

# Underlying beneficial effects of Rhubarb on constipation-induced inflammation, disorder of gut microbiome and metabolism

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## Abstract

**Background:** Although constipation is a common syndrome and a worldwide health problem. Constipation patients are becoming younger with a 29.6% overall prevalence in the children, which has captured great attention because of its epigenetic rejuvenation and recurrent episodes. Despite the usage of rhubarb to relieve constipation, novel targets and genes involved in target-relevant pathways with remarkable functionalities should still be sought after.

**Materials and methods:** We established a reliable constipation model in C57B/6N male mice using intragastric administration diphenoxylate and the eligible subjects received 600mg/25g rhubarb extraction to ameliorate constipation. Resultant constipation was morphological and genetically compared with the specimen from different groups.

**Results:** The constipation mice exhibited thicker muscle layers, improved content of cytokines, including IL-17 and IL-23, and lower content of IL-22. The bacterial abundance and diversity varied tremendously. Notably, the alterations were reversed after rhubarb treatment. Additionally, SCFA and MLCFA were significantly influenced by constipation accompanied by enhanced expressions of SCFA receptors, GPR41 and GPR43.

**Conclusion:** This thesis has provided an insight that rhubarb promoted the flexibility of collagen fiber, reduced pro-inflammatory cytokines and enhanced anti-inflammatory cytokines, and maintained intestinal microflora balance with potential effects on affecting the metabolism of fatty acids and polyamines.

**Keywords:** Constipation, Rhubarb extract, Gut microbiome, Polyamine, SCFA.

## 49 **1. Introduction**

50 Constipation is a common clinical symptom of gastrointestinal dysfunction with a high  
51 international average incidence rate of 15%. It is characterized by difficult or infrequent passage or  
52 hardness of stool, and/or a feeling of incomplete evacuation (1, 2). With the common lifestyle of  
53 high consumption of sugar and fat, the prevalence of constipation is estimated as 20% or higher.  
54 This has serious effects on the quality of people's life regardless of age and gender (3). Rhubarb is  
55 an essential traditional Chinese medicinal herb that has been applied to clinical practice for relieving  
56 constipation. A majority of current research on constipation has focused on motility enhancement.  
57 Motility of the gastrointestinal tract is an imprecise term embracing several measurable phenomena,  
58 including enteric contractile activity, gut wall biomechanical functions, and intraluminal flow  
59 responsible for the propulsion of gut contents (4). In order to uncover whether rhubarb exerted  
60 influence on gut motility, we evaluated correlations between the changes on muscles and collagen  
61 fibers density to demonstrate the sensitivity enhancements of colonic contraction.

62 The vast majority of gut microbes represents an extremely complex microenvironment assembly  
63 of an estimated 10-100 trillion symbiotic bacteria per individual, which are present in intimate  
64 contact with the host and correlate with health and disease (5, 6). A number of studies provide  
65 strong evidence that the microbes and their hosts share a wide range of resources needed to support  
66 physiological requirements (7, 8). More importantly, the gut microbiota actively produces a deal of  
67 immune regulatory metabolites (9).

68 Short-chain fatty acids (SCFAs), major end products of gut microbial fermentation and an  
69 energy source of epithelial cells, take part in regulating the gut immune response (5, 10). They  
70 promote mucin production and the expression of antimicrobial peptides (11). G-protein-coupled  
71 (GPR) receptors, such as GPR41 and GPR43, serve as SCFA receptors and facilitate SCFA to

72 activate multiple cells including epithelial cells, adipocytes, and phagocytes, as well as regulate  
73 diverse cellular functions (12). Additionally, there is evidence that SCFA and its receptors  
74 contribute to acute inflammatory responses in the intestine (13).

75 Biogenic amines are conventionally produced via microbial fermentation of undigested amino  
76 acids by deamination, deamination-decarboxylation or carboxylation (14, 15). To the best of our  
77 knowledge, most polyamines in this region of the colon are produced depend on intestinal flora;  
78 amino acids can serve as precursors for polyamine production (16, 17). Based on fecal sample  
79 analysis, naturally abundant polyamines include putrescine, spermidine, spermine and cadaverine in  
80 the human colon (18, 19). The putrescine, spermidine and cadaverine are derived from the  
81 decarboxylation of ornithine, methionine and lysine, respectively. Dysregulation of the level of  
82 polyamine and its amino acid precursors has been found to be connected with inflammation and  
83 autoimmune diseases (20). However, the underlying mechanism by which polyamine is possessed  
84 remains poorly uncovered.

85 Metagenomics has begun to study the composition and genetic potential of the gut microbiota  
86 to demonstrate the breadth of the functional and metabolic potential of microbes. There is no doubt  
87 that there exists a link between constipation and microbiota (21). However, there appears to be no  
88 existing data that proves what role the microbiota played in relieving constipation after treating  
89 rhubarb. Accordingly, we performed metagenomics to demonstrate significant metabolic  
90 discrepancies among the groups to find out the effect of constipation and rhubarb extract on  
91 microbiota. On a side note, the microbiota would be transacting more directly with the host immune  
92 system and metabolism in the intestinal epithelium. Conceivably, the microbiota probably would be  
93 more directly involved in inducing constipation.

94 However, current research has been descriptive in relieving constipation by increasing bowel

95 motility. Apart from that, the underlying mechanism by which rhubarb extract is possessed remains  
96 poorly addressed. Therefore, this study makes a major contribution to research constipation by  
97 demonstrating its critical mechanism of understanding how the constitutive constipation response is  
98 regulated by rhubarb extract.

## 99 **2. Results**

### 100 **Results1 Effects on the Feeding Behavior and Stool Parameters**

101 First, to establish whether diphenoxylate and rhubarb administration influences the feeding  
102 behavior and excretion parameters, the details about the number, weight, and water content of the  
103 fecal pellets are the most intuitive indexes to assess constipation under laboratory conditions (22).  
104 Therefore, alterations in food intake, water consumption, urine volume, and stool parameters were  
105 also measured daily in four groups mentioned above. As shown in Figure 1B, food intake was  
106 dramatically reduced after treatment with rhubarb or diphenoxylate, respectively in comparison to  
107 the control group and the impact was returned to near-normal levels by treating constipation mice  
108 with rhubarb, but no significant difference in water intake and urine volume among the various  
109 groups. While a slight bodyweight decrease was observed in constipation-induced by diphenoxylate,  
110 an enhancement after administering rhubarb was shown (Fig. 1C). To address this issue, the fecal  
111 pellets of excreted daily collected from metabolic cages were evidently decreased in the model  
112 group compared to the control group (Fig. 1D, n=9, p<0.001), while the pellets enhanced with  
113 rhubarb were administered. Furthermore, varied fecal color and shape are essential measurements of  
114 constipation. As shown in Figure 1E, the feces were irregular in size and shape with variably gray  
115 color in the constipation group, while the pellets got washy or even unshaped after treatment with  
116 rhubarb. However, these classical studies confirmed a significant increase in the water content of  
117 feces in the rhubarb group (Fig.1D, n=9, p<0.01) compared to the pellets of feces (Fig.1D, n=9,

118 p=0.7437). The feces in the constipation group had the least water content and were remarkably  
119 enhanced after being treated with rhubarb extract. Also, we observed the number of feces in the  
120 colon was remarkably reduced in the rhubarb group as compared to the control group as shown in  
121 Figure 1D (n=9, p<0.01), which may contribute to explaining the more general phenomenon in the  
122 constipation mice treatment with rhubarb. Next, we determined whether the functional defecation  
123 was accompanied by abnormal alterations of intestinal length. As Figure 1F indicated, the  
124 measurement of colon length from ileocecum to distal colon in each mouse showed significantly  
125 longer colons in all rhubarb-treated mice, regardless of in normal mice or in constipation  
126 mice(Fig.1D, n=9, p<0.01), but no clear differences was observed between constipation group and  
127 the control group. Overall, these results validated that the constipation models were successfully  
128 achieved and rhubarb extract had clearly evolved defecation benefit by partly enhancing the fecal  
129 water content. Changes in weight loss, fecal water content, and number of defecation granules are  
130 also sensitive and responsible for the phenotype caused by rhubarb extract.

## 131 **Results2 Alterations of histopathological and cytological structure of colon.**

132 We next investigated the associated changes in the histopathological and cytological structure of  
133 the colon induced by constipation and rhubarb intervention. We examined intestinal epithelial  
134 information by means of H&E staining (Fig. 2A). First of all, alterations in thicknesses of the  
135 colonic mucosa, submucosal, muscle layer were analyzed (23). The results showed that the layered  
136 muscle structure of the mouse colon under constipation status became thicker (Fig. 2B, n=9 ,  
137 p<0.001), which is markedly reduced after treatment constipation model with rhubarb extract (Fig.  
138 2B, n=9 , p<0.001). A contrary trend was detected in the thickness of the mucosa layer and rhubarb  
139 treatment induced the enhancement of mucosa layer (Fig. 2B, n=9, p<0.001). The thickness of the  
140 mucosa layer in constipation, whereas did not differ compared to the control group (Fig. 2B, n=9,

141  $p > 0.05$ ). There was a significant decrease in the thickness of the submucosal layer in the  
142 constipation group compared to the control group, and this trend was reversed by the treatment of  
143 rhubarb (Fig. 2B,  $n=9$ ,  $p < 0.001$ ).

144 Considering that the muscle layer had a noticeable impact on the contraction, we conjectured  
145 that fibrosis might be an advanced-stage phenotype regulated by collagen fiber rather than an early  
146 causal factor in the development of hardness increases. In order to uncover whether fibrosis was  
147 involved in the process, all of these samples were observed by Masson's trichrome and Sirius red  
148 staining. From Figure 2C, using Masson's trichrome staining, we can see the constipation group  
149 contained more fiber, while it had less after rhubarb administration compared to the control group.  
150 In line with the results, what is interesting about the data in Figure 2D using Sirius Red staining was  
151 that quantification of collagen deposition showed a remarkably reduced following treatment with  
152 rhubarb. However, the polarized result revealed that the fiber was markedly increased, while the  
153 rhubarb group did not exhibit decreased tendency. To conclude, these data provided strong evidence  
154 that collagen fiber over-expression plays a causal role in increasing contraction intensity in muscle,  
155 which in turn, leads to a decrease in muscle strength.

