

A prospective study from a tertiary care facility in North India on the function of vascular endothelial growth factor in tuberculous meningitis

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Abstract:

The part that vascular endothelial-derived growth factor (VEFG) plays in the onset of tuberculous meningitis (TBM) is still mostly unknown. We evaluated the role of VEFG in serum and CSF in TBM prospectively. **PARTICIPATES AND METHODS:** In this prospective study, researchers observed patients at a hospital in northern India from January 2018 to June 2019. 82 consecutive drug-naïve TBM patients who were diagnosed using modified Ahuja's criteria were included in the study. 49 healthy controls (n = 49) were used to compare the results. Serum and cerebral fluid levels of VEFG were assessed in both patients and controls. 34 patients had their blood VEFG levels rechecked three months after completing antitubercular therapy. The levels of VEFG were determined using the human VEFG enzyme-linked immunosorbent assay kit. 29.9 ± 13.1 years was the average age. These are the outcomes. The study group consisted of 33 men and 49 women (59.8% and 40.2%, respectively). Seventy-three patients (89%) had positive multiplex TB polymerase chain reaction tests, while thirteen patients (18%) had positive BACTEC MGIT960 tests. Patients with TBM did not have greater levels of VEFG in their serum or cerebrospinal fluid than the control group. Serum VEFG level declines during follow-up were not linked to the final result in TBM. In conclusion, VEFG may not have a major role in the emergence of TBM. Future studies with larger sample numbers could be able to clarify the VEFG status in TBM further.

Keywords: Treatment for tuberculosis, outcome, TB meningitis, VEFG

Introduction

Despite years of intensive research, the prognosis for tuberculous meningitis (TBM) remains poor, with around one-third of survivors experiencing significant residual disability and 25% of patients dying.^{1–3} The host's immune response to a tubercular bacilli infection might be either positive or negative. The Creative Commons Attribution NonCommercial ShareAlike 4.0 License governs the distribution of the papers published in this open-access publication. As long as appropriate credit is given and the new works are licensed under the same terms, this license allows others to alter, adapt, and produce works based on the original work without receiving payment. either nice or bad, depending on how terrible it is. One of the main causes of death and other issues in tuberculosis (TBM) is the host immune system's response to tubercular bacilli. An excellent illustration of this is the widespread use of steroids in combination with antitubercular treatment (ATT) for tuberculosis (TBM) [4]. Cerebral infarction will occur in around 40% of those with TBM, making it a major cause of several issues. One of the most One of the main causes of brain infarcts is intracranial vascular strangulation and occlusion, which is brought on by the discharge of viscous exudates from the base of the brain. This has led to the association of VEFG, chemokines, and cytokines with the pathogenesis of cerebral infarctions in TBM. From 5 to 8 Vascular endothelial-derived growth factor (VEGF) or vascular permeability factor is a 36–46 kDa homodimeric glycoprotein that regulates the

permeability of the vascular endothelium. TBM develops as a result of inflammation and oedema in the brain caused by disruption to the blood-brain barrier (BBB). VEGF does contribute to BBB impairment in brain infarctions, CNS neoplasms, and bacterial meningitis.[6] However, only a limited number of studies have looked at the role of VEGF in TBM [9–11]. Other issues with these studies were a small sample size and the use of computed tomography scans rather than magnetic resonance imaging (MRI) to detect brain infarcts. Because there is little information from well planned prospective studies, the function of VEGF in the development of TBM is still unknown. If VEGF is shown to have a substantial pathogenic role in CNS TB, then future treatment regimens based on anti-VEGF medications may provide improved outcomes in TBM. As a result, VEGF's role in TBM was evaluated prospectively.

Aims and objectives

The aims and objectives of the study were to determine the role of VEGF in the pathogenesis of TBM.

