

Antimicrobial mechanisms of traditional Chinese medicine and reversal of drug resistance: a narrative review

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Abstract. – **OBJECTIVE:** In recent years, the extensive use of antibiotics worldwide has led to an increase in the number of drug-resistant bacterial strains, thus resulting in an increasingly severe degree of bacterial resistance. For thousands of years, traditional Chinese medicine (TCM) has provided natural and unique advantages in the treatment of infectious diseases. Therefore, it is important to develop further and use TCM to treat clinical infections caused by drug-resistant bacteria.

MATERIALS AND METHODS: A literature search was performed using PubMed, Web of Science, Google Scholar, and the China National Knowledge Infrastructure databases. The articles were analyzed to extract information on the antimicrobial effects of Chinese herbal medicines, compounded Chinese medicines, monomeric compounds of herbal origin, and the combined use of Chinese medicine and antimicrobial drugs and to determine the synergistic effect of the combination of Chinese medicine and antibiotics, as well as investigate the possibility of restoring the antibiotic sensitivity of drug-resistant strains.

RESULTS: The mechanisms underlying the antibacterial properties of TCM involve altering membrane permeability, inhibiting protein and nucleic acid synthesis, inhibiting enzyme activity *in vivo*, and controlling the ability of pathogenic bacteria. In addition, the mechanism underlying TCM-induced reversal of bacterial drug resistance is discussed, particularly in terms of the elimination of resistant (R) plasmids and the inhibition of extended-spectrum β -lactamases, bacterial biofilm formation, and bacterial efflux pump activity.

CONCLUSIONS: This paper reviewed the recent relevant literature on antimicrobial action and its mechanisms, as well as the mechanisms

of drug resistance reversal by TCM to provide a reference for clinical drug use, prevention and control of bacterial infection, and research and development of new drugs.

Key Words:

Traditional chinese medicine, Antibacterial, Bacterial resistance, Extended-spectrum β -lactamases, Drug-resistant bacterial infection.

Introduction

Due to the excess use of antibiotics in clinical practice, the emergence of drug-resistant bacteria has accelerated. The World Health Organization (WHO) has listed bacterial drug resistance as a major public health problem and called for joint actions to contain it¹. Bacterial drug resistance refers to the decrease in the susceptibility of bacteria to drugs after repeated contact with the drug, such as the drug efficacy to combat bacterial infections is reduced or even nullified. Bacteria can rapidly mutate to survive under the indirect induction of antibiotic use, consequently, the continuous emergence of newly mutated pathogens and the spread of this resistance to different species pose a great threat to human health. With the unreasonable use of antibiotics, multidrug resistant (MDR) bacteria, including “superbacteria”, developed gradually and their number increased²⁻⁴. Therefore, it is necessary to find effective and easy methods to counteract drug resistance. However, developing new anti-infective drugs is difficult, it is a great investment, and can be time consuming. If the alarming development

of bacterial resistance is not effectively controlled, infectious diseases that could be easily treated will threaten the human population again in the future. Therefore, finding effective drugs or alternative methods to treat drug-resistant bacterial infections is urgently required^{5,6}.

In recent years, many researchers⁷⁻⁹ have faced severe challenges associated with drug-resistant bacteria in clinical treatments; therefore, they have turned their attention to TCM, hoping to find alternative treatments to address the issue of bacterial resistance. For thousands of years, TCM has been used for disease control and prevention. TCM is characterized by many components and multiple targets, and it has the advantages of sources, fewer side effects, and shows good prospects in antibacterial effect. For these reasons, TCM is believed to be an important source for the screening and development of new anti-infective drugs in the future^{7,8}. TCM and its compounds can inhibit drug-resistant bacteria, improve bacterial resistance, moreover, it can improve the human body's resistance to disease. TCM plays an important role in the treatment of drug-resistant bacterial infections through its multitarget and multiroute properties⁹. During the research and development of new drugs, some TCM monomers, or compounds were found to be quite efficient in alleviating and treating infectious diseases, and some TCM have become an important material in the research and development of novel drugs^{10,11}.

In this context, this paper reviewed the mechanisms underlying the antimicrobial action of and reversal of drug resistance by TCM to obtain a theoretical reference for the clinical prevention and control of infection and the development of new drugs.

