

METABOLISM OF PORPHYRINS & APPLIED ASPECTS

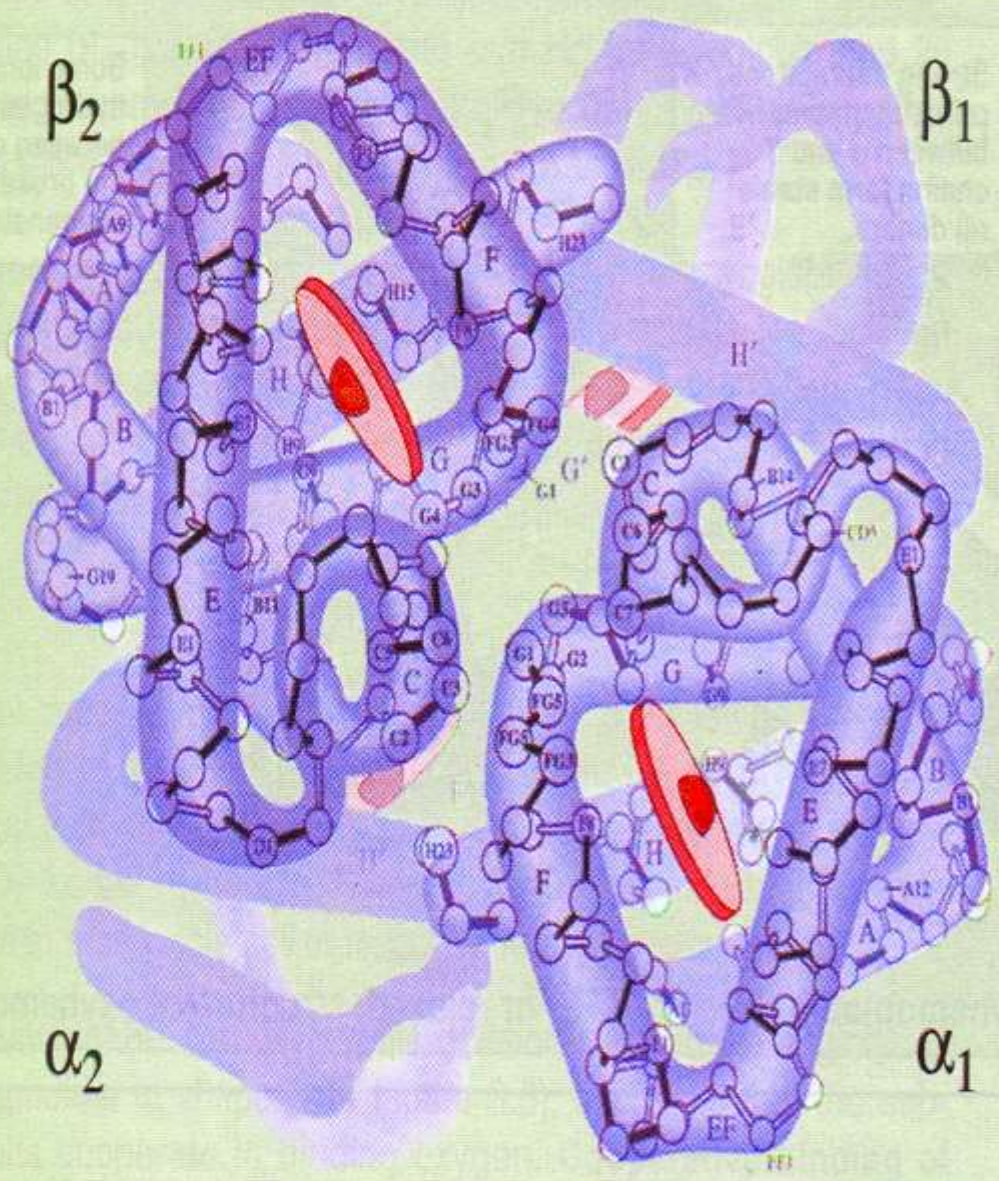
Geeta Bhatia

Lecture Outlines

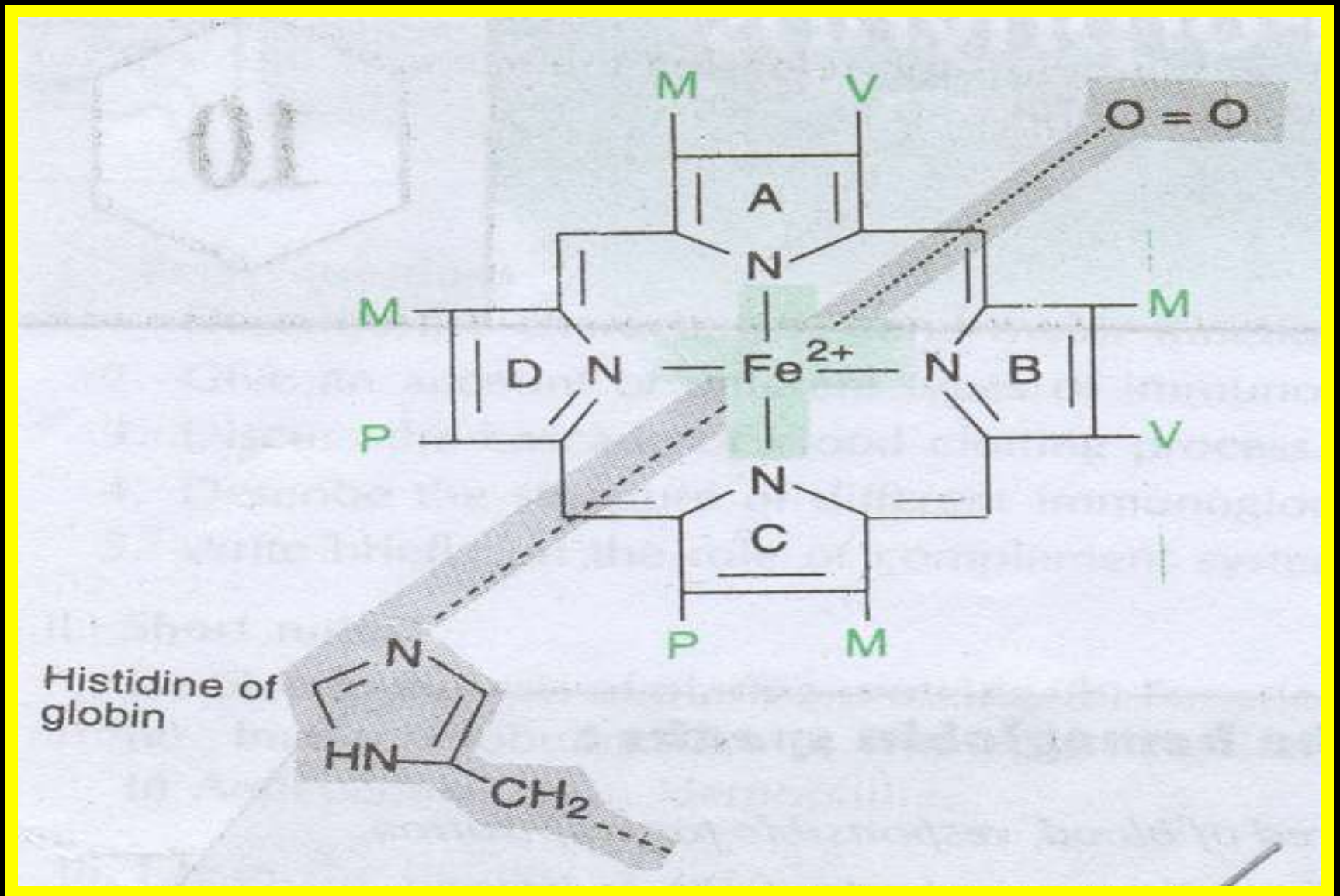
- Introduction.
- Structure of Heme.
 - Porphyrins
- Synthesis of Heme.
 - Regulation of Heme synthesis.
 - Porphyrrias.
- Degradation of Heme.
 - Jaundice
 - Hemolytic
 - Hepatocellular
 - Obstructive
 - Neonatal or Physiological
 - Jaundice due to genetic defects

Introduction

- Heme is the prosthetic group (non protein part) of several proteins and enzymes like;
 - Hemoglobin.
 - Myoglobin.
 - Cytochromes
 - Catalase
 - Peroxidase
- Heme consists of a porphyrin ring coordinated with iron
- Hemoglobin (MW – 64,450) is a tetrameric protein containing:
 - Globin – the protein part.
 - Heme – the non-protein part.

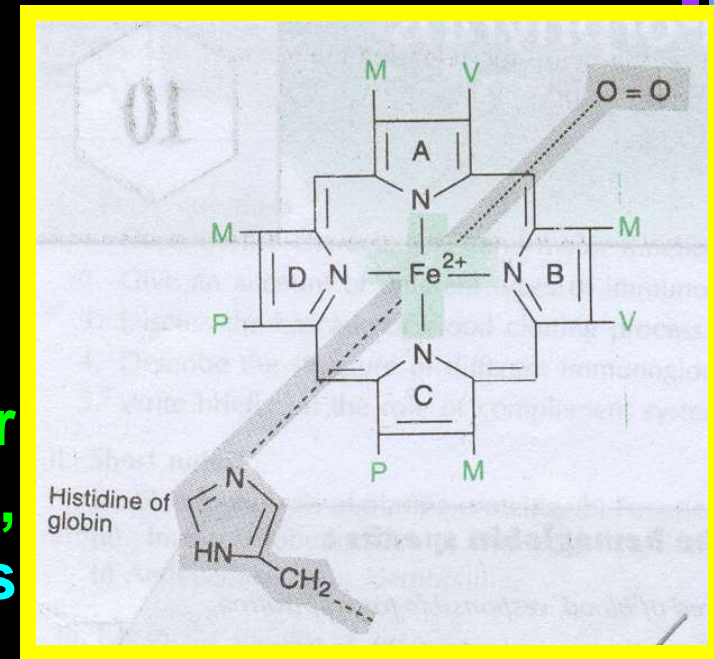
A**B**

Structure of Heme



Structure of Heme

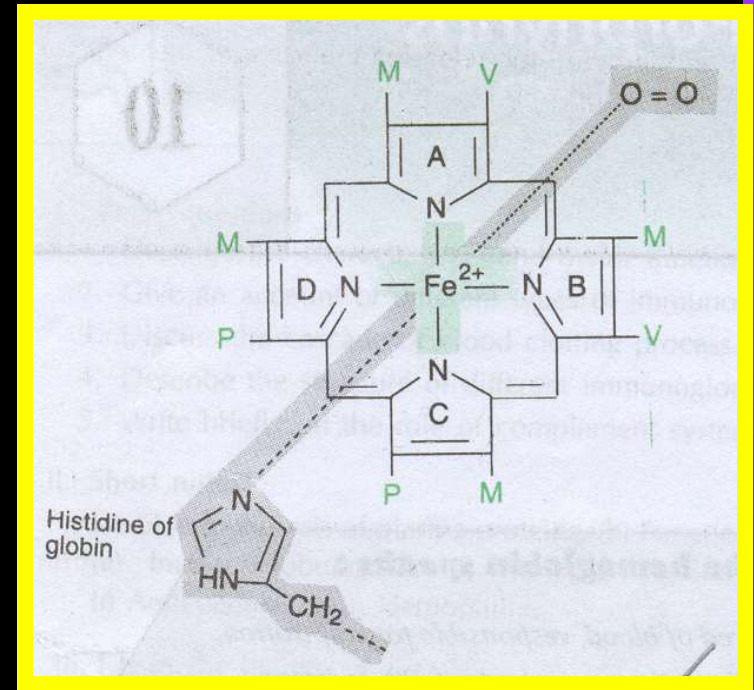
- Heme contains a porphyrin molecule namely **protoporphyrin IX**, with iron at its center.
- Protoporphyrin IX consists of **four pyrrole rings** to which **four methyl**, **two propionyl** and **two vinyl** groups are attached as side chains.
- The iron atom is in **ferrous (Fe^{2+})** state in the heme of functional hemoglobin. It forms **six coordinated bonds**.
- Iron is held at the **centre** of the heme by the **four nitrogens** of porphyrin ring.



- Two bonds are formed on either side of the planar porphyrin ring.

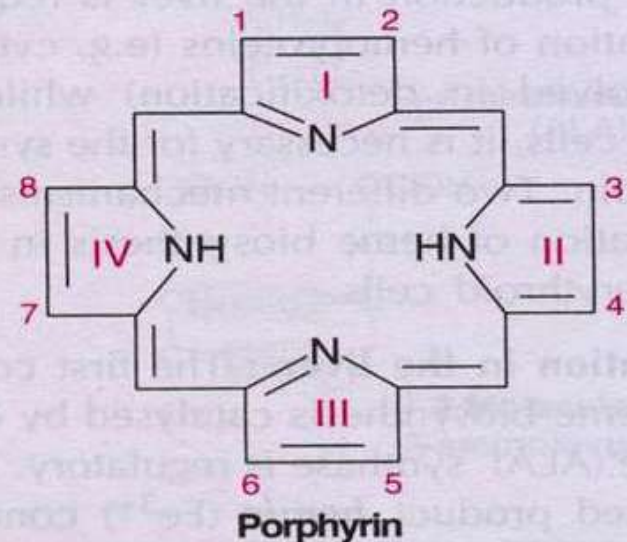
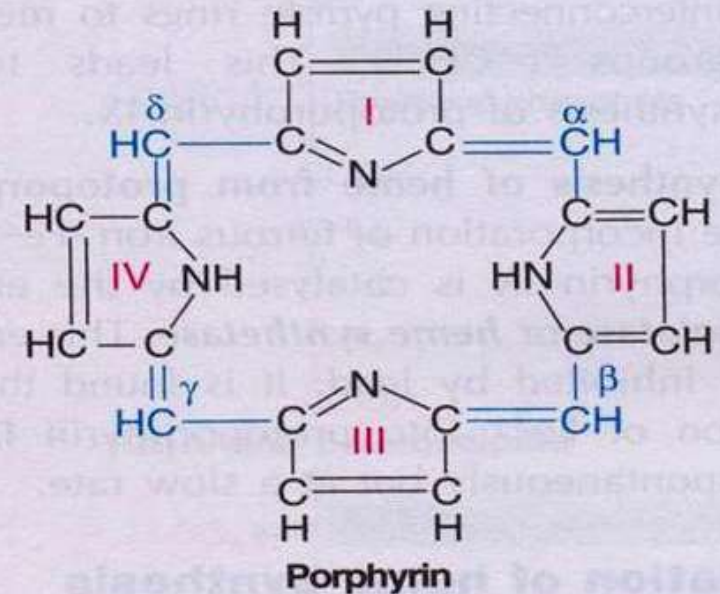
- On one side, iron binds with the amino acid histidine of the globin.

- On the other side, the Fe^{2+} is coordinated to bind to oxygen.