Patients and Methods

The present prospective study was done at a university standard hospital from January 2018 to June 2019. Diagnosis of TBM was made on the basis of the modified Ahuja's criteria.^[1,2] We included 82 consecutive newly diagnosed patients of TBM who had not received ATT before the collection of samples. The results were compared to healthy controls ($n=49$) consisting of patients who underwent cerebrospinal fluid (CSF) examination for diagnostic purposes and during surgery under spinal anesthesia. Control subjects did not have any active CNS disease or any other disease which is known to elevate VEGF levels. The study was approved by the Ethics Committee of the institute with order number NK/4247/MD/2666-67. Patients and controls were included and excluded based on the following criteria.

Inclusion criteria

- a. Age more than 14 years
- b. Patients being diagnosed as TBM using modified Ahuja's criteria.

Exclusion criteria

1. Pregnancy
2. Presence of organisms other than *Mycobacterium tuberculosis*
3. Patients on antitubercular therapy or other forms of immunosuppressive therapy
4. Presence of disorders (other than TBM) which may elevate VEGF levels.

A history was taken, and each patient underwent a thorough systemic and neurological examination. Every detail was recorded on a pre-made proforma. Haemoglobin, total and differential leukocyte counts, erythrocyte sedimentation rate, platelet counts, blood sugars, renal, liver, and thyroid function tests, serum electrolytes, and serum calcium and phosphorus were among the many biochemical and hemogrammatic analyses performed on each patient. Adenosine deaminase, multiplex polymerase chain reaction (PCR) for bacterial DNA, for cells, protein, glucose, acid-fast bacillus (AFB) smear, GeneXpert for MTB, culture, and drug susceptibility tests for MT were all examined in the CSF. Bon Lowenstein-Jensen medium, BACTEC automated blood culture systems, bacterial and fungal cultures, and cryptococcus antigen testing, among other things. Every patient had a baseline MRI brain with contrast. The four medications used in ATT (antituberculous therapy) were rifampicin, isoniazid, pyrazinamide, and streptomycin (RHZS) in combination with steroids for each patient. Where necessary, ventriculo-peritoneal shunting was carried out. Following three months of therapy, the patients were reviewed by radiological examination and clinical assessment each month. Additionally, they received clinical examination and neuroimaging on an as-needed basis. The Glasgow Outcome Scale [12] and the Schwab and England Activities of Daily Life (SANDL) Scale were used to establish the final result.[13] The grade of TBM was determined using the British Medical Research Council guidelines.[14] If the main subject was younger than 18

or had a sensory impairment, the authors acquired written informed permission from all participants or their family.

All patients had five millilitres of blood and seven to eight millilitres of CSF taken at baseline under strict aseptic conditions in order to estimate their VEGF levels. Following three months of ATT therapy, blood samples were taken in order to estimate VEGF. After obtaining permission, two millilitres of CSF were extracted from controls during a lumbar puncture performed for anaesthetic reasons during surgery. Blood was used to extract serum, which was then placed in an autoclaved tube. After centrifuging it for 10 minutes at 3000 revolutions per minute, it was stored at -80°C. The human VEGF DIACONE enzyme-linked immunosorbent test kit, a solid-phase kit intended to measure VEGF level, was used to quantify the VEGF.

Statistical analysis

All data were analyzed using the IBM Statistical Package for the Social Sciences (SPSS) for Windows, version 25.0. Armonk, NY: IBM Corp.

Demographic data were analyzed using mean, median, and range. To analyze discrete variables, the Chi-square test was utilized, whereas the Mann-Whitney test was used to analyze continuous variables. Statistical significance was defined as $P \leq 0.05$. The Student's *t*-test was used to compare VEGF levels at baseline and 3 months after ATT.

Results

Demographic and clinical profile

The mean age of TBM patients (29.9±13.1 years) was significantly less ($P < 0.01$) than control population (41.8±9.5 years). There were 33 (40.2%) men and 49 (59.8%) women in the TBM group and 22 (44.9%) men and 27 women (55.1%) in the control group. The

Table 1: Clinical and demographic profile of patients with tuberculous meningitis