Materials and Methods

A literature search was performed using PubMed, Web of Science, Google Scholar, and the China National Knowledge Infrastructure databases. The articles were analyzed to extract information on the antimicrobial effects of Chinese herbal medicines, compounded Chinese medicines, monomeric compounds of herbal origin, and the combined use of Chinese medicine and antimicrobial drugs and to determine the synergistic effect of the combination of Chinese medicine and antibiotics as well as investigate the possibility of restoring the antibiotic sensitivity of drug-resistant strains.

Antibacterial Effect of TCM

Antibacterial Action of Chinese Herbal Medicines

There are 879 types of Chinese herbal medicines that show certain antibacterial effects *in vivo* or *in vitro* tests. *Coptis chinensis*, *Scutellaria baicalensis* and *honeysuckle* are the first three kinds of antibacterial activity¹². Previous studies¹³⁻¹⁵ found that TCM showed a certain antibacterial effect in clinical tests for intestinal pathogenic bacteria. For example, *Coptis chinensis*, *phellodendri*, *Scutellaria baicalensis*, *forsythia*, *pomegranate peel*, *purslane*, *Schisandra chinensis*, *honeysuckle*, *radix paeoniae paeoniae*, *Qinpi*, and others, have good antibacterial properties against *Escherichia coli*, *Shigella*, and *Salmonella*. Moreover, the water and alcohol extracts of *Coptis chinensis* showed a strong antibacterial effect against *Staphylococcus aureus* at a concentration of 0.5 mg/mL¹⁶. *In vitro* screening of the antibacterial activity of several Chinese medicines revealed that 15 samples, including *Subtilis sativus*, showed good antibacterial activity against the clinically common *S. aureus*, *Bacillus* spp., *Candida albicans*, and *Pseudomonas aeruginosa*¹⁷. TCM can also be potentially applied in agriculture, for example, *Cnidium cnidii* and *Forsythia* spp. can inhibit the growth rate of pathogenic bacteria mycelium in diseased kiwifruit by up to 70%, which is of great significance during the storage and transportation of agricultural products¹⁸. At the same time, it impedes the development of drug resistance, therefore, TCM has a good application prospect in the resistance to multiple sources of pathogens¹⁹⁻²³.

Generally, the strong antimicrobial effect of TCM, such as *radix scutellariae*, rhizoma *cop-tidis*, *radix et rhizoma rhei*. With the expansion of research on TCM in recent years, some of TCM also have certain antibacterial function, such as *astragalus membranaceus*, *salvia miltiorrhiza*, and *radix paeoniae alba*. These drugs provide a guarantee for the clinical treatment of infectious diseases.

Antibacterial Effect of Compounded Chinese Medicines

The compatibility of different TCM treatments with antibacterial effects can enhance these effects. Previous studies²⁴ have revealed that the antibacterial activity of *Scutellaria baicalensis* and *dandelion* combined with *Artemisia argyi* leaves is better than the antibacterial effect against

hemolytic *Streptococcus* when used alone. The combined application of *Coptis chinensis*, *Scutellaria baicalensis*, and *phellodendri* not only has a strong inhibitory effect on *P. aeruginosa* and MDR *E. coli*, but it can also downregulate the levels of inflammatory factors in the serum of rats and improve immunity^{25,26}. Compounded Chinese medicines DC shows good inhibitory effect on standard *E. coli* and ESBLs producing *E. coli in vitro* and *in vivo*, and it also has anti-inflammatory effect on infected mice²⁷. They are characterized by multiple components, targets, and pathways and their antibacterial effect is not only represented by the direct inhibition of bacteria but also associated with the inhibition of inflammatory response and regulation of immune response.

Antibacterial Effect of Monomeric Compounds of Herbal Origin

Recently, various technologies, such as supercritical fluid extraction, and enzymatic hydrolysis, have been applied to extract different monomeric compounds of herbal origin²⁸. A large number of studies have indicated that the effective components responsible for TCM's antibacterial activity mainly include flavonoids, alkaloids, terpenes, coumarins, and polysaccharides. Berberine has a certain inhibitory effect on various microorganisms, such as *E. coli*, *P. aeruginosa*, *S. aureus*, and *B. subtilis*. Studies²⁹ have shown that the inhibitory effect of berberine varies in different bacteria, particularly, the effect is stronger on gram-positive bacteria than on gram-negative bacteria *in vitro*.

The results of studies on the *in vitro* antifungal properties of various Chinese medicine monomers against *Sporotrichia globosa*, revealed that this fungus is highly sensitive to allicin, a lesser degree, to paeonol, matrine, and osthol³⁰. It has been found³¹ that naringin can be used as a food preservative as it inhibits biofilm formation, especially those formed by the food-borne *Pseudomonas* spp., suggesting that TCM has a broad application in the treatment of biofilm-associated infections.

