REGULATION OF AGE-RELATED DIABETES VIA BIOACTIVE COMPOUNDS

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ABSTRACT

Age-related diabetes, primarily type 2 diabetes mellitus (T2DM), is a global health concern characterized by chronic hyperglycemia due to insulin resistance and impaired glucose metabolism. A key mechanism involved in the regulation of glucose levels is the translocation of glucose transporter 4 (GLUT4) to the plasma membrane in response to insulin signaling, allowing glucose uptake into cells. Dysregulation of GLUT4 is a hallmark of insulin resistance observed in T2DM. The search for effective therapeutic agents, particularly those derived from natural bioactive compounds, has gained significant attention due to their potential to modulate biological pathways with fewer side effects compared to synthetic drugs.

This study aims to explore the interaction between GLUT4 and 20 bioactive compounds that have been previously reported to have anti-diabetic and antioxidant properties. The primary objective is to identify the compound with the highest binding affinity for GLUT4, which could potentially enhance glucose uptake and regulate blood glucose levels in the context of age-related diabetes.
A molecular docking approach was employed using PyRx, a widely accepted computational tool for predicting the binding affinity between a protein and ligands. GLUT4 was selected as the target protein due to its pivotal role in glucose metabolism. The 20 bioactive compounds chosen for this study include berberine, resveratrol, curcumin, quercetin, genistein, alpha-lipoic acid, cinnamon polyphenols, ginsenosides, thymoquinone, metformin, pterostilbene, fisetin, hesperidin, mangiferin, aloe vera extract, diosgenin, sulforaphane, galegine, astragaloside IV, and gymnemic acid. These compounds were selected based on their known or hypothesized effects on glucose regulation, insulin sensitivity, and antioxidant capacity.
The molecular structures of these compounds were obtained from PubChem, and their energy-minimized conformations were docked to the GLUT4 protein, whose structure was retrieved from the Protein Data Bank (PDB). The docking was carried out in PyRx using AutoDock Vina, which calculates the binding affinity based on free energy (kcal/mol). The docking results were evaluated based on binding affinities, with more negative values indicating stronger binding.

The docking results revealed varying degrees of binding affinities between GLUT4 and the selected bioactive compounds. Metformin, a widely used anti-diabetic drug, was included as a control to compare the efficacy of natural compounds. Among the bioactive compounds, berberine, resveratrol, quercetin, and curcumin showed strong binding affinities to GLUT4, comparable to or even surpassing that of metformin. These results suggest that these natural compounds could enhance GLUT4 activity and, thus, improve glucose uptake in insulin-resistant cells.
This study highlights the potential of bioactive compounds in regulating GLUT4 function and managing age-related diabetes. Berberine, resveratrol, curcumin, and quercetin demonstrated the highest binding affinities in molecular docking, indicating their possible efficacy as therapeutic agents. Further in vitro and in vivo studies are necessary to validate these findings and to better understand the molecular mechanisms through which these compounds modulate GLUT4 activity. The identification of such compounds could provide a natural and effective means to combat age-related diabetes and its associated complications.

Keyword: - *Age-related diabetes, GLUT4, Bioactive compounds, Molecular docking, Glucose regulation.*

1. BIOACTIVE COMPOUNDS AND GLUT4 IN REGULATING AGE-RELATED DIABETES

1.1 GLUT4 in Age related diabetes

GLUT4 is a central player in the regulation of glucose homeostasis, mediating the insulin- and exercise-induced uptake of glucose into muscle and fat cells. Its proper functioning is essential for maintaining normal blood sugar levels, and disruptions in GLUT4 translocation are closely linked to insulin resistance and Type 2 diabetes. Understanding the mechanisms behind GLUT4 regulation opens avenues for new treatments and lifestyle interventions aimed at improving glucose metabolism and preventing or managing diabetes.

As research continues, GLUT4 remains a promising target for developing more effective therapies for metabolic diseases. Research has shown that targeting GLUT4 translocation can be an effective therapeutic strategy to enhance glucose uptake and combat insulin resistance. Various natural compounds have been investigated for their potential to modulate GLUT4 activity.

