetes-associated changes in lean body mass.

After an overnight fast, 40 mg/kg of streptozotocin (STZ) was dissolved in 0.1 M sodium citrate buffer, pH 4.5, and injected intraperitoneally to induce diabetes. On the other hand, a volume of citrate buffer solution equivalent to the body weight of the animals was administered to the normal diet group.¹⁸ To reduce mortality from hypoglycaemia, rats were given drinking water enriched with 15 g/L of sugar for a full day.¹⁹ After seven days of STZ injection, rats were diagnosed with diabetes if their fasting blood glucose levels were more than 11.1 mmol/L, as determined by a glucometer taken from the tail vein.²⁰

Animal Groupings and Treatment

Six groups (n=9) of diabetic and non-diabetic rats were randomly assigned and given the following treatments:

Group 1: Non-diabetic control rats (NC) administered with 4% Tween 80 solution equivalent to their body weight.

Group 2: Non-diabetic rats administered with γ -oryzanol (N+ γ -ORZ) at a dose of 100 mg/kg.

Group 3: Diabetic control rats (DC) administered with 4% Tween 80 solution equivalent to their body weight.

Group 4: Diabetic rats administered with Metformin (D+MTF) at a dose of 300 mg/kg

Group 5: Diabetic rats administered with γ -oryzanol (D+ γ -ORZ) at a dose of 100 mg/kg

Group 6: Diabetic rats administered the combination of metformin and γ -oryzanol (D+MTF+ γ -ORZ) at the same previous dose.

For four weeks, oral gavage was used to deliver all treatments every day. The dose of γ -oryzanol was chosen based on a previous study by Ghatak²¹

Assessment of Physical Parameters

The body weights of the rats were recorded at baseline (Week 0) and at the end of the treatment period (Week 4), and intergroup differences were subsequently analysed. Food and water intake were measured daily

at the cage level by weighing the amounts provided and the remaining quantities after 24 hours. Any spillage was collected and weighed separately, then subtracted to determine the net food consumption. Daily intake was expressed as the mean intake per rat by dividing the net cage consumption by the number of rats housed per cage.

Assessment of Biochemical Parameters

All animals were treated for four weeks according to their assigned experimental groups. At the end of the treatment period, animals were euthanised, and blood samples were collected for the assessment of glycaemic and lipid parameters. Serum was separated and stored at -20°C until analysis.

Glycaemic Parameters

Final fasting blood glucose (FBG) was measured from the tail vein following an overnight fast using a glucometer (ACCU-CHEK Guide Me; Roche Diagnostics, Germany). Serum glycated haemoglobin (HbA1c) and insulin concentrations were determined using commercially available ELISA kits (Cat. Nos. ELK5370 and ELK2370, respectively), in accordance with the manufacturers' instructions. Insulin concentrations were converted to standard units (pmol/L), while HbA1c was reported as absolute concentrations from serum, since total haemoglobin was not measured, consistent with the ELISA kit specifications. Insulin resistance was evaluated using the Homeostatic Model Assessment for Insulin Resistance (HOMA-IR) according to the following formula:

$$\text{HOMA-IR} = [\text{fasting glucose (mmol/L)} \times \text{fasting insulin (}\mu\text{IU/ml)}] / 22.5.^{22}$$

Lipid Parameters

Serum lipid profile parameters, including total cholesterol (TC), triglycerides (TG), and high-density lipoprotein cholesterol (HDL-C), were measured using Siemens Healthineers assay kits: Atellica CH Cholesterol_2 (REF 11097609), Atellica CH Triglycerides_2 (REF 11537222), and Atellica CH HDL Cholesterol (REF 11537213). All analyses were performed according to the manufacturer's instructions using an automated analyser (Atellica CH Analyser, Siemens Healthineers, Germany). Results were expressed in mmol/L.

Histological Examination of Heart Tissue

The left ventricle was excised and immediately fixed in 10% formaldehyde. Fixed tissues were dehydrated in a graded series of alcohols, cleared in xylene, and embedded in paraffin. Serial sections (5 µm thick) were prepared using a microtome. Sections were stained with haematoxylin and eosin (H&E; [Sakura manual staining, Finetek Japan]) for general histological examination and with Masson's trichrome (MT stain kit, Cat. No. K035, Diagnostic BioSystems, USA) to assess fibrosis. Histological images were captured using the Motic digital slide assistant (version 1.0.7.61b, Motic Asia, Hong Kong) at 10× magnification and saved as TIFF files. Fibrotic areas were quantified using ImageJ software (National Institute of Health, Bethesda, Maryland), as previously described.²³

Data Analysis

All data were analysed using GraphPad Prism version 10.4.2 (633) (GraphPad Software, San Diego, CA, USA). Comparisons between all groups were performed using one-way analysis of variance (ANOVA)

followed by Tukey's post hoc test. Data are presented as mean $\pm$ standard deviation (SD), and a p -value of <0.05 was considered statistically significant.

