

EXPERT OPINION

1. Introduction
2. Curcumin overview
3. Curcumin as an antiinflammatory: potential for wound healing
4. Potential barriers to curcumin bioavailability
5. Curcumin delivery vehicles
6. Conclusion
7. Expert opinion

Curcumin: a novel therapeutic for burn pain and wound healing

Bopaiah Cheppudira, Marcie Fowler, Laura McGhee, Angie Greer, Alberto Mares, Lawrence Petz, David Devore, Dayna R Loyd & John L Clifford[†]

[†]*U.S. Army Institute of Surgical Research, Battlefield Pain Management Research Task Area, Fort Sam Houston, TX, USA*

Introduction: Managing burn injury-associated pain and wounds is a major unresolved clinical problem. Opioids, nonsteroidal antiinflammatory drugs (NSAIDs), antidepressants and anticonvulsants remain the most common forms of analgesic therapy to treat burn patients. However, prolonged treatment with these drugs leads to dose escalation and serious side effects. Additionally, severe burn wounds cause scarring and are susceptible to infection. Recent encouraging findings demonstrate that curcumin, a major bioactive component found in turmeric, is a natural pharmacotherapeutic for controlling both severe burn pain and for improved wound healing.

Areas covered: This article covers current pre-clinical and clinical studies on the analgesic and wound healing effects. Particular emphasis has been placed on studies aimed at developing improved curcumin delivery vehicles that increase its bioavailability. Based on the available evidence, a hypothesis is proposed that the dual beneficial effects of curcumin, analgesia and enhanced wound healing are mediated through common anti-inflammatory mechanisms.

Expert opinion: Emerging studies have demonstrated that curcumin is a promising investigational drug to treat both pain and wounds. The adequate control of severe burn pain, particularly over the long courses required for healing, as well as improvements in burn wound healing are unmet clinical needs.

Keywords: curcumin, inflammatory pain, painful neuropathy, wound dressing, wound healing

Expert Opin. Investig. Drugs (2013) 22(10):1295-1303

1. Introduction

According to the American Burn Association, around 500,000 burn patients seek medical attention every year [1]. Burn injury causes pain and damage to the skin and underlying tissues. Additionally, uncontrolled acute burn pain contributes to several sensory abnormalities including chronic pain, allodynia, hyperalgesia, paresthesia, phantom skin syndrome and dysesthesia [2,3]. Burn patients report intense pain during procedures such as wound debridement, dressing changes and strenuous physical and occupational therapy. In fact, procedural pain is the most common grievance reported by the burn population [4,5]. Opioids, antidepressants, anticonvulsants and antiinflammatory drugs are the major analgesics used to control pain [6]. Wound healing and reepithelialization are delayed in burn patients, increasing the opportunity for infection or sepsis, a major cause of mortality and morbidity [7].

Burn wounds are managed with surgery, autografts, topical dressings, corticosteroids, laser therapy and topical therapeutic agents including silver sulfadiazine [3]. Despite the availability of these treatments, and continued research in the field, the clinical outcomes for burn patients, including those related to chronic pain

informa
healthcare

Report Documentation Page

Form Approved
OMB No. 0704-0188

Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.

1. REPORT DATE 01 AUG 2013		2. REPORT TYPE N/A		3. DATES COVERED -	
4. TITLE AND SUBTITLE Curcumin: a novel therapeutic for burn pain and wound healing.				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S) Cheppudira B. P., Fowler M., McGhee L., Greer A., Mares A., Petz L., Devore D. I., Loyd D. R., Clifford J. L.,				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) United States Army Institute of Surgical Research, JBSA Fort Sam Houston, TX				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release, distribution unlimited					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT					
15. SUBJECT TERMS					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT UU	18. NUMBER OF PAGES 9	19a. NAME OF RESPONSIBLE PERSON
a. REPORT unclassified	b. ABSTRACT unclassified	c. THIS PAGE unclassified			

Article highlights.

- Burn injury causes pain and damage to the skin and underlying tissues. Additionally, uncontrolled acute burn pain contributes to several sensory abnormalities including chronic pain, allodynia, hyperalgesia, paresthesia, phantom skin syndrome and dysesthesia.
- Despite the availability of multiple treatments, for burn wounds, such as surgery, autografts, topical dressings, corticosteroids, laser therapy and topical therapeutic agents and continued research in the field, the clinical outcomes for burn patients, including those related to chronic pain and wound management, are generally not satisfactory.
- Curcumin (diferuloylmethane) is the major bioactive constituent of turmeric (*Curcuma longa*), which is a common spice that has been used in South Asian countries in food preparations and folk medicine for centuries.
- A growing body of evidence from preclinical studies indicates that curcumin is effective as an analgesic and as an aid to wound healing, and both of these effects are linked to its antiinflammatory properties.
- Due to the relatively low bioavailability of curcumin, current research is focused on improved delivery systems for this agent.
- Reports from several laboratories strongly support the consideration of curcumin in various drug delivery forms as an antiinflammatory analgesic and as an aid to wound healing for thermal injury.

This box summarizes key points contained in the article.

and wound management, are generally not satisfactory. For instance, the major concern with chronic use of most analgesics is their side effects, which include addiction and adverse effects on various organ systems [8]. As a result, the search continues to identify therapies with reduced side effects to treat both acute and chronic pain following burn injury. Novel biologic drugs [9], stem cells [10] and alternative medicine approaches including acupuncture, botanical medicine, massage and neuroreflexotherapy are some of the cost-effective and promising complementary and alternative approaches for treating pain and improving wound healing [8,11].

Wound healing after a burn is a complex process that balances inflammation and proliferation of injured tissues. The challenges of wound healing are highlighted in multiple reviews [12,13]. Potentiated inflammation inhibits healing and is thought to aid in the formation of scars; however, some level of inflammation is also required for wound healing and to control infection. Currently, burn centers try to impact wound healing through selection of dressings (silver infused, etc.), placement of wound vacs [14], application of topical medications and treatment with human growth hormone [15]. These practices have improved survival after large burns and decreased length of stay in the hospital; however, pain remains largely undercontrolled.