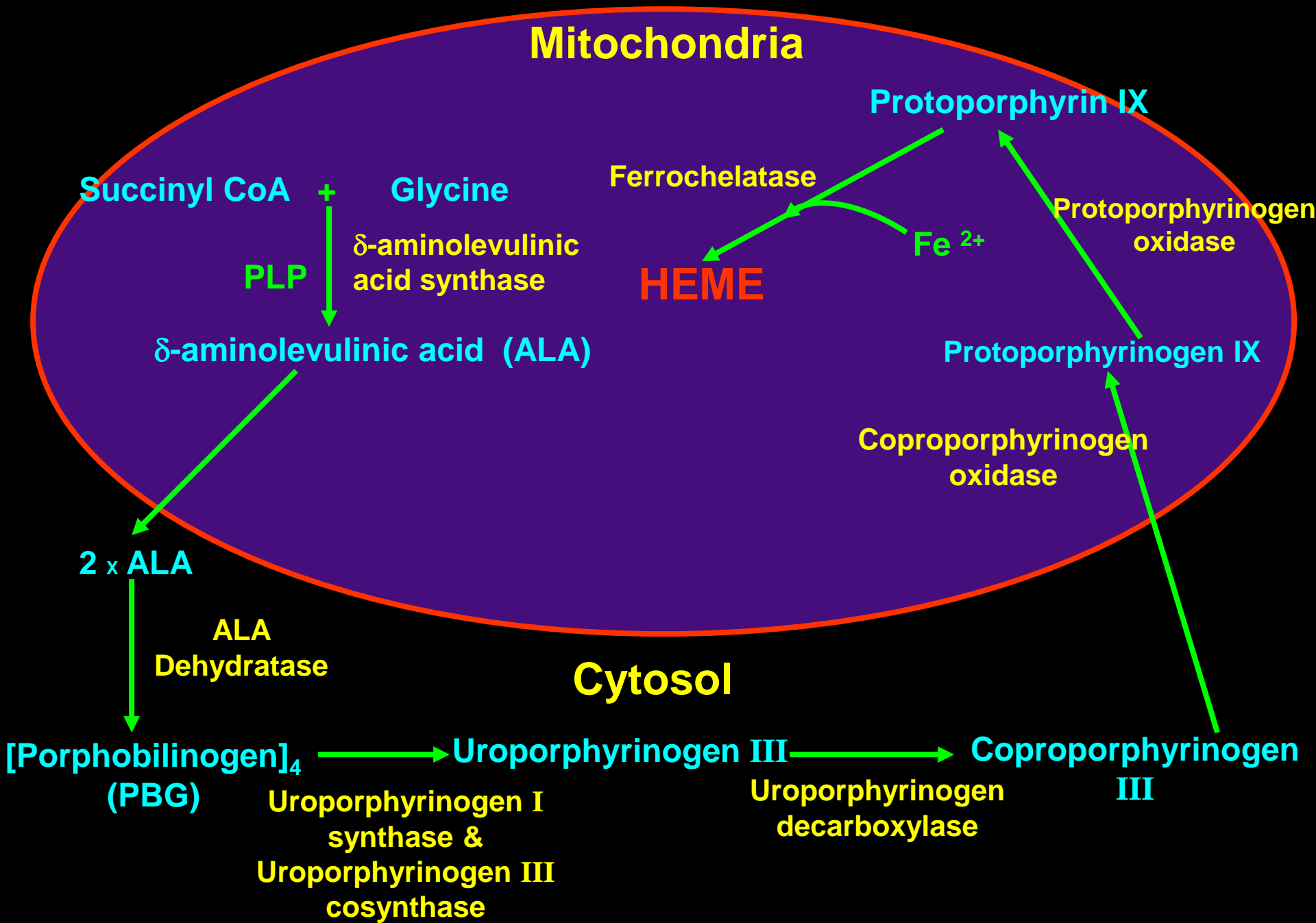


PORPHYRINS

- Porphyrins are cyclic compounds composed of 4 pyrrole rings held together by methenyl (=CH-) bridges.
- Metal ions can bind with nitrogen atoms of pyrrole rings to form complexes.
- Heme is an iron-containing porphyrin while chlorophyll is a magnesium-containing porphyrin.
- Heme and chlorophyll are metalloporphyrins.



BIOSYNTHESIS OF HEME



Glycine + Succinyl CoA

ALA synthase

[δ -Aminolevulonic Acid (ALA)]₂

ALA Dehydrase

[Porphobilinogen]₄

Uroporphyrinogen Synthase

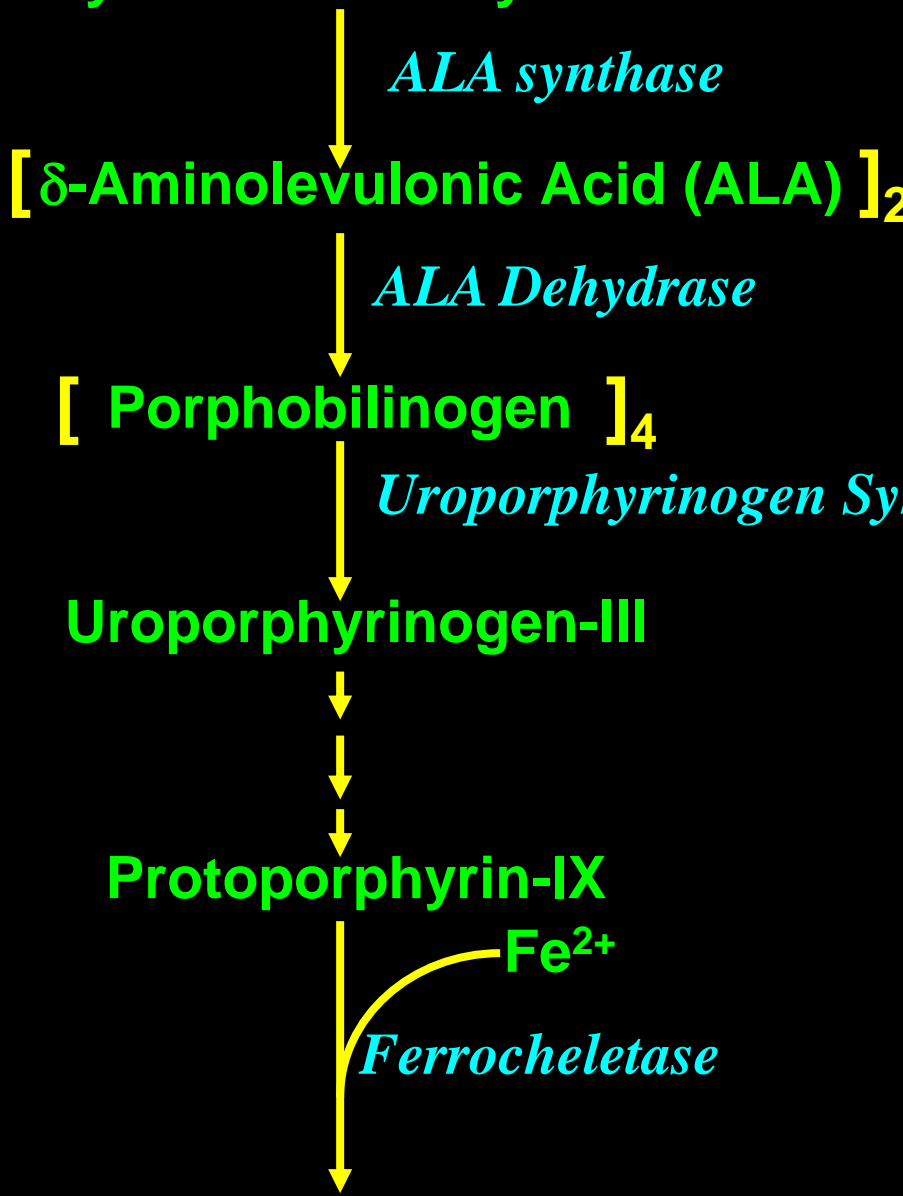
Uroporphyrinogen-III

Protoporphyrin-IX

Fe²⁺

Ferrocheletase

HEME



BIOSYNTHESIS OF HEME

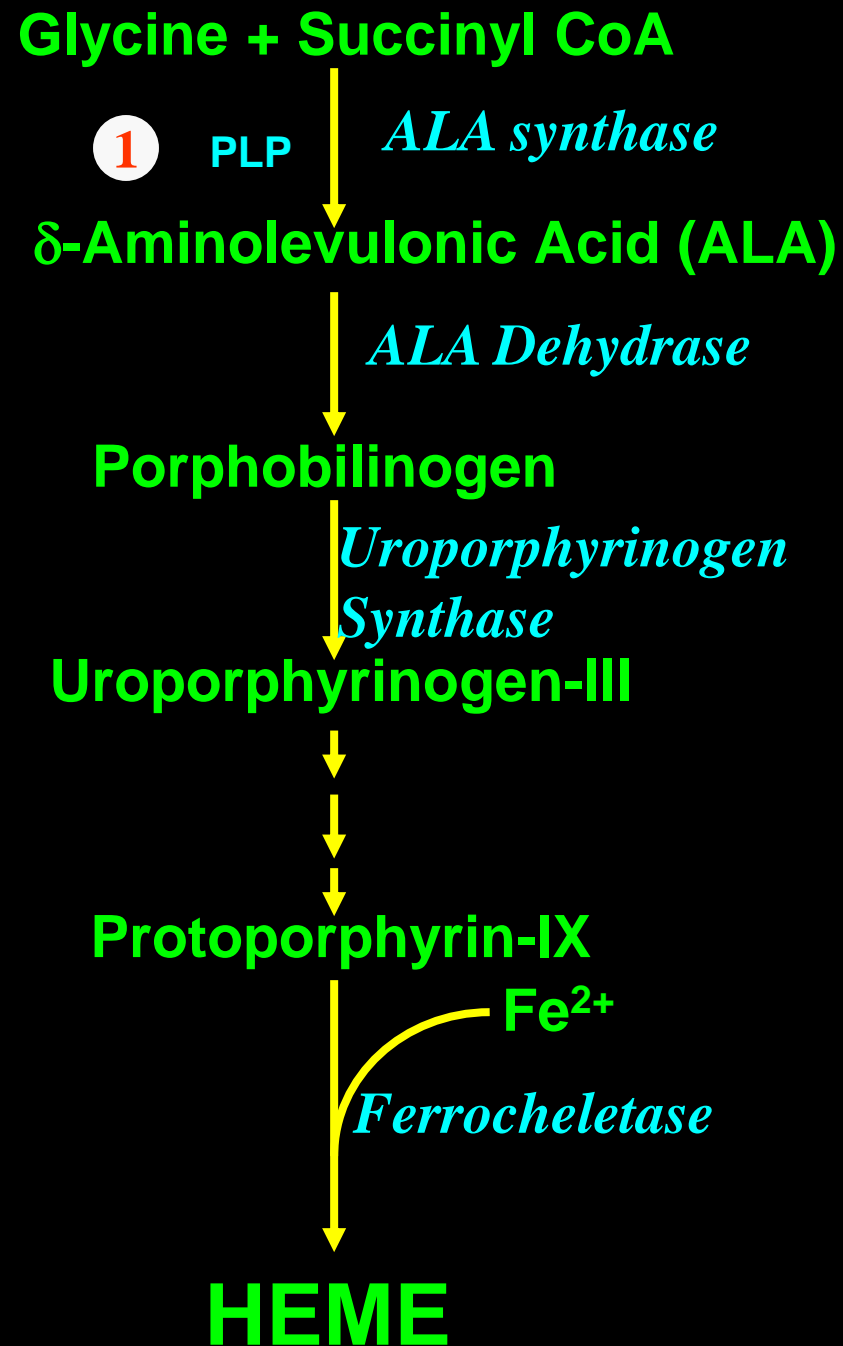
- Heme is the most important porphyrin containing compound. It is primarily synthesized in the **liver** and the **erythrocyte-producing cells of bone marrow** (erythroid cells).
- In the liver, the rate of heme synthesis is highly variable, whereas in erythroid cells it is relatively constant, and is matched to the rate of globin synthesis.
- The **initial reaction** and the **last three steps** in the formation of porphyrins occur in **mitochondria**, whereas the **intermediate steps** of the biosynthetic pathway occur in the **cytosol**.
- Mature red blood cells lack mitochondria and are unable to synthesize heme.

1. Formation of δ -aminolevulinic Acid:
Glycine combines with succinyl CoA to form δ -aminolevulinic Acid (ALA)

Catalyzed by a pyridoxal phosphate (PLP) dependent δ -aminolevulinatase (*ALA synthase*) occurring in the mitochondria.

It is a rate-controlling step in porphyrin synthesis.

Heme decreases the activity of hepatic *ALA synthase* by causing decreased synthesis of the enzyme.

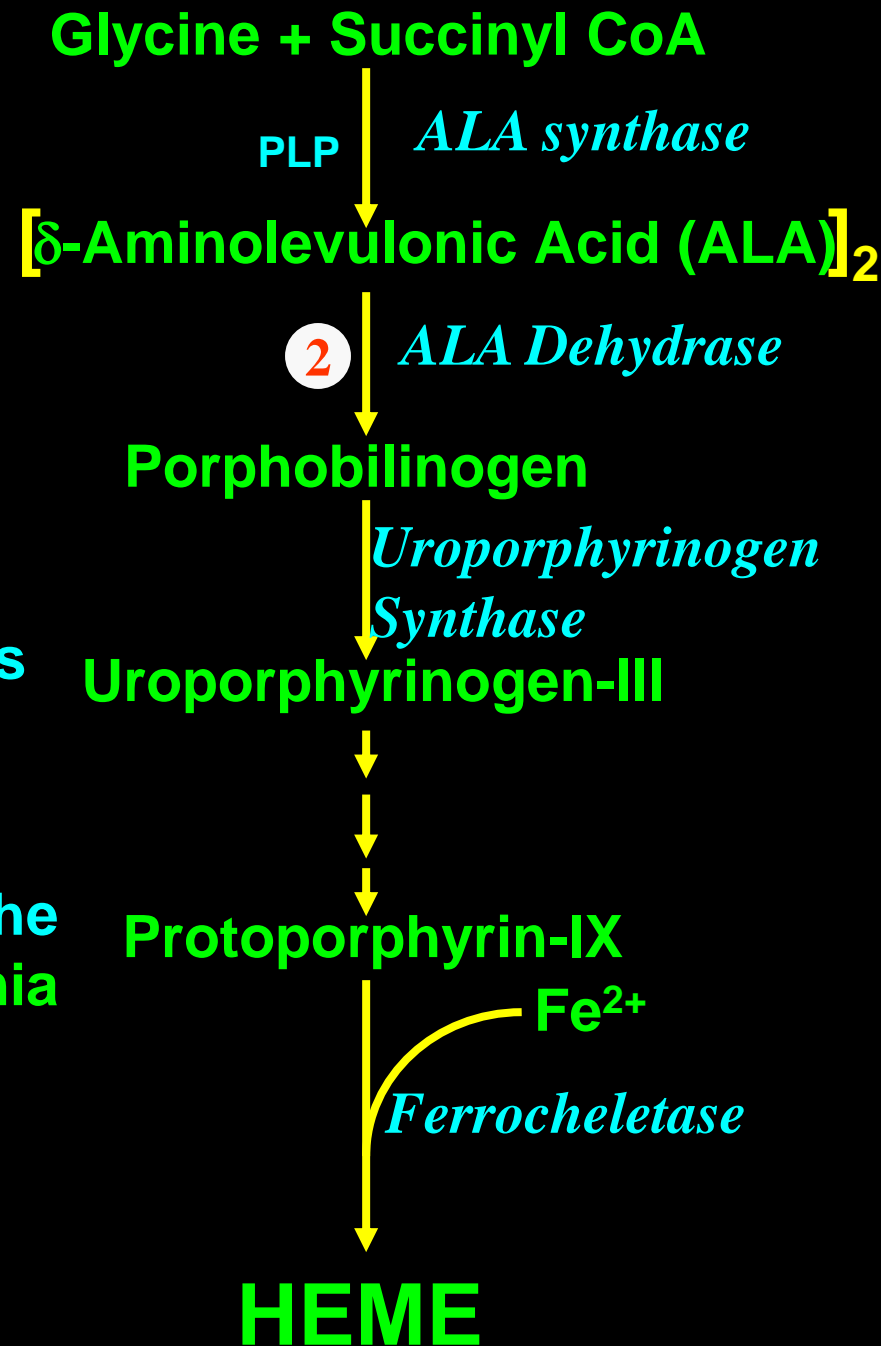


2. Formation of porphobilinogen:

Condensation of **two** molecules of ALA to form porphobilinogen by *δ-aminolevulinic acid dehydratase*.