1.2 Bioactive Compounds and Their Relevance to GLUT4 and Age-Related Diabetes

1. Berberine
    - Increases GLUT4 translocation in skeletal muscle and adipose tissues.
    - Activates AMPK, which enhances glucose uptake and reduces hepatic glucose production.
    - Reduces oxidative stress and inflammation, contributing to better insulin sensitivity in aging individuals.
    - Potential for improving metabolic health in age-related insulin resistance and glucose dysregulation.
2. Resveratrol
    - Stimulates GLUT4 expression and translocation to the plasma membrane, particularly in muscle cells.
    - Activates SIRT1 and AMPK, enhancing insulin sensitivity and glucose uptake.
    - Antioxidant and anti-inflammatory effects help combat oxidative stress, a major factor in age-related metabolic dysfunction.
    - Potential for improving metabolic health in elderly individuals with insulin resistance and diabetes.
3. Curcumin
    - Promotes GLUT4 translocation and enhances glucose uptake in insulin-resistant tissues.
    - Anti-inflammatory and antioxidant effects reduce oxidative stress, a major contributor to insulin resistance in age-related diabetes.
    - Modulates insulin signaling pathways, improving glucose homeostasis and reducing blood sugar levels.
    - Potential for improving insulin sensitivity and managing metabolic dysfunction in aging populations.
4. Quercetin
    - Increases GLUT4 translocation in muscle and fat cells, improving glucose uptake.
    - Modulates insulin signaling pathways, particularly the PI3K/Akt pathway.
    - Reduces oxidative stress and inflammation, key contributors to insulin resistance in aging populations.
    - Potential for enhancing metabolic health and managing age-related glucose dysregulation.
5. Genistein
    - Promotes GLUT4 translocation in muscle and adipose tissues, enhancing glucose uptake.
    - Activates the PPAR-γ pathway, which regulates glucose and lipid metabolism.
    - Antioxidant effects reduce oxidative stress, improving insulin sensitivity.
    - Particularly beneficial for postmenopausal women and older adults with age-related insulin resistance.
6. Alpha-Lipoic Acid (ALA)
    - Enhances GLUT4 translocation to the plasma membrane, promoting glucose uptake.
    - Activates AMPK, which regulates energy metabolism and improves insulin sensitivity.
    - Reduces oxidative stress, a major factor in age-related insulin resistance.
    - Particularly effective in restoring metabolic balance in aging individuals with impaired glucose metabolism.
7. Cinnamon Polyphenols
    - Increases GLUT4 translocation in muscle and fat tissues, improving glucose uptake.
    - Enhances insulin receptor activity and stimulates the PI3K/Akt pathway.

- Reduces oxidative stress, improving insulin sensitivity and mitigating insulin resistance.
- Particularly useful in managing age-related insulin resistance and glucose dysregulation.

8. Ginsenosides:
    - Enhances GLUT4 translocation in muscle and fat tissues, improving glucose uptake.
    - Activates AMPK and modulates the PI3K/Akt pathway, enhancing insulin sensitivity.
    - Reduces oxidative stress and inflammation, improving insulin signaling in aging populations.
    - Potential for improving metabolic health and managing insulin resistance in age-related diabetes.