Among the botanical medicines for burn treatments, one of the promising and currently most intensively studied is

curcumin (diferuloylmethane), the major bioactive constituent of turmeric (*Curcuma longa*), which is a common spice used in South Asian countries in food preparations and folk medicine. This article focuses on the potential of curcumin as a therapeutic for pain and wound treatment, and also discusses the prospects of developing curcumin as a novel therapeutic for burn injuries.

2. Curcumin overview

Curcumin (diferuloylmethane) is a low-molecular-weight, lipophilic molecule, with the chemical structure 1,7-bis (4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione (Figure 1). In the past three decades, extensive modern research has demonstrated that curcumin can alter gene expression, modulate several signaling pathways and interact directly with target molecules to produce antiinflammatory effects [16] and numerous health benefits [17].

2.1 The effects of curcumin on pain: evidence from animal models

Table 1 summarizes recent research reports on the use of curcumin in multiple rodent pain models. One of these models is for diabetic painful neuropathy, a common complication in patients suffering from diabetes mellitus. The affected peripheral nerves exhibit slower impulse conduction, axonal degeneration and impaired regeneration. Peripheral neuropathy patients frequently experience sharp spontaneous pain, allodynia and hyperalgesia [18]. Analgesics used to treat painful neuropathy include opioids, anticonvulsants and tricyclic antidepressants (TCAs); however, their use is often unsatisfactory because of limited efficacy and negative side effects [18,19]. Curcumin administration significantly attenuates pain associated with diabetic neuropathy, thus curcumin may provide an alternative to current therapies [20].

In rat models of diabetic neuropathy, tumor necrosis factor- α (TNF- α), a proinflammatory cytokine, may play a role in neuropathic pain. TNF- α levels are increased in neuronal and non-neuronal cells, and also in plasma in animal models of neuropathic pain [21,22]. In a streptozotocin-induced diabetic neuropathy mouse model, oral administration of curcumin for four weeks significantly decreased serum TNF- α levels and also reduced thermal hyperalgesia [20]. Another recent study showed that coadministration of curcumin and gliclazide, an oral hypoglycemic agent, elevated thresholds of mechanical and thermal hyperalgesia by suppressing the production of serum TNF- α in a rat model of diabetic neuropathy [23]. These results suggest that curcumin may be effective against pain associated with diabetic neuropathy.

The mechanism of action of curcumin on neuropathic pain may be due to its peripheral antiinflammatory activity. In addition to TNF- α , several other cytokines (IL-1 β , 6, 8), interferon (IFN)- γ , bradykinins, prostaglandins and sympathetic amines are also altered in serum by neuropathy and may contribute to the associated pain. The effects of

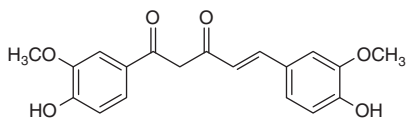


Figure 1. Chemical structure of curcumin, a major component present in turmeric (*Curcuma longa*) powder with diverse biological activities.

curcumin on these inflammatory mediators have yet to be studied. A large body of evidence suggests that the TNF- α level is also increased in dorsal root ganglia (DRG) neurons and glial cells following nerve injuries [22]. Nerve injury induces up-regulation of the TNF- α receptor (TNFR1) in both DRG and dorsal horn neurons, and inhibition of TNF signaling pathways attenuates hyperalgesia and allodynia [24]. Therefore, additional studies are needed to explore the effects of curcumin treatment on TNF- α signaling in DRG and the spinal dorsal horn in diabetic painful neuropathy.

The antinociceptive mechanisms of curcumin have also been studied in a chronic constriction injury (CCI) neuropathic pain model [25]. Three weeks of oral curcumin treatment resulted in dose-dependent attenuation of mechanical allodynia and thermal hyperalgesia in this model. Interestingly, the antinociceptive effects of curcumin were maintained 10 – 12 days after cessation of curcumin treatment. Further, curcumin mediated antiallodynic and antihyperalgesic effects through multiple neurotransmitter systems: descending serotonergic, noradrenergic and opioidergic. Because neuropathic pain is a complex disease state involving alterations in several neurotransmitter systems, this study indicates that curcumin can target multiple pain-relevant target sites to abrogate neuropathic pain symptoms. Additionally, another recent study using the same CCI model has demonstrated that the decreased allodynia and hyperalgesia induced by curcumin is linked to reversal of astrocyte activation and suppression of extracellular-signal-regulated kinase (ERK) signaling in the spinal cord dorsal horn [26]. Current treatments for chronic neuropathic pain often include TCA drugs, which function by modulating the descending monoaminergic system [27]. However, long-term treatment with TCAs can cause severe side effects, including several cardiovascular and neurological problems [28]. Therefore curcumin, which is safe to use in a wide range of concentrations in both humans and animals [17], may be an effective alternative for the treatment of neuropathic pain.

Additional evidence demonstrates antinociceptive efficacy for curcumin in rat models of inflammatory pain. Intrathecal administration of curcumin reduced formalin-induced inflammatory pain behaviors [29]. Curcumin (i.p.), given as an adjuvant with the nonsteroidal antiinflammatory drug (NSAID) diclofenac, reduces spontaneous pain behaviors in a formalin-induced orofacial pain model [30]. There is also

preclinical evidence that curcumin acts on a subpopulation of nociceptors expressing the transient receptor potential vanilloid 1 (TRPV1) channel, a member of a family of transmembrane cation channels. TRPV1 is predominantly expressed in primary sensory neurons with unmyelinated C-fibers and is activated by heat, protons and vanilloids, such as capsaicin. TRPV1 participates in the transduction of mechanical, thermal and chemical stimuli [31]. Intraperitoneal (i.p.) injection of curcumin attenuates TRPV1-mediated hyperalgesia in a capsaicin-induced pain model [32]. Recently, it was shown in rodent studies that curcumin could suppress three of the primary adverse effects of long-term opioid use; opioid-induced hyperalgesia, dependence and tolerance [33,34]. Curcumin exerted this effect, at least in part, through an epigenetic mechanism involving inhibition of histone acetylation. Thus curcumin could be a promising adjuvant to opioid treatment that would reduce its side effects, in addition to exerting its own analgesic effects.

Further, emerging clinical studies show that curcumin is effective in controlling pain associated with various diseases. For instance, oral curcumin treatment improved postoperative pain in patients who underwent laparoscopic cholecystectomy [35] and reduced joint pain in osteoarthritis patients [36].