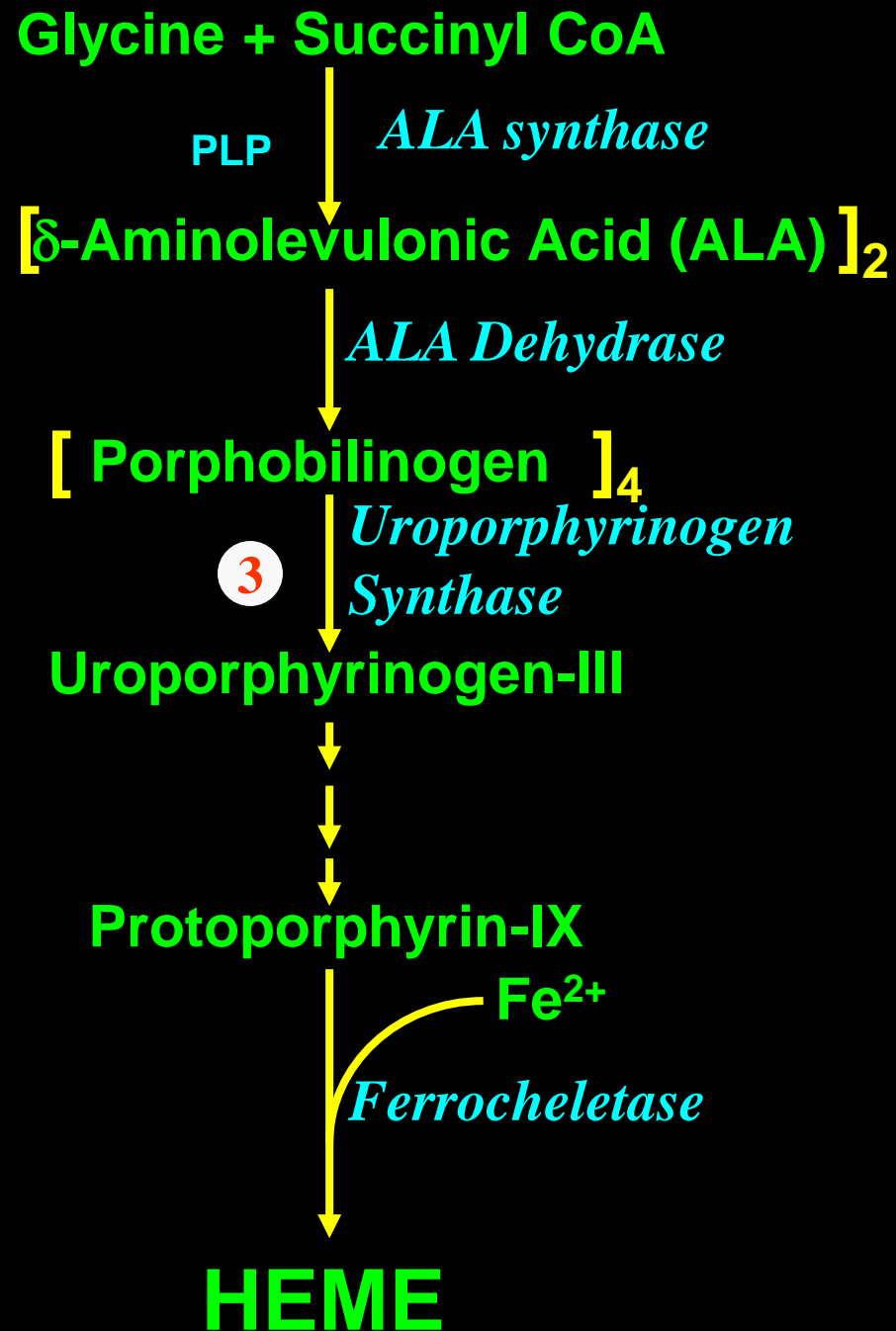
It is **inhibited** by heavy metal ions like **lead**.

This inhibition is responsible for the **elevation in ALA** and the **anemia** seen in lead poisoning.



3. Formation of porphyrin ring: Porphyrin synthesis occurs by condensation of four molecules of **porphobilinogen**. The four pyrrole rings in porphyrin are interconnected by methenyl bridges derived from **carbon of glycine**.

Uroporphyrinogen Synthase causes the condensation of four molecules of porphobilinogen followed by ring closure to produce uroporphyrinogen III.



Glycine + Succinyl CoA

PLP

ALA synthase

$[\delta\text{-Aminolevulonic Acid (ALA)}]_2$

ALA Dehydrase

$[\text{Porphobilinogen}]_4$

Uroporphyrinogen Synthase

Uroporphyrinogen-III

4

Protoporphyrin-IX

Fe^{2+}

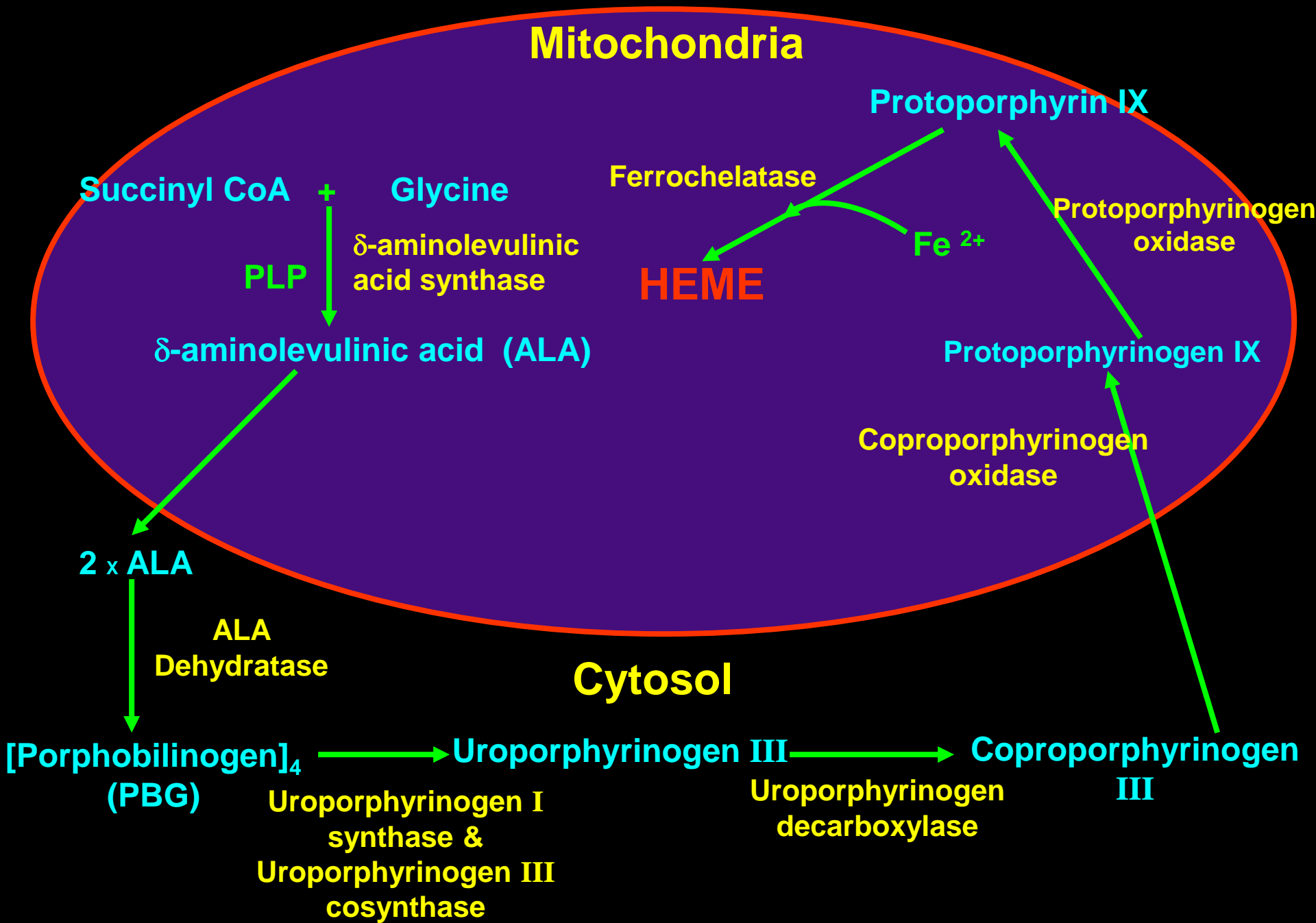
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Ferrocheletase

HEME

4. Conversion of uroporphyrinogen III to protoporphyrin IX: This is catalysed by a series of reactions

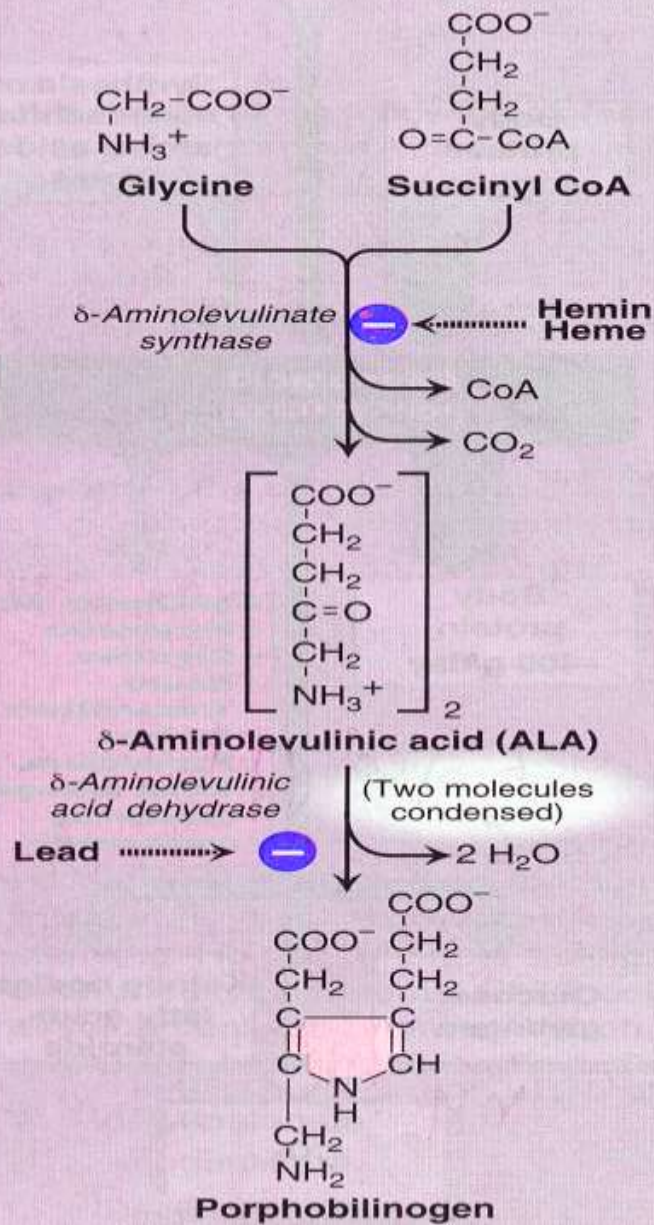
5. Synthesis of heme from protoporphyrin IX: The incorporation of ferrous iron (Fe^{2+}) into protoporphyrin IX is catalysed by the enzyme *ferrochelatase*. This enzyme is inhibited by lead.



Regulation of Heme Synthesis

Regulation of Heme Synthesis

- ALA synthase is regulated by repression (feed back inhibition) mechanism. Heme **inhibits** the synthesis of ALA synthase.
- ALA synthase is **inhibited** by **hematin** formed by the **oxidation** of excess heme.
- Drugs like **phenobarbital** induce heme synthesis by activating ALA synthase.
- The steps catalysed by **ferrochelatase** and **ALA Dehydrase** are inhibited by **lead**.
- **Isoniazid** (Antituberculous drug) by decreasing the availability of pyridoxal phosphate **inhibit** heme synthesis.