Antibacterial Effect of Chinese Medicine Combined with Antibacterial Drugs

TCM and TCM compounds in combination with antibacterial drugs can not only inhibit the growth of microorganisms but also reverse the resistance of some drug-resistant strains. The combination of eugenol and colistin was used to conduct antibacterial tests on clinically isolated

E. coli, and this combination showed synergistic antibacterial activity, suggesting that eugenol can aid in the prevention and control of colistin-resistant *E. coli*³². Furthermore, scholars³³ have found that the combination of TCM and antibiotics showed good infection control in patients suffering from severe burns, reducing the probability of drug-resistant strains. We examined the berberine, quercetin, baicalin monomers and antimicrobial drug combination of drug resistance of *Acinetobacter* and the results revealed that the three TCM monomers were combined with imipenem, meropenem, and tigecycline, the MIC values of each monomer and antibacterial drugs were decreased, and the biofilm formation of the drug-resistant *Acinetobacter* were inhibited. Experimental results also showed that the combination of TCM and antibiotics, could restore the sensitivity of drug-resistant bacteria to antibiotics, which is of great significance for guiding clinical drug use³⁴.

Mechanisms of TCM's Antimicrobial Action

Modification of Cell Membrane Permeability

Bacterial cell membrane integrity is important for the maintenance of the cell's normal life activities. For example, if the integrity of the cell membrane and cell wall is compromised, the growth, development, and reproduction of bacteria will be affected, leading to bacterial death. *Radix isatidis*, bergamot water decoctions, bergamot essential oil, and hesperidin were used to test MIC and minimum bactericidal concentration (MBC) for *E. coli*, *S. aureus*, *P. aeruginosa*, and *B. subtilis*. Moreover, the extracellular relative contents of soluble protein and nucleic acid were tested, and the results revealed that hesperidin active ingredients (bergamot) had the lowest MIC and MBC for *S. aureus*, and its growth was the slowest. Further, the extracellular soluble protein and nucleic acid levels increased, suggesting that hesperidin acts by changing the permeability of the bacterial cell membrane³⁵. In addition, studies^{36,37} have found that both carvacrol and cinnamaldehyde can destroy bacterial cell membranes and exudate bacterial cytoplasmic contents.

Inhibition of Protein and Nucleic Acid Synthesis

Proteins are the basic material of life and are largely responsible for life activities. Without

proteins, there would be no life. All the important components of bacteria have the participation of protein, and protein synthesis is regulated by nucleic acids. Blocking this process, or denaturing and inactivating proteins can destroy bacterial functions. According to relevant studies³⁸, the content of cellular soluble proteins in *Girardinia suborbiculata* ethanol extract (GSEE) treatment decreased markedly compared with that in the control group; in addition, GSEE had a significant inhibitory effect on the synthesis of cellular nucleic acid. It is speculated that its antibacterial mechanism may be achieved by inhibiting the expression of soluble protein and synthesis of nucleic acid of the bacteria³⁸.

Inhibition of Enzyme Activity

DNA topoisomerase is a key enzyme in the regulation of nucleic acid metabolism that can catalyze DNA strand expansions and breaks, and complete DNA replication, transcription, and other processes. On investigating the antibacterial mechanism of eugenol and thymol against *Candida*, it was found that these compounds could inhibit H⁺-ATP and turn the intracellular environment acidic, thus causing cell death. The ATP molecule also represents a source of energy. The inhibition of ATP synthase affects bacterial metabolic processes and consequently bacterial growth³⁹. A study⁴⁰ on the inhibitory activity of luteolin against *S. aureus*, and its mechanism revealed that when the concentration of luteolin was 1.6 mg/mL, the activities of topoisomerases I and II were completely inhibited, and when the concentration was >0.8 g/L, the bacteria DNA was directly broken, thus affecting the synthesis of nucleic acids.