The burn patient population also experiences several psychological comorbidities, including posttraumatic stress disorder, depression, suicidal thoughts, fear and anxiety, that complicate pain management [3,37-39]. Studies have shown that pain and depression are closely linked. For example, depression can be accompanied by unexplained physical symptoms such as back pain or headaches. Depression may also increase the response to pain, or intensify the suffering associated with pain, and chronic pain is stressful and depressing in itself. Curcumin may be effective at treating these comorbidities, as well. Curcumin was shown to be effective in ameliorating comorbid symptoms of pain and depression in a rat model for reserpine-induced pain-depression [40]. This raises the possibility that curcumin could have a dual function as a suppressor of both pain and depression.

Together, these studies indicate that curcumin is effective at reducing pain behaviors in several rodent models of pain, potentially by reducing systemic inflammatory mediator release, and by altering pain processing in the peripheral and central nervous system. Importantly, curcumin is effective as an analgesic in several disease models associated with chronic pain and no negative side effects for curcumin have been reported.

3. Curcumin as an antiinflammatory: potential for wound healing

Inflammation, cell proliferation, matrix remodeling and matrix contraction are important stages of wound healing that can be affected by curcumin [41]. Several studies have reported positive effects of curcumin on wound healing. One recent study demonstrated that topical application of

Table 1. Antinociceptive effects of curcumin in various animal models of pain.

Study/Refs.	Animal	Animal models of pain	Doses tested	Route	Treatment	Pain tests	Results
Sharma et al. (2006, 2007) [16,20]	Mouse	Streptozotocin-induced diabetic neuropathy	15 – 60 mg/kg	p.o.	Once per day for 4 weeks	Tail immersion; hot plate	Dose-dependent antinociceptive effects
Mittal et al. (2009) [30]	Rat	Formalin-induced orofacial pain	25 – 600 mg/kg	i.p.	Single	Nocifensive behavioral scoring	Inhibits facial grooming
Yeon et al. (2010) [32]	Rat	Capsaicin-induced thermal hyperalgesia	5 – 50 mg/kg	i.p.	Single	Thermal	Dose-dependent reversal of thermal hyperalgesia
Attia et al. (2012) [23]	Rat	Streptozotocin-induced diabetic neuropathy	100 mg/kg	p.o.	Once per day for 5 weeks	Hot plate; tail flick; tail pinch	Increased thermal latency and mechanical threshold
Arora et al. (2011) [40]	Rat	Reserpine-induced pain-depression dyad	100 – 300 mg/kg	i.p.	Single	Randall Sellitto; Von Frey	Dose-dependent increase in mechanical threshold
Zhao et al. (2012) [25]	Rat	Chronic constriction injury (CCI)	5 – 45 mg/kg	p.o.	Twice per day for 3 weeks	Von Frey; thermal	Dose-dependent increase in mechanical threshold and thermal latency
Han et al. (2012) [29]	Rat	Formalin-induced spontaneous pain	62.5 – 500 µg	i.t.	Single	Nocifensive behavioral scoring	Dose-dependent suppression of flinching behavior in Phase II
Liang et al. (2013) [33]	Mouse	Morphine-induced hyperalgesia	50 mg/kg	i.p.	Once per day for 4 days	Von Frey; thermal	Reduced allodynia and thermal hyperalgesia
Feng-tao et al. (2013) [26]	Rats	Chronic constriction injury (CCI)	50 – 100 mg/kg	i.p.	Once per day for 7 – 14 days	Von Frey; thermal	Decreased allodynia and thermal hyperalgesia

p.o.: Per os; i.p.: Intraperitoneal; i.t.: Intrathecal.

curcumin significantly improved the healing time of rats with thermal injury wounds [42]. Curcumin treatment increased collagen deposition, angiogenesis, and reepithelialization processes. In another study, oral administration of curcumin for 5 – 20 days dose-dependently increased collagen synthesis, enhanced vascular and fibroblast densities and improved contraction by decreasing healing time in a mouse model for full-thickness wounding caused by fractionated irradiation exposure [43]. Also, intravenous (i.v.) delivery of 1 – 3 µg/kg of curcumin was found to reduce injury progression in a rat burn model as measured by the percentage of unburned interspaces that underwent necrosis [44]. Thus curcumin improved wound healing in these studies regardless of the route of administration.

Inflammation-induced production of cytokines, such as transforming growth factor-β (TGF-β), plays a key role in scar development and formation. Siddu *et al.* have shown that oral and local administration of curcumin improved healing in diabetic mice with full thickness cutaneous wounds [45]. The action of curcumin in this model was found to be mediated through increased production of TGF-β at both the protein and mRNA levels. Additionally, enhanced epithelial regeneration and neovascularization was also observed at the wound site of curcumin-treated animals. Further, recent clinical and laboratory studies indicate that curcumin has potent antiinflammatory activity that involves suppression of signaling through the nuclear factor κB-(NF-κB) pathway [46-49].

While not all of these studies have been performed using identical wound models, routes of curcumin administration or *in vitro* tests, one common conclusion emerges: curcumin is effective in treating a range of different wound types, and therefore has great therapeutic potential. Together, these data support curcumin as a naturally occurring antiinflammatory agent that could act as an analgesic and have prohealing effects, as a result of suppression of inflammation at the site of burn injury.

4. Potential barriers to curcumin bioavailability

The bioavailability of curcumin depends on concentration and route of administration. For example, curcumin is poorly absorbed from the gastrointestinal tract when given orally [50-52], primarily due to its hydrophobicity and insolubility in physiological media, as indicated by its octanol:water partition coefficient of log P = 2.5 and its water solubility of about 0.1 µg/ml [53,54]. Hence, therapeutic curcumin dosages are difficult, albeit not impossible, to achieve *in vivo* by either parenteral or topical delivery routes. Pan *et al.* reported relatively high plasma levels of 2.25 µg/ml curcumin when injected i.p. into mice, in comparison to only 0.13 µg/ml following oral administration [55]. Another comparative study in rats has shown similarly higher serum concentrations of curcumin after i.v. injection in contrast to oral administration [56].