RESULTS

Effects of γ -Oryzanol on Physical Parameters in Rats

The effects of γ -oryzanol on daily food intake, daily water intake, and body weight are displayed in Table I. The results show that γ -oryzanol treatment significantly reduced water intake in diabetic rats compared with the diabetic control group ($p=0.0001$), although intake remained higher than in the normal control group.

However, it showed no significant effects on daily food intake ($p=0.0734$) and weekly body weight ($p=0.4933$) compared with the diabetic control group.

Table I: Effects of γ -oryzanol on daily food, daily water intake, and body weight in diabetic and non-diabetic rat groups.

Groups	Daily water intake (ml/day)	Daily Food intake (g/day)	Body Weight (g)		
			Week 0	Week 4	Gain/Loss
NC	38.85 $\pm$ 5.46 ^a	25.21 $\pm$ 1.56 ^a	349.80 $\pm$ 24.80 ^a	385.90 $\pm$ 23.00 ^a	36.10 $\pm$ 1.80
N+ γ -ORZ	35.30 $\pm$ 5.53 ^a	24.24 $\pm$ 1.80 ^a	345.70 $\pm$ 9.58 ^a	367.60 $\pm$ 19.62 ^a	21.90 $\pm$ 10.04
DC	65.44 $\pm$ 4.28 ^b	21.62 $\pm$ 2.14 ^b	419.20 $\pm$ 27.19 ^b	357.40 $\pm$ 23.04 ^a	-61.80 $\pm$ 4.15
D+MTF	43.42 $\pm$ 4.19 ^c	18.87 $\pm$ 2.00 ^c	421.00 $\pm$ 17.00 ^b	397.50 $\pm$ 18.88 ^b	-23.50 $\pm$ 1.88
D+ γ -ORZ	56.89 $\pm$ 4.11 ^d	20.62 $\pm$ 1.36 ^b	423.20 $\pm$ 31.71 ^b	376.80 $\pm$ 23.02 ^a	-46.40 $\pm$ 8.69
D+MTF+ γ -ORZ	48.52 $\pm$ 5.21 ^c	18.96 $\pm$ 2.11 ^c	422.30 $\pm$ 20.37 ^b	391.60 $\pm$ 23.10 ^b	-30.70 $\pm$ 2.73

All values are expressed as mean $\pm$ SD. Group NC: non-diabetic control; Group N+ γ -ORZ: non-diabetic rats treated with γ -oryzanol (100 mg/kg); Group DC: diabetic control; Group D+M: diabetic rats treated with metformin (300 mg/kg); Group D+ γ -ORZ: diabetic rats treated with γ -oryzanol (100 mg/kg); Group D+MTF+ γ -ORZ: diabetic rats treated with metformin (300 mg/kg) and γ -oryzanol (100 mg/kg). Groups sharing at least one common superscript letter (^{a-e}) are not significantly different, whereas groups with no common letters differ significantly ($p<0.05$).

Effects of γ -Oryzanol on Biochemical Parameters in Rats

The effects of γ -oryzanol on FBG, HbA1c, insulin, HOMA-IR, TC, TG, and HDL are presented in Table II. The results illustrated that γ -oryzanol substantially decreased FBG ($p=0.0223$), HbA1c ($p=0.0005$), HOMA-IR ($p=0.0296$), TC ($p=0.0001$), TG ($p=0.0001$) and raised HDL ($p=0.0090$) levels but revealed no significant impact on insulin levels ($p=0.9672$) in the γ -oryzanol-treated diabetic group compared with the diabetic control group.

Table II: Effects of γ -oryzanol on FBG, HbA1c, insulin, HOMA-IR, TC, TG, and HDL in diabetic and non-diabetic rat groups.