156 To further validate these dominant effects on fiber, we assessed the strength and modulus of  
157 collagen fiber by means of AFM. The elastic moduli of smooth muscle, especially in the digestive  
158 tract, are still largely unexplored. An accurate mean modulus can be obtained only if the thickness  
159 of the colon tissue section is known. This value is based on the mean tissue rupture force and  
160 deformation of intestinal smooth muscle under fresh frozen sections. MLCT-BIO was chosen for the  
161 characterization. As Figure 3A-D showed the average elastic moduli of control, Rhubarb,  
162 Diphenoxylate-induced constipation, and constipation model treatment with Rhubarb measured by  
163 using MLCT-BIO. As shown in Figure 3B and E, the group in Rhubarb had the lowest modulus of

164 580.9 ± 111.4 KPa, while the group in constipation showed a much higher modulus of 4663 ± 305.2  
165 KPa (Fig. 3C and E). Notably, as Figure 3D and E suggested, the moduli in the group of  
166 constipation treatment with Rhubarb showed a sharp decrease to 1396 ± 219.6 KPa (Fig. 3D and E).  
167 All these data were compared to the modulus in the control group. It was noted that all results of the  
168 modulus in constipation showed a significant increase, indicating that the elasticity of smooth  
169 muscle would also be significantly increased. This change, due to a physiological point of view, was  
170 consistent with the previous increase in collagen fibers in order to eliminate stool in the colon.  
171 Simultaneously it was also observed that after the use of rhubarb, the content of collagen fiber in the  
172 intestinal tissue was easily decreased due to the increase of moisture in the intestinal tract and the  
173 increase in movement speed, indicating that its elasticity would also be correspondingly increased.  
174 This change was consistent with the decrease in the content of collagen fiber measured in the  
175 previous experiment. Therefore, slight elastic changes in smooth muscle tissue caused by changes in  
176 collagen fibers can be assessed by atomic mechanics microscopy modulus.

### 177 **Results3 Measurement of cytokine concentrations**

178 Colon crypt mucin has been found to be regulated by cytokines (24, 25). The change in the  
179 submucosa layer indicated that inflammation might be involved. To further elucidate the complex  
180 relationship between constipation and inflammation in intestinal epithelial cells, we next sought to  
181 determine the expressions of some cytokines such as IL-15, IL-17A, IL-22 and IL-23. IL-15, with  
182 pro-inflammatory effects, however, there was no difference among the four groups as Figure 4A  
183 indicated. IL-17 recruits neutrophils into the cecal mucosa to protect from the invasion of bacteria,  
184 but induce excessive inflammation (26). In alignment with our expectation, constipated mice  
185 predisposed to induce inflammation cause the level of IL-17A to be the highest. In addition, the high  
186 concentration decreased after treating constipation mice with rhubarb. Amongst the current research,



187 the prevailing view is that IL-22 is mainly related to the maintenance of mucus barrier function by  
188 promoting LGR5<sup>+</sup> epithelial stem cell regeneration/proliferation (27). And the results indicated that  
189 the IL-22 concentration in serum dropped in the constipation group and peaked in the Rhubarb  
190 group, which implied that rhubarb may play a protective role through increasing IL-22 level. IL-23  
191 induces neutrophil polarization and promotes inflammation. As Figure 4A shows, we identified a  
192 noticeable decrease of IL-23 expression in the groups which were administered rhubarb regardless  
193 of the control mice or the constipation mice. In parallel to the above pro-inflammation cytokine, the  
194 constipation group had the highest level of IL-23.

195 To further determine the role of constipation on inflammation, we widened our search to screen  
196 for the concentration of lipopolysaccharide (LPS) in serum and its receptors, Toll-like receptor  
197 4(TLR4) and myeloid differentiation primary response gene 88 (MyD88), in tissue (Fig. 4B). The  
198 results of nuclear factor- $\kappa$ B (NF- $\kappa$ B), TLR4, and MyD88 were coincident. More precisely, the level  
199 in the treatment with rhubarb group was particularly increased compared to the control group and  
200 dropped in the constipation group.

#### 201 **Results 4 Impaired epithelial barrier function in constipation mice.**

202 The mucus layer is a vital physical barrier to both microbiota and toxin. For example, damage to  
203 gut barrier integrity, including the mucus layer, epithelial cell junctions, and AMP secretion are all  
204 proved to be involved in IBD pathogenesis. As the readout of intestinal barrier function (Fig. 4C),  
205 we detected the intestinal permeability evaluated by serum FITC-dextran concentration 4h after oral  
206 gavage was significantly enhanced in constipation mice compared to controls (n=4-6, p<0.05). Of  
207 note, rhubarb treatment had significantly decreased intestinal permeability (n=4-6, p<0.05). The  
208 above results indicated that the intestine barrier was more prone to vulnerability in the constipation  
209 group, and more integrity after being administered with rhubarb.

## 210 **Results5 Metagenomics analysis**

211 To further reveal the functions and metabolic pathways regulated by constipation and rhubarb  
212 treatment, we performed metagenomics analysis. We detected the top 30 bacterial phylum, class,  
213 order, family, genes, species in every sample. As the PCA showed (Fig. 5A), the distribution of four  
214 groups was significantly different. Figure 5B indicated that constipation induces a significant  
215 modification of the diversity and abundance of the gut microbiota composition on the species level,  
216 which was perceived as decreased relative abundances of Firmicutes and increased relative  
217 abundances of Bacteroidetes in feces. The ratio between these two phyla (the  
218 Firmicutes/Bacteroidetes (F/B) ratio) has been associated with maintaining homeostasis, and a  
219 decrease in this ratio can lead to bowel inflammation (28). In the constipation group, the percentages  
220 of Firmicutes decreased from 16.61% to 26.69% and the percentages of Bacteroidetes increased  
221 substantially from 24.4% to 32.76% versus the control group. Surprisingly, the changes partly  
222 diminished by treating constipation mice with rhubarb. However, the addition of rhubarb in the  
223 normal group imposed little impact on the abundance of Bacteroides and Firmicutes. Similarly, the  
224 F/B remarkably decreased after exposure to constipation and increased with the addition of rhubarb.  
225 These results may imply that constipation was more prone to inflammation and the tendency was  
226 probably reversed by rhubarb treatment.

227 Furthermore, we cataloged the genes in the genus level to reveal differences (Fig. 5C). When  
228 rhubarb was administered to normal mice for three days, the levels of *Alistipes* and *Trichinella*  
229 decreased while *Duncaniella*, *Lachnoclostridium*, and *Parabacteroids* increased. While the mice were  
230 in constipation, *Bacteroides* and *Muribaculum* were enhanced and *Clostridium*, *Roseburia*, and  
231 *Ruminococcus* markedly reduced. When the constipation mice were treated with rhubarb, *Alistipes*,  
232 *Muribaculum*, and *Prevotella* decreased, and in contrast, *Clostridium* and *Lachnoclostridium*

233 increased. This showed that the Diph+rhubarb group was not completely identical to the control  
234 group. Alistipes and Ruminococcus were at evidently higher levels than the control group while  
235 Bacteroides, Muribaculum, and Parabacteroids were at significantly lower levels.

236 In addition to relative abundances of microbiota, we detected the abundances of microbial  
237 metabolic pathways as profiled from metagenomic shotgun sequencing of a subset of the available  
238 body habitats. To identify biological pathways that are regulated by the diversity of the microbiomes,  
239 we annotated the genes based on KEGG databases. As for the KEGG databases (Fig. 5D), the gene  
240 catalog mainly assigned the top KEGG categories: metabolism, genetic information processing,  
241 environmental information processing, cellular process, human diseases, organismal systems and  
242 drug development. The results revealed that KOs in the rhubarb group were more abundant which  
243 involved in glycolysis/gluconeogenesis (KO00010) and oxidative phosphorylation(K00190) and  
244 less abundant in those involved in quorum sensing (KO02024), DNA replication (KO03030) and  
245 homologous recombination (KO03440) compare to that in the control group. When constipation, the  
246 KOs participate in galactose metabolism (KO00052), oxidative phosphorylation (KO00190) and  
247 glycine serine and threonine metabolism (KO00260) were up-regulated, whilst the KOs involved in  
248 quorum sensing (KO02024) and mismatch repair (KO03430) were down-regulated. In the  
249 Diph+rhubarb group, the KOs representing glycolysis/gluconeogenesis (KO00010), purine  
250 metabolism (KO00230), and Aminoacyl-tRNA biosynthesis (KO00970) were less abundant, while  
251 the KOs taking part in the quorum sensing (KO02024) and RNA degradation (KO03018) were more  
252 abundant compared to the constipation group. However, the up-regulation of functions involved in  
253 oxidative phosphorylation, alanine aspartate and glutamate metabolism and biosynthesis of amino  
254 acid was remarkable and the down-regulation of functions partaking in DNA replication and  
255 mismatch repair was significant. These gene expression changes are statistically significant, with  
256 false discovery rates below 0.01.

## 257 **Results 6 Treatment of constipation with rhubarb caused changes in biogenic amines**

258 On the basis of the KEGG analysis, amino acid metabolism plays an important role in  
259 constipation. Moreover, our present results also indicated that constipation had a significant effect  
260 on the gut microbiome and fatty acids (29). It is worth noting that biogenic amine is closely  
261 associated with microbiomes. Based on fecal sample analysis, putrescine, spermine, spermidine, and  
262 cadaverine are the most common in the human colon (13, 14). Therefore, we investigated putrescine,  
263 spermidine, and cadaverine by means of bioinformatics analysis as shown in Figure 5E. It was  
264 reported that in vivo and vitro, putrescine impedes intestinal barrier function by disrupting tight  
265 junction integrity, aggravates gut leakiness, and subsequently causes disease susceptibility during  
266 colonic autoinflammation and infection (30). In line with our expectation, our results indicated that  
267 the amount of putrescine increased in the constipation group and dropped to a lesser extent after  
268 exposure to rhubarb. Spermidine was reported as being able to take part in maintaining a protective  
269 gut microbiota via reducing the expression of genes encoding for  $\alpha$ -defensins (DEFAs) by means of  
270 transcriptomic and microbiome analyses (31). In contrast to putrescine, spermidine content in the  
271 constipation was lower than that in the control group. Likewise, rhubarb contributed to enhancing  
272 the abundance of spermidine caused the content to peak in the group treated with rhubarb alone and  
273 administration of rhubarb may enable significant reversal of this decreasing effect of constipation on  
274 spermidine. Cadaverine, one of a family of small aliphatic nitrogenous bases (polyamines), may be  
275 proposed to have the potential to promote bacterial survival under antibiotic exposure and  
276 tolerance/resistance formation (32). However, none of these differences were statistically significant  
277 among the groups.