Control of Bacterial Pathogenicity

The pathogenicity of bacteria depends on the pathogenic agents they secrete, which can cause direct damage to host tissues or assist in invading the body and evading the body's immune response⁴¹. The quorum sensing system (QS) property of bacteria is considered to be a hub within which the regulation of bacterial pathogenicity occurs through the control of the expression of pathogenic factors and of biofilm formation. Pathogenic factors can lead to a number of infection-related symptoms in the body, whereas the formation of biofilm strengthens the survival and transmission ability⁴². Relevant reports have revealed that, they established a screening system that can detect small molecular inhibitors of the QS through the amount of cell growth. By de-

tecting the level of inhibition produced by three Chinese medicines on the QS of *P. aeruginosa*, the results showed that these medicines had different effects on different pathogenic genes regulated by the QS⁴³. Another study⁴⁴ found that the Chinese herb *Scubbella* had a certain inhibitory effect on the expression of the QS system-related genes of *P. aeruginosa* and could also affect the movement of bacteria. In short, Chinese medicine can regulate the QS of bacteria and weaken their pathogenic ability.

Bacterial Resistance and Current Status

Bacterial resistance involves inherent and acquired resistance. When bacteria are exposed to an environment containing antibacterial drugs for a long time, sensitive bacteria are eliminated, whereas those with inherent or acquired resistance continue to survive and spread. At present, the emergence of drug-resistant strains and multi-resistant strains, and even the emergence of superbacteria, has resulted in antibacterial drugs losing their original antibacterial effects, which in turn affects clinical drug use^{45,46}. It is clear that antimicrobial resistance is now a critical challenge for the treatment of microbial diseases⁴⁷. In addition, antimicrobials are widely used in animal husbandry, and high doses or irrational use leads to the rapid spread of antibiotic-resistant genes and resistant bacteria in various environmental microbial communities⁴⁸.

In 2013, the WHO published a global antimicrobial resistance monitoring report, including information on multiple drug-resistant bacteria in Europe and the United States (mainly including *E. coli*, *S. aureus*, *K. pneumoniae*, *Enterococcus*, *S. pneumoniae*, and *P. aeruginosa*) that cause infection and lead to high death tolls⁴⁹. However, CHINET bacterial resistance monitoring results in China showed that the rate of drug resistance of clinical isolates to commonly used antibacterial drugs is increasing and, in particular, the resistance of gram-negative bacteria is more serious. Infections by drug-resistant bacteria have become a major threat to human health and negatively impact disease prevention and treatment⁵⁰.

Mechanisms Through which Chinese Medicine Reverses Drug Resistance

Elimination of Resistance Plasmids

Drug-resistant plasmids, also known as plasmids, are present in drug-resistant strains and

can lead to the development of drug resistance. These plasmids can be transmitted to the progeny through replication, they can also be passed between strains through horizontal transfer⁵¹. Studies have found that the sensitivity of drug-resistant bacteria to antibiotics can be restored to a certain extent through the action of TCM. Compound preparations of dandelion, diploid, and honeysuckle can restore the sensitivity of *S. aureus* to penicillin, ampicillin, and amoxicillin, and eliminate drug-resistant plasmids⁵². Another study⁵³ found that the drug-resistant plasmid of *E. coli* could be eliminated at a rate of nearly 70% by ethanol extract derived from *Artemisia argyi* leaves. In addition, *rhubarb*, *Scutellaria baicalensis*, *Coptis chinensis*, and other TCM compounds have been reported to be effective, to a certain degree, in eliminating drug-resistant plasmids^{54,55}. Compared with the results of previous experiments, different Chinese medicines were found to have different effects in terms of eliminating bacterial resistance. Moreover, the plasmid elimination rate of the same Chinese medicines for the same drug-resistant bacteria was not completely identical, which may be because of the difference between the bacterial strains or the different mechanisms of drug resistance. Although several studies have confirmed that TCM can eliminate drug-resistant plasmids, its underlying mechanism of action remains unclear and needs further investigation.

Inhibition of Extended-Spectrum β -lactamases

Bacterial production of β -lactamases is the main cause of bacterial resistance to β -lactamide antibiotics⁵⁶. Currently, the use of novel β -lactamase inhibitors can restore the sensitivity of some β -lactamase-producing resistant strains to β -lactamase antibiotics⁵⁷, and research is being conducted to identify these molecules. It has been found that Shuanghuanglian and Qingkailing, two antipyretic and detoxifying TCM compounds, can eliminate the drug-resistant plasmid of extended-spectrum β -lactamases (ESBLs) and inhibit the activity of β -lactamase⁵⁸. Decoctions of HuanglianJiedu decoction, Sanhuang decoction, and Wuwei disinfection decoction can inhibit the activity of ESBLs, which is an important mechanism for reducing bacterial resistance⁵⁹. Therefore, in light of the current challenge posed by the increasingly severe bacterial drug resistance, TCM can be considered for the treatment of ESBL-producing bacterial infections.