Groups	FBG (mmol/L)	HbA1c (μ g/mL)	Insulin (pmol/L)	HOMA-IR	TC (mmol/L)	TG (mmol/L)	HDL (mmol/L)
NC	5.44 $\pm$ 0.46 ^a	197.3 $\pm$ 62.47 ^a	0.17 $\pm$ 0.09 ^a	0.25 $\pm$ 0.08 ^a	2.00 $\pm$ 0.25 ^a	0.60 $\pm$ 0.10 ^a	0.66 $\pm$ 0.05 ^a
N+ γ -ORZ	4.63 $\pm$ 0.33 ^a	193.0 $\pm$ 45.47 ^a	0.16 $\pm$ 0.07 ^a	0.24 $\pm$ 0.10 ^a	1.90 $\pm$ 0.28 ^a	0.58 $\pm$ 0.16 ^a	0.75 $\pm$ 0.03 ^a
DC	28.31 $\pm$ 3.45 ^b	443.6 $\pm$ 46.22 ^b	0.22 $\pm$ 0.06 ^a	1.48 $\pm$ 0.40 ^b	4.40 $\pm$ 1.65 ^b	10.21 $\pm$ 6.38 ^b	0.83 $\pm$ 0.10 ^b
D+MTF	11.94 $\pm$ 3.80 ^c	278.0 $\pm$ 81.72 ^c	0.18 $\pm$ 0.08 ^a	0.69 $\pm$ 0.31 ^c	2.51 $\pm$ 0.53 ^c	3.27 $\pm$ 1.76 ^c	0.95 $\pm$ 0.06 ^c
D+ORZ	23.75 $\pm$ 3.80 ^d	312.4 $\pm$ 53.83 ^c	0.19 $\pm$ 0.04 ^a	1.00 $\pm$ 0.46 ^c	2.33 $\pm$ 0.26 ^c	2.60 $\pm$ 0.78 ^c	0.96 $\pm$ 0.09 ^c
D+MTF+ γ -ORZ	12.43 $\pm$ 2.15 ^c	257.5 $\pm$ 38.41 ^c	0.18 $\pm$ 0.04 ^a	0.69 $\pm$ 0.21 ^c	2.36 $\pm$ 0.58 ^c	3.50 $\pm$ 1.93 ^c	0.96 $\pm$ 0.12 ^c

All values are expressed as mean $\pm$ SD. Different superscripts (a-d) indicate significant differences between groups ($p < 0.05$). Note that group definitions are the same as in Table I.

Effects of γ -Oryzanol on Myocardial Histological Changes

Figure 1 presents the effects of γ -oryzanol on heart tissue in rats assessed using H&E and Masson's trichrome stains. In the diabetic control group (DC), proinflammatory cell infiltration (arrowhead), disarrayed myocardial striations (dotted arrow), and increased interstitial fibrosis (asterisk) were markedly observed.

Conversely, these pathological changes were reduced in the treatment groups (metformin, γ -oryzanol, and combination). Figure 2 illustrates the graphical representation of interstitial and perivascular fibrosis findings from the Masson's trichrome stain assessed using ImageJ software.

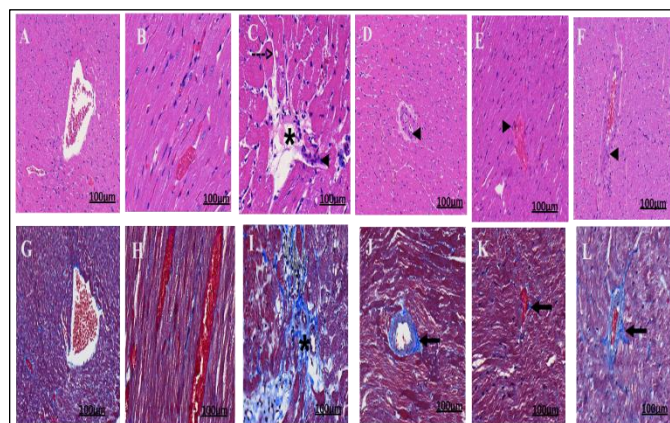


Figure 1: Representative photomicrographs of myocardial histology across experimental groups.