PORPHYRIAS

Glycine + Succinyl CoA

PLP

ALA synthase

[δ -Aminolevulonic Acid (ALA)]₂

ALA Dehydrase

[Porphobilinogen]₄

Uroporphyrinogen Synthase

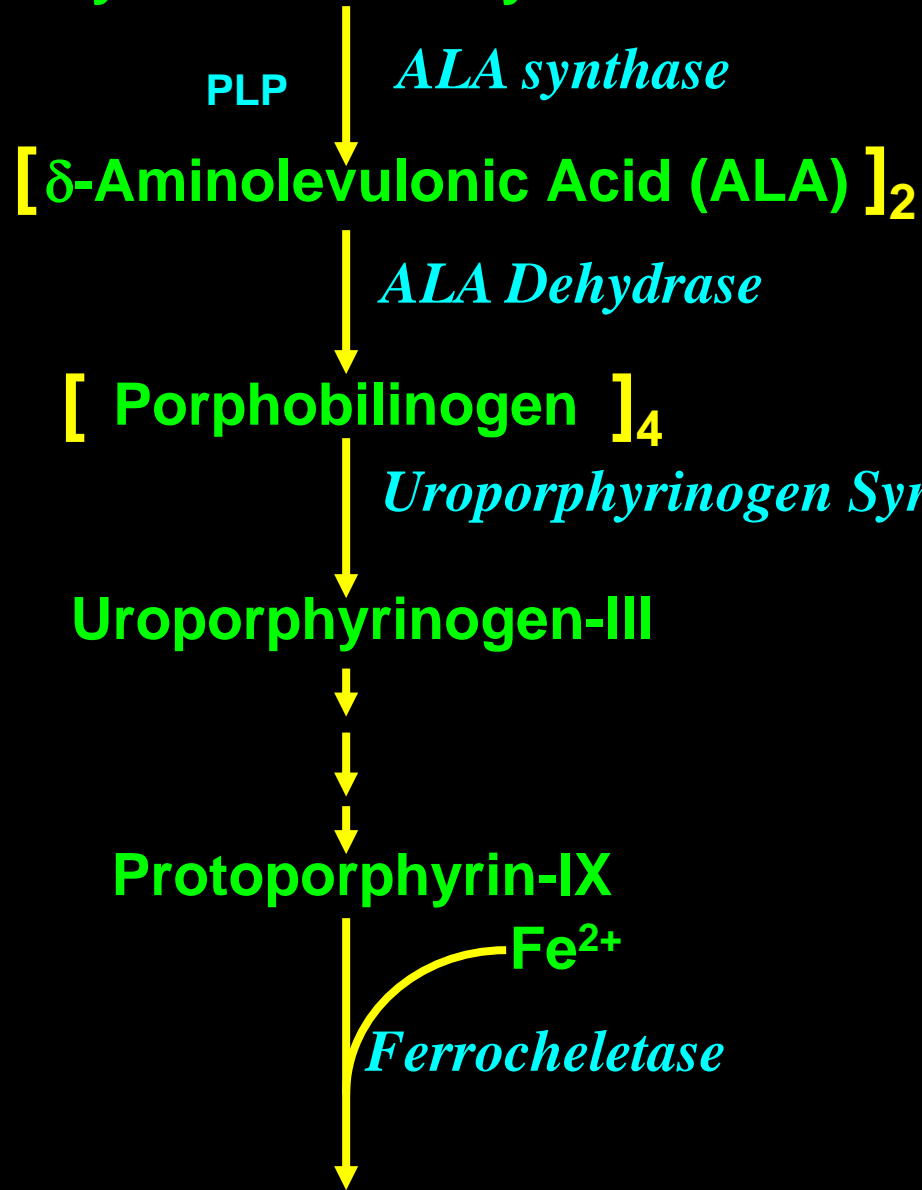
Uroporphyrinogen-III

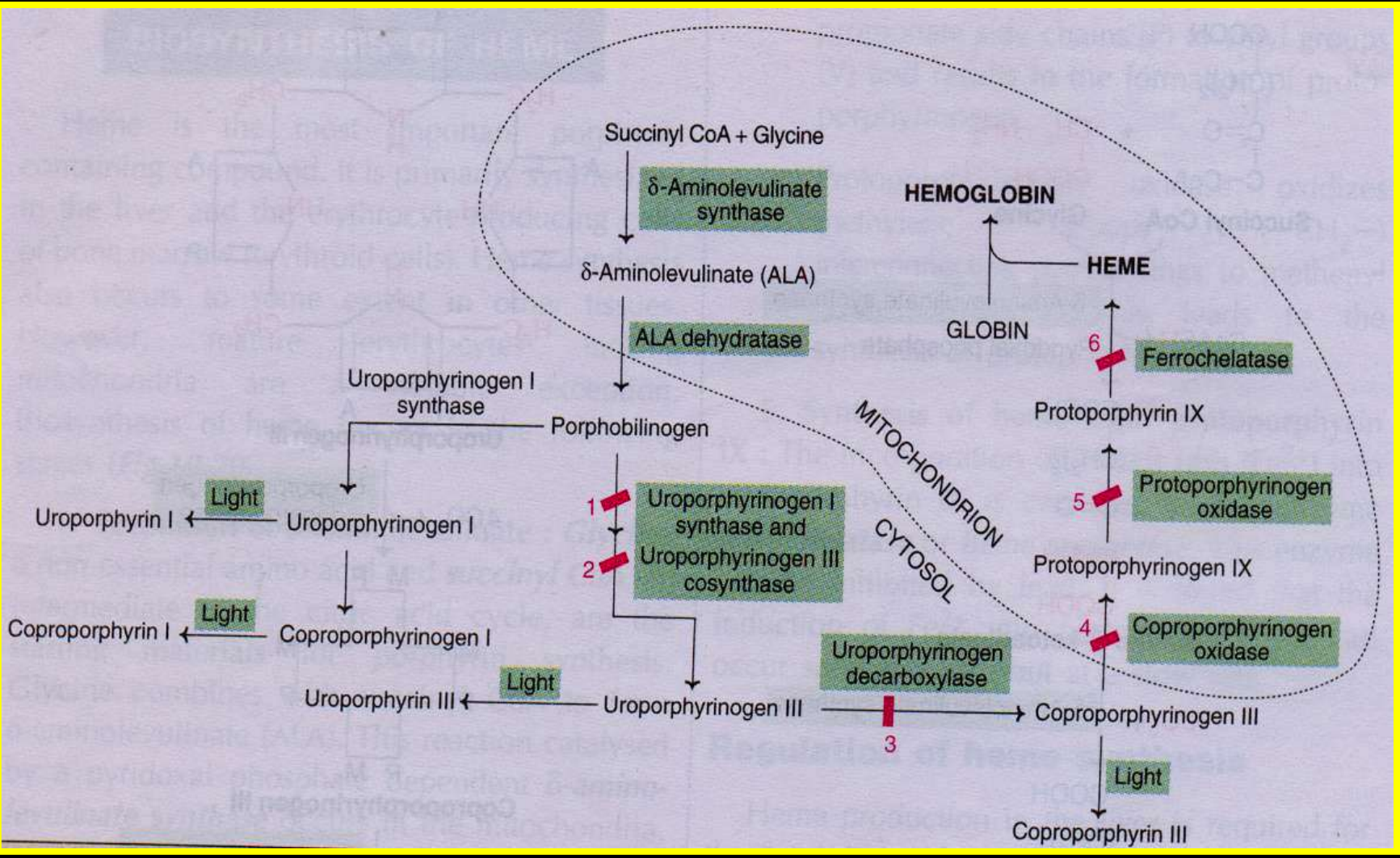
Protoporphyrin-IX

Fe²⁺

Ferrocheletase

HEME





PORPHYRIAS

- Porphyrins are a group of **inherited or acquired** disorders of certain **enzymes** in the heme biosynthetic pathway.
- Based on the site of the overproduction and accumulation of the porphyrins (or their precursors), Inherited porphyrias are broadly classified as:
 - **Hepatic (acute) porphyrias**
 - **Cutaneous (Erythropoietic) porphyrias,**
- They manifest with either **neurological** complications or with **skin** problems (or occasionally both).

Porphyrias result in the accumulation and increased excretion of porphyrin precursors (ALA and Porphobilinogen) or porphyrins .

Hepatic (Acute) Porphyrria

- The acute, or hepatic, porphyrias primarily affect the nervous system, resulting in abdominal pain (most common presentation), vomiting, acute neuropathy, seizures and mental disturbances.
- Cardiac arrhythmias and tachycardia (fast heart rate) may develop as the autonomic nervous system is affected.
- The Abdominal Pain can be severe and can, in some cases, be both acute and chronic in nature

Accumulation of the precursors (porphobilinogen and ALA) correlates with the acute attack of the hepatic porphyrias.

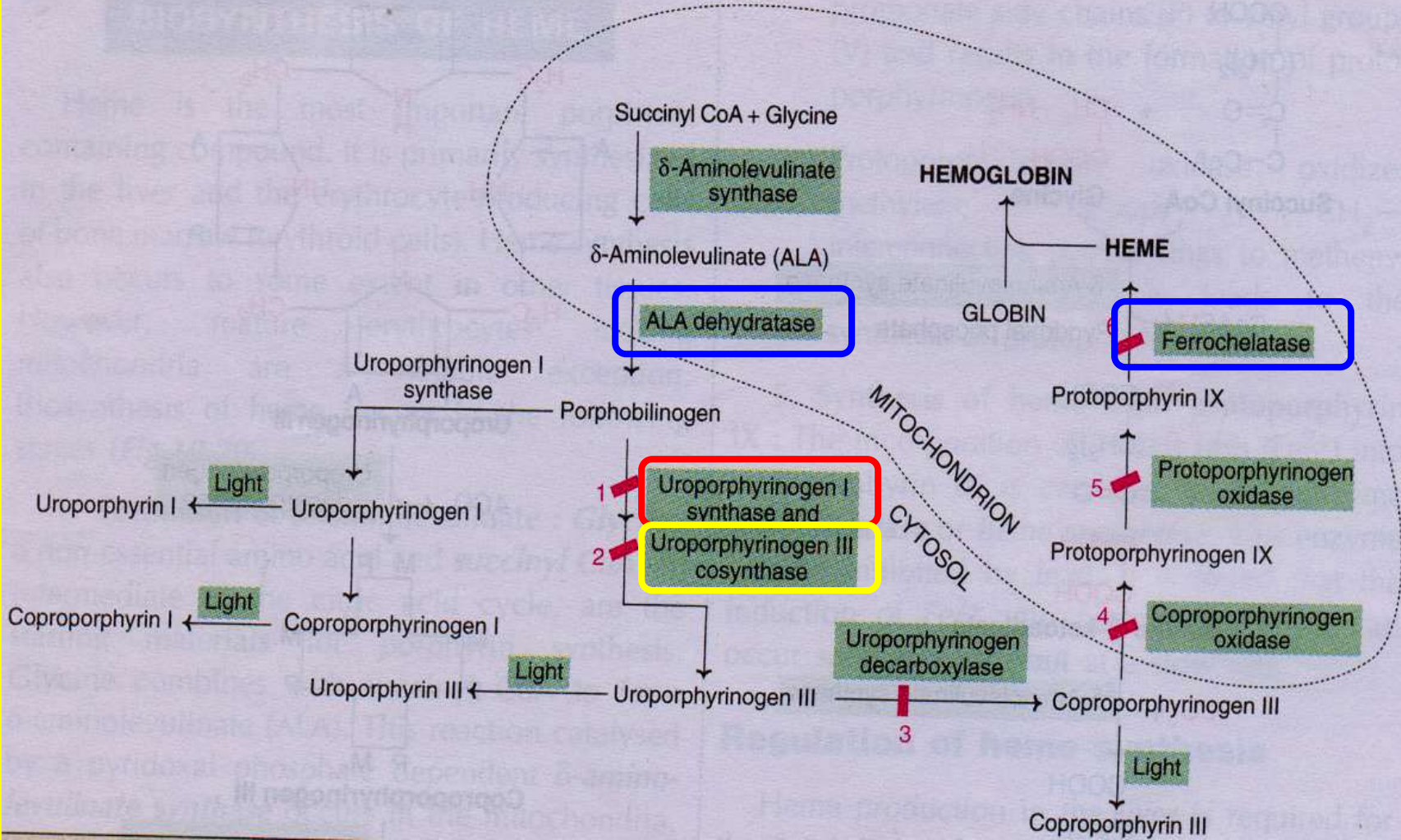
Cutaneous (Erythropoetic) Porphyrria

•The cutaneous, or erythropoetic, porphyrias primarily affect the skin, causing photosensitivity (Photodermatitis), blisters, necrosis of the skin and gums, itching, and swelling.



Accumulation of porphyrins (photoactive) correlates with skin disease

PORPHYRIAS



Acute intermittent porphyria

Deficiency of the enzyme *uroporphyrinogen I synthase*. Acute intermittent porphyria is characterized by increased excretion of porphyrin precursors like porphobilinogen and δ -aminolevulinate (ALA).

- Abdominal pain, vomiting, cardiovascular abnormalities, neuropsychiatric disturbances.
- The urine gets darkened on exposure to air.
- It is usually expressed after puberty.



- The symptoms are more severe after administration of drugs (e.g. Phenobarbital). This is due to the **increased activity of ALA synthase** causing accumulation of porphobilinogen and ALA.
- These patients are **NOT photosensitive.**
- Acute intermittent porphyria is treated by administration of **hemin** which **inhibits the enzyme ALA synthase** and the accumulation of ALA and porphobilinogen.

Congenital Erythropoietic Porphyria

This disorder is due to a defect in the enzyme uroporphyrinogen III cosynthase.

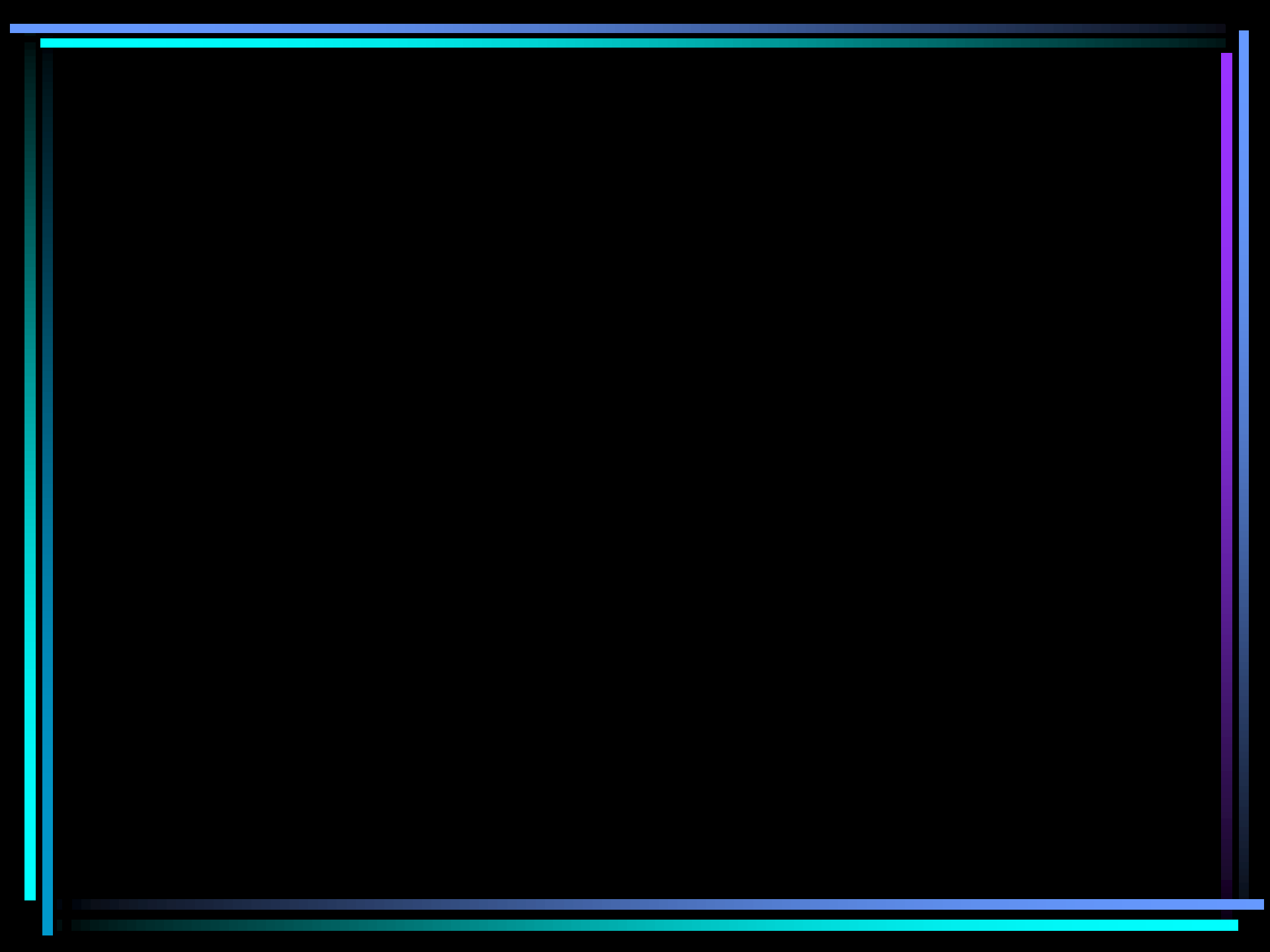
- Congenital disorder mostly confined to erythropoietic tissues.
- The individuals excrete uroporphyrinogen I and coproporphyrinogen I which oxidize respectively to uroporphyrin I and coproporphyrin I (red pigments). Urine dark red in colour.
- The patients are **photosensitive** (itching and burning of skin when exposed to visible light) due to the **abnormal porphyrins** that accumulate.
- Red blood cells have a shortened life-span, and anemia often results.

Acquired (toxic) porphyrias

Porphyria can result from **lead poisoning**. The toxic effect of lead is due to inhibition of **ferrochelatase** and **ALA dehydrase**.

There is **decreased** levels of heme with consequent **increased activity** of ALA Synthase.

- Headache, nausea and memory loss.
- Abdominal pain, diarrhoea.
- Lead lines in gums.
- Neuropathy (Claw hand, wrist drop).
- Increased urinary ALA.
- Anemia.



LEAD POISONING

- *Ferrochelatase* and *ALA dehydrase* are particularly sensitive to inhibition by lead.
- Coproporphyrin III and ALA accumulate in urine.

ACUTE INTERMITTENT PORPHYRIA

- An acute disease caused by a deficiency in *hydroxymethylbilane synthase*.
- Porphobilinogen and δ -aminolevulinic acid accumulate in the urine.
- Urine darkens on exposure to light and air.
- Patients are NOT photosensitive.

Succinyl CoA + Glycine

δ -Aminolevulinic acid

δ -Aminolevulinic acid

Porphobilinogen

Hydroxymethylbilane
(enzyme bound)

Uroporphyrinogen I

Coproporphyrinogen I

Heme

Fe²⁺

Protoporphyrin IX

Protoporphyrinogen IX

Coproporphyrinogen III

Coproporphyrinogen III

Uroporphyrinogen III

Uroporphyrin I

Coproporphyrin I

ERYTHROPOIETIC PROTOPORPHYRIA

- The disease is due to a deficiency in *ferrochelatase*.
- Protoporphyrin accumulates in erythrocytes, bone marrow, and plasma.
- Patients are photosensitive.



VARIGATE PORPHYRIA

- An acute disease caused by a deficiency in *protoporphyrinogen oxidase*.
- Protoporphyrinogen IX and other intermediates prior to the block accumulate in the urine.
- Patients are photosensitive.



HEREDITARY COPROPORPHYRIA

- An acute disease caused by a deficiency in *coproporphyrinogen oxidase*.
- Coproporphyrinogen III and other intermediates prior to the block accumulate in the urine.
- Patients are photosensitive.



MITOCHONDRIA

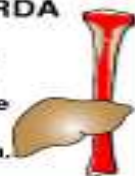
CYTOSOL

Spontaneous

Coproporphyrin III

PORPHYRIA CUTANEA TARDA

- A chronic disease caused by a deficiency in *uroporphyrinogen decarboxylase*.
- Uroporphyrin accumulates in the urine.
- It is the most common porphyria.
- Patients are photosensitive.