Both animal and clinical studies have shown low levels of tissue deposition of curcumin when given orally, with trace

amounts detected in lung, kidney, spleen and brain. [51-53]. However, by using various advanced drug delivery systems the bioavailability and tissue distribution of curcumin have been greatly improved. The delivery systems include nanoparticles [57], microparticles [58] and liposomes [59]. Orally administered curcumin undergoes metabolism to form glucuronide and sulphate conjugates. On the other hand, systemic and i.p. injected curcumin reduces to tetrahydrocurcumin, hexahydrocurcumin and octahydrocurcumin [60-62]. There is some speculation that the degradation products of curcumin may have pharmacological effects [63,64]. Importantly, in all studies to date curcumin is found to be safe and well-tolerated in animals and in humans irrespective of concentration and route of administration [17,65].

5. Curcumin delivery vehicles

The hydrophobicity and insolubility of curcumin present substantial limitations to its effective *in vivo* delivery by either oral or parenteral routes. To overcome these limitations, adjuvants like piperine, which interferes with glucuronidation, have been used with some success [53]. In addition, novel delivery vehicles have been studied including topical wound dressings, implantable depot devices and injectable nanoparticle dispersions. Topical wound dressings have long been a standard procedure in wound management to prevent bacterial infection, avoid accidental contact with external noxious stimuli, and maintain a moist environment to facilitate faster healing [66,67]. Several novel polymeric wound dressing materials have been developed including hydrogels, alginates, hydrocolloids, foams and films that can provide controlled delivery of therapeutic agents [66].

Burn wounds require frequent dressing changes, which are associated with high ratings for procedural pain have (7/10 on the numeric rating scale of 0 – 10) [68]; thus the ideal dressing would deliver pain therapy for several days or weeks, while also enhancing wound healing. For example, Li *et al.* have incorporated block copolymer poly(ϵ -caprolactone)-*b*-poly(ethylene glycol) (PEG) nanoparticle complexes of curcumin into *N,O*-carboxymethyl chitosan/oxidized alginate hydrogel (CCS-OA hydrogel) and studied its efficacy in a mouse with full-thickness wounds. This modified biocompatible dressing accelerated wound healing by increasing reepithelialization and collagen deposition processes in the wound tissue [69]. Another study showed that by embedding curcumin in a biodegradable sponge composed of chitosan and sodium alginate produced a positive effect on wound healing [70].

The advantage of this technology is that curcumin could be released to the wound area in a sustained and controlled manner. Along similar lines, Mohanty and Sahoo have shown that dressing thermal injury wounds with a polymeric bandage containing a formulation of curcumin and oleic acid enhanced the wound healing process in a rat thermal injury wound model. Biochemical studies showed that curcumin treatment reduced free radicals and inflammation mediated through

the NF- κ B pathway [71]. A device in which curcumin was embedded in a solid mixture of poly(ϵ -caprolactone) and PEG was delivers significant dosages of curcumin over 3 months when implanted subcutaneously in rats [72]. A polymer drug approach has also been demonstrated in which curcumin was covalently polymerized along with poly(ethylene glycol) and a tyrosine-derived monomer to form a hydrogel containing up to 75 mol% curcumin [73]. This hydrogel underwent controlled hydrolysis under physiological conditions, resulting in the release of biologically active curcumin for up to 80 days.

A sustained delivery of curcumin using poly(ϵ -caprolactone) (PCL) nanofibers showed higher efficacy in wound closure in the streptozotocin-induced diabetic mouse model [74]. Further *in vitro* studies showed cytoprotective and anti-inflammatory activity for the curcumin-loaded nanofibers [74]. These experiments used low doses of curcumin (released from 17% w/w curcumin nanofibers), indicating that with an appropriate delivery vehicle even low-dose curcumin has the potential to treat wounds. Further, a clinical report showed that curcumin gel was effective in preventing early stage scar formation in patients, and the mechanism was hypothesized to be a curcumin-mediated inhibition of phosphorylase kinase/NF- κ B-based fibroblast proliferation [47].

Nanoparticles, typically composed of polymeric hydrophobic cores and hydrophilic shells, can solubilize a variety of hydrophobic drugs and phytochemicals and provide sustained delivery of these agents *in vitro* and *in vivo* [75-77]. Incorporation of curcumin in an aqueous solution of nanoparticles comprised of hydrophobic poly(lactic-co-glycolic acid) and hydrophilic PEG resulted in controlled *in vitro* release of curcumin for 9 days under physiological conditions and improved the bioavailability of curcumin by > 50 fold as compared to aqueous curcumin suspensions after oral administration in an *in vivo* rat pharmacokinetics study [78]. Similarly, a solution of nanoparticles comprised of PEG and zein, a plant protein, increased the aqueous solubility of curcumin by a factor of 2,000 and provided sustained release for up to 24 h *in vitro* [54]. In this case, curcumin delivery to cancer cells was increased by a factor of 2 – 3 by the PEG-zein nanoparticles compared to free curcumin. Finally, the effective solubility of curcumin has been enhanced through formation of a colloidal suspension using a component of vegetable gum derived from the ghatti tree. Investigators demonstrated a 40-fold increase in bioavailability of curcumin in the colloidal formulation, relative to orally administered powder, in rats [79].

Accumulating evidence indicates that integrating curcumin into biocompatible dressing materials may be the most effective way to increase its bioavailability, and therefore its efficacy.