Panels A-F show haematoxylin and eosin (H&E) stained sections, while panels G-L show Masson's trichrome stained sections: A, G: Non-diabetic control group showing normal myocardial architecture with intact cardiomyocytes and minimal collagen deposition; B, H: Non-diabetic rats treated with γ -oryzanol showing preserved myocardial structure comparable to controls; C, I: Untreated diabetic group showing marked myocardial disorganisation, inflammatory cell infiltration, and extensive interstitial collagen deposition.; D, J: Diabetic rats treated with metformin showing partial improvement in myocardial architecture with reduced fibrosis; E, K: Diabetic rats treated with γ -oryzanol showing improved cardiomyocyte alignment and attenuated collagen accumulation; F, L: Diabetic rats treated with combined γ -oryzanol and metformin showing moderate structural restoration and reduced fibrotic changes. Black arrows (→) indicate perivascular fibrosis, arrowheads (→) indicate inflammatory cell infiltration, asterisks (*) indicate collagen deposition, and a dotted arrow (→) indicates disarrayed myocardium. Images are representative of nine animals per group. Original magnification $\times 10$; scale bar = 100 μ m.

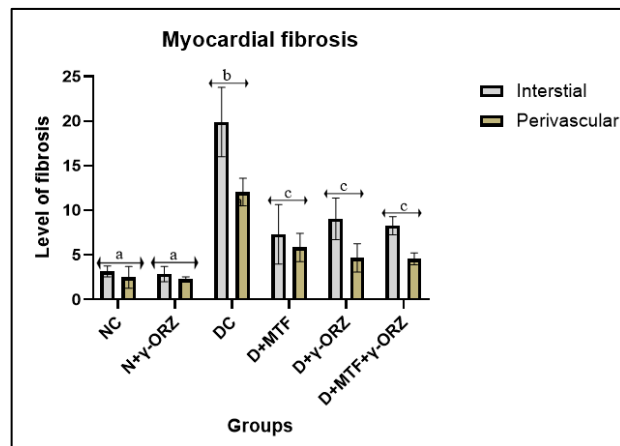


Figure 2: Quantitative analysis of myocardial fibrosis in experimental rat groups assessed by Masson's trichrome staining and analysed using ImageJ software. Fibrosis is expressed as the percentage collagen-positive area of myocardial tissue. Data are presented as mean $\pm$ SEM. Group NC: non-diabetic control; Group N+ γ -ORZ: non-diabetic rats treated with γ -oryzanol (100 mg/kg); Group DC: diabetic control; Group D+M: diabetic rats treated with metformin (300 mg/kg); Group D+ γ -ORZ: diabetic rats treated with γ -oryzanol (100 mg/kg); Group D+MTF+ γ -ORZ: diabetic rats treated with metformin (300 mg/kg) and γ -oryzanol (100 mg/kg). Columns sharing different superscript letters(^{a-c}) indicate significant differences between groups ($p < 0.05$).

DISCUSSION

To the best of our knowledge, this is the first study to clarify the cardioprotective potential of γ -oryzanol in diabetic conditions, compare its effectiveness with that of a common antidiabetic medication, and investigate potential synergistic interactions between the two interventions. According to the findings of this study, γ -oryzanol significantly reduced excessive water intake, indicating partial amelioration of polydipsia but had no significant impact on food intake or body weight. In contrast, a previous study²⁴ reported differing results for both diabetic and non-diabetic rats. This discrepancy may be attributed to variations in experimental duration, as the present study employed a four-week intervention period, whereas the comparative study used an eight-week protocol. Therefore, duration-dependent effects cannot be excluded.

The observed reduction in water intake is likely due to the antihyperglycaemic effects of γ -oryzanol, which enhance metabolic homeostasis, alleviate osmotic diuresis, and consequently reduce thirst. However, water intake remained higher than that of the normal control group, likely due to persistent hyperglycaemia leading to continued osmotic diuresis. This observation aligns with the modest reductions in fasting blood glucose and HbA1c levels observed in the γ -oryzanol-treated group, suggesting that while γ -oryzanol improves polydipsia and glycaemic control, it does not completely restore glycaemic homeostasis.

All diabetic groups experienced some degree of weight loss during the four-week treatment period. γ -oryzanol did not significantly attenuate weight loss compared with the untreated diabetic control group, in contrast to the metformin-treated and combination-treated groups, which exhibited more pronounced improvements. Although all diabetic groups showed lower food intake compared to the non-diabetic groups, the untreated diabetic group still demonstrated relatively higher consumption than the diabetic-treated groups. However, γ -oryzanol treatment did not significantly reduce food intake relative to the untreated diabetic control, whereas the metformin-treated and combination-treated groups demonstrated more notable improvements.

