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## RESEARCH ARTICLE

### THE ANTIPROLIFERATIVE EFFECT OF ESSENTIAL OILS IN CANCER CELL LINES

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#### ABSTRACT

Essential oils are volatile aromatic compounds present in the leaves, stems, and fruit shells. They are abundant in nature and have monoterpene compounds with antibacterial, antioxidant, and anti-inflammatory properties. In recent years, interest in essential oils has increased, since their antiproliferative properties have been studied. This work shows some aspects related to the antiproliferative effect of essential oils in cancer cell lines.

## INTRODUCTION

It has been reported the use of biologically active organic compounds which are extracted from plant species with ability to eliminate pathogenic microorganisms (Daferera et al., 2003; Flores-Encarnación et al., 2016; Marston et al., 2016). Different essential oils with antibacterial properties are known. Some oils have been used in food preservation, pharmaceutical, agronomic, aromatherapy and fragrance industries (Saranra and Devi, 2017). The cinnamon, clove, geranium, lemon orange, rosemary, aniseed, eucaliptus, camphor oils have showed antibacterial activity (Boskovic et al., 2015; Prabuseenivasan et al., 2006). Thyme has been used as an antiseptic, antimicrobial, medication, astringent, anthelmintic, medicinal drug. It is incredibly useful in cases of infections by Gram-positive and Gram-negative bacteria, fungi and yeasts so, assorted intestinal infestations, like hookworms and ascarids (Borugă et al., 2014; Reddy et al., 2014). It has been reported that *T. vulgaris* inhibits the growth of pathogenic microorganisms such as *Candida albicans*, *Pseudomonas aeruginosa*, uropathogenic *Escherichia coli*, *Vibrio parahaemolyticus*, *V. fluvialis*, *Mycobacterium* sp., *Streptococcus pneumoniae*, *S. mutans*, *Staphylococcus aureus*, among others (Billinger et al., 2009; Djeghboub et al., 2018; Flores-Encarnación et al., 2018; Flores- Encarnación et al., 2020; Oramadike and Ogunbanwo, 2017; Rojas- Armas et al., 2015).

In recent years, different works have reported that *T. vulgaris* contains phenolic compounds with high antioxidant activity, inclusive several preclinical studies pointing to the anticancer potential of *T.vulgaris* have been described (Bentayeb et al., 2014; Kubatka et al., 2019). Therefore, this work shows some aspects related to the antiproliferative effect of essential oils in cancer cell lines.

**ESSENTIAL OILS AND THEIR ANTIBACTERIAL MECHANISMS:** Since ancient times, plants have played a fundamental role in the life of man. With the advances in the chemistry and pharmaceutical sciences, the uses of plants as broad-spectrum treatments have increased (Celis et al., 2008). Essential oils of plants have been widely used for the treatment of various diseases which is why many medicinal plants have attracted scientific interest. Essential oils have antioxidant and anti-inflammatory properties and have been associated with modulation of various genetic pathways (Khoury et al., 2016; Patra and Baek, 2016; Wu et al., 2009). The essential oils are aromatic substances obtained from plant materials. They are secondary metabolites that provide a defense function or attraction in plant (Butkienė et al., 2015; Flores-Encarnación et al., 2016; Solórzano-Santos and Miranda-Novales, 2012). Other secondary metabolites include flavonoids, phenols, terpenes, alkaloids, lectins and polypeptides (Citarasu, 2010; Sánchez et al., 2009).

Essential oils are characterized by a complex mixture of compounds belonging to different classes of organic chemistry: hydrocarbons, phenols, terpenes, alcohols, aldehydes, ketones, esters, ethers (Butkienė *et al.*, 2015; Hassan *et al.*, 2016; Kordali *et al.*, 2005). It has been reported that *T. vulgaris*, *Cinnamomum verum* (cinnamon) and *Lippia berlandieri* (oregano) have antioxidant properties related with phenolic compounds, such as carvacrol and thymol and these can be used under certain conditions as fungicides and bactericides (Abdalá and Roozen, 2011; Burt, 2004; Kordali *et al.*, 2005). Some phenolic compounds derived from plant extracts have been reported as viable alternatives to antibiotics for the treatment of infectious agents in aquaculture (Citarasu, 2010). Essential oils have been used against a considerable number of pests and because their low mammalian toxicity and general availability, they have been considered as active ingredients in some botanical pesticides (Flores-Encarnación *et al.*, 2019; Mohan *et al.*, 2011). At present, different antibacterial mechanisms have been reported for essential oils. It is known that essential oils have the ability to penetrate the lipid membrane of bacteria, making it more permeable and with it causing leaking ions and cytoplasm and bacterial lysis (O'Bryan *et al.*, 2015). Other effects that have been observed in microorganisms by the action of essential oils are: 1. Destabilization of bacterial membrane by changes in membrane structure; 2. Alteration of the cell permeability; 3. Disturbance on ionic gradients; 4. Modification of bacterial quorum-sensing; 5. Leakage of potassium ions from cells; 6. Alteration of membrane potential (proton translocation); 7. Changes in pH gradient and ATP production of bacterial cell; 8. Interleaving into double-stranded DNA; 9. Blocking the bacterial respiratory activity (Cowan, 1999; Flores-Encarnación *et al.*, 2016; Flores-Encarnación *et al.*, 2020; O'Bryan *et al.*, 2015; Rajendran *et al.*, 2014).