Parameters	Number of patients (n=82), n(%)
Age (years), mean±SD	29.9±13.1
Male sex	30 (40.2)
Fever	79 (96.3)
Headache	80 (97.6)
Vomiting	64 (78)
Duration of illness (days), mean±SD	48.1±52.2 (range 7–360)
GCS score	3 (3.7)

and clinical data are summarized in Table 1. Altered sensorium

Radiological and cerebrospinal fluid data Baseline MRI (n=77) was abnormal in 76 (98.7%) patients. The most common abnormality included the presence of exudates seen in 85.7% of patients followed by hydrocephalus in 62.2% of patients. Evidence of brain infarction was seen in 24.4%. CSF was abnormal in 76/82 (92.7%) of patients. There remain six patients had an unmistakable evidence of CNS tuberculosis on neuroimaging. AFB culture (BACTEC MGIT 960) was positive in 15 (18%) patients while multiplex PCR for tubercular bacillus was positive in 73 (89%) patients. The MRI and CSF results are shown in Table 2.

Final outcome among patients with tuberculous meningitis

The final outcome in TBM was defined either by:

1. Death (n=24) or alive (n=58) or
2. Using the Glasgow Outcome Scale score (good-5, Lower motor neurone type of facial weakness ADL Scale score (100%-80%-good, 60%-70% - moderate, and <60% - poor). The outcome was taken as poor if there was death or if any scale revealed poor outcome, moderate if any scale revealed moderate outcome, and good if both scales have good outcome.

Overall, death occurred in 24 (29.3%) patients. Forty (48.8%), 12 (14.6%), and 30 (36.6%) patients had good, moderate, and poor outcomes, respectively.

Table 2: Cerebrospinal fluid and radiological data of patients with tuberculous meningitis

Radiological data	
Parameter	Number of patients (n=77), n(%)
Any abnormality	76 (98.7)
Hydrocephalus	51 (62.2)
Exudates	66 (85.7)
Cerebral infarcts	20 (24.4)
Border-zone encephalitis	5 (6.1)
Meningeal enhancement	60 (73.2)
Tuberculomas	39 (26.7)
Military mottling	5 (6.1)
Cord involvement	16 (20.8)
Optochiasmatic arachnoiditis	3 (3.9)
Cerebral edema	23 (29.9)
CSF data	
Parameters	Number of patients with TBM (n=82), n(%)

Antitubercular therapy-induced hepatitis	
Hydrocephalus	51 (62.2)
Ventriculo-peritoneal shunt	16 (19.5)
Staging of TBM	
Stage I TBM	20 (24.4)
Stage II TBM	41 (50)
Stage III TBM	21 (25.6)
BACTEC culture positivity	15 (18)
Multiplex TB PCR positivity	73 (89)
Type of TBM	
Definitive	73 (89)
Highly probable	9 (11)
Extraneural TB on PET	
Brain	40 (70.2)
Lung	44 (77.2)
Consolidation	23
Fibro-cavitary lesions	13
Military mottling	13

Pleural involvement	5
Lymphadenopathy	44 (77.2)
Mediastinal lymphadenopathy	30
Cervical lymphadenopathy	26
Axillary	11
Mesenteric	15
Para-aortic	17
Bone	10 (17.5)
Pericardial	1 (1.7)
Adnexa	2 (3.5)
Prostate	4 (7)
Gastrointestinal	6 (10.5)
Liver	1 (1.7)
Pancreas	1 (1.7)

TB=Tuberculosis, PET=Positron emission tomography, SD=Standard deviation, GCS=Glasgow Coma Scale, TBM=Tuberculous meningitis, PCR=Polymerase chain reaction

Determinants of poor outcome

We further analyzed a set of various clinical, biochemical, CSF, or radiological parameters [Table 3] can predict the final outcome in TBM. The following associations were found as follows:

1. Positive association between low Glasgow Coma Scale and death as well as poor final outcome
2. Trends between TBM Stage III and death ($P = 0.08$) and poor outcome without death on any of the scales compared to lower clinical stage of TBM
3. Trend ($P = 0.08$) between altered sensorium and poor outcome as defined by either of the two scales
4. A trend toward death and the presence of exudates ($P = 0.06$) and cerebral edema ($P = 0.09$)
5. Positive association between poor outcome (on either of the scales) and the presence of cerebral infarcts ($P = 0.02$)
6. Positive association between the presence of cerebral