Gamma-oryzanol significantly improved FBG, HbA1c, and HOMA-IR without affecting serum insulin levels. A similar pattern of effects, with significant reductions in FBG and HbA1c, and no notable changes in serum insulin or HOMA-IR, was reported in a previous study involving diabetic patients.²⁵ In contrast, an earlier study using a rodent model of metabolic syndrome demonstrated a significant improvement in HOMA-IR, suggesting possible model-dependent variability.²⁶

The observed antihyperglycemic effects of γ -oryzanol may be attributed to its ability to reduce glucose absorption in the gastrointestinal tract by inhibiting α -amylase and α -glucosidase enzymes.²⁷ Additionally, γ -oryzanol may alleviate insulin resistance by upregulating glucose transporter-4 (GLUT-4) expression in skeletal muscle.²⁸ Given the strong correlation between inflammation and insulin resistance, the improvement in HOMA-IR may also result from enhanced adiponectin secretion. This anti-inflammatory adipokine promotes insulin sensitivity and reduces resistance.²⁹

The antidyslipidaemic effects of γ -oryzanol are among its most consistently reported pharmacological actions.¹³ In the present study, γ -oryzanol significantly influenced total cholesterol (TC), triglycerides (TG), and high-density lipoprotein (HDL) levels. The effects on TC and TG were consistent with previous findings in rodent models of diabetes mellitus,^{30–32} while the observed increase in HDL levels aligns with earlier reports.^{21,33}

These lipid-modulating effects may result from γ -oryzanol's ability to inhibit the incorporation of cholesterol into micelles, thereby reducing intestinal cholesterol absorption and enhancing faecal excretion.³⁴ Additionally, γ -oryzanol may exert inhibitory effects on 3-hydroxy-3-methylglutaryl-CoA (HMG-CoA) reductase. This rate-limiting enzyme catalyses the conversion of HMG-CoA to mevalonate in the cholesterol biosynthetic pathway, as previously documented.³⁵ Collectively, these mechanisms likely contribute to the observed reduction in blood cholesterol levels in the present study.

The histological findings supporting the biochemical results obtained in this study align with recent findings from a study.³⁶ In diabetes, chronic hyperglycaemia and dyslipidaemia promote myocardial fibrosis through the excessive generation of advanced glycation end products (AGEs) and reactive oxygen species (ROS), activation of NF- κ B and TGF- β /Smad signalling, reduced nitric oxide (NO) bioavailability, and lipid peroxidation, as reflected by increased malondialdehyde (MDA) levels. These metabolic disturbances drive cardiomyocyte injury, fibroblast activation, and the progression of interstitial and perivascular fibrosis, ultimately leading to myocardial stiffness and the disruption of normal cardiac architecture.^{37–40} By improving glycaemic and lipid homeostasis, γ -oryzanol may mitigate these pathological changes, thereby reducing oxidative stress, inflammatory signalling, and profibrotic remodelling, which leads to the preservation of myocardial architecture in the treated animals. However, the absence of direct measurements of cardiac analysis markers, oxidative stress, and inflammatory markers remains an essential limitation of the study.

Furthermore, the combination of γ -oryzanol with metformin provided only modest and statistically insignificant improvements in HbA1c and HOMA-IR, suggesting a possible overlap in their mechanisms of regulating glycaemic and lipid metabolism, consistent with mechanisms reported in previous studies.^{21,41,42} However, the precise pathways underlying this interaction remain unclear and warrant further investigation.

Findings from the non-diabetic group indicate that the beneficial effects of γ -oryzanol are more pronounced under pathological metabolic conditions. Overall, these results highlight the potential of γ -oryzanol as a natural adjunctive therapy for diabetic heart diseases.

CONCLUSION

In conclusion, γ -oryzanol attenuated myocardial fibrosis in type 2 diabetic rats, potentially through modest improvements in glycaemic control and lipid metabolism. While the combination with metformin did not produce significant additive effects, these findings highlight the potential of γ -oryzanol as an adjunctive therapy for diabetic heart disease. Further studies are warranted to clarify the underlying molecular mechanisms.

FUNDING

This research was financed by the Fundamental Research Grant Scheme (FRGS) for the year 2022, as further highlighted under the acknowledgements section.

CONFLICT OF INTEREST

The publishing of this report has no conflicts of interest, as declared by all authors.

INSTITUTIONAL REVIEW BOARD (ETHICS COMMITTEE)

The Universiti Sains Malaysia Institutional Animal Care and Use Committee's rules (USM IACUC) were strictly adhered to in executing all experimental procedures, as contained in the approval USM/IACUC/2022/(137)(1229).