## 278 **Results7 SCFA and MLCFA**

279 Microbes are metabolically active to survive in the gut environment rather than simply

280 remaining within the gut. Research has pointed out that the intestinal flora has an effect on the  
281 progress of composition and numbers of various microbes, the food debris as well as fermentation  
282 products such as MLCFAs or SCFAs (33). Gut microbes play an integral role in animal physiology,  
283 facilitating metabolism, influencing immunity, and regulating gut function. Numerous studies have  
284 confirmed that intestinal flora has an impact on the composition and quantity of various microbes,  
285 the food debris as well as fermentation products such as MLCFAs or SCFAs (33). Often, the  
286 changes between SCFAs and constipation have been reported (29), but no correlation between  
287 MLCFA and SCFA with rhubarb treatment in constipation models. Notably, fatty acid metabolism  
288 was involved in the KEGG analysis. To further reveal the association between fatty acids and  
289 constipation, we analyzed clustered heatmap drawn based on the Spearman rank correlation matrix,  
290 while a hierarchical cluster analysis of all the samples was performed on the correlation coefficients  
291 between each pair of fatty acids across all samples (Fig. 6A). The fatty acids, which had the  
292 analogous correlations with other fatty acids, were placed close in location. Notably, it can be seen  
293 that the four fatty acids (C18.3N3, C18.1N9C, C18.0, C17.0) were clustered into one group, all of  
294 which were negatively correlated to another fatty acids group (including C16.1, C18.3N6, C20.1,  
295 C20.2, C20.3N3, C20.3N6, C20.4N6, C20.5N3, C21.0, C22.0, C22.1N9, C22.6N3, C23.0, C24.0,  
296 C24.1). Next, we performed the correlograms of MLCFA for four groups. There were remarkable  
297 differences among the four groups. Constipation caused a significant modification of the  
298 interconnections between MLCFA and the median correlation coefficients (0.2097902) (Fig. 6B)  
299 was significantly different from the normal group (0.3356643,  $p < 0.001$ ) (Fig. 6D). In rhubarb  
300 group, there were 150 positive correlations decreased, 157 positive correlations increased, 59  
301 negative correlations decreased, 50 negative correlations increased and 89 correlations altered in  
302 comparison of the normal group. Compared to the constipation group, there were 92 positive  
303 correlations decreased, 163 positive correlations increased, 48 negative correlations decreased, 67

304 negative correlations increased and 141 correlations altered in constipation. However, there were 83  
305 positive correlations decreased, 165 positive correlations increased, 44 negative correlations  
306 decreased, 9 negative correlations increased and 178 correlations altered in constipation. In the  
307 constipation group, there were 269 (46.30%) statistically significant correlations (Fig. 6D). In  
308 contrast, in normal group, there were 206 (35.46%) such correlations ( $p < 0.001$ ) (Fig. 6B) and 232  
309 (39.93%) in Diph+rhubarb group (Fig. 6E), which revealed that the MLCFAs in case of constipation  
310 were more interactive and recovered when pretreatment rhubarb extract. In addition, no remarkable  
311 changes occurred when treated rhubarb extract alone (199, 34.25%). Furthermore, there were strong  
312 correlations ( $|r| > 0.75$ ) 103 (17.73%) in normal group, 115 (19.79%) in rhubarb group (ns), 158  
313 (27.19%) in constipation group ( $p < 0.001$ ) and 184 (31.67%) in Diph+rhubarb group ( $p < 0.001$ ). It  
314 was noted that these results indicated that extremely slight differences were exhibited among the  
315 fatty acids that were longer than C20.0 (including C20.1, C20.2, C20.3N3, C20.3N6, C20.4N6,  
316 C20.5N3, C21.0, C22.0, C22.1N9, C22.6N3, C23.0, C24.0, C24.1) as shown in Figure. 6B-E.  
317 Compared to the normal group (Fig. 6B), the correlations of rhubarb group (Fig. 6C) among the  
318 fatty acids that are longer than C8.0 and shorter than C20.1 significantly changed. In line with the  
319 changes, the varieties of correlation in the Diph+rhubarb group (Fig. 6E) are also located in the  
320 same cites in comparison to those in the constipation group (Fig. 6D), that is to say, the changes of  
321 correlation among the C8.0 to C20.0 were remarkable. Strikingly, most of the negative correlations  
322 in the constipation group transformed into positive correlations in the Diph+rhubarb group.

323 Finally, we disclosed the correlograms of SCFA in four groups. As Figure. 6F-I showed, 19  
324 (90.48%) statistically significant correlations among SCFAs existed in normal groups and 13  
325 (61.90%) such correlations in the other three groups. As indicated in Fig. 6G, for example, the  
326 correlations of isovaleric acid in the rhubarb group had an obvious difference compared to those in  
327 the normal group (Fig. 6F). The same conclusion was reached when the Diph+rhubarb group shown

in Fig. 8I was compared to the constipation group (Fig. 6H). The above results demonstrated the fatty acids were affected by constipation and rhubarb.

### **Results8 Changes in the expression of GPR41 and GPR43 in different groups**

SCFAs may signal through cell surfaces, like GPR41, GPR43, and GPR109A, to activate signaling cascades and play a pivotal role in perpetuating intestinal inflammation. So we evaluated the expression of GPR41 and GPR43 in the colon tissue (Fig.6J and K). As the figure shows, their expressions both increased significantly in the constipation group, while no differences were shown in the Rhubarb group or in the Diph+rhubarb group compared to the control group. It's noteworthy to state that their high expressions in the constipation group were rectified after being treated with rhubarb, which elucidated that rhubarb may have the suppressive inflammatory effect.

### **3. Discussion**

Rhubarb is an effective Chinese herb used to relieve constipation that has aroused much attention due to its great amount of usage. To unveil the mechanism of relieving constipation by rhubarb, we generated the constipation model. In this study, our data suggested that the muscle layer and the new collagen in constipation were significantly increased, which displayed that constipation may induce fibrosis. Of note, rhubarb has the ability to reverse the stiffness to recover muscle strength with the symbol of a thinner muscle layer and reduced collagen. Moreover, our previous studies have revealed that promoting colonic mucus synthesis and secretion. Colonic mucus secreted from goblet cells is attached to the epithelium and isolates the epithelium from external environment (34). The results above verify that rhubarb may relieve constipation by strengthening muscles and boosting mucin secretion to promote defecation.

Our data revealed that the constipation mice with the decreased mucus layer were prone to have the impaired barrier and increased permeability with the manifestation of a high concentration of

351 FITC-dextran. The condition also created an opportunity for bacteria to invade and induce  
352 inflammation, which accounted for the increased pro-inflammatory cytokines, such as IL-17A and  
353 IL-23. It is worth noting that the tendency of IL-22 was diverted as it peaked in the rhubarb group  
354 and fell in the constipation group. As the previous experiments demonstrated that IL-22 could work  
355 as a contributor to maintaining the mucus barrier function (27), the current result was in accordance  
356 with our speculation that rhubarb contributed to maintaining the tightness and integrity of the  
357 intestinal barrier.

358 MyD88, a fundamental role in the innate immune system, is the primary adaptor protein not  
359 only of IL-1 and IL-18 receptors but also of almost all the TLRs and thus considered as a central  
360 hub of the inflammatory signaling cascades as well as is found to be required in LPS signalling. An  
361 interesting report concluded that IL22 induced significant upregulation of transcripts involved in  
362 microbial sensing (Tlr4, Myd88, Tnfaip3) (35). NF- $\kappa$ B, activated by TLR stimulation, is a key  
363 regulator of inflammation, innate immunity, and tissue integrity (36, 37). The tendency of LPS, NF-  
364  $\kappa$ B, TLR4 and MyD88 were coincident in the four groups. The high expressions after being treated  
365 with rhubarb were uncommon due to their pro-inflammatory role, however, there are several reasons  
366 that may make sense. Firstly, rhubarb treatment arouses the activation of the mast cells, which plays  
367 an important role in immunity, as our previous report examined. On the other hand, the plasma cells  
368 were accumulated and activated, which is a critical step for the innate immunity. Moreover,  
369 TLR/NOD ligands have been shown to modulate mucin gene expression and promote mucin  
370 secretion from goblet cells (38), which may be one of the mechanisms that rhubarb promote mucin  
371 secretion.

372 What role does intestinal flora play in this process? Intestinal flora contains about 1000 different  
373 bacteria (39) and has a sophisticated effect on immunity and metabolism particularly (40). It was



374 emphasized that lots of diseases have demonstrated altered bacterial diversity comes along with  
375 reductions in the abundance of beneficial microorganisms due to the fragility of the gut microbiota  
376 (41). Imbalances in the gut microbiota result in a basal inflammatory state and enhanced  
377 susceptibility to viral and bacterial infections (42). According to the PCA result, the number of gut  
378 microbial species, bacterial abundance, and flora diversity were remarkably different in the different  
379 mice models. Specifically, the exposure to constipation enabled the potential of decreasing the  
380 diversity of the microbiome and characterized the high concentration of Bacteroidetes and markedly  
381 decreased the F/B ratio. A stream of a pilot study reported the predisposition to inflammation  
382 sensitivity caused by the decreased F/B ratio. Microbes are metabolically active to survive in that  
383 gut environment rather than simply remaining within the gut. Hence, the intestinal flora would play  
384 an important role in many areas, for example, the progress of composition and numbers of various  
385 microbes, food debris, and fermentation products. To gain functional insights into colon metabolism,  
386 we assessed the genes by KEGG analysis. According to the variance analysis, it captured the  
387 preference for the amino acid metabolism. In addition, glycometabolism was also involved in the  
388 process. Therefore, we applied the MS analysis to determine the alteration of biogenic amine and  
389 fatty acid. Polyamines have attracted much interest, in part, because of their essential roles in  
390 multiple cellular functions, like cell growth, mitochondrial metabolism and histone regulation (17,  
391 43-48). Gut microbiota can produce the bacterial biogenic amines, including putrescine, cadaverine,  
392 tyramine, and 5-aminovalerate from amino acid degradation (arginine, lysine, tyrosine, and proline,  
393 respectively). It is beyond all doubt that our data elucidate that putrescine and spermidine  
394 significantly changed. It was later found that MLCFA and SCFA were altered. SCFA has an impact  
395 on maintaining homeostasis in the colon and supplies 60%–70% of energy that colonic epithelia  
396 need (33). SCFAs can be produced by bacteria. Notably, the number of bacteria, the pH and the  
397 substrate can notably influence the process (49). Previous studies have shown that different

398 substrates produce different amounts and proportions of SCFAs, which participate in many critical  
399 physiological metabolic processes in vivo such as induction of cell differentiation, regulation of the  
400 growth and proliferation of normal colonic mucosa and reduction of the growth rate of colorectal  
401 cancer cells. As our investigation shows, the composition and diversity of the intestinal flora have  
402 varied. It can be seen that SCFAs, such as butyrate including N-butyrate and isobutyrate, pentanoic  
403 acid, isovaleric acid, increased significantly after rhubarb administration, but decreased significantly  
404 in the constipation group in our research. N-butyrate and pentanoic acid have a more significant  
405 decrease further in the treatment group, while isovaleric acid increased significantly. On the  
406 contrary, much of the research on this topic demonstrated that the content of isobutyrate in samples  
407 from subjects with constipation is significantly higher than in those from healthy people (50). The  
408 diet might make sense of the phenomena, given that SCFAs originate from the degradation of  
409 polysaccharides. Emerging evidence has come to suggest that SCFAs and MCFAs were mainly  
410 esterified by long-chain fatty acid groups, and SCFA and MCFA concentrations in full-term milk  
411 were significantly higher than those in premature milk (51). The correlation between SCFAs and  
412 MLCFAs in feces, especially in the alteration of intestinal flora, needs further study. Emerging  
413 studies highlight the importance of SCFAs in activating GPR41 and GPR43 on intestinal epithelial  
414 cells, resulting in mitogen-activated protein kinase signaling and rapid production of chemokines  
415 and cytokines (13). These pathways regulate protective immunity and tissue inflammation in mice.  
416 High concentrations of GPR41 and GPR43 in constipation mice strongly show perfect concordance  
417 with the results directing inflammation in constipation

#### 418 **4. Conclusion**

419 Collectively, the most obvious finding to emerge from this study is that constipation was linked  
420 to inflammatory response and gut microbiota as well as metabolic disorders. Notably, rhubarb

421 treatment may play the regulatory and reversing role in these biological processes to relieve  
422 constipation through a multitude approach. Undeniably, the major limitation of this study is  
423 that Rhubarb was used in this experiment rather than its active ingredient, which resulted in a  
424 complicated effect. Notwithstanding these limitations, the study suggests that this new work should  
425 therefore assist in our understanding the role of rhubarb as a new multi-target drug for clinical  
426 application.