## THE ANTIPROLIFERATIVE EFFECT OF ESSENTIAL OILS

According to official data from the World Health Organization, cancer is the second leading cause of death in the world population and it is estimated that 9.6 million people died from this disease in 2018 (Niksic *et al.*, 2021). There were an estimated 18.1 million cancer cases around the world in 2020. Of these, 9.3 million cases were in men and 8.8 million in women (WCRFI, 2020). It has been reported that different essential oils have antimicrobial, antioxidant, and even anti-inflammatory properties (Borugă *et al.*, 2014, Khoury *et al.*, 2016; Patra and Baek, 2016; Saranra and Devi, 2017). In addition to that, certain essential oils have been labeled as promising anticancer agents and are currently being investigated for their cytotoxic and antiproliferative activities in cancer cell lines or experimental animals (Edris, 2007; Kubatka *et al.*, 2019; Niksic *et al.*, 2021). For some time, novel tumor-specific therapies have been required maintaining a high degree of efficacy and less toxic. In this context, it has been proposed to use anticancer drugs from natural products, representing a valuable source for the identification and development of novel treatment options for cancer (Newman and Cragg, 2007; Sertel *et al.*, 2011). So, research has focused on the health effects of phytochemicals and plant-derived extracts. Ait M'barek *et al.*, (2007) reported that thyme essential oil has anticancer activities and it was investigated *in vitro* using the human ovarian adenocarcinoma cell line. Those authors and others proposed that thyme essential oil cytotoxicity might be due to its lipophilic compounds that accumulate in cancer cell membranes and increase their permeability, resulting in leakage of enzymes and metabolites, besides that thyme essential oil could also shown immune-stimulatory effects (Ait M'barek *et al.*, 2007; Halat *et al.*, 2022; Sertel *et al.*, 2011; Sikkema *et al.*, 1995). Thyme possesses numerous compounds, especially the monoterpenoid phenols carvacrol and thymol, which exerted anticancer effects in various types of cell lines mimicking human cancers and they demonstrated their potential as chemopreventive or anticancer agents in different types of cancers (Elbe *et al.*, 2020; Pakdemirli *et al.*, 2020). The anticancer action mechanisms of monoterpenoid compounds include: induction of cell death by apoptosis and/or necrosis, inhibition of cell growth (antiproliferative effect), augmentation of ROS generation, depolarization of mitochondrial membrane, activation of Bax proapoptotic

mitochondrial proteins, inhibition of angiogenesis, interaction with caspase or poly-ADP ribose polymerase, diminution of tumorigenesis by modulating the activity of carcinogen metabolizing enzymes, antimutagenic, antiproliferative, antioxidant properties, cell cycle arrest, and loss of key organelle functions (Ahmad *et al.*, 2021; Blowman *et al.*, 2018; Halat *et al.*, 2022; Islam *et al.*, 2019; Niksic *et al.*, 2021). Ribeiro *et al.*, (2020) reported the cytotoxic/anti-proliferative activities *in vitro* of ten commercially available essential oils using a human skin keratinocyte cell line and a human fetal epithelial colon cell line. They observed that the Chinese cinnamon showed toxicity at all the tested concentrations on both cell lines, while lemongrass presented cytotoxicity (at all the tested concentrations) on human skin keratinocyte cell line. Basil, German chamomile and clove essential oils showed cytotoxicity at the highest concentration of 250  $\mu\text{g mL}^{-1}$  on the human fetal epithelial colon cell line. They observed also that the ajowan and palmarosa showed no cytotoxicity at concentrations  $\leq 125 \mu\text{g mL}^{-1}$  and all the other essential oils presented no cytotoxicity at 32 and 16  $\mu\text{g mL}^{-1}$ . According to the research findings, essential oils possess anticancer potential against mouth, breast, lung, prostate, liver, colon, and brain cancer and even in leukemia (Gautam *et al.*, 2014). So, different studies has indicated that the specific components of essential oils increase the cytotoxic activity of chemotherapeutic drugs (for example: docetaxel, paclitaxel, 5-fluorouracil) on different cell lines and thus open the possibility of reducing their dose while providing the same effect (Carnesecci *et al.*, 2001; Niksic *et al.*, 2021). More than 60% of anticancer compounds are derived from plants, microorganisms, and marine sources. Today, medicinal plants are being considered safe due to their low side effects relative to chemical drugs. The anticancer plants contain a wide range of compounds, such as colchicine, vincristine, and podophyllotoxin, which are mitotic inhibitors binding to mitotic spindle tubular proteins and possessing alkaloids such as vinca alkaloids (*Vinca rosea*) that are used in chemotherapy (Srivastava *et al.*, 2005; Tabatabaei *et al.*, 2018). Plants of the Lamiaceae family can be a rich source of phytochemicals such as phytosterols, flavonoids, carotenoids, and terpenoids that act as antioxidants, annihilating free radicals and stimulating the immune system. These compounds form DNA adducts inhibiting the activity of carcinogens and also blocking metabolic pathways of cancer (Craig, 1999; Tabatabaei *et al.*, 2018).

## CONCLUSION

Essential oils are substances that have been used since ancient times. In recent years, the properties of them have been studied, proving to be compounds with anti-inflammatory, antioxidant and potent antimicrobial activities. In addition to this, essential oils show antiproliferative properties, data that have been obtained in cell lines associated with cancer. Among the essential oils, *T. vulgaris*, known as thyme, seems to be an alternative that could be used in the future to prevent the development of abnormal cells or prevent their proliferation. It is necessary to carry out more studies about the antiproliferative potential in cells associated with cancer.

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