CONGENITAL ERYTHROPOIETIC PORPHYRIA

- This disease is caused by a deficiency in *uroporphyrinogen III synthase*.
- Uroporphyrinogen I and coproporphyrinogen I accumulate in the urine.
- Patients are photosensitive.



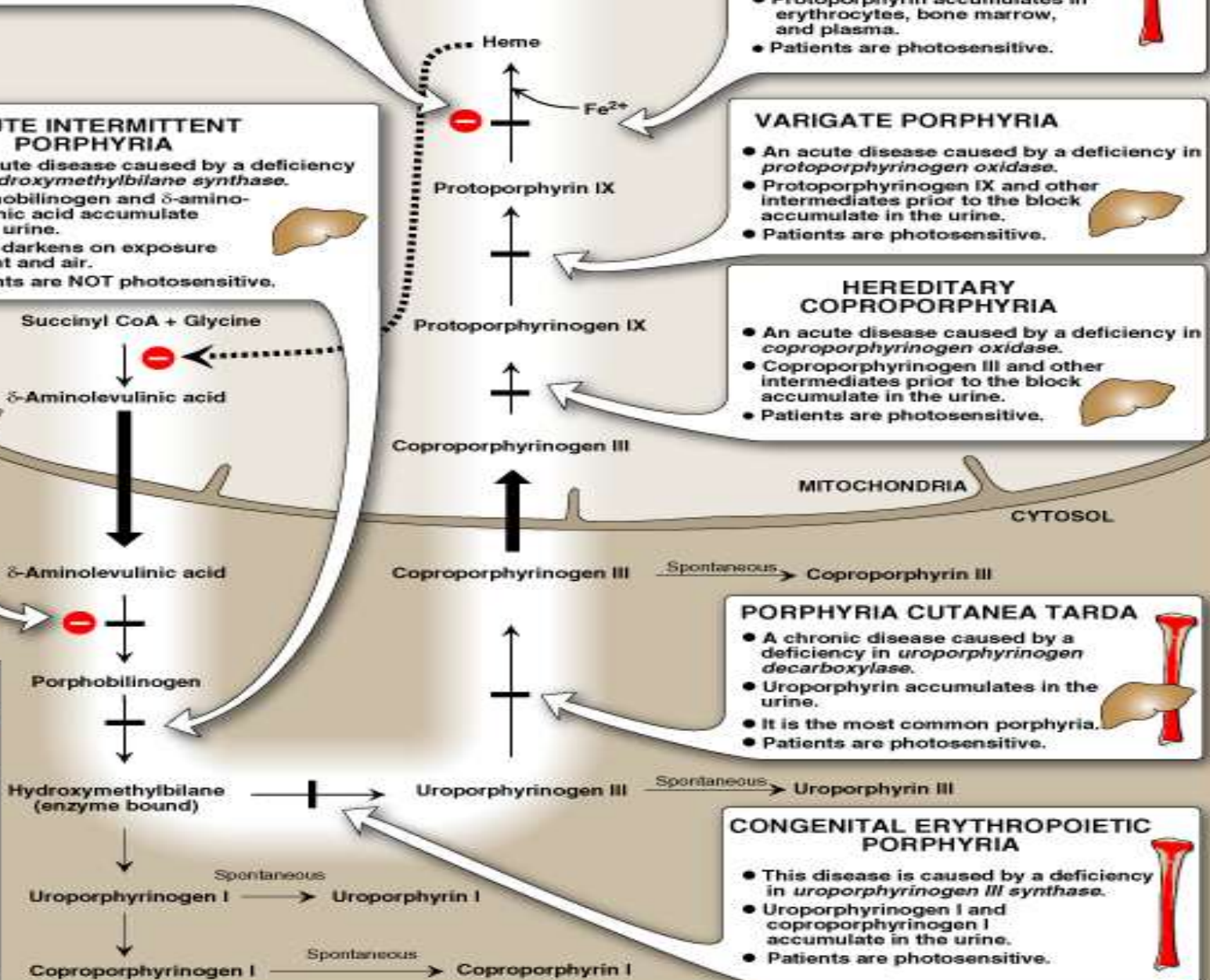
KEY:



Hepatic porphyria



Erythropoietic porphyria

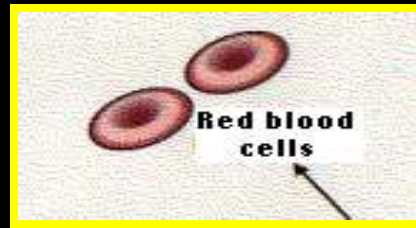


DEGRADATION OF HEME

Degradation of Heme

- After approximately 120 days in the circulation, red blood cells are taken up and degraded by the reticuloendothelial (RE) system, particularly in the liver and spleen.
- About 85% of the heme that is subjected for degradation comes from the erythrocytes and the rest (15%) comes from immature RBC, myoglobin and cytochromes.

(Liver, & Spleen)



Phagocytosis & Lysis

Hemoglobin

Globin

Heme

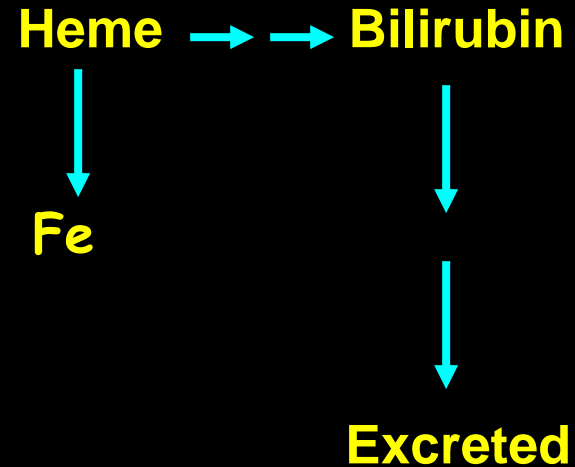
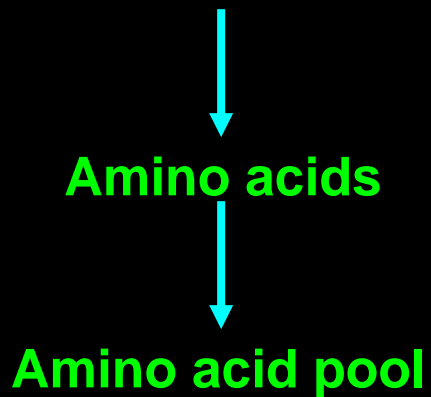
Bilirubin

Amino acids

Fe

Amino acid pool

Excreted



- The hemoglobin is cleaved to the protein part globin and non-protein heme.
- About 6g of hemoglobin per day is broken down, and resynthesized in an adult man (70kg).
- **Fate of globin:** Reutilized as such for the formation of hemoglobin or degraded to the individual amino acids which undergo their own metabolism, including participation in fresh globin synthesis.

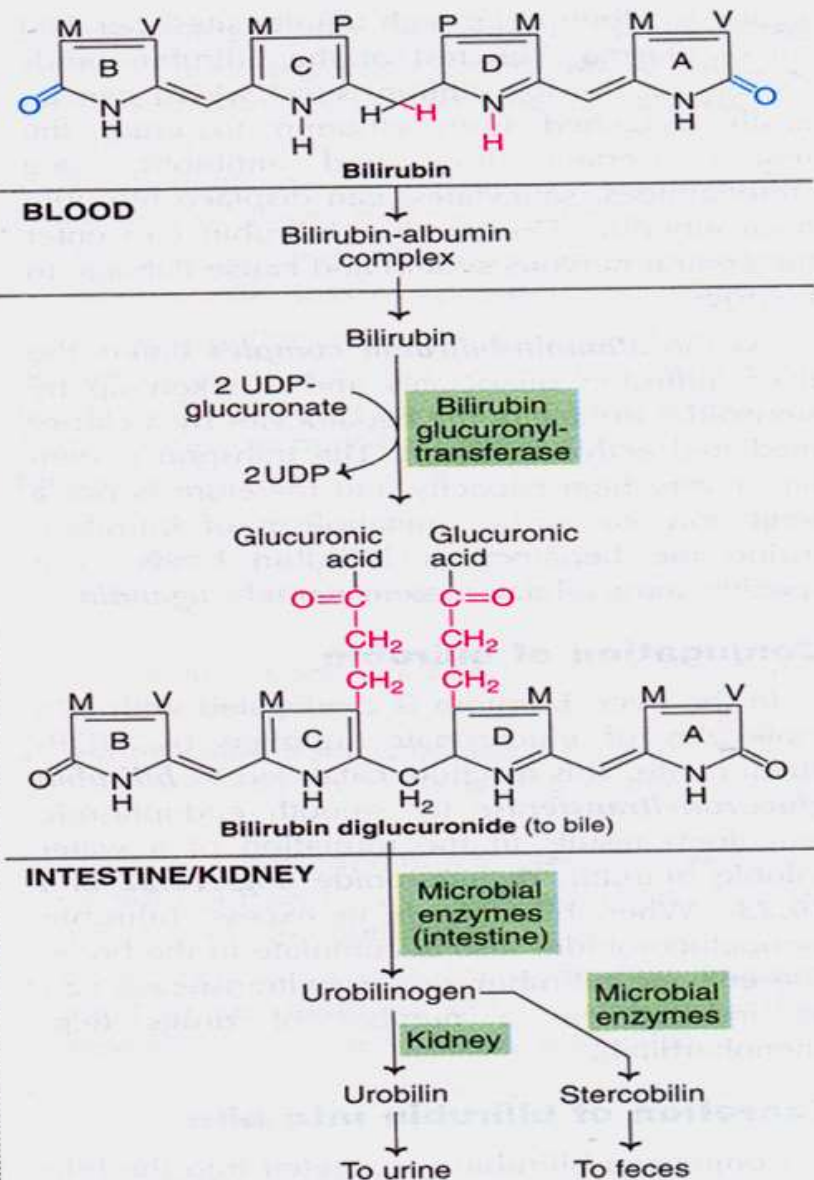
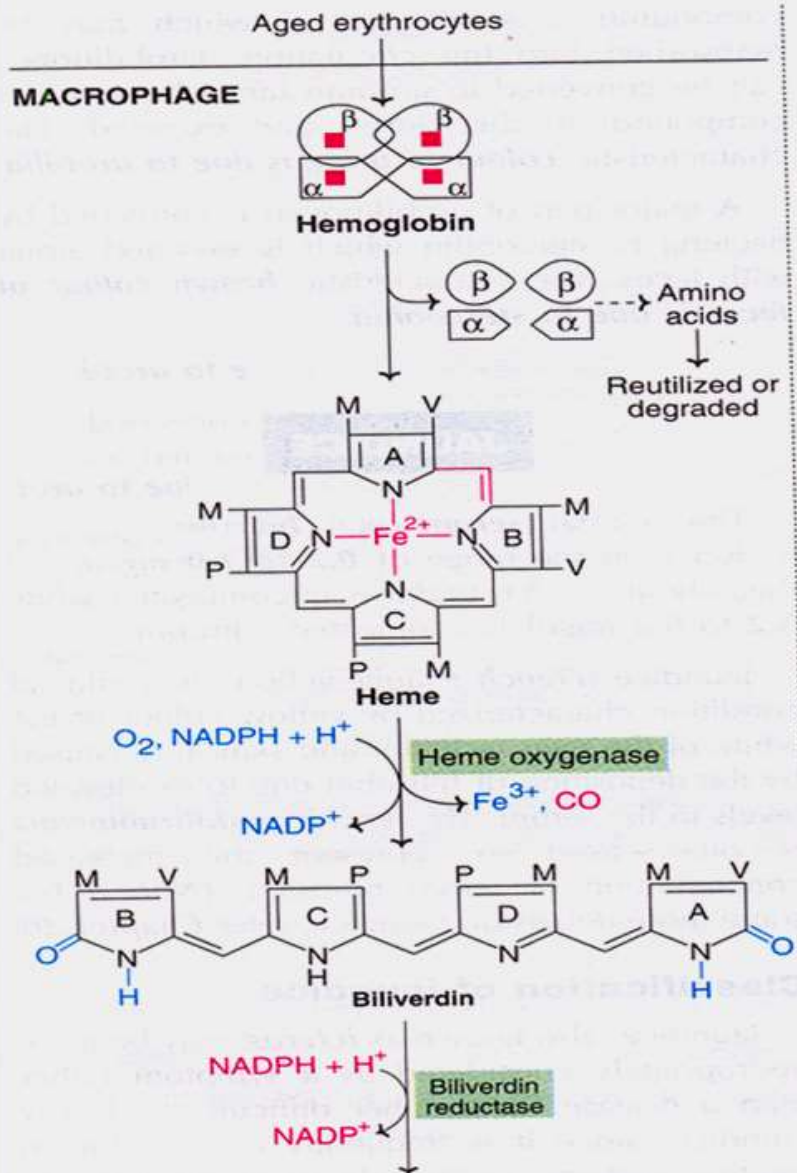
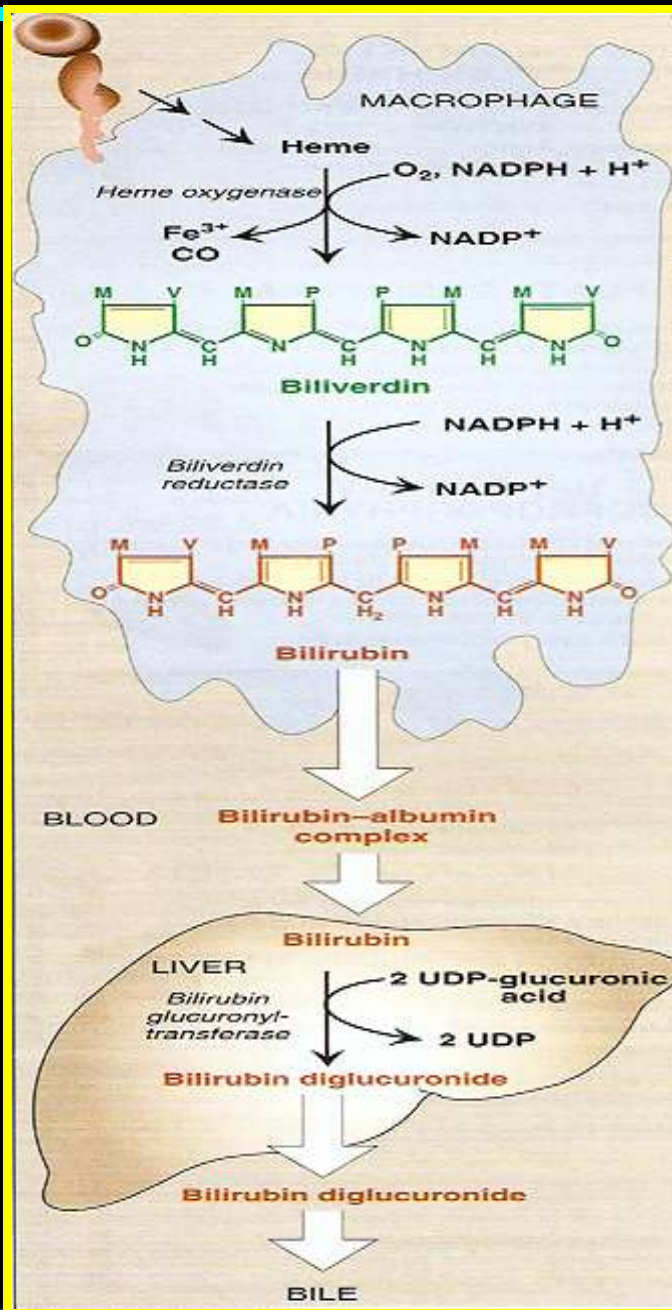
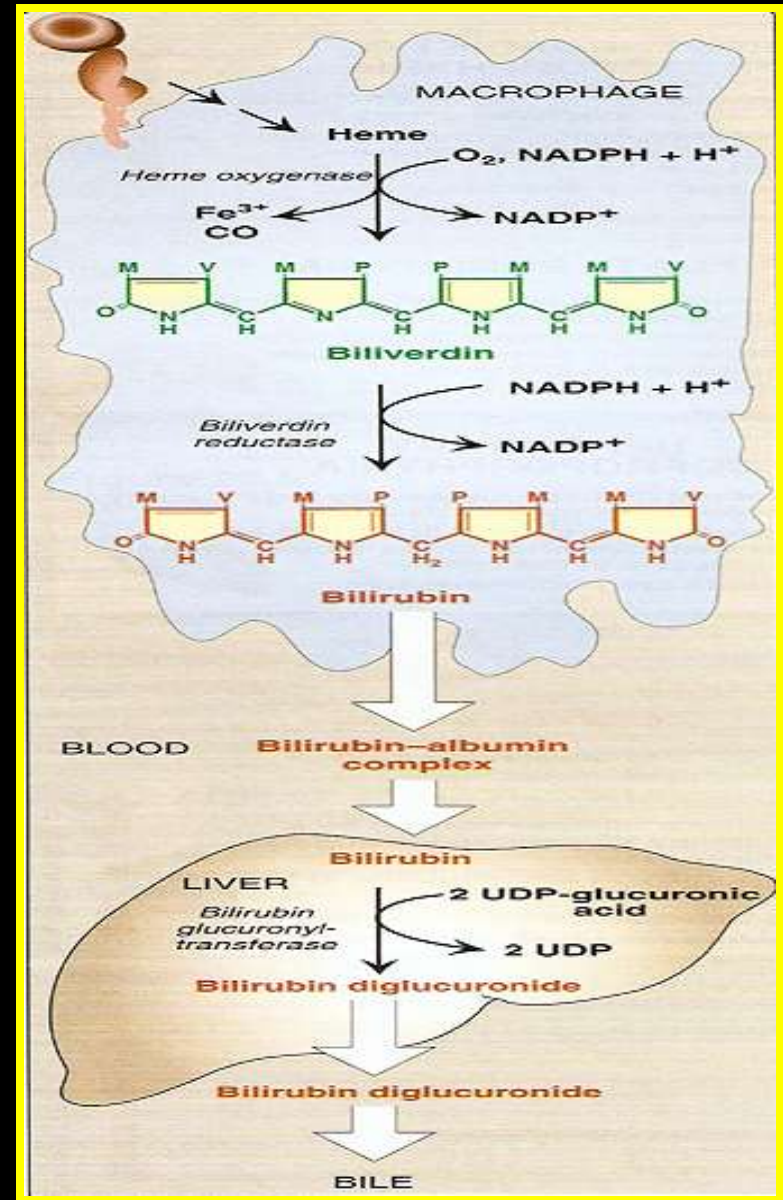