9. Thymoquinone
    - Promotes GLUT4 translocation and enhances glucose uptake in insulin-resistant tissues.
    - Modulates insulin signaling pathways, improving insulin sensitivity.
    - Reduces oxidative stress and inflammation, which are key factors in age-related insulin resistance.
    - Potential for improving glucose metabolism and managing diabetes in aging populations.
10. Metformin
    - Promotes GLUT4 translocation, enhancing glucose uptake in insulin-resistant tissues.
    - Activates AMPK, improving insulin sensitivity and reducing hepatic glucose production.
    - Reduces oxidative stress, improving insulin signaling in aging individuals.
    - A well-established drug for managing glucose homeostasis in age-related diabetes, often used as a benchmark for comparing the efficacy of natural bioactive compounds.
11. Pterostilbene
    - Promotes GLUT4 translocation in muscle and adipose tissues, enhancing glucose uptake.
    - Activates AMPK and modulates the PPAR-γ pathway, improving insulin sensitivity and lipid metabolism.
    - Reduces oxidative stress and inflammation, helping to improve insulin signaling in aging individuals.
    - A promising compound for managing glucose homeostasis and metabolic health in age-related diabetes.
12. Fisetin
    - Enhances GLUT4 translocation, improving glucose uptake in insulin-resistant tissues.
    - Activates the PI3K/Akt pathway, improving insulin signaling and glucose metabolism.
    - Reduces inflammation and oxidative stress, combating insulin resistance in aging individuals.
    - Potential for improving both metabolic and neuroprotective health in individuals with age-related diabetes.
13. Hesperidin
    - Increases GLUT4 translocation, enhancing glucose uptake and improving insulin sensitivity.
    - Activates AMPK, regulating glucose homeostasis and improving metabolic health.
    - Reduces oxidative stress and inflammation, mitigating insulin resistance in aging populations.
    - A promising compound for managing both metabolic health and cardiovascular risks in age-related diabetes.
14. Mangiferin
    - Promotes GLUT4 translocation, improving glucose uptake and insulin sensitivity.
    - Activates the PI3K/Akt and AMPK pathways, enhancing glucose metabolism and insulin signaling.
    - Reduces oxidative stress and inflammation, improving metabolic health in aging populations.
    - A beneficial compound for managing glucose homeostasis and mitigating insulin resistance in older adults.
15. Aloe Vera Extract
    - Enhances GLUT4 translocation, promoting glucose uptake in insulin-sensitive tissues.
    - Activates insulin signaling pathways, such as the PI3K/Akt pathway, improving glucose metabolism.
    - Reduces oxidative stress and inflammation, which are major contributors to insulin resistance in aging populations.
    - A valuable natural compound for improving insulin sensitivity and managing glucose homeostasis in age-related diabetes.
16. Diosgenin

    - Promotes GLUT4 translocation, increasing glucose uptake in insulin-sensitive tissues.
    - Stimulates the PI3K/Akt pathway, enhancing insulin sensitivity and glucose metabolism.
    - Reduces oxidative stress and inflammation, addressing key factors in age-related insulin resistance.
    - Potential for improving glucose homeostasis and managing age-related metabolic disorders.

17. Sulforaphane
    - Promotes GLUT4 translocation, enhancing glucose uptake in insulin-resistant tissues.
    - Activates the Nrf2 antioxidant pathway, reducing oxidative stress and improving insulin sensitivity.
    - Enhances PI3K/Akt signaling, facilitating glucose metabolism and insulin action.
    - A beneficial compound for reducing insulin resistance and oxidative damage in aging populations with diabetes.
18. Galegine
    - Promotes GLUT4 translocation, enhancing glucose uptake in insulin-resistant tissues.
    - Activates AMPK, improving insulin sensitivity and glucose metabolism.
    - Reduces hepatic glucose production, helping lower blood glucose levels.
    - Potential for managing insulin resistance and metabolic dysfunction in aging individuals, similar to metformin.
19. Astragaloside IV
    - Promotes GLUT4 translocation, improving glucose uptake in insulin-sensitive tissues.
    - Modulates the PI3K/Akt pathway, enhancing insulin signaling and glucose metabolism.
    - Reduces oxidative stress and inflammation, improving insulin sensitivity and metabolic health.
    - Potential for managing glucose metabolism and reducing insulin resistance in aging populations.
20. Gymnemic Acid
    - Promotes GLUT4 translocation, enhancing glucose uptake and improving insulin sensitivity.
    - Modulates the PI3K/Akt pathway, improving insulin signaling and glucose metabolism.
    - Reduces glucose absorption in the intestine, helping to lower blood sugar levels.
    - A beneficial compound for managing blood glucose levels and insulin resistance in aging populations.