## 427 **5. Materials and methods**

### 428 **Animals**

429 C57B/6N male mice weighing  $21 \pm 1$ g from Laboratory Animal Services Center of Capital  
430 Medical University are raised under standard environment (22.0-25.0 °C, at a relative humidity of  
431 50–70% under 12-/12-hour light/ dark cycle) and all procedures were carried out according to  
432 National Institutes of Health Guide for the Care and Use of Laboratory Animals (AEEI-2016-079).

### 433 **Reagents and Dosage Information**

434 Compound diphenoxylate containing 25 mg of diphenoxylate and 2.5mg of atropine sulfate  
435 monohydrate per tablet was purchased from Hefeng Medicine Industry (Guangxi, China, Lot:  
436 210704). The compound diphenoxylate was dissolved in normal saline to achieve an adequate  
437 concentration of 10 mg/ml. Administration of compound diphenoxylate to mice at the dose of 20  
438 mg/kg via gavage lasting five days was prepared as a verifiable and repeatable constipation model  
439 group (52, 53) as the constipation model group. We purchased rhubarb from Tongrentang Pharmacy  
440 (Beijing, China) and identified it with the assistance of Prof. W. Wang from Xuanwu hospital,  
441 Capital Medical University. As described previously (54), the roots of the rhubarb were crushed and  
442 soaked in the annealing for 2h and stored at 4°C until use. Previous experiments studying strongly  
443 driven systems have reported remarkable effects at doses of 600mg/25g. This is important because

444 the optimal dose elicits alleviation without any other side reaction. Additionally, in an analysis of a  
445 large randomized clinical trial of constipation, the dose application was judged to be about 9 fold to  
446 those administered in human clinical trials adult dosage (55).

## 447 **Experimental design**

448 The mice were randomly divided into four groups with the same number of animals in every  
449 group: the control group received normal saline alone on the same day as the other groups. Another  
450 group of mice was treated with normal saline vehicles once daily for five days, then with three-day  
451 rhubarb extract followed at the dose of 600mg/25g. To induce constipation, mice undergoing  
452 administration diphenoxylate for five consecutive days were separated into two groups, one with  
453 three-day normal saline treatment, one co-administration rhubarb extract for three days. All mice  
454 were raised in the metabolic cage with free access to food and water to collect 24-h feces and  
455 supervised the consumption of food and water so as to accurately judge the success of model mice  
456 (56-58). The detailed information on experimental design is available in exhibited Figure 1A.

457 At the end of the experiment, feces from the colon and ileocecus, urine from bladder and blood  
458 were collected before euthanasia. At the end of the sacrifice, the colon was collected and dissected  
459 out to cut open for measuring colon length and other downstream analysis. The samples of blood  
460 were collected then centrifuged at 12000 r/min for 30 min at 4°C in order to obtain the serum and  
461 stored at -80°C. The feces were stored in the sterile centrifuge tubes at -80°C until being performed  
462 16S rDNA and further metagenomic analysis. The colon tissue was removed from the point of  
463 0.5cm above the anus to top of ileoceca and soaked in different fixative solutions. The tissue pieces  
464 fixed in 10% formalin overnight at room temperature were stained with Masson trichrome, Sirius  
465 Red or hematoxylin and eosin for interstitial image datasets with light microscopy. The samples  
466 were paraffin-embedded, and 5- $\mu$ m-thick serially sections were mounted on glass slides and stored

467 at -20°C. Paraffin sections were first dewaxed and rehydrated through a graded alcohol series and  
468 transparently with xylene before antigen retrieval.

## 469 **Histological studies**

### 470 **HE staining**

471 The sections were stained in parallel employing by modified Lillie-Mayer's hematoxylin for 1  
472 min, differentiated with 1% hydrochloric acid alcohol for 2-5 seconds, and soaked in tap water for  
473 10 min to make it blue followed by dyed with water soluble red dye for 1 min where indicated.

### 474 **Masson trichrome staining**

475 To evaluate whether collagen fibers are changed during this process, Masson's trichrome  
476 staining was performed with a commercial kit (Beijing Solarbio Science & Technology Co.,Ltd).  
477 The sections were stained using Wiegert's iron hematoxylin solution (Wiegert solution A: Wiegert  
478 solution B =1;1) for 10 min and then stained with azaleine for 10 min at room temperature,  
479 respectively followed by weak acid solution (deionized water: weak acid =2:1) washed along with  
480 immersing phosphomolybdic acid for 2 min and stained in diluted toluidine blue for 1 min. All  
481 slices were washed five times with weak acid solution until the collagen fibers to the total area  
482 appeared as blue. Similarly, the collagen fiber densities and distribution were quantified with Image-  
483 pro plus.

### 484 **Sirius Red**

485 Sirius red staining, as well as Masson trichrome stain (MTS), was detected for histologically  
486 assessing collagen content followed by a combination of microscopic including polarized light and  
487 optical microscopy. The sections were rehydrated and stained for 1 h with a Sirius red stain kit  
488 (0.1% Sirius red in a saturated aqueous solution of picric acid) (Beijing Leagene Biotechnology

489 Co.,Ltd.)

## 490 **Atomic force microscopy(AFM)**

491 The muscle layer variation was observed in the response of different treatments and we wonder  
492 whether the muscle change along with the strength change has an important role to play. Therefore,  
493 AFM was implemented using a Multimode/Nanoscope IIIa AFM (Digital Instruments/Veeco, Santa  
494 Barbara, CA). MLCY-BIO (BRUKER, USA) with a nominal spring constant of 0.14 N/m, which is  
495 capable of detecting samples with regard to its stiffness, adhesion, and modulus. The colon  
496 specimen was removed immediately, embedded in OCT, and snapped frozen in liquid nitrogen and  
497 substantially restored at -80 °C . The colon tissue slices were sliced into 5 $\mu$ m sections. The pieces  
498 were fixed with 4% PFA for 30 min and washed with PBS mixed with 1% cocktail (27423400,  
499 Switzerland) for 5 min for a total of three times. These tissues went through imaging under the AFM  
500 imaging system. All images were detected in the intermittent contact mode in regime liquid at room  
501 temperature.

## 502 **Enzyme-linked immunosorbent assay**

503 Levels of cytokines in the serum of all the mice (TNF- $\alpha$ , IFN- $\gamma$ , IL-1 $\beta$ , IL-6, IL-12, IL-17, IL-4  
504 and IL-10) were performed using commercially available mouse ELISA kits according to the  
505 protocols supplied by the manufacturer and detected by a multimode microplate reader  
506 (Beckmancoulter UniCel DxC 600 Synchron, U.S.). The total protein in each sample was measured  
507 by TP Kit RGB& CHN(Lot:20221218.30002).

## 508 **In vivo Paracellular Permeability Assay**

509 In order to assess colonic paracellular permeability in vivo, mice were deprived of food for 18  
510 hours, then orally gavaged with 440 mg/kg body weight of FITC-labeled dextran (FD4) (Sigma, St.  
511 Louis, MO, USA). The mice were sacrificed 4 hours later, and plasma was collected and its

512 fluorescence intensity in serum was detected by a fluorescent microplate reader (excitation at 480  
513 nm and emission at 520 nm; HTX Multi-Mode reader, SYNERG).

### 514 **Real-Time PCR Analysis**

515 Total RNA was extracted from prepared tissue using FastPure Cell/Tissue Total RNA Isolation  
516 Kit V2 (RC112, Vazyme, Nanjing, China) according to the product manual. The concentrations of  
517 isolated RNA were quantified by NanoDrop 2000 spectrophotometer (Thermo Fisher Scientific,  
518 Waltham, MA), and then reverse transcription was performed by HiScript III RT SuperMix for  
519 qPCR kit (R323, Vazyme, Nanjing, China) by BIO-RAD iCycler(BIO-RAD, USA). Finally, the  
520 cDNA was with Taq Pro Universal SYBR qPCR Master Mix kit (Q712, Vazyme, Nanjing, China)  
521 by the CFX96TM Real-Time System (BIO-RAD, USA). The thermal cycles were 95°C for 5 min,  
522 56°C for 15 min, 72°C for 10 minutes, for 45 cycles, and 60°C for 1 min. The relative amount of the  
523 target mRNA was normalized to the GAPDH level, and data were calculated by the  $2^{-\Delta\Delta C_t}$  method.  
524 The primer sequences were listed as follows.

525 GPR41: forward CTTCTTTCTTGGCAATTACTGGC;

526 reverse CCGAAATGGTCAGGTTTAGCAA.

527 GPR43: forward CTTGATCCTCACGGCCTACAT;

528 reverse CCAGGGTCAGATTAAGCAGGAG.

529 GAPDH: forward AGTGTTTCCTCGTCCCGTA;

530 reverse CGTGAGTGGAGTCATACTGG.

### 532 **LC-MS / MS Metabolite analysis**

533 Targeted feces metabolomics quantifying fatty acids were performed by LC-MS/MS processes  
534 previously reported by Gao *et al.* (29). Fecal samples were briefly homogenized in a Bullet Blender

535 into suspension, then hydrochloric acid (30mM) was added, isotopically-labeled acetate (0.125 mM),  
536 butyrate hexanoate (0.125 mM) and 250 mL of Methyl tert-butyl ether (MTBE). Finally, each  
537 sample is a mixture of 400 ml in volume. Subsequently, the mixture was briefly mixed by vortexing  
538 for 10s at 4°C twice and the solvent layers were separated by centrifugation for 1 min. 10 mL of  
539 MTBE epurated from the samples was laterally transferred to an autosampler vial for GC-MS  
540 analysis by placing it in a separate auto-sampler vial to get a series of calibration standards for  
541 normal quality purposes. GC-MS analysis of samples was implemented with Agilent 69890N GC-  
542 5973 MS detector with the parameters given in extended methods. A 1µL sample was injected with  
543 a 1:10 split ratio on a ZB-WAXplus, 30m 0.25 mm x 0.25µm (Phenomenex Cat# 7HG-G013-11)  
544 GC column. Helium was used as the carrier gas at a flow rate of 1.1 mL/min with 240°C as the  
545 injector temperature, and the column temperature was kept at 310°C under isocratic condition.  
546 Quantification data were extracted and analyzed by MassHunter Quantitative analysis version  
547 B.07.00. SCFAs were normalized to the nearest isotope labeled internal standard and quantitated  
548 using 2 replicated injections of 5 standards to create a linear calibration curve with accuracy greater  
549 than 80% for each standard (59).