ACKNOWLEDGEMENTS

The authors appreciate the Ministry of Higher Education Malaysia for the financial support through the Fundamental Research Grant Scheme (FRGS/1/2022/SKK10/USM/02/35).

REFERENCES

1. Meng Q, Yang J, Wang F, et al. Development and External Validation of a Nomogram to Identify Risk Factors for CHD in T2DM in the Population of Northwestern China. *Diabetes, Metab Syndr Obes.* 2023;16(May):1271–82. doi: 10.2147/DMSO.S404683
2. Rajbhandari J, Fernandez CJ, Agarwal M, Yeap BXY, Pappachan JM. Diabetic heart disease: A clinical update. *World J Diabetes.* 2021;12(4):383–406. doi: 10.4239/wjd.v12.i4.383.
3. Siam NH, Snigdha NN, Tabasumma N, Parvin I. Diabetes Mellitus and Cardiovascular Disease: Exploring Epidemiology, Pathophysiology, and Treatment Strategies. *Rev Cardiovasc Med.* 2024;25(12). doi: 10.31083/j.rcm2512436.
4. Usman MS, Khan MS, Butler J. The Interplay Between Diabetes, Cardiovascular Disease, and Kidney Disease. In: *Chronic Kidney Disease and Type 2 Diabetes*. Arlington (VA): American Diabetes Association; 2021 Jun. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK571718/> doi: 10.2337/db20211-13

5. Świątkiewicz I, Wróblewski M, Nuskiewicz J, et al. The Role of Oxidative Stress Enhanced by Adiposity in Cardiometabolic Diseases. *Int J Mol Sci.* 2023;24(7). doi: 10.3390/ijms24076382
6. Caturano A, Rocco M, Tagliaferri G, et al. Oxidative Stress and Cardiovascular Complications in Type 2 Diabetes: From Pathophysiology to Lifestyle Modifications. *Antioxidants.* 2025;14(1):1–28. doi: 10.3390/antiox14010072
7. Chen S, Shen Y, Liu YH, et al. Impact of glycaemic control on the association of endothelial dysfunction and coronary artery disease in patients with type 2 diabetes mellitus. *Cardiovasc Diabetol.* 2021; 20(1):64. doi: 10.1186/s12933-021-01257-y
8. Lu X, Xie Q, Pan X, et al. Type 2 diabetes mellitus in adults: pathogenesis, prevention and therapy. *Signal Transduct Target Ther.* 2024;9(1):262. doi: 10.1038/s41392-024-01951-9
9. Koçak A, Günek E, Aydın E, Gündüz MK, Kaymak G. Therapeutic effects of finerenone and exenatide on diabetes-induced heart failure: A combined approach targeting inflammation and oxidative stress. *Eur J Pharmacol [Internet].* 2025;1002:177826. doi: 10.1016/j.ejphar.2025.177826
10. Mullugeta Y, Chawla R, Kebede T, Worku Y. Dyslipidaemia associated with poor glycaemic control in type 2 diabetes mellitus and the protective effect of metformin supplementation. *Indian J Clin Biochem.* 2012;27(4):363–9. doi: 10.1007/s12291-012-0225-8.
11. Ormazabal V, Nair S, Elfeky O, et al. Association between insulin resistance and the development of cardiovascular disease. *Cardiovasc Diabetol [Internet].* 2018; 17(1): 1–14. doi: 10.1186/s12933-018-0762-4
12. Radda MI, Omar N, Ahmad R, et al. Gamma oryzanol: a novel, promising supplement for diabetes mellitus. 2025; *Universa Medicina* 44: 90–100. doi: 10.18051/UnivMed.2025.v44.90-100
13. Radda MI, Omar N, Yusof SFM, et al. Effectiveness of gamma-oryzanol in glycaemic control and managing oxidative stress, inflammation, and dyslipidaemia in diabetes: a systematic review of preclinical studies. *PeerJ.* 2025;13:e20062. doi: 10.7717/peerj.20062
14. Francisqueti FV, Minatel IO, Ferron AJT, et al. Effect of Gamma-Oryzanol as a Therapeutic Agent to Prevent Cardiorenal Metabolic Syndrome in Animals Submitted to a High Sugar-Fat Diet. *Nutr* 2017, Vol 9, Page 1299 [Internet]. 2017 Nov 29 [cited 2024 Jul 14]; 9(12):1299. doi: 10.3390/nu9121299
15. Ishak NA, Ismail M, Hamid M, Ahmad Z, Abd Ghafar SA. Antidiabetic and hypolipidemic activities of *Curculigo latifolia* fruit: Root extract in high fat fed diet and low dose STZ induced diabetic rats. *Evidence-based Complement Altern Med. eCAM,* 2013, 601838.. doi: 10.1155/2013/601838
16. Hariri, N. & Thibault, L. High-fat diet-induced obesity in animal models. *Nutr. Res. Rev.* 23, 270–299 (2010).
17. Othman, Z. A., Wan Ghazali, et al. Hypolipidaemic and Cardioprotective Effects of Bee Bread Harvested from Stingless Bee (*Heterotrigona itama*) in High-Fat Diet-Induced Obese Animal Model. *IIUM Med. J. Malaysia.* 2025; 24, 70–77. doi: 10.31436/imjm.v24i01.2508
18. Khan M, Shah MA, Kamal M, Ola MS, Ali M, Panichayupakaranant P. Comparative Antihyperglycemic and Antihyperlipidemic Effects of Lawsone Methyl Ether and Lawsone in Nicotinamide-Streptozotocin-Induced Diabetic Rats. *Metabolites.* 2023;13(7). doi: 10.3390/metabo13070863