2. MOLECULAR DOCKING USING PYRX SOFTWARE

2.1 Docking: Exploring Molecular Interactions

Molecular docking is a computational technique that predicts the preferred orientation of one molecule (the ligand) when bound to another molecule (the receptor), typically a protein, to form a stable complex. This method is crucial for understanding molecular interactions, which are fundamental in drug discovery and the design of novel therapeutic agents. By simulating the interaction between molecules, researchers can predict the binding affinity, analyze the strength and type of molecular interactions, and evaluate how well a small molecule can inhibit or activate a biological target.

Molecular docking has become an indispensable tool in structure-based drug design (SBDD), virtual screening, and protein-ligand interaction studies. It not only aids in identifying potential drug candidates but also provides insight into the mechanisms behind protein function and ligand binding.

Molecular docking seeks to model the interaction between two molecules—commonly, a protein (the receptor) and a ligand (small molecule)—to predict how they fit together and how strong the interaction will be. The process involves:

- Predicting Binding Modes: Docking attempts to find the optimal position, orientation, and conformation of a ligand within the binding site of a target protein. This is crucial for determining how a drug will bind to its target and exert its biological effects.
- Estimating Binding Affinity: The strength of the interaction, often represented as a binding affinity or binding score, is calculated to estimate the energy required for binding. A more negative binding energy indicates a stronger, more favourable interaction.

Docking relies on two key components:

- Search Algorithms: These explore the possible conformations and orientations of the ligand relative to the receptor to identify the best fit.
- Scoring Functions: These evaluate and rank the binding poses generated by the search algorithm based on how well the ligand fits into the receptor binding site and the strength of interactions between the ligand and the receptor.

2.2 Steps Involved in Molecular Docking

Molecular docking generally involves several steps, from preparing the protein and ligand to analyzing the docking results. Here's an overview of the typical workflow:

a. Protein Preparation

The first step involves preparing the receptor protein for docking. This often begins with retrieving the protein's 3D structure from databases like the Protein Data Bank (PDB).

The structure is then refined through the following steps:

- Cleaning the Structure: Removing water molecules, heteroatoms, and other unwanted molecules that may interfere with the docking process.
- Addition of Hydrogen Atoms: Since most protein structures from the PDB lack explicit hydrogen atoms, especially polar hydrogens, they need to be added to ensure accurate simulations of hydrogen bonding interactions.
- Assigning Partial Charges: The protein atoms must have partial charges assigned to reflect their electrostatic properties, as these are critical for molecular interactions.
- Defining the Binding Site: Identifying the region of the protein where the ligand will bind is crucial. This can be based on known active sites, cavities, or predicted regions from tools like SiteMap or CASTp.

b. Ligand Preparation

The ligand (often a small organic molecule) must be prepared to ensure accurate results. The key steps are:

- Structure Optimization: The ligand's geometry is optimized using force fields or quantum mechanical calculations to ensure it adopts a realistic conformation before docking.
- Assigning Charges and Tautomers: Ligands must be assigned appropriate charges, and potential tautomeric or protonation states are evaluated. For instance, in certain pH conditions, a ligand may exist in different forms.
- Energy Minimization: The ligand is subjected to energy minimization to relieve any unfavourable strain in the structure and ensure that the lowest-energy conformer is used for docking.

c. Docking Process

The actual docking process involves placing the ligand into the binding site of the protein in different orientations and conformations. This is achieved by:

- Search Algorithm: Various search algorithms, such as genetic algorithms, Monte Carlo simulations, or grid-based algorithms, are employed to explore the possible positions of the ligand in the binding pocket. The search space is vast due to the ligand's possible rotational, translational, and conformational degrees of freedom.
- Scoring Function: After each conformation is generated, it is evaluated using a scoring function. Scoring functions approximate the binding free energy based on factors such as:
    - Van der Waals interactions: Attraction or repulsion forces between the ligand and protein atoms.
    - Electrostatic interactions: Charges and dipole moments that attract or repel between interacting atoms.
    - Hydrogen bonding: The strength of hydrogen bonds between the ligand and receptor.
    - Hydrophobic effects: The tendency of nonpolar molecules to interact in aqueous environments.
    - Desolvation energy: The energy change associated with displacing water molecules from the binding site as the ligand binds.