CSF pleocytosis	76 (92.7)
Lymphocytic predominance	42
Polymorphonuclear predominance	34
Low glucose	72 (87.8)
CSF glucose ≤ 30 mg/dL	46 (56.1)
Raised CSF protein (> 50 mg/dL)	71 (86.6)
AFB culture	15/82
AFB staining	Nil
CSF high ADA (> 10)	54
CSF TB PCR	73

CSF=Cerebrospinal fluid, AFB=Acid-fast bacillus, ADA=Adenosine deaminase, PCR=Polymerase chain reaction, TB=Tuberculosis, TBM=Tuberculous meningitis

tuberculomas and good outcome (determined by the presence or absence of mortality) ($P = 0.02$) and a trend between the presence of cerebral tuberculomas and good outcome as defined by either of the two scales ($P = 0.06$).

VEGF in serum and cerebrospinal fluid samples of tuberculous meningitis and controls

Comparison of serum and cerebrospinal fluid VEGF in cases versus controls
In the present study, we evaluated the role of VEGF in the pathogenesis of TBM. The levels of serum and CSF VEGF were measured in TBM and compared with controls. On analysis, serum and CSF VEGF were greater (though statistically insignificant; $P = 0.01$) in TBM than controls [Table 4].

Correlation between VEGF and various clinical parameters

We also compared serum and CSF VEGF with the stage of TBM and with the final outcome among patients with TBM. On analysis, there was no correlation of the severity of TBM (as suggested by clinical staging) or final outcome of TBM with either serum or CSF VEGF.

Table3:Correlationofclinicalandradiologicalparameterswithfinaloutcomeintuberculousmeningitis

Parameters	“Finaloutcomeas definedbydeath oralivedead”	P	“FinaloutcomeasdefinedbyEngl andscoreofGOS		Schwab andscore	P
			Good	Poor		
GCS						
15	6	0.01	25	10		0.05
8–14	15		14	17		
<7	3		1	3		
TBMstage						
1 or2	14	0.06	6	34		0.09
3	10		11	19		
Altered sensorium						
Present	17	0.5	21	19		0.08
Absent	7		21	9		
Radiologicalparameters						
Cerebralinfarct						
Infarctabsent		NS	43	14		0.02
Infarctpresent			6	12		
Exudates						
Present	12	0.06	12	15		0.07
Absent	8		28	11		
Cerebraledema						
Present	9	0.09	-	-		-
Absent	11		-	-		
Cerebraltuberculomas						
Present	6	0.02	25	9		0.06
Absent	14		15	17		

NS=Notsignificant,TBM=Tuberculousmeningitis,GCS=GlasgowComaScale

**Table4:Serumandcerebrospinalfluidvascularendothelial-derived
withtuberculousmeningitisversuscontrols**

Parameter	Mean±SD(pg/mL)	P
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growth factor in patients

CorrelationbetweenVEGFandvariousradiological parameters

We determined the role of VEGF in radiological complications of TBM such as hydrocephalus, exudates, infarcts, tuberculomas, border zone encephalitis, and cerebral edema. Analysis revealed a positive association ($P=0.01$) between serum VEGF and exudates on MRI. There was no correlation between serum and CSF VEGF with any other radiological parameter.

Follow-up serum VEGF levels

In this present study, we also determined levels of serum VEGF at follow-up. Follow-up VEGF testing was done in 34 patients. At follow-up, serum VEGF decreased only in 15 (44.1%) patients. When compared, change in serum levels of VEGF did not have any bearing on the final outcome. These results are shown in Table 5.