6. Conclusion

In this article, we have focused on published studies demonstrating the efficacy of curcumin for controlling pain and wound healing. Several reports clearly demonstrate that curcumin can directly act on nociceptive neurons and inhibit

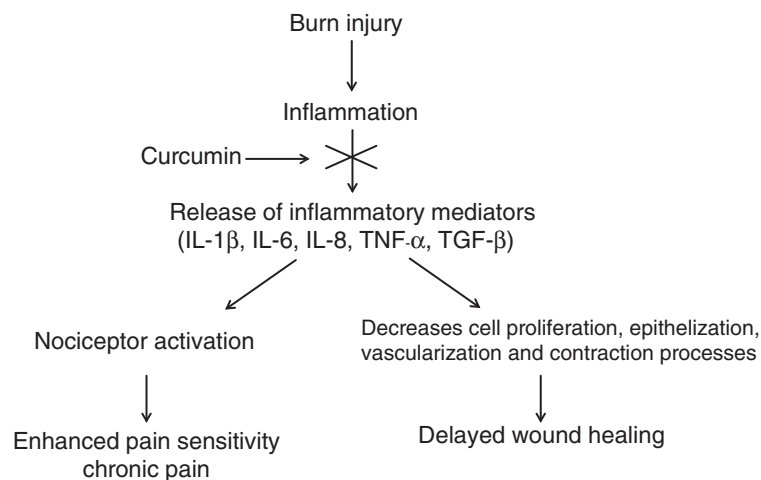


Figure 2. Inflammatory mediators released at the site of burn continuously stimulate nociceptors evoking hyperalgesia and allodynia. Additionally, these same proinflammatory mediators delay wound healing processes. We propose that curcumin suppresses the release of proinflammatory mediators to simultaneously attenuate pain and enhance wound healing.

inflammatory signaling, and thereby can both attenuate pain and enhance wound healing processes. Further, curcumin is well-tolerated and has a favorable safety profile. Although low bioavailability is still a concern, several preclinical studies using advanced drug delivery systems have demonstrated improved efficacy of curcumin. Taken together with the many observations of the antiinflammatory and antinociceptive properties of curcumin, we conclude that curcumin formulations should be fully developed and tested clinically for patients suffering with chronic pain and wounds.

7. Expert opinion

Management of the intense pain that accompanies burn wounds currently relies heavily on opioids, which produce many CNS side-effects such as tolerance, hyperalgesia, hemodynamic instability respiratory depression and, perhaps the most costly, addiction [3]. Interestingly, conflicting results over the years have shown that opioids can have both positive and negative effects on wound healing, with the latter being attributed to immunosuppressive effects of long-term opioid treatment [13]. There is therefore a critical need in the burn care field for both effective nonopioid analgesic therapies, as well as treatments that can enhance wound healing and reduce scarring.

The central role for inflammation in both wound healing and pain signaling has led us to propose a model in which curcumin impacts both of these processes simultaneously through its antiinflammatory action (Figure 2). This is admittedly a simplified model, which necessarily omits a great deal of detail. However, we believe that it can serve as a starting point for mechanism-based development of this drug. It has been previously hypothesized that this same antiinflammatory function is a mechanism for skin tumor suppression by curcumin [80,81]. In regards to burn wounds, the first-line

inflammatory response is initiated within minutes of burn injury and persists for days [82]. An important component of this response includes activation of sensory neurons and immune cells found at the site of injury, initiating pain signaling to the spinal cord and the release of inflammatory mediators. Nociceptors innervating the injured site, sensory cell bodies of the DRG, and spinal dorsal horn neurons express several types of pain-relevant ion channels and receptors targeted by these inflammatory mediators [83,84]. The continuous stimulation of these cells results in allodynia and hyperalgesia, the major symptoms of chronic pain [85]. In addition, the receptor proteins and downstream signaling pathways are altered following burn injury, and these changes likely contribute to both physiological and emotional components of burn pain and to the transition from acute to chronic pain states [86]. Over time, the balance between the release of both pro- and antiinflammatory cytokines, as well as algescic and analgesic mediators contributes to the chronicity of pain [87]. Also, inflammatory mediators decrease epithelization, vascularization, cell proliferation and contraction processes, which can lead to delays in wound healing. Thus inflammation is central to both burn-induced pain and wound healing [88]. Studying the action of curcumin on the inflammatory process at the site of burn injury, and at the three levels of the neuroaxis (peripheral, spinal and supraspinal) will provide important insight into the relationship between pain signaling and wound healing, which to our knowledge has not been explored.

Author's contributions

BP Cheppudira, D Devore and JL Clifford wrote the initial draft of the manuscript. A Greer, A Mares, DR Loyd, M Fowler, L McGhee and L Petz contributed text and proof-read the manuscript.

Declaration of interest

This work was supported by the United States Army Medical Research and Materiel Command Combat Casualty Care Research and the Clinical and Rehabilitative Medicine Research programs. B Cheppudira is supported by National

Research Council (NRC) Senior Research Associate Fellowship. The opinions or assertions contained herein are the private views of the authors and are not to be construed as official or as reflecting the views of the Department of the Army or the Department of Defense.

Bibliography

Papers of special note have been highlighted as either of interest (●) or of considerable interest (●●) to the readers.