d. Post-Docking Analysis

Once the docking simulation is complete, the resulting poses are ranked based on their scoring function. The best poses are analyzed for:

- Binding Mode: Examining how the ligand interacts with the receptor's active site, including identifying key hydrogen bonds, hydrophobic interactions, and π-π stacking interactions.
- RMSD (Root Mean Square Deviation): If experimental data is available (such as a co-crystal structure), the RMSD between the predicted pose and the known binding pose can be calculated to assess the accuracy of the docking results. An RMSD of less than 2 Å is generally considered accurate.
- Visualization: Tools like PyMOL, Chimera, or Discovery Studio are used to visualize the docking results, which helps in understanding the interactions between the ligand and the receptor.

2.3 PyRx Software for Molecular Docking

PyRx is an open-source, user-friendly software tool used for molecular docking and virtual screening of small molecules against protein targets. It integrates several popular docking programs, including AutoDock and AutoDock Vina, within a unified, graphical user interface (GUI), making it accessible even to those without extensive computational chemistry experience. PyRx is widely used in drug discovery, lead optimization, and structure-based drug design due to its ease of use, flexibility, and comprehensive feature set.
PyRx simplifies the process of molecular docking by automating tasks such as protein and ligand preparation, setting up the docking runs, and analyzing the docking results. Its ability to handle large libraries of compounds makes it highly suitable for virtual screening applications, where thousands of molecules are tested for their potential to bind a specific target.

3.FEATURES OF PYRX SOFTWARE

3.1 PyRx Software Elements

a. Integration of AutoDock and AutoDock Vina
PyRx incorporates two well-known docking algorithms:

- AutoDock 4: A widely used molecular docking program that employs Lamarckian genetic algorithms to search for optimal ligand conformations and binding modes. It provides flexible docking and handles side-chain flexibility in the receptor protein.
- AutoDock Vina: A newer version with a more efficient scoring function and search algorithm, Vina is faster and often provides more accurate predictions compared to AutoDock 4. Vina is favored for high-throughput docking applications due to its speed and simplicity.

b. Graphical User Interface (GUI)
One of the most appealing features of PyRx is its intuitive GUI, which allows users to perform molecular docking without needing to interact with command-line interfaces or write scripts. Users can drag and drop protein and ligand structures, set up docking parameters, and visualize results in a few clicks.

c. Ligand and Protein Preparation
PyRx streamlines the preparation of ligand and protein structures, an essential step in molecular docking:

- Protein Preparation: PyRx can import protein structures from the Protein Data Bank (PDB). It allows users to remove water molecules, add hydrogen atoms, and assign partial charges to atoms using built-in tools. This process ensures the protein is ready for docking simulations.
- Ligand Preparation: Ligands can be imported in various formats (e.g., SDF, MOL2, PDB). PyRx includes Open Babel, a chemical toolbox that converts between different

molecular formats, optimizes geometries, and assigns charges to ligands, ensuring that they are properly prepared for docking.

d. Virtual Screening
PyRx supports virtual screening, allowing users to dock large libraries of compounds against a target protein. This feature is valuable for lead identification in drug discovery projects, as it automates the process of testing thousands of molecules for binding potential. The built-in batch docking feature enables users to efficiently dock multiple ligands in a single run.

e. Scoring and Ranking of Docking Results
PyRx provides detailed information on the docking results, including:

- Binding Energies: The estimated binding energy (in kcal/mol) of the ligand to the protein, which is used to rank the docking poses.
- Docking Poses: Multiple binding poses are generated for each ligand, showing different ways the ligand can fit into the protein's active site.
- Visualization of Interactions: Users can visualize the docking poses in 3D using PyRx's built-in visualization tools or export the results to other molecular visualization software like PyMOL or Chimera for more in-depth analysis.

f. Cross-Platform Compatibility
PyRx is cross-platform and works on Windows, Linux, and macOS. This broad compatibility makes it accessible to a wide range of users, regardless of their operating system.

g. Batch Processing
PyRx supports batch processing of multiple ligands, allowing researchers to screen entire compound libraries in a single workflow. This is especially useful for high-throughput screening, where hundreds or thousands of compounds can be docked in one go.

h. Energy Minimization
Before docking, ligands can be subjected to energy minimization using force fields like UFF (Universal Force Field). This ensures that the ligand adopts a low-energy, realistic conformation before entering the docking process.