## 550 **DNA sequencing and metagenomic sequencing**

551 Collected stool samples were collected in sterile tubes and immediately frozen as well as kept at  
552 -80°C until performing further analysis. DNA was extracted with HiPure Stool DNA Kit (Shanghai  
553 Ponsure Biotech, China) and measured concentration and quality. Quantitative real-time PCR was  
554 performed using bacterial primers which were targeted amplification of the combined V3 and V4  
555 regions of the 16S rDNA gene. Amplification was performed with fusion primers containing the  
556 16S-only V3-V4 sequences fused to Illumina adapters overhung nucleotide sequences (60) and  
557 finally pooled and sequenced on Illumina's MiSeq/NovaSeq platform at the Genomic and Proteomic



558 Core Laboratory in Genewiz, LTD, Suzhou, China. The generated NGS data was filtered and  
559 clustered into operational taxonomic units (OTUs), which carry species distribution information.  
560 Based on the above data, a series of analysis methods was employed to unveil the difference among  
561 multiple groups.

562 The metagenomic DNA in the colon content of mice in each group was executed using the Stool  
563 Genomic DNA Kit (CoWin Biosciences, China) and used for quantitative analysis of gut microflora.  
564 Then, the purified DNA was end-repaired using the End-it End-repair kit and then added an “A”  
565 base to the 3’end of DNA fragments. Additionally, for adaptor ligation, paired-indexed Illumina  
566 dual end adapters were replaced with palindromic forked adapters with unique 8-base index  
567 sequences embedded within the adapter and added to each end. Target DNA fragments within a  
568 certain range of length were screened by the magnetic beads, and amplified with PCR with index at  
569 the end of the target fragment to complete the construction and detection of the sequencing library.  
570 We prepared sequencing libraries using Illumina's TruSeq ChIP Library Preparation kit, and  
571 barcoded libraries on an Illumina HiSeq2000 instrument according to the fragment size. Lastly, we  
572 generated gene profiles using gene catalogue and estimated these data by the data library KEGG  
573 (Kyoto Encyclopedia of Genes and Genomes) ortholog ([www.genome.jp/kegg/](http://www.genome.jp/kegg/)).

## 574 **6. Statistical analysis**

575 All data other than the sequencing data were plotted and analyzed with Prism Software 8.0  
576 (GraphPad Software, San Diego) and presented as mean  $\pm$  standard error of mean (SEM).  
577 Comparisons between groups were performed using ANOVA with post-hoc tests or Student’s t-tests.  
578 A p-value less than 0.05 was considered statistically significant, and one between 0.05-0.10 as  
579 showed a trend toward statistical significance. Principal component analysis (PCA) based on the  
580 unweighted UniFrac distance metrics was used to assess Beta diversity. Pearson r coefficients

581 were applied to calculated bivariate correlations and paired Mann-Whitney' test was used to  
582 compare p-values between groups. Correlation matrices also were displayed as schematic  
583 correlograms (61). All statistical analyses were performed in Stata/SE 12 and open source procedure  
584 R 4.1.1 (<https://www.r-project.org/>).

## 585 **7. Study approval**

586 The study was approved by Animal Care and Use Committee of Capital Medical University  
587 (AEEI-2016-079).

## 588 **8. Author contributions**

589 Han Gao generated the mice model. Han Gao, Chengwei He, Rongxuan Hua, Chen Liang and  
590 Yixuan Du performed experiments. Lei Gao conducted the bioinformatics analysis. Hongwei Shang  
591 performed the experiments and supplied the experimental instructions. Rongxuan Hua, Yuexin Guo  
592 and Lucia Zhang analyzed the data from the experiments. Boya Wang and Lucia Zhang drew the  
593 graph and expanded the literature. Jingdong Xu cooperated, analyzed all the data and revised the  
594 manuscript.

## 595 **9. Acknowledgements**

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## 598 **10. Dataset availability**

599 The data in this study generated during and/or analyzed during the current study and  
600 supplementary information are obtained from the corresponding author on reasonable request.

601

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- 732



## 733 **Figure legends**

734 **Figure 1. The experimental design and diphenoxylate-induced constipation model with its**  
735 **reinstatement of rhubarb treatment. (A)** A timeline detailing the acclimatization, grouping, and  
736 time points for the drug treatments as well as the experimental paradigm. **(B)** Assessments of the  
737 consumption of food and water intake per day and urine volume per day. **(C)** Recording the body  
738 weight of mice fed with normal saline, rhubarb, diphenoxylate, and both diphenoxylate and rhubarb  
739 during the course of the experiment. **(D)** The violin graph represents the differences in the number of  
740 pellets defecated, fecal dry mass, fecal water content, and the length of colon section as well as the  
741 number of feces in the colon at the timeline of sacrifice in different groups. **(E)** Observation of the  
742 feces from one mouse per day to assess the feces characteristics in different groups. **(F)** Mouse colon  
743 photographs and their lengths as well as the number of feces in them are measured by the distance  
744 between anus (at 0) and cecum. All data from **C** and **D** is normalized by the control group. All values  
745 are presented as means  $\pm$  SEM (n=9 per group). ns, P>0.05; \*, P<0.05; \*\*, P<0.01; \*\*\*, P<0.001. \*  
746 vs control group; # vs diphenoxylate group.

747 **Figure 2. Histochemical colonic tissue stains show some routine qualitative differences for**  
748 **comparative purposes among four groups. (A)** H & E staining reveals the general characteristics  
749 presented in a comprehensive overview. Black dotted line with double arrows: mucus layer (max).  
750 Black dotted line with single arrows: mucus layer (min). Black line with double arrows: submucosa  
751 layer (max). Black line with single arrows: submucosa layer (min). White dotted line with double  
752 arrows: muscle layer. White line with double arrows: circular muscle layer. White line with single  
753 arrows: longitudinal muscle layer. **(B)** The violin graph indicated the quantitative analysis of that the  
754 thickness of mucus layer (max and min), submucosa (max and min), and muscle layer (circular and  
755 longitudinal muscle). The data were normalized by the control group. **(C)** Representative images

756 of Masson's Trichrome staining to assess the fibrotic changes in the colon. **(D)** Total collagen in  
757 colon sections is stained with Sirius Red. Representative images are shown with the magnification of  
758 10x. Representative picture of Sirius Red staining in polarized light, magnification, 10x. **(E-F)** Sirius  
759 Red-stained sections observed with polarized light, magnification 20x. Scale bars, 50 $\mu$ m. **(G)** The bar  
760 graph is then measured and quantified analysis of interstitial fibrosis as well as the total collagen  
761 amount by Sirius Red staining. The figures are successively from control group, rhubarb group,  
762 diphenoxylate group, and Diph+rhubarb group. All data is presented as means  $\pm$  SEM (n=9 mice per  
763 group). ns, P>0.05; \*, P<0.05; \*\*, P<0.01; \*\*\*, P<0.001. \* vs control group; # vs diphenoxylate  
764 group.

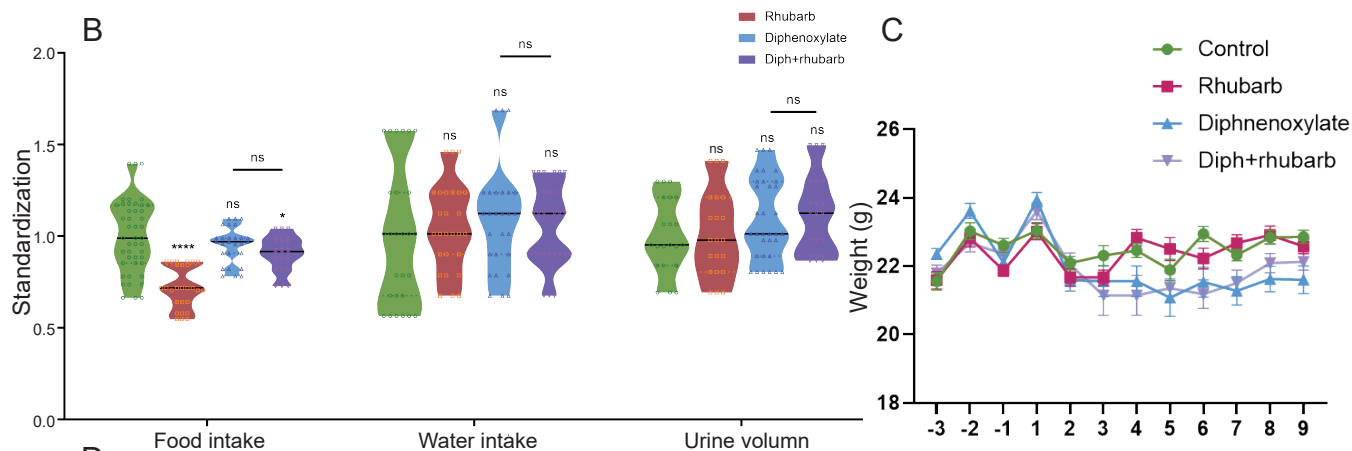
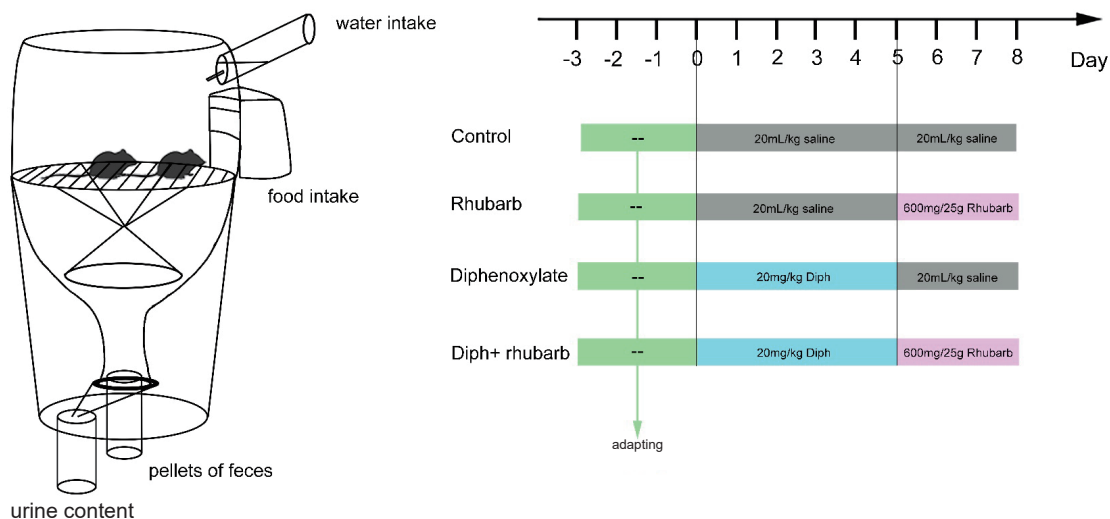
765 **Figure 3. Atomic force microscopy (AFM) 3D images for the four groups:** control group **(A)**,  
766 rhubarb group **(B)**, diphenoxylate group **(C)**, and Diph+rhubarb group **(D)**. **(E)** The violin graph  
767 indicates the modulus of the colon muscular from four groups. ns, P>0.05; \*, P<0.05; \*\*, P<0.01;  
768 \*\*\*, P<0.001. \* vs control group; # vs diphenoxylate group.