Fig. 10.22 contd. next column



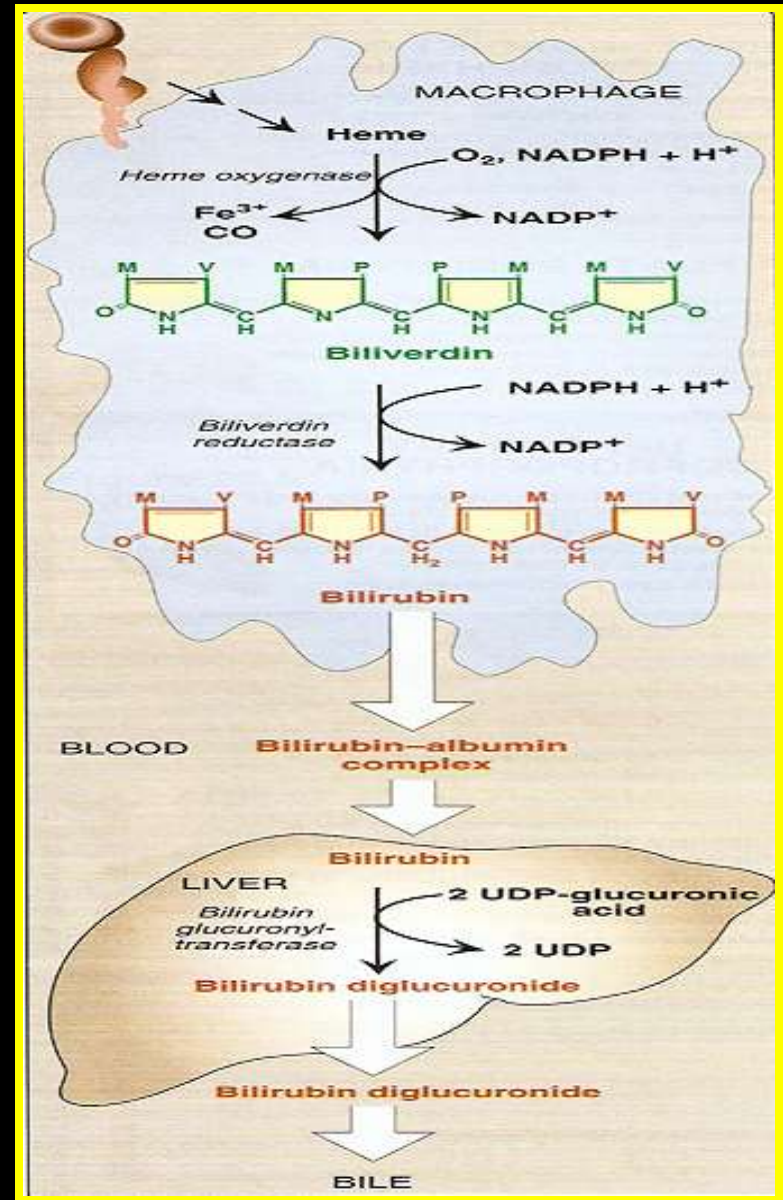
Heme Oxygenase

- Utilizes **NADPH** and **O₂** and cleaves the methenyl bridges between the two pyrrole rings (A and B) to form **biliverdin**.
- Simultaneously, ferrous iron (**Fe²⁺**) is oxidized to ferric form (**Fe³⁺**) and released. The products of **heme oxygenase** reaction are **biliverdin** (green pigment), **Fe³⁺** and carbon monoxide (**CO**).
- Biliverdin is excreted in birds while in mammals it is further degraded.



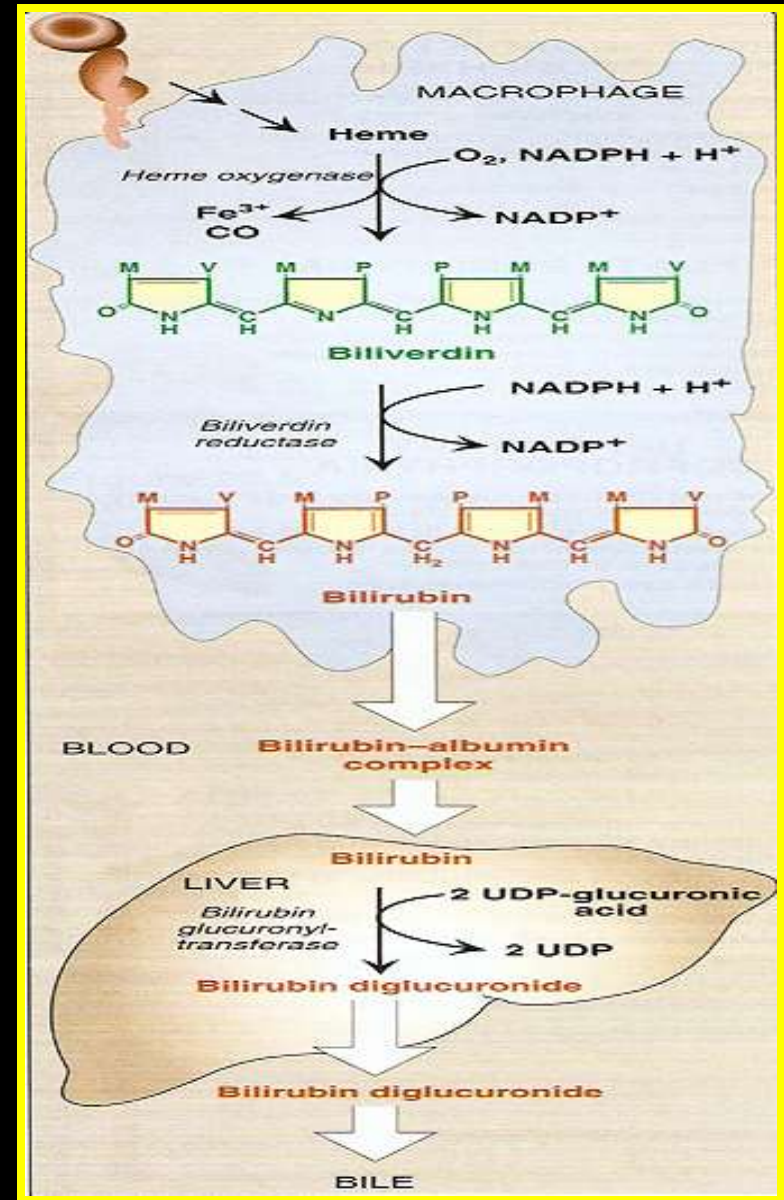
Biliverdin Reductase

- Biliverdin's methenyl bridges (between the pyrrole rings C and D) are reduced to form bilirubin (yellow pigment).
- This reaction is catalysed by an NADPH dependent enzyme *biliverdin reductase*.
- Approximately 250-350mg of bilirubin is daily produced in human adults. The term **bile pigments** is used to collectively represent **bilirubin** and its derivatives.



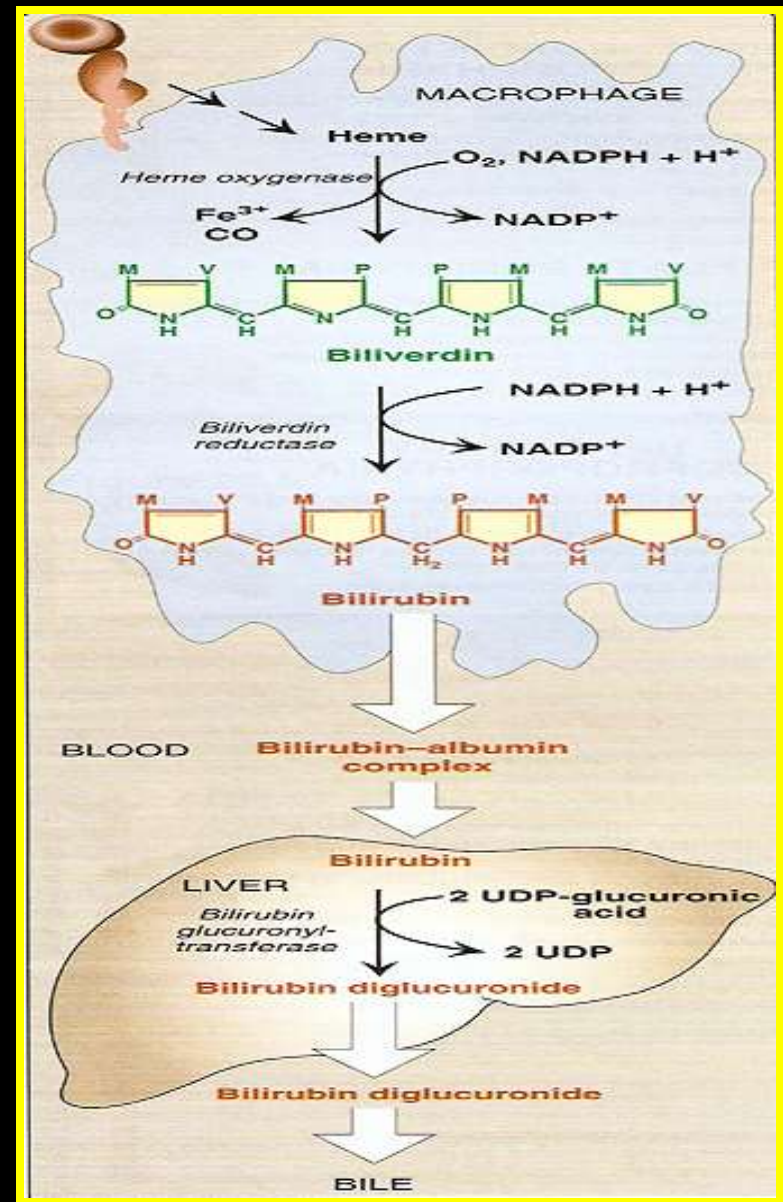
Transport of bilirubin to liver

- Bilirubin is lipophilic and therefore insoluble in aqueous solution.
- Bilirubin is transported in the plasma in a bound form to **albumin**.
- Inside the hepatocytes, bilirubin binds to a specific intracellular protein **ligandin**.



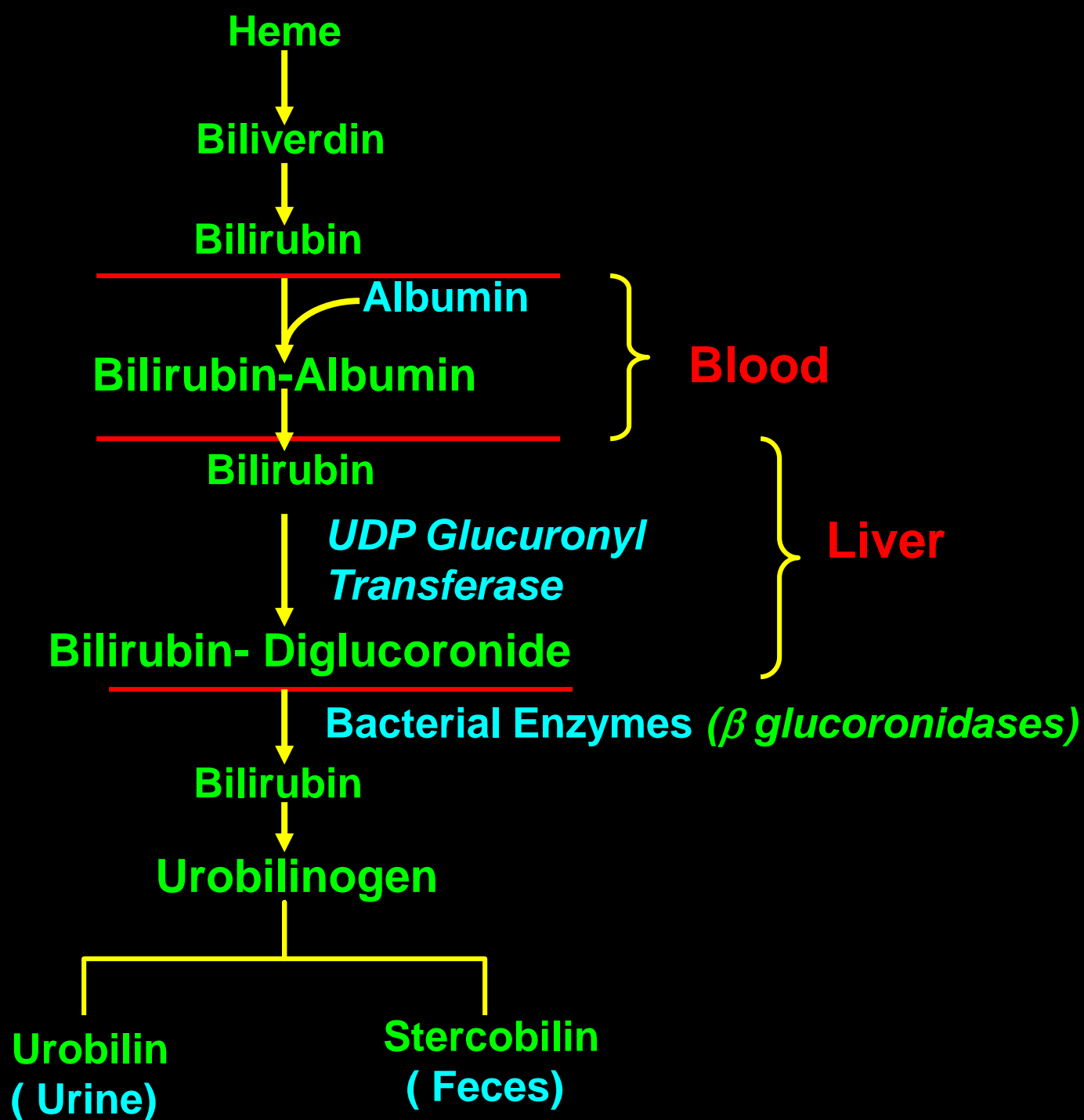
Conjugation of bilirubin

- In the liver, bilirubin is conjugated with two molecules of glucuronate supplied by UDP-glucuronate.
- This reaction, catalysed by *bilirubin glucuronyltransferase* results in the formation of a water soluble bilirubin diglucuronide (conjugated bilirubin).
- The enzyme *bilirubin glucuronyltransferase* can be induced by a number of drugs (e.g. Phenobarbital).