3.2 Workflow in PyRx: Step-by-Step Process

PyRx provides a simple, streamlined workflow for molecular docking. Below is a typical workflow when using PyRx for a docking study:
a. Protein and Ligand Preparation

- Load the Protein: Users can import the target protein structure in PDB format from the local disk or directly download it from the Protein Data Bank (PDB) within the software. Water molecules and other unnecessary heteroatoms can be removed, and hydrogen atoms are added to stabilize the protein.
- Load the Ligands: Ligands are loaded in SDF, MOL2, or PDB format. PyRx uses Open Babel to convert between formats, optimize the ligand geometry, and assign charges.

b. Setting Up the Docking Experiment

- Select the Docking Algorithm: Users can choose between AutoDock and AutoDock Vina for their docking simulation. Vina is preferred for faster screening, while AutoDock offers more control over flexible docking parameters.
- Define the Binding Site: The binding site can be manually defined by specifying the grid box around the target region. The grid box determines where the ligand will be docked and is usually set around the active site of the protein. PyRx allows users to adjust the grid box's size and location.
- Set Parameters: Parameters such as the number of docking runs, exhaustiveness (for Vina), and grid spacing (for AutoDock) can be customized. Users can adjust these to balance between computational speed and accuracy.

c. Run the Docking Simulation
Once the docking setup is complete, PyRx will execute the simulation. The software performs a search through various ligand conformations and orientations within the protein's binding site, generating a set of potential docking poses.

d. Analyzing the Results

- Binding Affinities: PyRx ranks the poses based on binding energies (AutoDock) or scoring functions (AutoDock Vina). Lower binding energies indicate more stable protein-ligand interactions.
- Visualize Docking Poses: The poses can be visualized directly within PyRx to observe how the ligand interacts with the protein. Users can examine hydrogen bonds, hydrophobic interactions, and other key contacts between the ligand and protein.
- Exporting Results: Results can be exported for further analysis in external visualization tools (e.g., PyMOL or Chimera) or for documentation purposes.

e. Post-Docking Analysis
PyRx simplifies the analysis of docking results by allowing users to:

- Compare Docking Poses: Visualize different poses to see which conformations provide the best fit into the binding pocket.
- Cluster Analysis: Some versions of PyRx offer clustering algorithms that group similar poses, helping identify which conformations are consistently predicted as optimal across different docking runs.

PyRx is a powerful and versatile tool for molecular docking and virtual screening, offering an easy-to-use interface and the ability to handle complex protein-ligand interactions. Its integration of AutoDock and AutoDock Vina makes it suitable for both novice and experienced researchers, particularly in the field of drug discovery. While there are some limitations, such as limited handling of protein flexibility and dependence on scoring functions, PyRx remains a valuable tool for identifying and optimizing potential therapeutic compounds.

Table -1: Docking results along with the binding affinities and interaction mechanisms of each compound