to VEGF A, a 45 kDa glycoprotein produced by many different cell types. Primarily released from vascular endothelial cells in response to hypoxia, VEGF potentially stimulates angiogenesis. In cerebral ischemia, VEGF can have both pathogenic and protective roles depending on the stage of disease process. While, in early stages, VEGF contributes to brain damage through increase in vascular permeability with consequent cerebral inflammation and edema; in the late stages, it protects against ischemia through the formation of new blood vessels. As disruption of BBB (with increased vascular permeability and influx of inflammatory cells) remains a major factor for cerebral damage in TBM, it is likely that VEGF contributes to the pathology of TBM at least in the early stages of disease process. VEGF also stimulates the genesis of nitric oxide resulting in vasodilatation with increased blood flow and consequent cerebral vasodilatation. Accordingly, it is imperative to study the role of VEGF in TBM where vascular complications are important determinants of death and other disabling sequelae.^[9-11]

Matsuyama *et al.*^[9] found a significant increase in VEGF (in blood and CSF) in TBM ($n=28$) than in other CNS

Table 5: Follow-up serum vascular endothelial-derived growth factor levels and their influence on the outcome as defined by dead or alive

Parameter	Final outcome as defined by dead or alive (n=38)		P	
Decrease in serum VEGF	15	0	0.6	
Increase in serum VEGF	18	1		
Parameter	“Final outcome as defined by Schwab and England ADLs or GOS (n=38)			P
	Good	Moderate	Poor	
Decrease in serum VEGF	11	3	1	0.4
Increase in serum VEGF	13	2	4	

VEGF=Vascular endothelial-derived growth factor, ADLs=Activities of daily living, GOS=Glasgow Outcome Scale

infections ($n=31$). Follow-up VEGF levels decreased in patients who showed clinical improvement ($n=12$). They stressed on the importance of VEGF in TBM. In another study conducted on a pediatric population,^[10] CSF VEGF was significantly higher in TBM ($n=26$) than in healthy children ($n=20$). There was a positive correlation between CSF mononuclear cell count and VEGF levels. Thus, inflammatory cells in CSF secrete VEGF which, in turn, damages BBB. The authors suggested that steroids may exert their benefit in TBM by antagonizing the effect of VEGF. Husain *et al.*^[11] reported significantly higher blood and CSF VEGF in ongoing ($n=20$) compared to inactive TBM ($n=20$).

The demographic, clinical, laboratory, positron emission tomography, and MRI data of the present study were consistent with that reported previously from our center.^[1,2,15] Regarding serum and CSF VEGF, our results contrasted with previous studies as we did not find a role of VEGF in the pathogenesis of TBM. Although blood and CSF VEGF were more in TBM than in healthy subjects, the difference did not reach statistical significance. Our results were similar to those of Misra *et al.*^[6] who reported insignificantly higher serum VEGF in TBM ($n=40$) patients compared to controls. Similar to Misra *et al.*,^[6] the present study did not find any correlation between VEGF levels and disease severity or time of presentation.

Among various radiological parameters, we did find a significant correlation between basal exudates and serum VEGF levels but not with CSF VEGF levels. The association between increased serum VEGF and basal exudates can be explained due to VEGF-induced vasodilatation and increased vascular permeability. However, the above inference is putative as there was no association between CSF VEGF levels and the presence of basal exudates. Similar to the study by Misra *et al.*,^[6] we did not find any effect of correlation between the presence or absence of cerebral infarction and VEGF levels in TBM.

In our study, we compared change in the value of VEGF after treatment with ATT for 3 months. Unlike a previous study,^[9] we did not find any correlation between decrease in levels of VEGF with the final outcome.

Our findings are significant. Our results could not reiterate the previously suggested role played by elevated VEGF in the pathogenesis of TBM. The likely reason could be the unique genetic structure of our population where a different set of cytokines rather than VEGF may be more operative in the pathogenesis of TBM. The point in favor of the above hypothesis is the fact that a previous study from Indian subcontinent also did not find a significant role of VEGF in TBM.

Conclusion

In summary, our analysis was unable to find any evidence of VEGF's substantial contribution to the emergence of TBM. The high sample size and the fact that all patients had brain magnetic resonance imaging (MRI) at baseline and follow-up evaluations were two of our study's best qualities. The conclusion that 89% of patients had verified TBM is a strength of our research. Future studies using larger sample sizes may help clarify the precise role of VEGF in TBM.

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