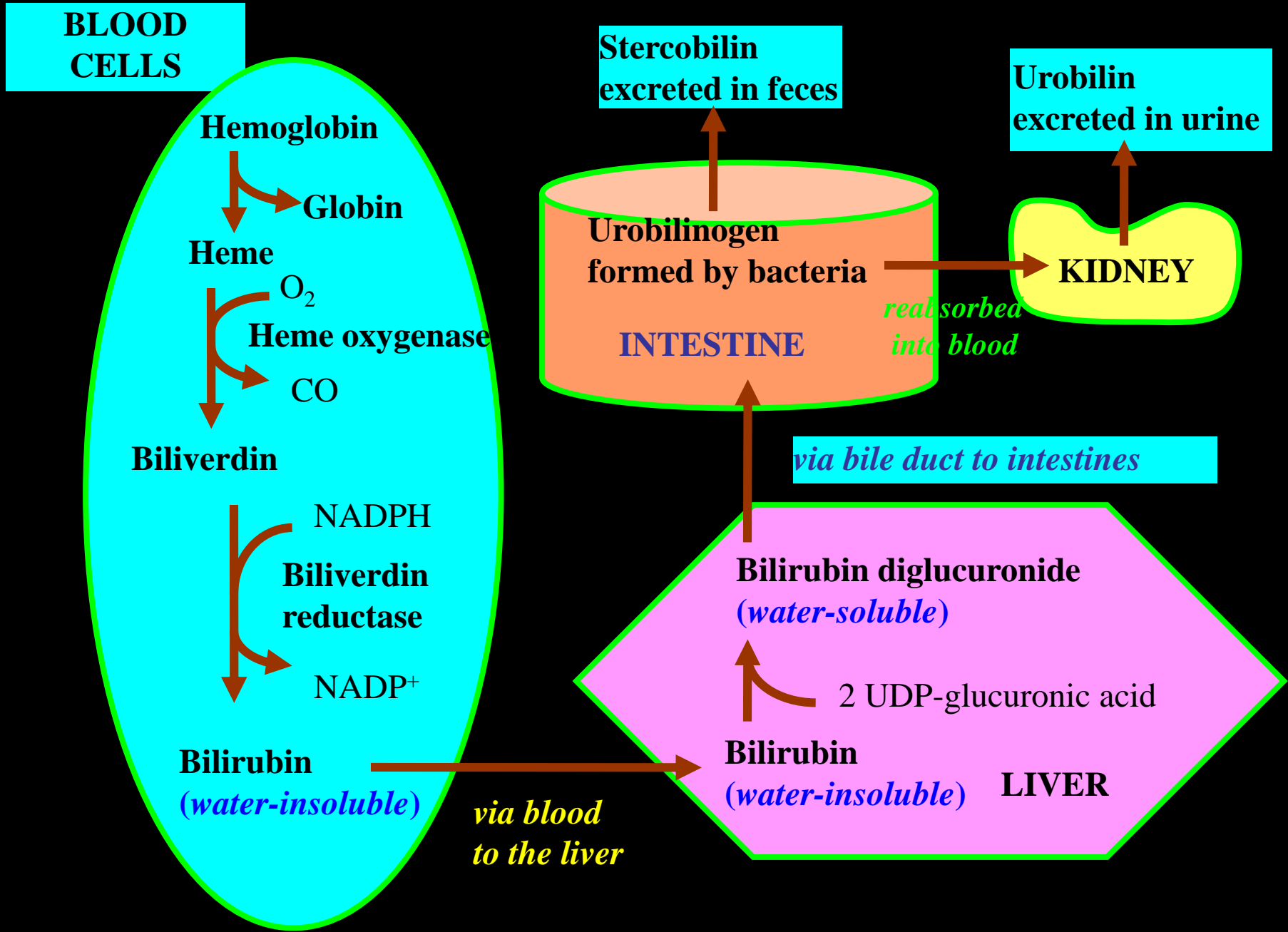
Excretion of bilirubin into bile

- Conjugated bilirubin is excreted into the bile canaliculi **against a concentration gradient** which then enters the bile. All the bilirubin (>98%) that enters bile is in the **conjugated** form.
- This energy-dependent process is susceptible to impairment in liver disease. Unconjugated bilirubin is normally not excreted.



Fate of bilirubin

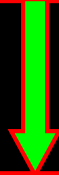
- Bilirubin glucuronides are hydrolysed in the intestine by **bacterial enzymes (β glucuronidases)** to liberate bilirubin.
- Bilirubin is then converted to **urobilinogen (colourless compound)**, a small part of which may be reabsorbed into the circulation.
- Urobilinogen can be converted to **urobilin** (a yellow colour compound) in the kidney and excreted. **The characteristic colour of urine is due to urobilin.**
- A major part of urobilinogen is converted by bacteria to **stercobilin** which is excreted along with feces. **The characteristic brown colour of feces is due to stercobilin.**



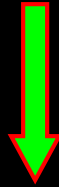
Jaundice



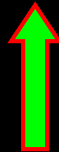
Hemolysis



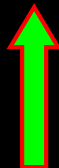
**Production
of Bilirubin**



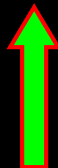
JAUNDICE



**Excretion of
Bilirubin**



Liver Damage



**Bile Duct
Obstruction**

JAUNDICE

- The normal serum total bilirubin concentration is in the range of 0.2 to 1.0mg/dl of this, about 0.2-0.8mg/dl is unconjugated (Indirect) while 0.0 to 0.2mg/dl is conjugated (Direct) bilirubin.
- Jaundice (icterus) is a clinical condition characterized by yellow colour of the white of the eyes (sclerae) and skin. It is caused by the deposition of bilirubin due to its elevated levels in the serum.
- The term 'Hyperbilirubinemia' is often used when the total serum bilirubin concentration level exceeds 1mg/dl

Hyperbilirubinemia

Two forms:

- Elevation in **Direct /Conjugated** (Water soluble) bilirubin.
- Elevation in **Indirect/ Unconjugated** (Water insoluble) bilirubin.

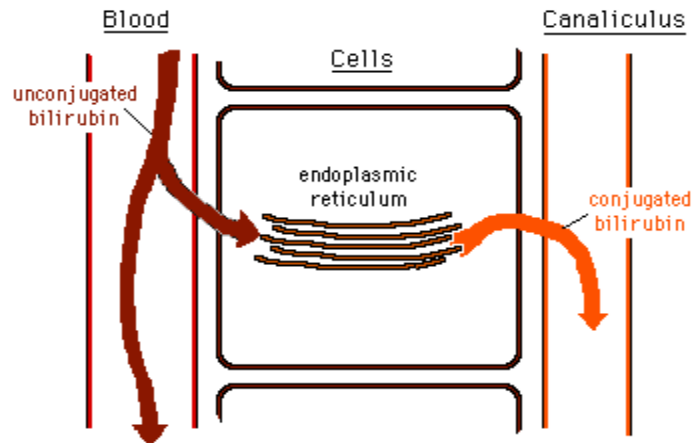
Classification of jaundice

Jaundice is classified into

- Hemolytic
- Hepatocellular
- Obstructive
- Neonatal or Physiological

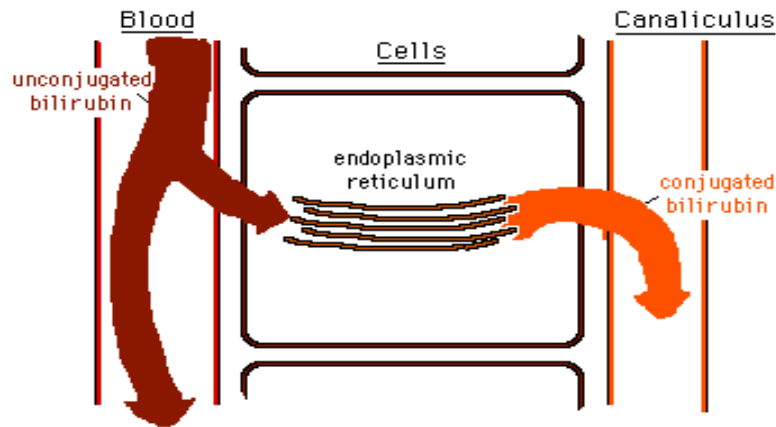
Hemolytic Jaundice

Schematic Representation of Normal Bilirubin Metabolism In the Liver



Normal

Increased Bilirubin Production Beyond the Liver's Capacity to Conjugate It



Hemolytic Jaundice

Hemolytic jaundice

Lysed erythrocytes

Hemoglobin

Amino acids

Heme

Biliverdin, CO, Fe⁺⁺



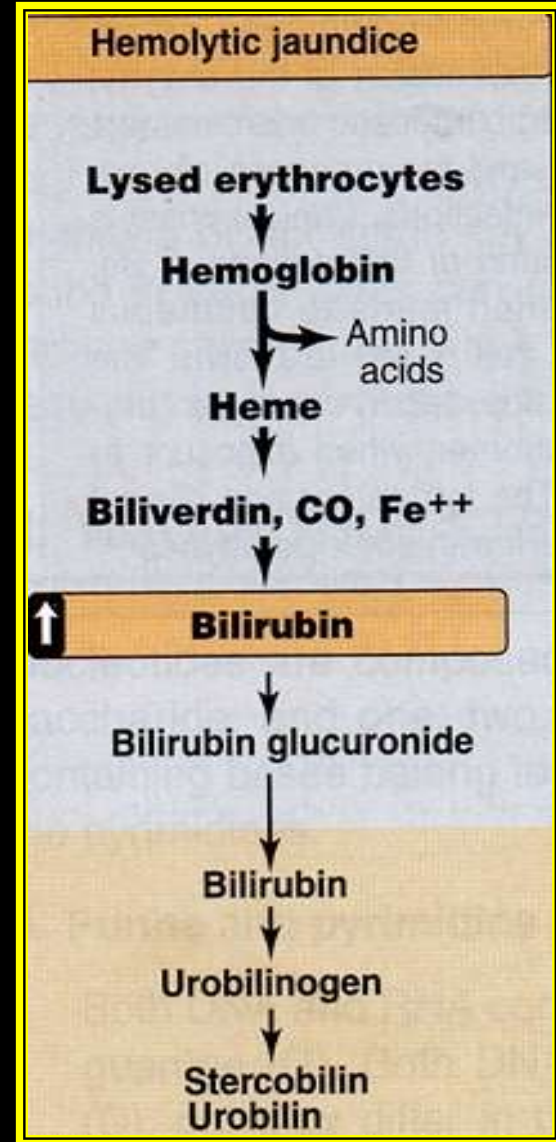
Bilirubin

Bilirubin glucuronide

Bilirubin

Urobilinogen

**Stercobilin
Urobilin**



Hemolytic jaundice (Pre hepatic)

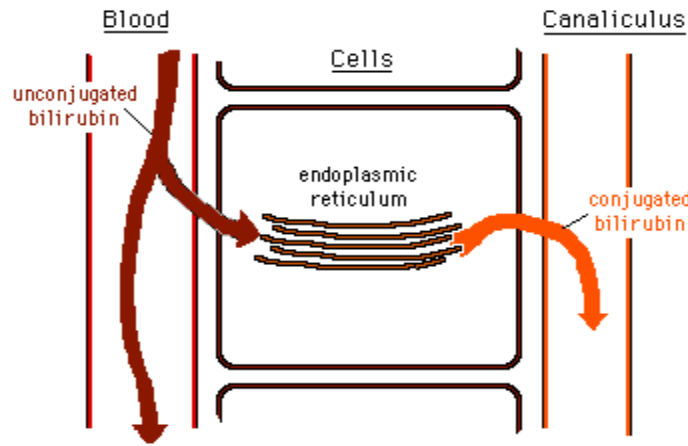
This condition is associated with increased hemolysis of erythrocytes (e.g. incompatible blood transfusion, malaria, sickle-cell anemia). This results in the **overproduction** of bilirubin **beyond the ability** of the liver to conjugate and excrete.

In hemolytic jaundice, more bilirubin is excreted into the bile leading to the increased formation of urobilinogen and stercobilin and urobilin. Hemolytic jaundice is characterized by

- Elevation in the serum unconjugated bilirubin
- Increased excretion of urobilinogen (urobilin) in urine (Dark Urine).
- Dark brown colour of feces due to high content of stercobilin.

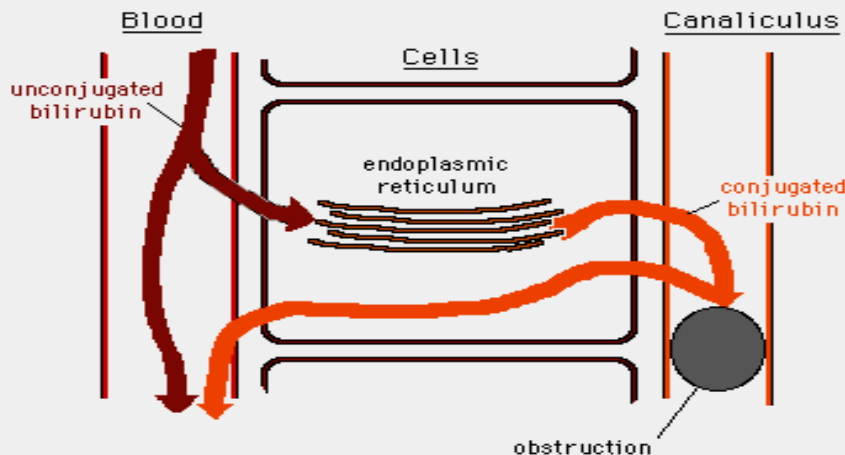
Obstructive Jaundice

Schematic Representation of Normal Bilirubin Metabolism In the Liver



Normal

Obstruction Somewhere in the Biliary Network (Intrahepatic or Extrahepatic)



Obstructive Jaundice

Obstructive jaundice

Erythrocytes, heptocytes

Hemoglobin,
Cytochromes

Amino acids
↓
Heme

Biliverdin, CO, Fe⁺⁺

Bilirubin

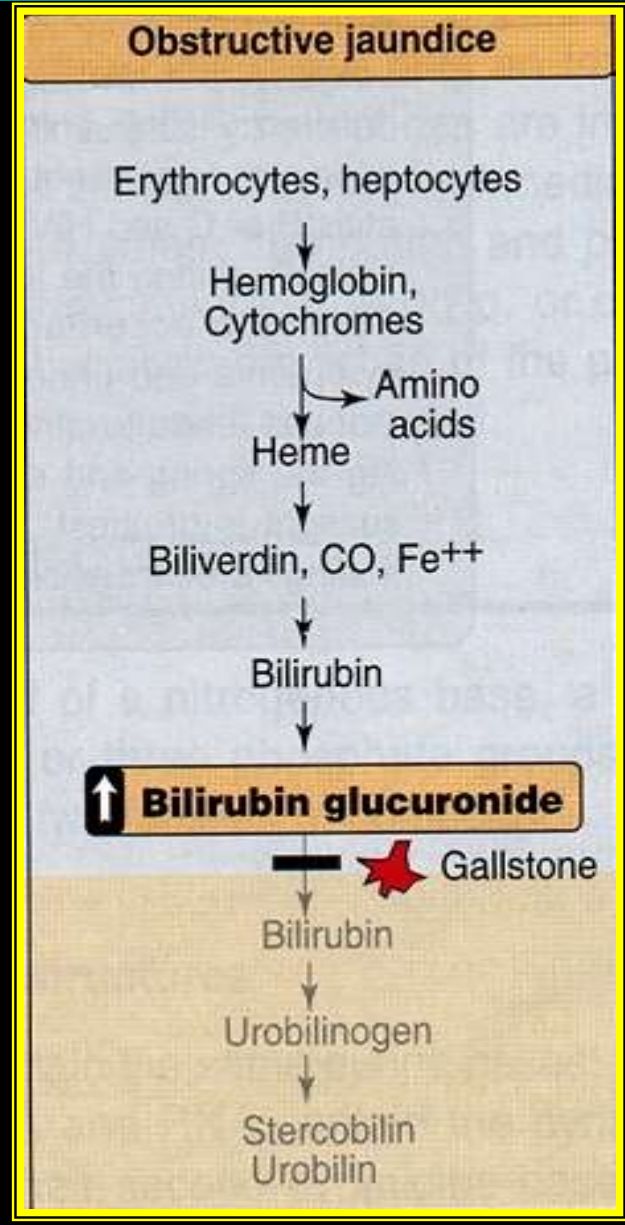
↑ Bilirubin glucuronide

— Gallstone

Bilirubin

Urobilinogen

Stercobilin
Urobilin



Obstructive Jaundice (Post hepatic)

- This is due to an **obstruction in the bile duct** that prevents the passage of bile into the intestine. The Obstruction may be caused by gall stones.
- Due to the blockage in bile duct, the **conjugated bilirubin** from the liver **enters** the circulation.