Inhibition of Bacterial Biofilm Formation

The formation of bacterial biofilm is a major reason why antimicrobial treatments for bacterial infection fail^{60,61}. Bacterial biofilm formation is complex and dynamic and includes the following main phases: initial bacterial adhesion, formation of microcolonies, continuous aggregation of microcolonies, maturation of biofilm, and release of biofilm bacteria⁶². The biofilm resistance mechanism is complex and may be associated with the osmotic barrier, nutrient restriction, expression of specific resistance genes, QS, and immune escape⁶³⁻⁶⁵. A large number of studies^{66,67} have shown that monomers, such as berberine, allicin, TCM extracts such as that of *Euphorbia burnet*, Tanreqing compound⁶⁸, and HuanglianJiedu decoction⁶⁹ can interfere with the formation of bacterial biofilm, and ultimately reverse drug resistance.

Bacterial Inhibition Via Active Efflux Pump

The efflux pump system of bacteria is an important mechanism for the emergence of drug resistance. Efflux pumps, a type of protein in the cell membrane, can discharge the antibiotic drugs entering bacteria, thus causing them to develop drug resistance⁷⁰. According to relevant studies⁷¹, the Chinese medicine compounds Tanreqing and meropem, cefoperazone, and ceftazidime have a synergistic antibacterial effect with other antibiotics. In inhibiting the expression levels of bacterial efflux pump genes, the three drugs were compared by the effect: cefoperazone>tanreqing>ceftazidime. Tanreqing, ceftazidime, and cefoperazone can reduce the drug resistance of bacteria by down-regulating the expressions of bacterial efflux pump genes, and reducing the clinical dose of antibiotics, and thus, play a bacteriostatic effect⁷¹.

Conclusions and Future Prospects of Chinese Medicine

At present, due to the irrational use, and even abuse of antibiotics, bacterial drug resistance is becoming increasingly severe, seriously threatening the health of human beings, livestock, and poultry. To better prevent and control various infections caused by bacteria, achieve synergistic effects, and improve curative effects, the combined use of antibiotics in clinical settings should be strengthened. In China, TCM represents a millenary tradition

and is widely used to prevent and treat various infectious diseases. TCM show good antibacterial effects as it can inhibit or kill bacteria, regulate the body's immunity, reduce bacterial resistance, delay or even reverse bacterial resistance, a number of TCM and its compound have a good anti-infection effect. However, due to its relatively slow antibacterial effect and large dosage, TCM should be used in combination with antibiotics. Alternatively, its active components should be extracted, and its chemical structure should be modified to enhance the antibacterial effects⁷².

The present study confirmed^{9,10} that Chinese herbal medicines, compounded Chinese medicines, and monomeric compounds of herbal origin possess certain antibacterial properties, and that TCM can inhibit pathogenic gene expression and reduce the secretion of pathogenic factors. These characteristics indicate that TCM has certain unique advantages in inhibiting bacterial resistance. Research is now focused on the development of a new generation of TCM antibiotics, for example, from plants⁷³. In addition, nanoliposomes have been shown to deliver drug formulations to target bacteria *in vivo* and *in vitro*, and silver nanoparticles can also be synthesized from TCM^{74,75}. Based on the clinical applications and existing antibiotics for the treatment of drug-resistant bacteria, the research and development of new antimicrobial agents is time consuming and involves several difficulties. Understanding the effect of traditional medicine on drug-resistant bacteria and evaluating its underlying mechanism can reduce the clinical usage of antibiotics to a certain extent. This approach can reduce the generation of drug-resistant strains by reducing bacterial antibiotic resistance. Therefore, it is necessary to continue with the isolation and detection of resistance of bacteria to understand its pathogenic mechanisms and genetic background and thus lay a theoretical foundation for further research.

Conflict of Interest

The Authors declare that they have no conflict of interests.

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Consent for Publication

Not applicable.

Authors' Contribution

BGL and EPX participated in study conception, design, and prepared the manuscript. MX, YD, BGL, WH, DDH, and GZH reviewed the manuscript. BGL and EPX revised the manuscript and coordinated the whole project. All authors read and reviewed the final manuscript.

Ethics Approval and Consent to Participate

Not applicable.

Data Availability Statement

The data supporting the findings of this study are included within the manuscript and its supporting information.

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