769 **Figure 4. Measurement of the cytokine protein levels per cytokine concentrations and**  
770 **paracellular barrier function by paracellular tracer flux assays using FITC-dextran (150,000)**  
771 **among the four groups.** **(A)** The bar graph illustrates the cytokine concentrations including IL-15,  
772 IL-17A, IL-22 and IL-23, CCL5 in the plasma. There is no obviously change as visualized distinct  
773 patterns in the IL-15 as well as CCL5 among the four groups. **(B)** The bar graph exhibits the  
774 concentrations of LPS, NF- $\kappa$ B, TLR4, and MyD88 in colonic tissue by ELISA among the four groups.  
775 **(C)** The concentrations of FITC-dextran in the circulating plasma in four groups are measured. The  
776 figure represents the combined results of repeated twice with similar results, and the results are  
777 expressed as the means  $\pm$  SEM of six to eight mice per group. ns, P>0.05; \*, P<0.05; \*\*, P<0.01; \*\*\*,  
778 P<0.001. \* vs control group; # vs diphenoxylate group.

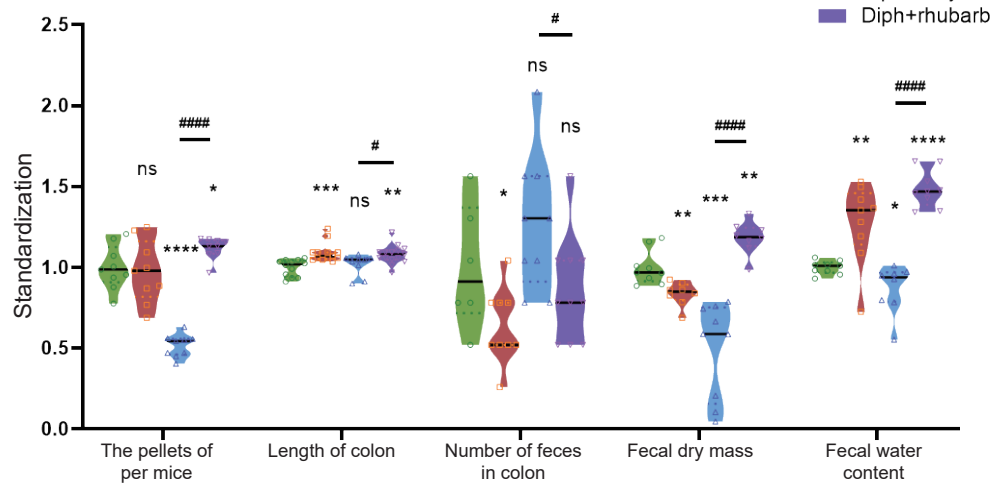
779 **Figure 5. Metagenomics analysis of the feces collected from four groups' fresh colon and**  
780 **measurements of biogenic amine. (A)** PCA of 16S metagenomics data of the microbial population  
781 in the feces of the four separate groups, each with three to four animals. Comparison of community  
782 diversity based on different metric distances of distance metrics useful for microbial communities  
783 encoding taxonomic profiles into kernel matrices. **(B)** Circos data reveals the microbiome  
784 composition at the phyla level in various groups. (n=3 or 4). **(C)** Circos data shows the composition  
785 of microbiota in different groups at the genus level. (n=3 or 4). **(D)** Microbiota functional  
786 characterisation based on metabolic pathway abundances. The KEGG BRITE functional hierarchy is  
787 represented by a cladogram, with the outermost circles representing individual metabolic modules  
788 and the innermost very small circles indicating the KEGG BRITE functional hierarchy. **(E)** The bar  
789 graph illustrates that putrescine, spermidine, and cadaverine are measured in the feces (n= 6 or 8).  
790 The data is shown as the mean±SEM. ns, P>0.05; \*, P<0.05; \*\*, P<0.01; \*\*\*, P<0.001. \* vs control  
791 group; # vs diphenoxylate group.

792 **Figure 6. Effect of rhubarb and compound diphenoxylate on the changes of MLCFAs and**  
793 **SCFAs in the feces. (A)** Spearman rank correlation matrix of the C10-C24 medium-long chain fatty  
794 across all samples. The colors are used to denote the correlation coefficients with 1 indicating a  
795 perfect positive correlation (red), and -1 indicating a perfect negative correlation (blue). This  
796 clustered heatmap was created using the R package "pheatmap." version 1.0.12. [https://CRAN.R-](https://CRAN.R-project.org/package=pheatmap)  
797 [project.org/package=pheatmap](https://CRAN.R-project.org/package=pheatmap). **(B-E)** Correlograms of the C10-C24 medium-long chain fatty in  
798 control group **(B)**, rhubarb group **(C)**, diphenoxylate group **(D)** and Diph+rhubarb group**(E)**. **(F-I)**  
799 Correlograms of matrix of the short chain fatty in normal**(F)**, rhubarb**(G)**, constipation**(H)** and  
800 Diph+rhubarb group **(I)**. **(J-K)** The bar graph illustrates the concentrations of SCFA receptors,  
801 GPR41/ GPR43 from the four groups. The data is shown as the mean±SEM. ns, P>0.05; \*, P<0.05;  
802 \*\*, P<0.01; \*\*\*, P<0.001. \* vs control group; # vs diphenoxylate group.

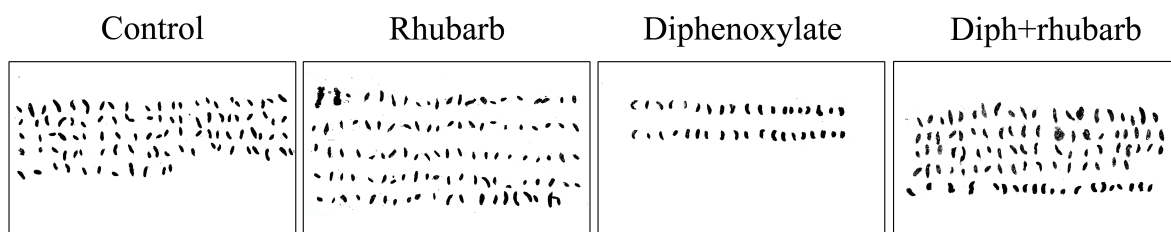
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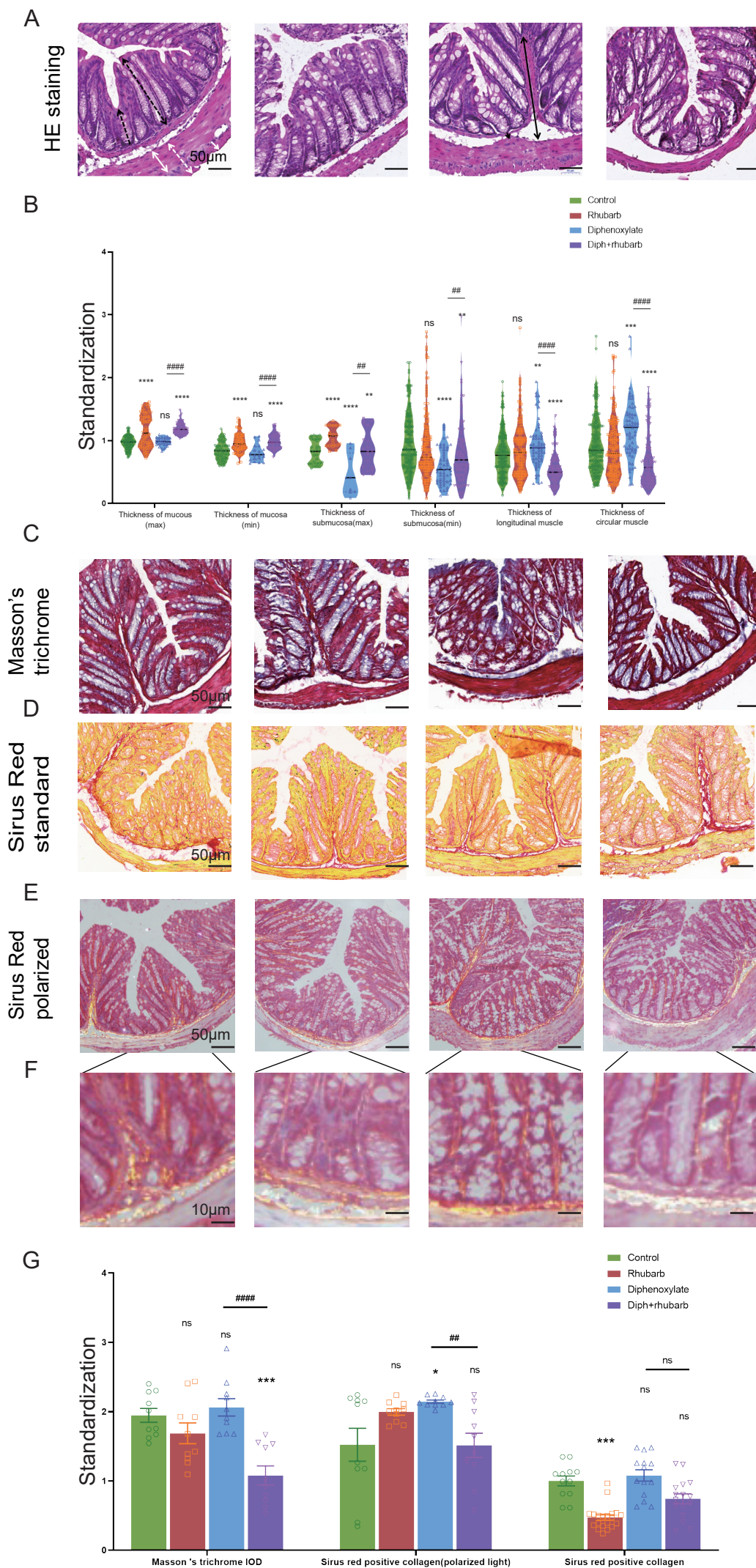