1. American Burn Association home page: 2011. Available from: <http://www.ameriburn.org>
- ▶ 2. Olgart L. Breakthrough in pain research. Charting of the synaptic network may lead to new analgesics. *Nord Med* 1998;113:06-12
- ▶ 3. Summer GJ, Puntillo KA, Miaskowski C, et al. Burn injury pain: the continuing challenge. *J Pain* 2007;8:533-48
- **A comprehensive review of burn injury pain from the patient care perspective.**
4. Meyer WJ, Marvin JA, Patterson DR, et al. Management of pain and other discomforts in burned patients. In: Herndon DN, editor. *Total burn care*. WB Saunders, Philadelphia; 2002. p. 747-65
- ▶ 5. de Jong AE, Middelkoop E, Faber AW, Van Loey NE. Non-pharmacological nursing interventions for procedural pain relief in adults with burns: a systematic literature review. *Burns* 2007;33:811-27
- ▶ 6. Latarjet J, Choinere M. Pain in burn patients. *Burns* 1995;21:344-8
- ▶ 7. Fraser JF, Cuttle L, Kempf M, Kimble RM. Cytotoxicity of topical antimicrobial agents used in burn wounds in Australasia. *ANZ J Surg* 2004;74:139-42
- ▶ 8. Janecka A, Perlikowska R, Gach K, et al. Development of opioid peptide analogs for pain relief. *Curr Pharm Des* 2010;16:1126-35
- ▶ 9. Hughes J, Hatcher JP, Chessell IP. Biologic drugs for analgesia: redefining the opportunity. *Curr Pharm Biotechnol* 2011;12:1660-70
- ▶ 10. Burd A, Ahmed K, Lam S, et al. Stem cell strategies in burns care. *Burns* 2007;33:282-91
- ▶ 11. Snyder M, Wieland J. Complementary and alternative therapies: what is their place in the management of chronic pain? *Nurs Clin North Am* 2003;38:495-508
- ▶ 12. Penn JW, Grobbelaar AO, Rolfe KJ. The role of the TGF-beta family in wound healing, burns and scarring: a review. *Int J Burns Trauma* 2012;2:18-28
- **An up to date review of molecular signaling related to burn injury scarring.**
- ▶ 13. Stein C, Kuchler S. Non-analgesic effects of opioids: peripheral opioid effects on inflammation and wound healing. *Curr Pharm Des* 2012;18:6053-69
- **A thorough review of the effects of opioids, the most widely used analgesics, on wound healing.**
- ▶ 14. Azzopardi EA, Boyce DE, Dickson WA, et al. Application of topical negative pressure (vacuum-assisted closure) to split-thickness skin grafts: a structured evidence-based review. *Ann Plast Surg* 2013;70:23-9
15. Breederveld RS, Tuinebreijer WE. Recombinant human growth hormone for treating burns and donor sites. *Cochrane Database Syst Rev* 2012;12:CD008990
- ▶ 16. Sharma RA, Steward WP, Gescher AJ. Pharmacokinetics and pharmacodynamics of curcumin. *Adv Exp Med Biol* 2007;595:453-70
- **See Table 1.**
- ▶ 17. Aggarwal BB, Harikumar KB. Potential therapeutic effects of curcumin, the anti-inflammatory agent, against neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases. *Int J Biochem Cell Biol* 2009;41:40-59
- **An authoritative review of the entire range of biological effects of curcumin.**
- ▶ 18. Woolf CJ, Mannion RJ. Neuropathic pain: aetiology, symptoms, mechanisms, and management. *Lancet* 1999;353:1959-64
- ▶ 19. Dworkin RH, O'Connor AB, Backonja M, et al. Pharmacologic management of neuropathic pain: evidence-based recommendations. *Pain* 2007;132:237-51
- ▶ 20. Sharma S, Kulkarni SK, Agrewala JN, Chopra K. Curcumin attenuates thermal hyperalgesia in a diabetic mouse model of neuropathic pain. *Eur J Pharmacol* 2006;536:256-61
- **See Table 1.**
- ▶ 21. Jancalek R, Dubovy P, Svizenska I, Klusakova I. Bilateral changes of TNF-alpha and IL-10 protein in the lumbar and cervical dorsal root ganglia following a unilateral chronic constriction injury of the sciatic nerve. *J Neuroinflammation* 2010;7:11
- ▶ 22. Leung L, Cahill CM. TNF-alpha and neuropathic pain—a review. *J Neuroinflammation* 2010;7:27
- ▶ 23. Attia HN, Al-Rasheed NM, Maklad YA, et al. Protective effects of combined therapy of gliclazide with curcumin in experimental diabetic neuropathy in rats. *Behav Pharmacol* 2012;23:153-61
- **See Table 1.**
- ▶ 24. Sharma M, Garigipati S, Kundu B, et al. Discovery of novel 1,2,4-triazol-5-ones as tumor necrosis factor-alpha inhibitors for the treatment of neuropathic pain. *Chem Biol Drug Des* 2012;80:961-70
- ▶ 25. Zhao X, Xu Y, Zhao Q, et al. Curcumin exerts antinociceptive effects in a mouse model of neuropathic pain: descending monoamine system and opioid receptors are differentially involved. *Neuropharmacology* 2012;62:843-54
- **See Table 1.**
- ▶ 26. Feng-tao J, Jiang-jun L, Ling L, et al. Curcumin exerts antinociceptive effects by inhibiting the activation of astrocytes in spinal dorsal horn and the intracellular extracellular signal-regulated kinase signaling pathway in rat model of chronic constriction injury. *Chin Med J (Engl)* 2013;126:1125-31
- **See Table 1.**
- ▶ 27. Millan MJ. The induction of pain: an integrative review. *Prog Neurobiol* 1999;57:1-164
- ▶ 28. Rosenberg LB, Whang W, Shimbo D, et al. Exposure to tricyclic antidepressants is associated with an increased risk of