19. Ghasemi A, Jeddi S. Streptozotocin As A Tool For Induction Of Rat Models Of Diabetes: A Practical Guide [Internet]. Vol. 22, Excli Journal. Leibniz Research Centre For Working Environment And Human Factors; 2023 [Cited 2024 May 29]. P. 274–94. Doi: 10.17179/Excli2022-5720
20. Furman BL. Streptozotocin-Induced Diabetic Models in Mice and Rats. *Curr Protoc*. 2021;1(4):1–21. doi: 10.1002/cpz1.78.
21. Ghatak SB, Panchal SS. Renoprotective effects of oryzanol in an animal model of experimentally induced diabetic nephropathy. *Orient Pharm Exp Med*. 2014;14(1):55–67. doi 10.1007/s13596-013-0119-1
22. Francisqueti FV, Ferron AJT, Hasimoto FK, et al. Gamma Oryzanol Treats Obesity-Induced Kidney Injuries by Modulating the Adiponectin Receptor 2/PPAR- α Axis. *Oxid Med Cell Longev*. 2018; (1):1278392. doi: 10.1155/2018/1278392.
23. Gonciar, D., Berciu, A. G., Danku, A. E, et al. The Quantification of Myocardial Fibrosis on Human Histopathology Images by a Semi-Automatic Algorithm. *Appl. Sci*. 2024, 14, 7696. doi 10.3390/app14177696 Academic
24. Ghatak, S. B., & Panchal, S. S. (2012). Protective effect of oryzanol isolated from crude rice bran oil in experimental model of diabetic neuropathy. *Revista Brasileira de Farmacognosia*, 22(5), 1092–1103. <https://doi.org/10.1590/S0102-695X2012005000104>
25. Nikooyeh B, Zargaraan A, Ebrahimof S, et al. Daily consumption of γ -oryzanol-fortified canola oil, compared with unfortified canola and sunflower oils, resulted in a better improvement of certain cardiometabolic biomarkers of adult subjects with type 2 diabetes: a randomised controlled clinical trial. *Eur J Med Res* [Internet]. 2023 Dec 1 [cited 2024 Jul 14];28(1):1–9. doi: 10.1186/s40001-023-01409-8
26. Wang O, Liu J, Cheng Q, et al. Effects of ferulic acid and γ -Oryzanol on high-fat and high-fructose diet-induced metabolic syndrome in rats. *PLoS One*. 2015 Feb 3;10(2):1–14. doi: 10.1371/journal.pone.0118135
27. Sansenya S, Payaka A, Mansalai P. Inhibitory Efficacy of Cycloartenyl Ferulate against α -Glucosidase and α -Amylase and Its Increased Concentration in Gamma-Irradiated Rice (Germinated Rice). *Prev Nutr Food Sci*. 2023 Jun;28(2):170–7. doi: 10.3746/pnf.2023.28.2.170
28. Mattei L, Francisqueti-Ferron FV, Garcia JL, et al. Antioxidant and anti-inflammatory properties of gamma-oryzanol attenuate insulin resistance by increasing GLUT-4 expression in skeletal muscle of obese animals. *Mol Cell Endocrinol* [Internet]. 2021;537:111423. doi: 10.1016/j.mce.2021.111423
29. Alwadani AHH, Almasri SAA, Aloud AAA, et al. The Synergistic Protective Effect of γ -Oryzanol (OZ) and N-Acetylcysteine (NAC) against Experimentally Induced NAFLD in Rats Entails Hypoglycemic, Antioxidant, and PPAR α Stimulatory Effects. *Nutrients*. 2023 Jan;15(1),106. doi: 10.3390/nu15010106
30. Kozuka C, Shimizu-Okabe C, Takayama C, et al. Marked augmentation of PLGA nanoparticle-induced metabolically beneficial impact of γ -oryzanol on fuel dyshomeostasis in genetically obese-diabetic ob/ob mice. *Drug Deliv* [Internet]. 2017 Feb 9 [cited 2024 Jul 13];24(1):558–68. doi: 10.1080/10717544.2017.1279237