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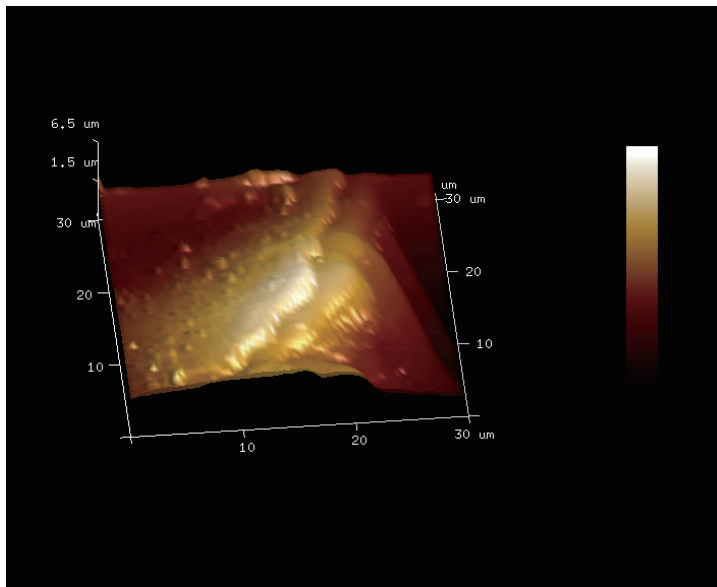


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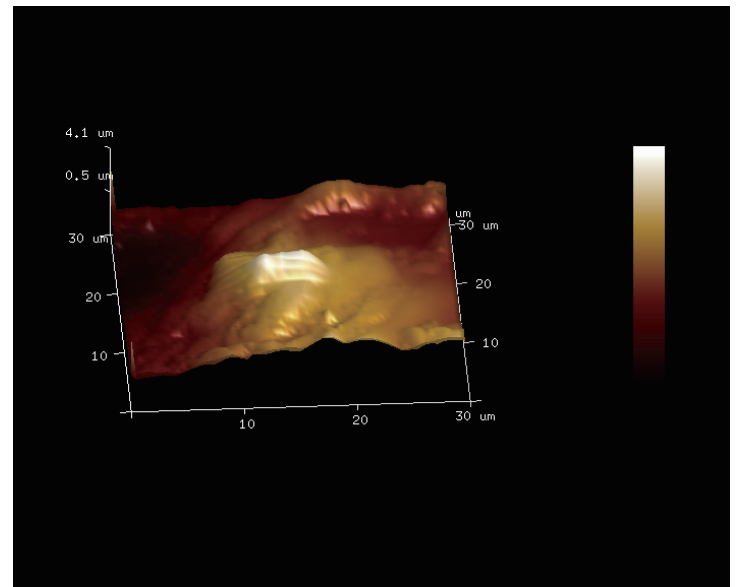




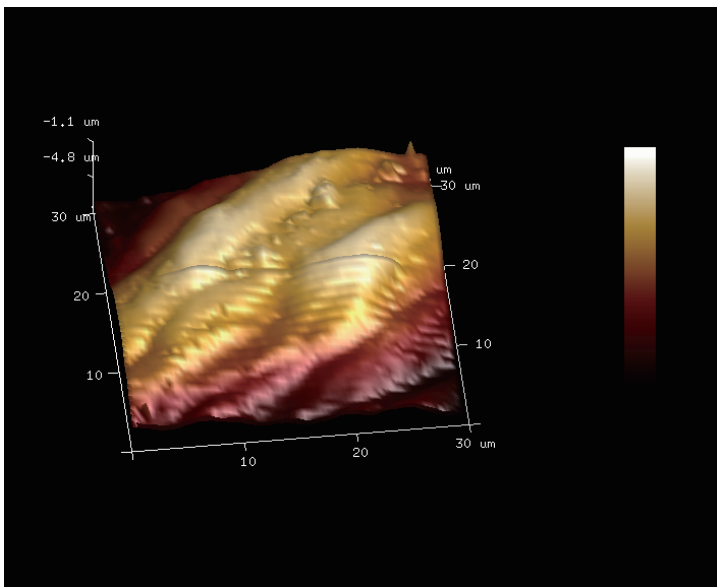
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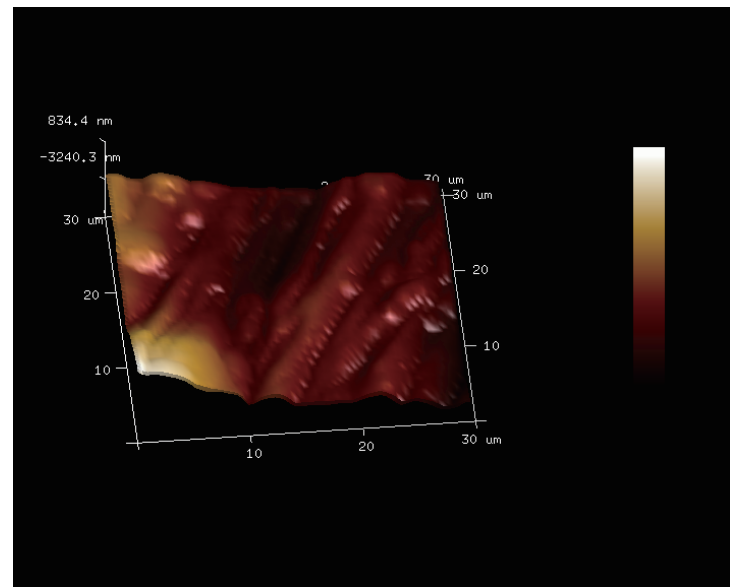
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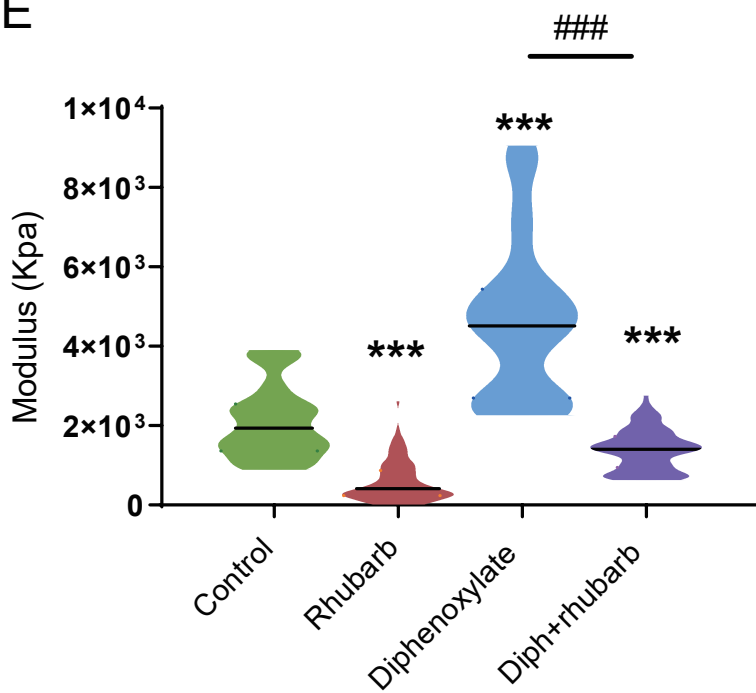
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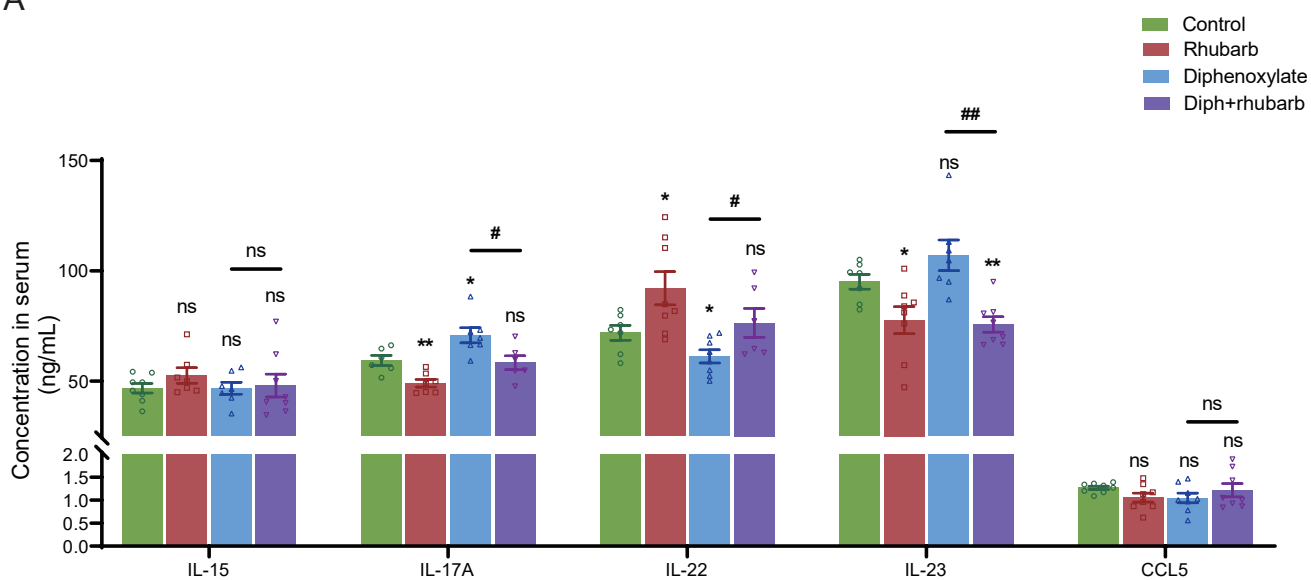
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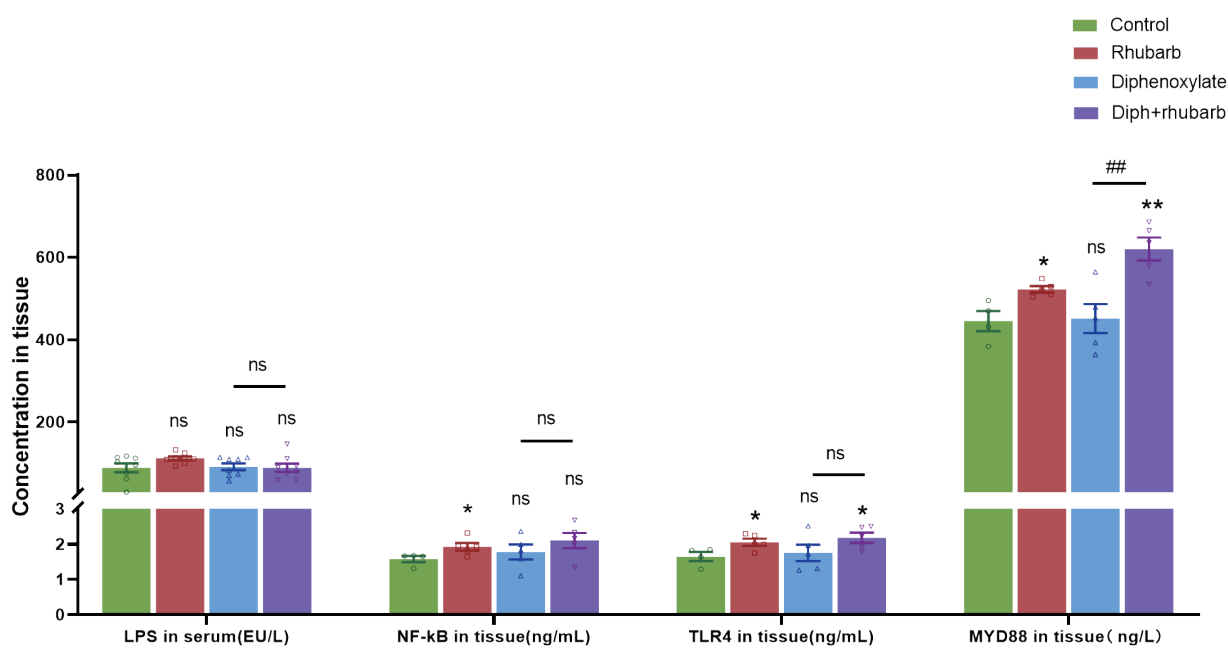
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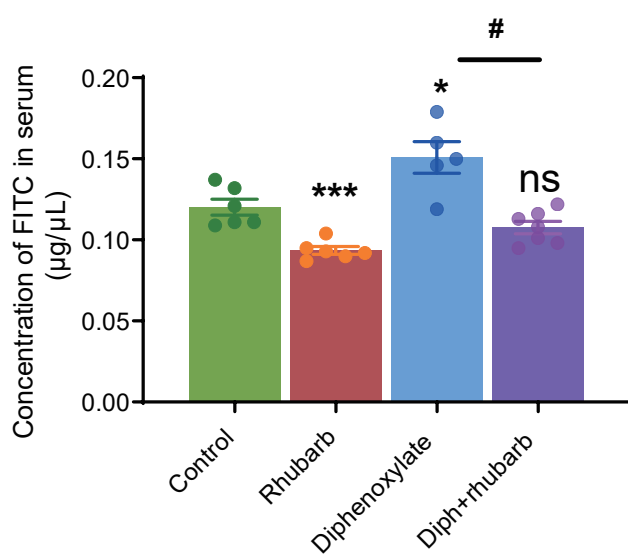
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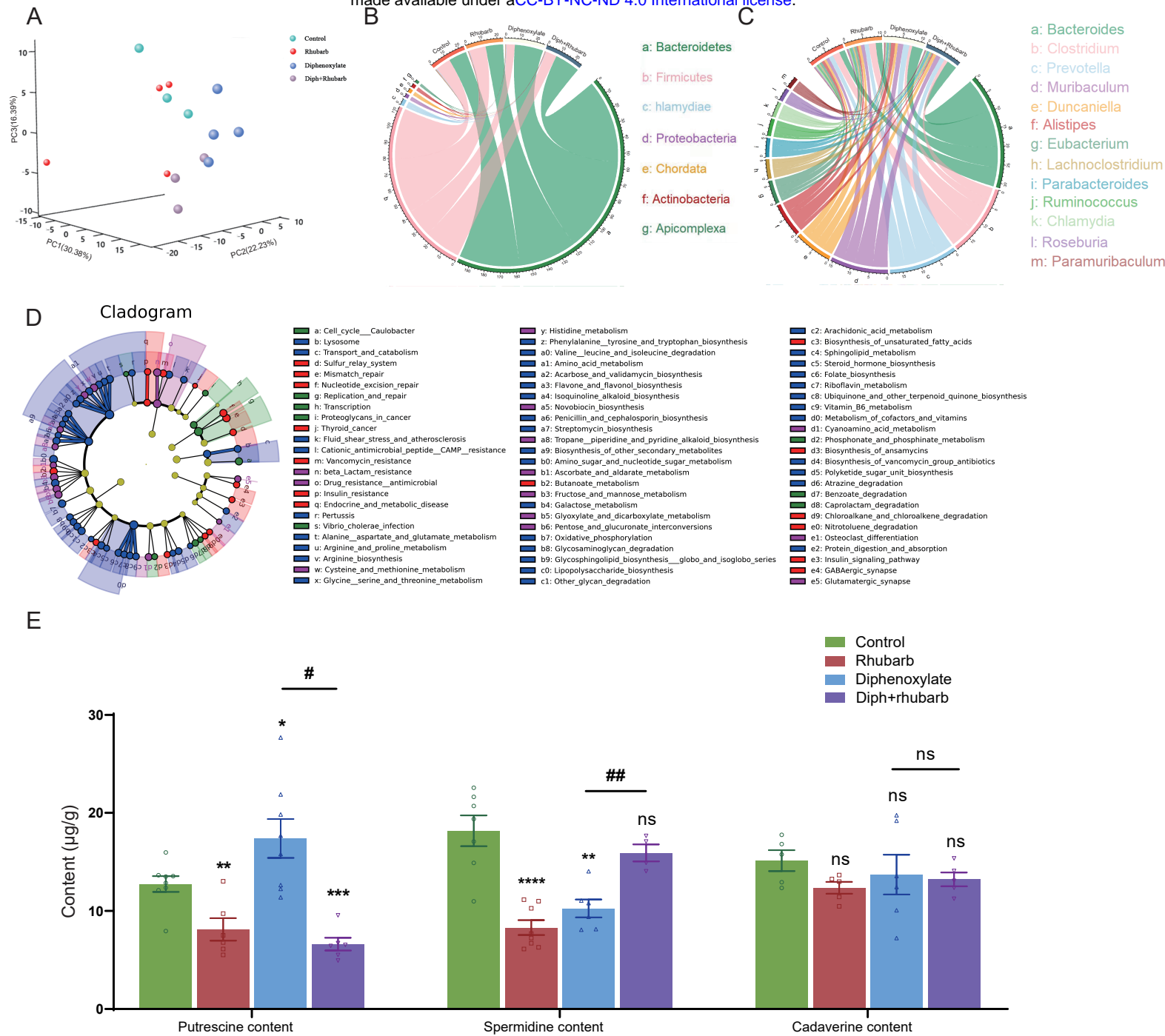