- incident CHD events in a population-based study. *Int J Cardiol* 2010;145:124-5
- ▶ 29. Han YK, Lee SH, Jeong HJ, et al. Analgesic effects of intrathecal curcumin in the rat formalin test. *Korean J Pain* 2012;25:1-6
- **See Table 1.**
- ▶ 30. Mittal N, Joshi R, Hota D, Chakrabarti A. Evaluation of antihyperalgesic effect of curcumin on formalin-induced orofacial pain in rat. *Phytother Res* 2009;23:507-12
- **See Table 1.**
- ▶ 31. Caterina MJ, Schumacher MA, Tominaga M, et al. The capsaicin receptor: a heat-activated ion channel in the pain pathway. *Nature* 1997;389:816-24
- **This article describes the landmark discovery of TRPV1.**
- ▶ 32. Yeon KY, Kim SA, Kim YH, et al. Curcumin produces an antihyperalgesic effect via antagonism of TRPV1. *J Dent Res* 2010;89:170-4
- **See Table 1.**
- ▶ 33. Liang DY, Li X, Clark JD. Epigenetic regulation of opioid-induced hyperalgesia, dependence, and tolerance in mice. *J Pain* 2013;14:36-47
- **See Table 1. This article describes the histone acetyltransferase activity of curcumin in mice, and is the first to propose its potential utility as an adjunct to opioid therapy.**
- ▶ 34. Matsushita Y, Ueda H. Curcumin blocks chronic morphine analgesic tolerance and brain-derived neurotrophic factor upregulation. *Neuroreport* 2009;20:63-8
- ▶ 35. Agarwal KA, Tripathi CD, Agarwal BB, Saluja S. Efficacy of turmeric (curcumin) in pain and postoperative fatigue after laparoscopic cholecystectomy: a double-blind, randomized placebo-controlled study. *Surg Endosc* 2011;25:3805-10
- ▶ 36. Belcaro G, Cesarone MR, Dugall M, et al. Efficacy and safety of Meriva(R), a curcumin-phosphatidylcholine complex, during extended administration in osteoarthritis patients. *Altern Med Rev* 2010;15:337-44
- ▶ 37. Edwards RR, Magyar-Russell G, Thombs B, et al. Acute pain at discharge from hospitalization is a prospective predictor of long-term suicidal ideation after burn injury. *Arch Phys Med Rehabil* 2007;88:S36-42
- ▶ 38. Edwards RR, Smith MT, Klick B, et al. Symptoms of depression and anxiety as unique predictors of pain-related outcomes following burn injury. *Ann Behav Med* 2007;34:313-22
- ▶ 39. Taal LA, Faber AW. Burn injuries, pain and distress: exploring the role of stress symptomatology. *Burns* 1997;23:288-90
- ▶ 40. Arora V, Kuhad A, Tiwari V, Chopra K. Curcumin ameliorates reserpine-induced pain-depression dyad: behavioural, biochemical, neurochemical and molecular evidences. *Psychoneuroendocrinology* 2011;36:1570-81
- **See Table 1.**
- ▶ 41. Maheshwari RK, Singh AK, Gaddipati J, Srimal RC. Multiple biological activities of curcumin: a short review. *Life Sci* 2006;78:2081-7
- ▶ 42. Kulac M, Aktas C, Tulubas F, et al. The effects of topical treatment with curcumin on burn wound healing in rats. *J Mol Histol* 2013;44:83-90
- **This study showed that topically applied curcumin could enhance healing of burn wounds in a rat model, supporting the utility of this mode of administration.**
- ▶ 43. Jagetia GC, Rajanikant GK. Acceleration of wound repair by curcumin in the excision wound of mice exposed to different doses of fractionated gamma radiation. *Int Wound J* 2012;9:76-92
- ▶ 44. Singer AJ, Taira BR, Lin F, et al. Curcumin reduces injury progression in a rat comb burn model. *J Burn Care Res* 2011;32:135-42
- ▶ 45. Sidhu GS, Mani H, Gaddipati JP, et al. Curcumin enhances wound healing in streptozotocin induced diabetic rats and genetically diabetic mice. *Wound Repair Regen* 1999;7:362-74
- ▶ 46. Gupta SC, Kim JH, Kannappan R, et al. Role of nuclear factor kappaB-mediated inflammatory pathways in cancer-related symptoms and their regulation by nutritional agents. *Exp Biol Med* (Maywood) 2011;236:658-71
- ▶ 47. Heng MC. Wound healing in adult skin: aiming for perfect regeneration. *Int J Dermatol* 2011;50:1058-66
- ▶ 48. Wang J, Dong S. ICAM-1 and IL-8 are expressed by DEHP and suppressed by curcumin through ERK and p38 MAPK in human umbilical vein endothelial cells. *Inflammation* 2012;35:859-70
- ▶ 49. Zhong Y, Liu T, Guo Z. Curcumin inhibits ox-LDL-induced MCP-1 expression by suppressing the p38MAPK and NF-kappaB pathways in rat vascular smooth muscle cells. *Inflamm Res* 2012;61:61-7
- ▶ 50. Ravindranath V, Chandrasekhara N. Absorption and tissue distribution of curcumin in rats. *Toxicology* 1980;16:259-65
- ▶ 51. Ravindranath V, Chandrasekhara N. In vitro studies on the intestinal absorption of curcumin in rats. *Toxicology* 1981;20:251-7
- ▶ 52. Ravindranath V, Chandrasekhara N. Metabolism of curcumin—studies with [3H] curcumin. *Toxicology* 1981;22:337-44
- ▶ 53. Anand P, Kunnumakkara AB, Newman RA, Aggarwal BB. Bioavailability of curcumin: problems and promises. *Mol Pharm* 2007;4:807-18
- **A comprehensive review of curcumin metabolism and bioavailability.**
- ▶ 54. Podaralla S, Averineni R, Alqahtani M, Perumal O. Synthesis of novel biodegradable methoxy poly(ethylene glycol)-zein micelles for effective delivery of curcumin. *Mol Pharm* 2012;9:2778-86
- ▶ 55. Pan MH, Huang TM, Lin JK. Biotransformation of curcumin through reduction and glucuronidation in mice. *Drug Metab Dispos* 1999;27:486-94
- ▶ 56. Yang KY, Lin LC, Tseng TY, et al. Oral bioavailability of curcumin in rat and the herbal analysis from *Curcuma longa* by LC-MS/MS. *J Chromatogr B Analyt Technol Biomed Life Sci* 2007;853:183-9
- ▶ 57. Shaikh J, Ankola DD, Beniwal V, et al. Nanoparticle encapsulation improves oral bioavailability of curcumin by at least 9-fold when compared to curcumin administered with piperine as absorption enhancer. *Eur J Pharm Sci* 2009;37:223-30
- ▶ 58. Shahani K, Swaminathan SK, Freeman D, et al. Injectable sustained release microparticles of curcumin: a new concept for cancer chemoprevention. *Cancer Res* 2010;70:4443-52
- ▶ 59. Thangapazham RL, Puri A, Tele S, et al. Evaluation of a nanotechnology-based carrier for delivery of curcumin in prostate cancer cells. *Int J Oncol* 2008;32:1119-23
- ▶ 60. Ireson C, Orr S, Jones DJ, et al. Characterization of metabolites of the