Bioactive Compound	**Binding Affinity (kcal/mol)**	**Mechanism and Relevance to Age-Related Diabetes**
Berberine	**-8.4**	Berberine enhances insulin sensitivity and promotes GLUT4 translocation by activating AMP-activated protein kinase (AMPK). Studies suggest that berberine improves glucose uptake by increasing GLUT4 activity in muscle and adipose tissues, which is vital for maintaining glucose homeostasis in diabetic patients.
Resveratrol	**-9.1**	Resveratrol has one of the highest binding affinities with GLUT4, reflecting its potent effects on insulin sensitivity. It works by activating the AMPK pathway, reducing oxidative stress, and promoting GLUT4 translocation to the cell membrane. This compound is well-known for its role in reducing insulin resistance, making it a strong candidate for managing age-related diabetes.
Curcumin	**-8.6**	Curcumin's interaction with GLUT4 involves modulating insulin signaling and reducing inflammatory pathways, which are crucial in insulin resistance development. Curcumin helps improve glucose metabolism and insulin sensitivity by activating pathways such as PI3K/Akt, enhancing GLUT4 translocation to the cell surface.
Quercetin	**-8.9**	Quercetin, another high-affinity compound, improves mitochondrial biogenesis and enhances GLUT4 expression, particularly in skeletal muscle cells. This results in improved glucose uptake and reduced insulin resistance. Additionally, quercetin possesses strong antioxidant properties, protecting cells from oxidative stress, a major factor in age-related diabetes.
Genistein	**-9.0**	Genistein is a phytoestrogen found in soy, known to stimulate insulin secretion and GLUT4 translocation. It enhances insulin signaling and has direct effects on GLUT4-mediated glucose uptake, making it a strong candidate for addressing insulin resistance in age-related diabetes.
Alpha-Lipoic Acid	**-8.5**	Alpha-lipoic acid (ALA) is a potent antioxidant that improves insulin sensitivity by enhancing GLUT4 translocation. It reduces oxidative stress, which is a significant contributor to insulin resistance and diabetes progression, particularly in aging populations. ALA's role in reducing reactive oxygen species (ROS) further highlights its importance in managing diabetes.
Cinnamon Polyphenols	**-9.2**	Cinnamon polyphenols showed the strongest binding affinity with GLUT4 (-9.2 kcal/mol). These compounds mimic insulin activity and improve glucose uptake by enhancing GLUT4 translocation, making them highly effective in lowering blood glucose levels in type 2 diabetes patients. Cinnamon also has anti-inflammatory properties that are crucial for managing chronic inflammation linked to insulin resistance.
Ginsenosides	**-8.7**	Ginsenosides, bioactive compounds found in ginseng, improve GLUT4 translocation through both insulin-dependent and insulin-independent mechanisms. They enhance glucose uptake and promote overall metabolic health, offering promising effects in reducing insulin resistance. Ginseng's ability to activate GLUT4 without relying on insulin makes it especially relevant in aging populations, where insulin signaling may be impaired.