31. Bhaskaragoud G, Geetha V, Sharanappa T, et al. Hypolipidemic and Antioxidant Properties of Oryzanol Concentrate in Reducing Diabetic Nephropathy via SREBP1 Downregulation Rather than β -Oxidation. *Mol Nutr Food Res*. 2018 Apr 1;62(8):e1700511. doi: 10.1002/mnfr.201700511
32. Bhaskaragoud G, Chatterjee P, Suresh Kumar G. Effect of oryzanol concentrate on hypolipidemic properties and antioxidant enzymes of liver in high-fat-fed and low-STZ-induced male Wistar rats. *Biomed*. 2020 Mar 1;40(1):25–31. Available at: <https://share.google/F11OtbalGroWn5dx5>
33. Cheng HH, Ma CY, Chou TW, Chen YY, Lai MH. Gamma-oryzanol ameliorates insulin resistance and hyperlipidaemia in rats with streptozotocin/nicotinamide-induced type 2 diabetes. *Int J Vitam Nutr Res*. 2010 Jan 1;80(1). doi: 10.1024/0300-9831/a000005
34. Al-Eraky MM, Mohamed N, Kamel F, et al. Advanced Research Teaching Professionalism By Vignettes in Psychiatry for Nursing Students. *Int J Adv Res [Internet]*. 2016;4(6):625–34. doi: 10.21474/IJAR01/700
35. Mäkynen K, Chitchumroonchokchai C, Adisakwattana S, Failla ML, Ariyapitipun T. Effect of gamma-oryzanol on the bioaccessibility and synthesis of cholesterol. *Eur Rev Med Pharmacol Sci*. 2012;16(1):49–56.
36. Garcia JL, D'Amato A, Siqueira JS, et al. Cardioprotective Effect of Gamma-Oryzanol on Myocardium Proteome of Rats Submitted to Diet-Induced Obesity. *Mol Nutr Food Res*. 2025;1–10. doi: 10.1002/mnfr.70239
37. Al Hroob, A. M., Abukhalil, et al. Pathophysiological mechanisms of diabetic cardiomyopathy and the therapeutic potential of epigallocatechin-3-gallate. *Biomedicine and Pharmacotherapy*, 2019; 109, 2155–2172. doi:10.1016/j.biopha.2018.11.086
38. Cheng, Y., Wang, Y., Yin, R., et al. Central role of cardiac fibroblasts in myocardial fibrosis of diabetic cardiomyopathy. *Frontiers in Endocrinology*, 2023; 14, 1–13. doi:10.3389/fendo.2023.1162754
39. Tuleta, I., & Frangogiannis, N. G. Fibrosis of the diabetic heart: Clinical significance, molecular mechanisms, and therapeutic opportunities. *Advanced Drug Delivery Reviews*, 2021; 176, 113904. <https://doi.org/10.1016/j.addr.2021.113904>
40. Wu, Y., Zhang, J., Wang, W., et al.. MARK4 aggravates cardiac dysfunction in mice with STZ-induced diabetic cardiomyopathy by regulating ACSL4-mediated myocardial lipid metabolism. *Scientific Reports*, 2024; 14(1), 1–16. <https://doi.org/10.1038/s41598-024-64006-7>
41. Juricic H, Cuccioloni M, Bonfili L, et al. Biochemical, Biological, and Clinical Properties of γ -Oryzanol. *Antioxidants*. 2025;14(9):1–18. doi: 10.3390/antiox14091099
42. Reed S, Taka E, Darling-Reed S, Soliman KFA. Neuroprotective Effects of Metformin Through the Modulation of Neuroinflammation and Oxidative Stress. *Cells*. 2025;14(14). doi: 10.3390/cells14141064