# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Introduction</th>
<th>1 - 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>-2:</td>
<td>Review of literature</td>
<td>6 - 52</td>
</tr>
</tbody>
</table>

| 2.1     | Biological effects of radiation | 6 |
| 2.1     | Free radicals mediated damage to biomolecules | 7 |
| 2.3     | Direct and indirect DNA damage caused by ionising radiation | 8 |
| 2.4     | Impact of ionizing radiation on various biomolecules | 10 |
| 2.5     | DNA lesions induced by radiation | 11 |
| 2.6     | DNA base damage by hydroxyl radicals. | 12 |
| 2.7     | Interaction of ionising radiation with lipid molecules | 12 |
| 2.8     | Effects of ionising radiation on cellular lipids | 15 |
| 2.9     | Protein oxidation by ionizing radiation | 16 |
| 2.10    | Acute radiation syndrome | 17 |
| 2.11    | Bone marrow syndrome. | 17 |
| 2.12    | Gastrointestinal damage by acute radiation effects. | 21 |
| 2.13    | Effect of acute radiation on Central nervous system (CNS). | 22 |
| 2.14    | Endogenous antioxidants reduce the consequence of radiation damage | 22 |
| 2.15    | Chemical Radioprotectors. | 23 |
| 2.16    | Dose reduction factor of radioprotectors from crude plant | 29 |
| 2.17    | Plant products render radioprotection – Mechanism | 30 |
| 2.18    | List of plants exhibiting radioprotective and antigenotoxic property | 31 |
| 2.19    | Psidium guajava | 40 |
| 2.20    | Taxonomic hierarchy of Psidium guajava | 40 |
| 2.21    | Local and regional names of Psidium guajava | 41 |
| 2.22    | Ethno medical benefits of Psidium guajava | 43 |
| 2.23    | Phytochemistry of Psidium guajava | 44 |
| 2.24    | Biological activity and clinical research | 44 |
| 2.25    | Persea americana | 47 |
| 2.26    | Taxonomic hierarchy of Persea americana | 47 |
| 2.27    | Local and Regional names of Persea americana. | 48 |
| 2.28    | Uses of Persea americana | 50 |
2.29 Ethnomedical properties of Persea americana 50
2.30 Phytochemistry of Persea americana 51
2.31 More studies on Persea americana 51

Chapter - 3: Research gap 53

Chapter - 4: Aim and objectives 54

Chapter - 5: Materials and methods 55 - 78

5.1 Chemicals 55
5.2 Animal care and handling 55
5.3 Irradiation source and procedure 56
5.4 Determination of LD_{50/30} of X-rays using LINAC in Wistar albino rats 58
5.5 Hydroalcoholic leaf extract preparation 59
5.6 ABTS free radical scavenging activity. 61
5.7 Total phenolic content 61
5.8 Reducing property of Psidium guajava and Persea americana 62
5.9 Iron chelating property of plant extract 62
5.10 Hydroxyl radical scavenging assay 63
5.11 DPPH free radical scavenging activity 64
5.12 Nitric Oxide scavenging activity 64
5.13 Total antioxidant activity 65
5.14 HPLC analysis of Psidium guajava and Persea americana 65
5.15 Phytochemical screening of Psidium guajava and Persea americana 66
5.16 Animal groupings 67
5.17 Euthanasia and carcass disposal 69
5.18 Single cell gel electrophoresis in peripheral blood lymphocytes 69
5.19 Micronucleus assay in bone marrow 70
5.20 Apoptosis assay in peripheral blood lymphocytes 70
5.21 Estimation of reduced glutathione 71
5.22 Estimation of Catalase activity 71
5.23 Estimation of superoxide dismutase activity 72
5.24 Estimation of protein carbonyls 72
5.25 Lipid peroxidation 73
5.26 Estimation of Nitric oxide 73
5.27 Preparation of RBC lysates 74
5.28 Determination of acute drug toxicity
5.29 Determination of optimum dose of radioprotection
5.30 Dose reduction factor
5.31 Cyclooxygenase - 2 assay
5.31 Interleukin - 6 assay
5.31 Interleukin -10 assay
5.32 Histology of Jejunum
5.33 Haematology
5.34 Statistical analysis

Chapter - 6: Results

6.1 ABTS radical scavenging assay
6.2 Nitric oxide scavenging assay
6.3 DPPH free radical scavenging assay
6.4 Hydroxyl radical scavenging assay
6.5 Iron chelating activity of plant extracts.
6.6 Total phenolic content
6.7 Ferric reducing antioxidant potential
6.8 Total antioxidant activity
6.9 Preliminary phytochemical analysis.
6.10 HPLC analysis of Psidium guajava and Persea americana
6.11 Determination of (LD50/30) of X-rays in albino Wistar rats
6.12 Acute toxicity studies of Persea americana leaf extract
6.13 Acute toxicity study of Psidium guajava leaf extract
6.14 Optimum dose selection of Persea americana for radioprotection
6.15 Pretreatment studies with Persea americana (Section -1)
a) Biochemical estimations in liver tissue homogenate.
   i) Reduced glutathione in liver tissue homogenates
   ii) Catalase in liver tissue homogenates.
   iii) MDA in liver tissue homogenates
   iv) SOD in liver tissue homogenates.
   v) Protein carbonyls in liver tissue homogenates
   vi) Nitric oxide in liver tissue homogenates
b) Biochemical estimations in RBC lysates
i) Reduced glutathione in RBC lysates 99
ii) Catalase in RBC lysates 100
iii) MDA in RBC lysates 101
iv) SOD in RBC lysates 102
v) Protein carbonyls in RBC lysates 103