- chemopreventive agent curcumin in human and rat hepatocytes and in the rat in vivo, and evaluation of their ability to inhibit phorbol ester-induced prostaglandin E2 production. *Cancer Res* 2001;61:1058-64
- ▶ 61. Asai A, Miyazawa T. Occurrence of orally administered curcuminoid as glucuronide and glucuronide/sulfate conjugates in rat plasma. *Life Sci* 2000;67:2785-93
- ▶ 62. Garcea G, Jones DJ, Singh R, et al. Detection of curcumin and its metabolites in hepatic tissue and portal blood of patients following oral administration. *Br J Cancer* 2004;90:1011-15
- ▶ 63. Metzler M, Pfeiffer E, Schulz SI, Dempe JS. Curcumin uptake and metabolism. *Biofactors* 2013;39:14-20
- ▶ 64. Shen L, Ji HF. The pharmacology of curcumin: is it the degradation products? *Trends Mol Med* 2012;18:138-44
- ▶ 65. Lao CD, Ruffin MT IV, Normolle D, et al. Dose escalation of a curcuminoid formulation. *BMC Complement Altern Med* 2006;6:10
- ▶ 66. Boateng JS, Matthews KH, Stevens HN, Eccleston GM. Wound healing dressings and drug delivery systems: a review. *J Pharm Sci* 2008;97:2892-923
- ▶ 67. Fonder MA, Lazarus GS, Cowan DA, et al. Treating the chronic wound: a practical approach to the care of nonhealing wounds and wound care dressings. *J Am Acad Dermatol* 2008;58:185-206
- ▶ 68. Carrougher GJ, Ptacek JT, Honari S, et al. Self-reports of anxiety in burn-injured hospitalized adults during routine wound care. *J Burn Care Res* 2006;27:676-81
- ▶ 69. Li X, Chen S, Zhang B, et al. In situ injectable nano-composite hydrogel composed of curcumin, N,O-carboxymethyl chitosan and oxidized alginate for wound healing application. *Int J Pharm* 2012;437:110-19
- ▶ 70. Dai M, Zheng X, Xu X, et al. Chitosan-alginate sponge: preparation and application in curcumin delivery for dermal wound healing in rat. *J Biomed Biotechnol* 2009;2009:595126
- **This study showed the feasibility of delivering a therapeutically effective dose of curcumin over an extended period of time in a rat wound healing model.**
- ▶ 71. Mohanty C, Das M, Sahoo SK. Sustained wound healing activity of curcumin loaded oleic acid based polymeric bandage in a rat model. *Mol Pharm* 2012;9:2801-11
- ▶ 72. Bansal SS, Kausar H, Vadhanam MV, et al. Controlled systemic delivery by polymeric implants enhances tissue and plasma curcumin levels compared with oral administration. *Eur J Pharm Biopharm* 2012;80:571-7
- ▶ 73. Shpaisman N, Sheihet L, Bushman J, et al. One-step synthesis of biodegradable curcumin-derived hydrogels as potential soft tissue fillers after breast cancer surgery. *Biomacromolecules* 2012;13:2279-86
- ▶ 74. Merrell JG, McLaughlin SW, Tie L, et al. Curcumin-loaded poly(epsilon-caprolactone) nanofibres: diabetic wound dressing with anti-oxidant and anti-inflammatory properties. *Clin Exp Pharmacol Physiol* 2009;36:1149-56
- ▶ 75. Haag R. Supramolecular drug-delivery systems based on polymeric core-shell architectures. *Angew Chem Int Ed Engl* 2004;43:278-82
- ▶ 76. Hoffman AS. The origins and evolution of "controlled" drug delivery systems. *J Control Release* 2008;132:153-63
- ▶ 77. Huang Q, Yu H, Ru Q. Bioavailability and delivery of nutraceuticals using nanotechnology. *J Food Sci* 2010;75:R50-7
- ▶ 78. Khalil NM, Nascimento TC, Casa DM, et al. Pharmacokinetics of curcumin-loaded PLGA and PLGA-PEG blend nanoparticles after oral administration in rats. *Colloids Surf B Biointerfaces* 2013;101:353-60
- **Investigators showed that nanoparticle formulations of curcumin increased bioavailability 55.4-fold in rats.**
- ▶ 79. Sasaki H, Sunagawa Y, Takahashi K, et al. Innovative preparation of curcumin for improved oral bioavailability. *Biol Pharm Bull* 2011;34:660-5
- ▶ 80. Phillips JM, Clark C, Herman-Ferdinandez L, et al. Curcumin inhibits skin squamous cell carcinoma tumor growth in vivo. *Otolaryngol Head Neck Surg* 2011;145:58-63
81. Sonavane K, Phillips J, Ekshyyan O, et al. Topical curcumin-based cream is equivalent to dietary curcumin in a skin cancer model. *J Skin Cancer* 2012;147863
- ▶ 82. Allgower M, Schoenenberger GA, Sparkes BG. Burning the largest immune organ. *Burns* 1995;21:S7-47
- ▶ 83. McKelvey L, Shorten GD, O'Keeffe GW. Nerve growth factor-mediated regulation of pain signalling and proposed new intervention strategies in clinical pain management. *J Neurochem* 2013;124:276-89
- ▶ 84. Shieh CC. Ion channels as therapeutic targets for neuropathic pain. *Curr Pharm Des* 2009;15:1709-10
- ▶ 85. Chang YW, Waxman SG. Minocycline attenuates mechanical allodynia and central sensitization following peripheral second-degree burn injury. *J Pain* 2010;11:1146-54
- ▶ 86. Reichling DB, Levine JD. Critical role of nociceptor plasticity in chronic pain. *Trends Neurosci* 2009;32:611-18
- **An authoritative review on pain chronicity.**
- ▶ 87. Watkins LR, Maier SF. Beyond neurons: evidence that immune and glial cells contribute to pathological pain states. *Physiol Rev* 2002;82:981-1011
- ▶ 88. Schwacha MG, Thobe BM, Daniel T, Hubbard WJ. Impact of thermal injury on wound infiltration and the dermal inflammatory response. *J Surg Res* 2010;158:112-20
- **A detailed analysis of the differences in inflammatory response between burn and non-burn wounds in a mouse model of burn injury.**

Affiliation

Bopaiah Cheppudira¹ PhD,
 Marcie Fowler¹ PhD, Laura McGhee³ PhD,
 Angie Greer¹ BS, Alberto Mares¹ MS,
 Lawrence Petz¹ PhD, David Devore² PhD,
 Dayna R Loyd¹ PhD & John L Clifford¹ PhD
[†]Author for correspondence
¹U.S. Army Institute of Surgical Research,
 Battlefield Pain Management Research Task Area,
 3698 Chambers Pass, Fort Sam Houston,
 TX 78234, USA
 Tel: +1 210 539 2472;
 Fax: +1 210 539 1460;
 E-mail: john.l.clifford2@us.army.mil
²United States Army Institute of Surgical
 Research, Extremity Trauma Research,
 3698 Chambers Pass, San Antonio Military
 Medical Center, Fort Sam Houston,
 TX 78234, USA
³Defense and Veterans Center for Integrative
 Pain Management, 11300 Rockville Pike,
 Suite 709, Rockville, MD 20852, USA