Obstructive jaundice is characterized by

- Increased concentration of conjugated bilirubin in serum.
- Serum alkaline phosphatase (ALP) is elevated as it is released from the cells of the damaged bile duct.
- Dark coloured urine due to elevated excretion of bilirubin and clay (light) coloured feces due to absences of stercobilin.
- Feces contain excess fat indicating impairment in fat digestion and absorption in the absence of bile.
- The patients experience nausea and gastrointestinal pain.

Hepatocellular Jaundice

Hepatocellular jaundice



Hepatocellular jaundice (Hepatic)

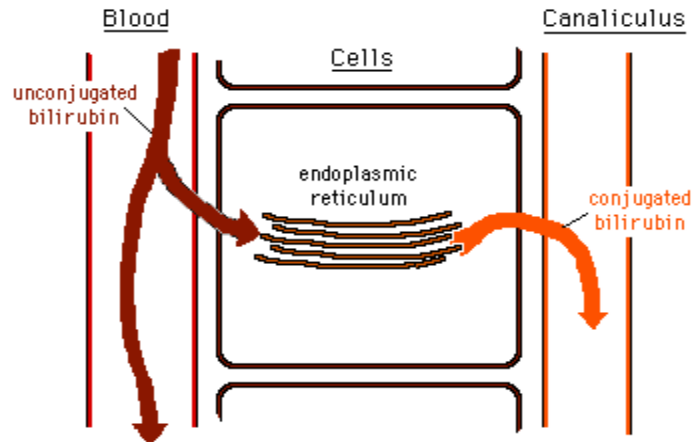
- This type of jaundice is caused by **dysfunction of the liver** due to damage to the parenchymal cells.
- Viral infection (viral hepatitis), poisons and toxins (chloroform, carbon tetrachloride) cirrhosis of liver, cardiac failure.
- Viral hepatitis is the most common.

Damage to the liver adversely affects the **bilirubin uptake and the secretion of conjugated bilirubin into the bile** by liver cells. Hepatic jaundice is characterized by

- **Increased levels of unconjugated and conjugated bilirubin in the serum.**
- **Increased activities of alanine transaminase (SGPT) and aspartate transaminase (SGOT) released into circulation due to damage to hepatocytes.**
 - **The urine is dark ,whereas the stools are light clay colored.**
 - **The affected individuals experience nausea and anorexia (loss of appetite).**

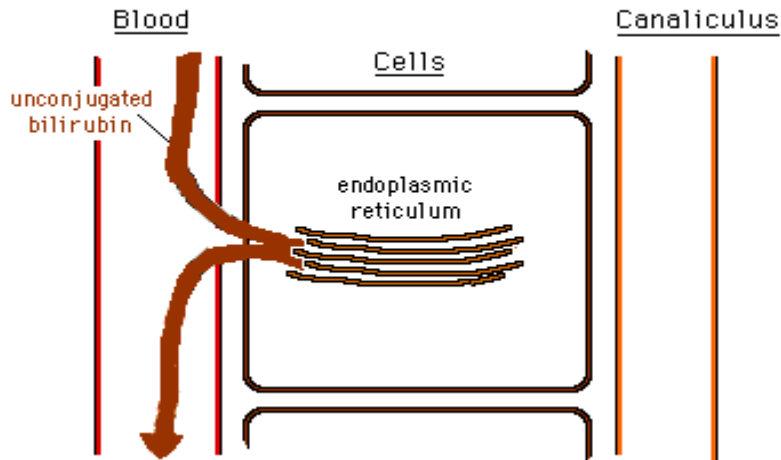
Neonatal Jaundice

Schematic Representation of Normal Bilirubin Metabolism In the Liver



Normal

Impaired Bilirubin Conjugation



Neonatal Jaundice

Neonatal jaundice

Erythrocytes, heptocytes

Hemoglobin,
Cytochromes

Amino
acids

Heme

Biliverdin, CO, Fe⁺⁺

Bilirubin

Bilirubin glucuronide

INTESTINE

Bilirubin

Urobilinogen

Stercobilin

Urobilin



Neonatal-physiologic jaundice

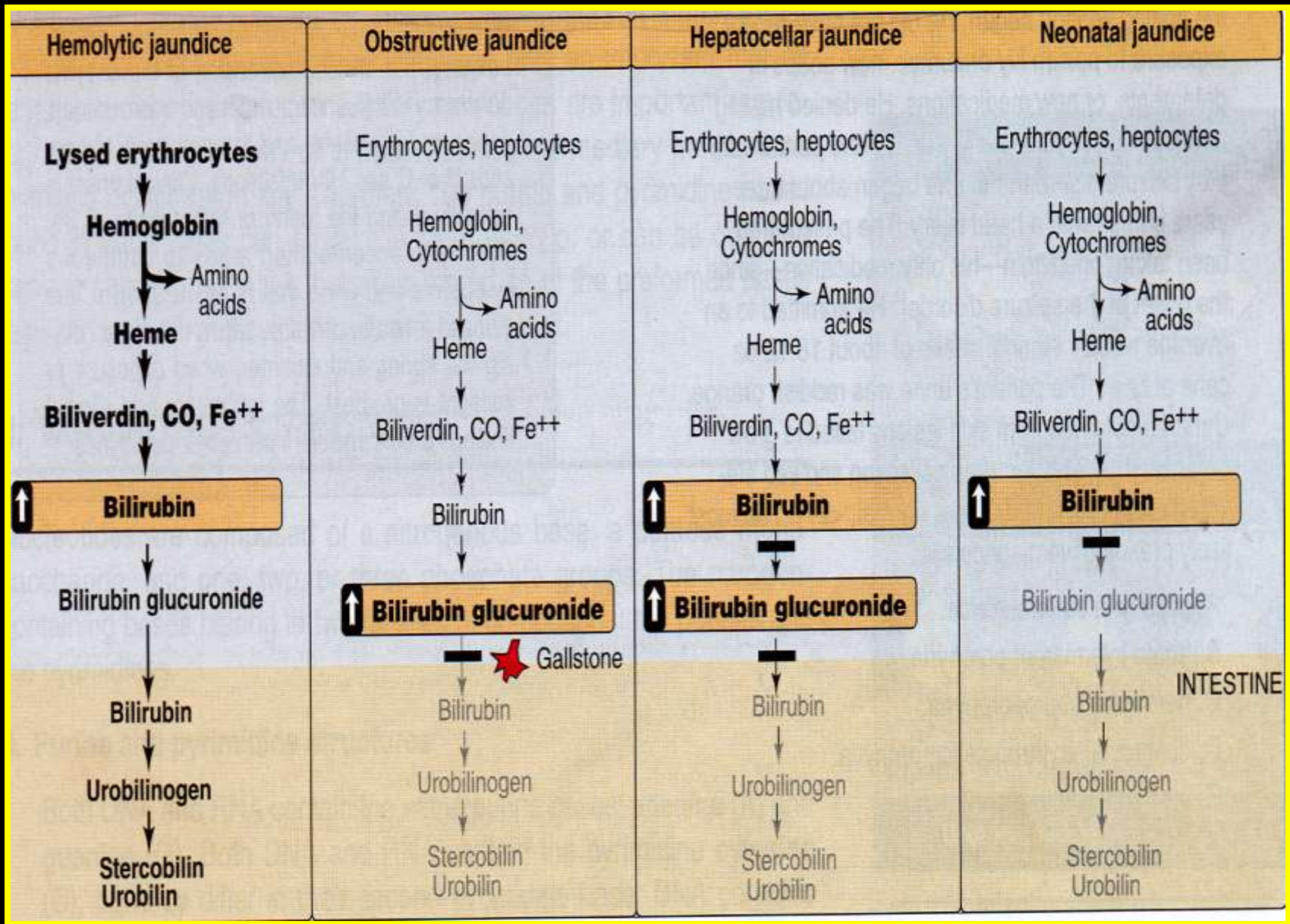
- It is caused due to **immature hepatic system** for the uptake, conjugation and secretion of bilirubin.
- The activity of the enzyme **UDP-glucuronyltransferase is low** in the newborn.
- There is also a limitation in the availability of the substrate **UDP-glucuronic acid** for conjugation.

- Serum uncojugated bilirubin is highly elevated (may go beyond 25mg/dl), which can cross the bloodbrain barrier.
- This results in hyperbilirubinemic toxic encephalopathy or kernicterus that causes mental retardation.
- The drug phenobarbital is used in the treatment of neonatal jaundice, as it can induce bilirubin metabolizing enzymes in liver.
- In some neonates, blood transfusion may be necessary to prevent brain damage.

Phototherapy

- The toxic unconjugated bilirubin gets converted into a **non-toxic isomer namely lumirubin**.
- **Lumirubin** can be easily excreted by the kidneys in the unconjugated form (in contrast to unconjugated bilirubin which cannot be excreted).
- Serum bilirubin is monitored every 12-24 hours, and phototherapy is continuously carried out till the serum bilirubin becomes normal ($< 1\text{mg/dl}$).

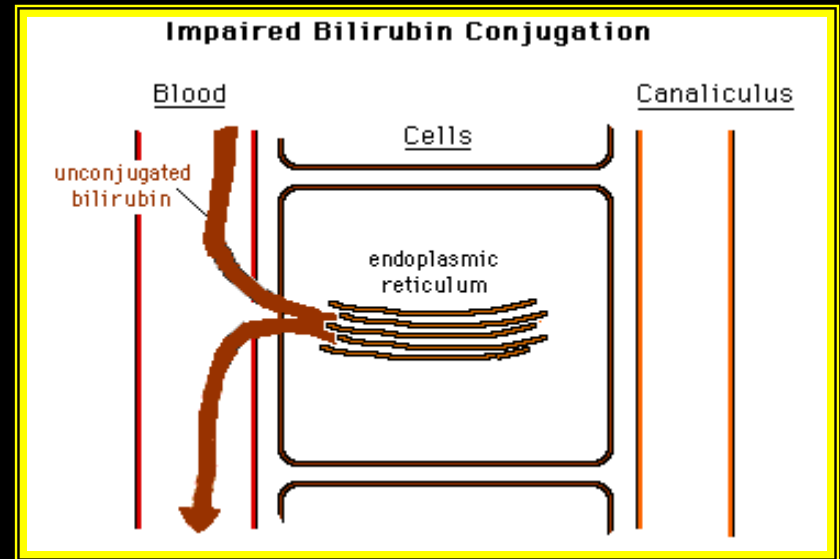




JAUNDICE DUE TO GENETIC DEFECTS

Crigler-Najjar syndrome type I

- This is also known as congenital non-hemolytic jaundice. It is a rare disorder and is due to a defect in the hepatic enzyme *UDP-glucuronyltransferase*.
- Children die within first two years of life.

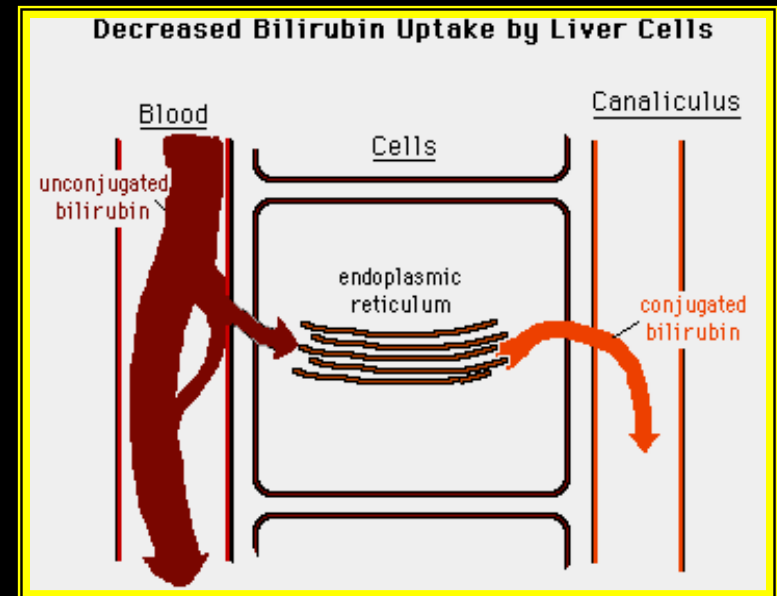


Crigler-Najjar syndrome type II

- A rare hereditary disorder and is due to a **less severe** defect in the bilirubin conjugation.
- Hepatic ***UDP-glucuronyltransferase*** that catalyses the addition of **second glucuronyl group** is defective.
- The serum bilirubin concentration is usually **less than 20mg/dl** and is **less dangerous** than type I.

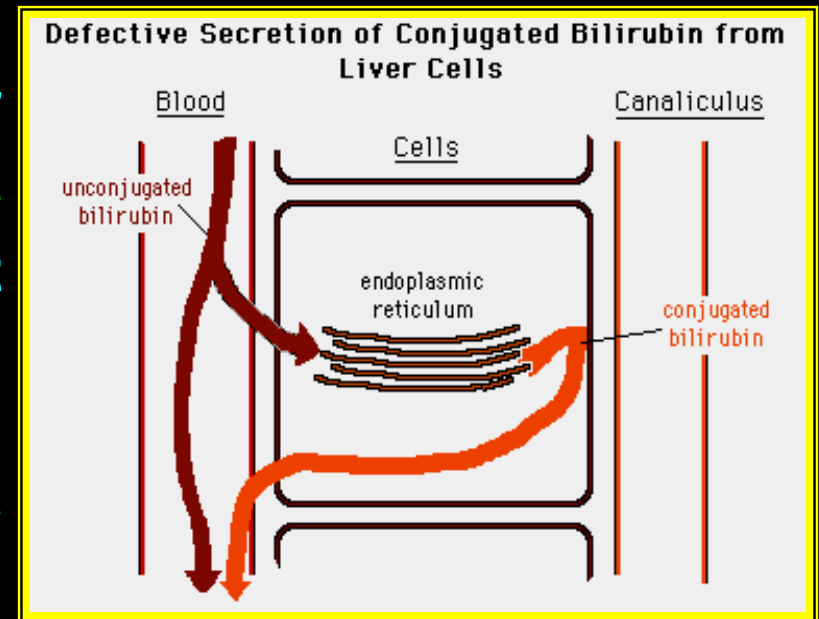
Gilbert's disease

- A defect in the uptake of bilirubin by liver cells.
- Increased Unconjugated bilirubin



Dubin-Johnson syndrome

- Associated with inability of the hepatocytes to **secrete conjugated bilirubin** after it has been formed.
- **Conjugated bilirubin** returns to the blood and is **elevated**.



THANK YOU