6.16 Comet assay in peripheral blood lymphocytes 104
6.16 i) Percentage DNA in tail in peripheral blood lymphocyte 105
ii) Olive tail movement in peripheral blood lymphocytes 106
iii) Tail length in peripheral blood lymphocytes 107

6.17 Micronucleus assay in bone marrow 108
6.18 COX-2 in liver tissue homogenates 111
6.19 Interleukin – 6 in liver tissue homogenates 112
6.20 Interleukin – 10 in liver tissue homogenates 113
6.21 Apoptosis assay in peripheral blood 115
6.22 Haematological analysis in whole blood 116
6.23 Histology of small intestine (Jejunum) 118
6.24 Post treatment studies with Persea americana (Section -2) 120

a) Biochemical estimations in Liver tissue homogenates
   i) Reduced glutathione in liver tissue homogenates 120
   ii) Catalase in liver tissue homogenates 121
   iii) Lipid peroxidation in liver tissue homogenates 122
   iv) SOD in liver tissue homogenates 123
   v) Protein carbonyls in liver tissue homogenates 124
   vi) Nitric oxide in liver tissue homogenates 125

b) Biochemical estimations in RBC lysates
   i) Reduced glutathione in RBC lysates 126
   ii) Lipid peroxidation in RBC lysates 127
   iii) Protein carbonyls in RBC lysates 128
   iv) Catalase in RBC lysates 129
   v) SOD in RBC lysates 130

6.25 Apoptosis assay in peripheral blood lymphocytes 131
6.26 COX-2 in liver tissue homogenates 132
6.27  Interleukin - 10 in liver tissue homogenates
6.28  Interleukin - 6 in liver tissue homogenates
6.29  Haematology in whole blood
6.30  Comet assay in peripheral blood lymphocytes.
6.31  Micronucleus assay in bone marrow
6.32  Histology of small intestine (Jejunum)
6.33  Dose reduction factor of Persea americana
6.34  Optimum dose selection of Psidium guajava for radioprotection
6.35  Pretreatment studies with Psidium guajava (Section – 3)
   a)  Biochemical estimations in liver tissue homogenates
      i)  Reduced glutathione in liver tissue homogenates
      ii) Lipid Peroxidation in liver tissue homogenates
      iii) Nitric oxide in liver tissue homogenates
      iv)  Protein carbonyls in liver tissue homogenates
      v)  SOD in liver tissue homogenates
      vi)  Catalase in liver tissue homogenates
   b)  Biochemical estimations in RBC lysates
      i)  Reduced glutathione in RBC lysates
      ii) Lipid peroxidation in RBC lysates
      iii) Protein carbonyls in RBC lysates
      iv)  Catalase in RBC lysates.
      v)  SOD in RBC lysates
6.36  COX-2 in liver tissue homogenates
6.37  Interleukin - 6 in liver tissue homogenates
6.38  Interleukin – 10 in liver tissue homogenates
6.39  Apoptosis in peripheral blood lymphocytes
6.40  Comet assay in peripheral blood lymphocytes.
6.41  Hematological analysis in whole blood
6.42  Micronucleus assay in bone marrow
6.43  Histology of small intestine (Jejunum)
6.44  Post treatment studies with Psidium guajava (Section -4)
a) Biochemical estimations in liver tissue homogenate
   i) Reduced glutathione in liver tissue homogenates 171
   ii) Lipid peroxidation in liver tissue homogenates 172
   iii) Catalase in liver tissue homogenates 173
   iv) Protein carbonyls in liver tissue homogenates 174
   v) SOD in liver tissue homogenates 175
   vi) Nitric oxide in liver tissue homogenates 176

b) Biochemical estimations in RBC lysates
   i) Reduced glutathione in RBC lysates 177
   ii) Lipid peroxidation in RBC lysates 178
   iii) SOD in RBC lysates 179
   iv) Catalase in RBC lysates 180
   v) Protein carbonyls in RBC lysates 181

6.45 Apoptosis in peripheral blood lymphocytes 182
6.46 Haematology in whole blood 183
6.47 COX – 2 in liver tissue homogenates 185
6.48 Interleukin – 6 in liver tissue homogenates. 186
6.49 Interleukin – 10 in liver tissue homogenates. 187
6.50 Determination of dose reduction factor of Psidium guajava 188
6.51 Micronucleus assay in bone marrow 189
6.52 Comet assay in peripheral blood lymphocytes 191
6.53 Histology of small intestine (Jejunum) 194

Chapter 7: Discussion 196 - 219
7.1 ABTS free radical scavenging activity 196
7.2 Nitric oxide radical scavenging activity 197
7.3 DPPH free radical scavenging activity 198
7.4 Hydroxyl radicals scavenging activity 198
7.5 Iron chelating activity 199
7.6 Total phenolic content 200
7.7 Reducing property 200
7.8 Total antioxidant activity 201
7.9 Phytochemical screening 201
7.10  HPLC analysis  
7.11  Acute toxicity study  
  a) Psidium guajava  
  b) Persea americana  
7.12  LD_{50/30} of X-rays in rats  
7.13  Dose optimisation studies for radiation protection  
7.14  Pretreatment studies with Persea americana and Psidium guajava  
7.15  Post treatment studies with Persea americana and Psidium guajava  

Chapter - 8:  Summary and conclusion  
-9:  Strengths and limitations  
-10:  Implications of the proposed study  
-11:  Research outcomes  
-12:  Bibliography  
-13:  Appendices list and reprints.