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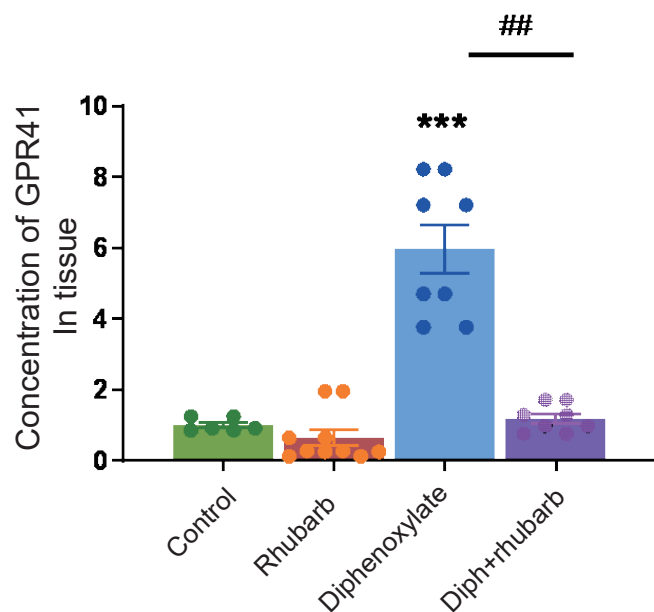
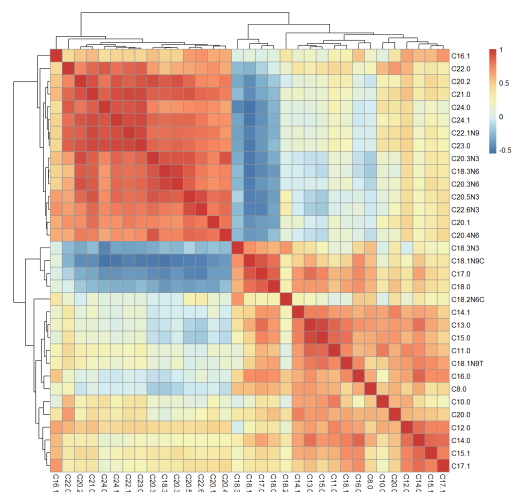




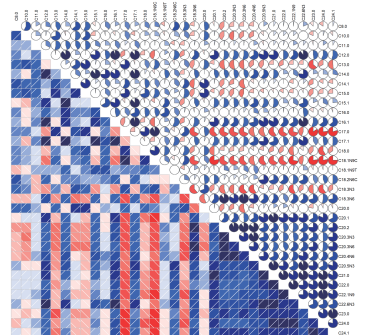


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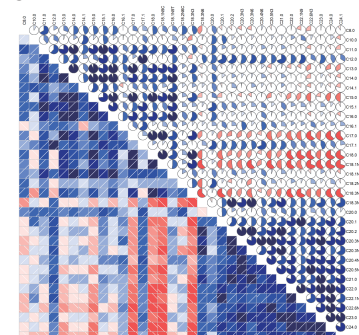
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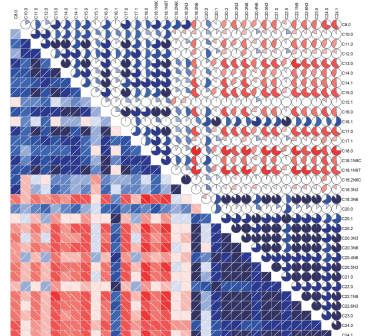
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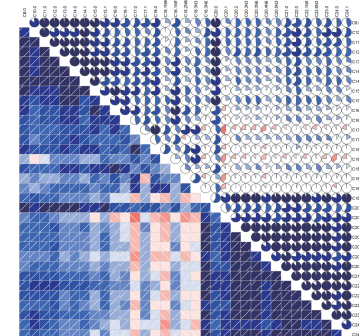
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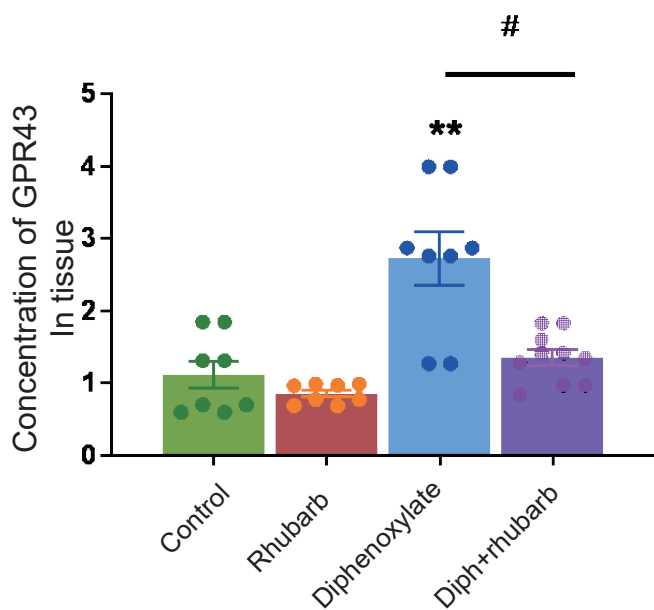
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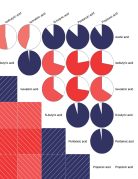
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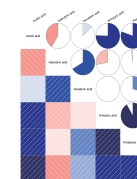
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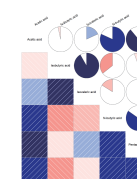
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