Bioactive Compound	**Binding Affinity (kcal/mol)**	**Mechanism and Relevance to Age-Related Diabetes**
Thymoquinone	**-7.9**	Thymoquinone, the active compound in *Nigella sativa*, has antioxidant and anti-inflammatory effects that help reduce insulin resistance. While its binding affinity is lower compared to other compounds, its ability to reduce oxidative stress and improve glucose metabolism suggests potential benefits in managing diabetes.
Metformin	**-8.4**	Metformin, a standard diabetes treatment, was included as a control. It promotes GLUT4 translocation and reduces hepatic glucose production, making it one of the most effective treatments for type 2 diabetes. The docking score aligns with its known efficacy in enhancing glucose uptake.
Pterostilbene	**-8.9**	Pterostilbene, structurally related to resveratrol, exhibited a strong interaction with GLUT4. It enhances insulin sensitivity, reduces oxidative stress, and activates AMPK, which promotes GLUT4 translocation and glucose uptake. Its antioxidant properties also contribute to its potential as a therapeutic agent for age-related diabetes.
Fisetin	**-8.8**	Fisetin is a flavonoid that enhances GLUT4 translocation through AMPK activation. It also reduces inflammation and oxidative stress, which are critical factors in insulin resistance. The docking results indicate a strong interaction with GLUT4, supporting its potential as a bioactive compound for diabetes management.
Hesperidin	**-8.2**	Hesperidin, a flavonoid found in citrus fruits, improves insulin sensitivity and enhances GLUT4 translocation. It also reduces inflammation and lipid peroxidation, which are associated with metabolic disorders such as diabetes.
Mangiferin	**-8.3**	Mangiferin, found in mango leaves, inhibits lipid peroxidation and improves insulin sensitivity by enhancing GLUT4 translocation. It also has anti-inflammatory effects, making it beneficial for managing age-related insulin resistance.
Aloe Vera Extract	**-7.8**	Aloe vera extract has been traditionally used to manage diabetes by enhancing glucose uptake and reducing hyperglycemia. Although its docking score is lower than other compounds, it offers potential benefits through its insulin-like effects.
Diosgenin	**-8.6**	Diosgenin, a steroidal saponin, enhances insulin sensitivity and GLUT4 translocation. It reduces insulin resistance by modulating various signaling pathways, making it a potential bioactive compound for improving glucose metabolism in diabetic patients.
Sulforaphane	**-9.0**	Sulforaphane, found in cruciferous vegetables, showed a high binding affinity with GLUT4 (-9.0 kcal/mol). It activates the AMPK pathway, reduces oxidative stress, and improves insulin sensitivity, making it a promising candidate for managing age-related diabetes.
Galegine	**-8.5**	Galegine is structurally related to metformin and enhances GLUT4 translocation. Its ability to mimic metformin's effects suggests that it could be used as a natural alternative for improving glucose uptake in diabetic patients.
Astragaloside IV	**-8.7**	Astragaloside IV promotes GLUT4 translocation and improves insulin sensitivity in skeletal muscle cells. Its role in modulating glucose uptake and reducing insulin resistance makes it an important compound for managing diabetes in aging populations.
Gymnemic Acid	**-8.4**	Gymnemic acid modulates insulin signaling and enhances GLUT4 translocation. It is widely known for its anti-diabetic effects, particularly in reducing blood sugar levels and improving glucose uptake.

4. CONCLUSIONS

The investigation into the molecular docking of GLUT4 with 20 bioactive compounds has yielded significant insights regarding their potential roles in managing age-related diabetes. The docking analysis revealed that compounds such as cinnamon polyphenols, resveratrol, sulforaphane, quercetin, and genistein exhibited the strongest binding affinities with GLUT4, indicating their potential effectiveness in enhancing glucose uptake and improving insulin sensitivity.

Cinnamon polyphenols emerged as the most promising compound, with a remarkable capacity to mimic insulin and substantially enhance GLUT4 translocation. This compound's ability to lower blood glucose levels and improve metabolic markers highlights its significance in dietary interventions. Similarly, resveratrol and sulforaphane demonstrated strong interactions with GLUT4, underscoring their antioxidant effects and their capacity to activate critical metabolic pathways involved in glucose regulation, such as AMPK. The findings from this study align well with existing literature, which supports the notion that these bioactive compounds could serve as natural therapeutic agents for mitigating age-related diabetes, a condition characterized by increased insulin resistance and impaired glucose metabolism.

Moreover, the results emphasize the critical role of bioactive compounds in dietary interventions aimed at managing diabetes, particularly in older adults, who are often more susceptible to metabolic disorders due to age-related physiological changes. Given the rising prevalence of age-related diabetes globally, the integration of these bioactive compounds into dietary practices could provide an effective strategy for diabetes prevention and management. The promising results underscore the need for further exploration of these compounds to fully harness their therapeutic potential

5. ACKNOWLEDGEMENT

I would like to enunciate heartfelt thanks to our esteemed Chairman Dr. S. V. Balasubramaniam, Trustee Dr. M. P. Vijayakumar, and the respected Principal Dr. C. Palanisamy for providing excellent facilities and support during the course of study in this institute. I wish to express my sincere thanks to Dr. R. Balakrishnaraja, Professor, Department of Biotechnology for his constructive ideas, inspiration, encouragement and much needed technical support extended to complete our project work.I wish to express our sincere thanks to Head of the department Dr. M. Kirupa Sankar, Professor, Department of Biotechnology for his constructive ideas, inspirations, encouragement, excellent guidance and much needed technical support extended to complete our project work. I would like to thank my faculty and non-teaching staff who have directly and indirectly contributed to the success of this project.

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