

# UV-A 辐射对大豆芽苗菜中抗坏血酸含量的影响

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**摘要:**以黑暗培养为对照,以白光、红光、蓝光、黄光、UV-A 和 UV-B 为处理,研究了不同光质对大豆芽苗菜生长和抗坏血酸含量的影响。结果表明:与对照相比,光照处理显著降低了大豆芽苗菜下胚轴的长度(白光除外),且显著提高了下胚轴和子叶中抗坏血酸含量。与其它光质处理相比,UV-A 连续光照 36 h 后,下胚轴和子叶中抗坏血酸含量提高最显著。进一步着重研究了 UV-A 的调节机理,与对照相比,UV-A 连续光照 36 h 后,大豆芽苗菜子叶中谷胱甘肽含量显著升高,下胚轴和子叶中 DHAR、GR 酶活性及其基因的相对表达量均显著提高。综上所述,光照有利于大豆芽苗菜中抗坏血酸含量的积累;UV-A 可能是通过提高 DHAR、GR 酶活性及基因的表达量显著提高抗坏血酸的含量。

**关键词:**大豆芽苗菜; UV-A; 抗坏血酸; DHAR; GR

中图分类号:S565.1 文献标识码:A DOI:10.11861/j.issn.1000-9841.2015.03.0420

## Effect of UV-A Irradiation on Ascorbic Acid Content in Soybean Sprout

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**Abstract:** Effects of light quality on the growth and ascorbic acid content of soybean sprouts were studied in this article. Dark treatment was used as the control, and white, red, blue, yellow, UV-A and UV-B irradiation were used as different treatments. The results showed that compared with the dark, light reduced the hypocotyl length of soybean sprouts except white light, and more importantly the content of ascorbic acid were significantly improved both in hypocotyl and cotyledon of soybean sprouts. Compared with other light qualities, the most striking increase in contents of ascorbic acid in hypocotyl and cotyledon of soybean sprouts were happened after continuous UV-A illumination for 36 h. Further study was emphasized on the regulation mechanism of UV-A about how it could significantly raise the content of ASA, the results indicate that, after UV-A 36 h continuous illumination, the content of GSH in cotyledon, the enzymes activities of DHAR and GR and their gene relative expression in hypocotyl and cotyledon were notably improved in contrast to the control. To sum up, light is conducive to the accumulation of ascorbic acid in soybean sprouts; and UV-A through strengthen the enzyme activity of DHAR and GR and up-regulating their gene-expression to increase the content of ascorbic acid.

**Keywords:** Soybean sprout; UV-A; Ascorbic acid; DHAR; GR

大豆芽苗菜,又称豆芽或黄豆芽,因其口感鲜嫩、风味独特,并且含有大量对人体健康有益的物质,如蛋白质、脂肪、大豆异黄酮、酚类物质等,深受人们喜爱。但是,由于传统黄豆芽大多是在黑暗下生产,受光照条件的限制,黄豆芽中维生素 C 的含量较低<sup>[1]</sup>。维生素 C,又名抗坏血酸,是一种重要的营养元素,在植物的生长、发育和应激反应中起到至关重要的作用<sup>[2-3]</sup>,同时,维生素 C 作为人类必须的一种抗氧化物质,对人类的健康至关重要,如促进骨骼的正常发育,参与免疫应答反应,治疗过敏反应、癌症、神经性和心血管疾病等<sup>[4-6]</sup>。因此提高大豆芽苗菜中抗坏血酸的含量具有重要意义。

抗坏血酸是大豆芽苗菜中一个重要的营养指标,它的合成受到环境因子的调控,尤其是受光因子的调控<sup>[7-8]</sup>。植物体内抗坏血酸含量除了受合成

调节外,也会受循环的调节<sup>[9]</sup>。在抗坏血酸循环(AsA-GSH)中,氧化型抗坏血酸(DHA)可以在脱氢抗坏血酸还原酶(DHAR)作用下还原生成还原型抗坏血酸(AsA),同时,还原型的谷胱甘肽(GSH)被氧化成了氧化型谷胱甘肽(GSSG)。GSSG 又能在谷胱甘肽还原酶(GR)作用下再生成 GSH,从而调节植物体内 AsA 的动态平衡<sup>[10]</sup>。AsA-GSH 在防止植物体中 AsA 消耗过程中有重要作用,它能够影响本生烟<sup>[11-12]</sup>和番茄果实<sup>[9,13]</sup>中内抗坏血酸的含量。在番茄中过量表达 DHAR 基因能够使成熟的番茄果实中的抗坏血酸提高 1.6 倍<sup>[5]</sup>;过量表达 DHAR 基因分别使马铃薯块茎<sup>[14]</sup>和玉米籽粒<sup>[15]</sup>中的抗坏血酸含量提高了 2~4 倍和 1.5~6 倍。目前为止,有关抗坏血酸循环受光调控(尤其是 UV-A)从而影响植物体内抗坏血酸含量的报道尚不多见。

收稿日期:2014-08-31

基金项目:国家自然科学基金(31171998);国家基础人才培养基金(J1310015)。

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本文探究了不同光质处理下大豆芽苗菜中抗坏血酸含量的变化,并着重研究了UV-A对抗坏血酸循环代谢的调节作用,以期为大豆芽苗菜工业化生产光调控技术的应用提供科学依据。

## 1 材料与方法

### 1.1 材料

供试大豆(*Glycine max L. Merr.*)品种为东农690,由江苏省苏芽食品公司提供。

### 1.2 试验设计

选择颗粒饱满、大小均匀、无残损的大豆种子25℃下浸泡6 h,催芽18 h,大豆发芽约1~2 cm时将大豆播种到蛭石培养基中,每盆60株。将蛭石培养基转移到黑暗中进行连续黑暗培养60 h,然后对大豆芽苗菜进行不同光质连续光照处理。培养箱相对湿度(75±5)%,温度为(25±2)℃。

培养箱(浙江宁波赛福实验仪器厂生产)内置LED冷光源,光谱能量分布的主要技术参数如表1所示,可发出白光(W)、红光(R)、蓝光(B)、黄光(Y)及紫外光(UV-A和UV-B),各种光质的光谱能量分布均为100%,由于UV-A和UV-B的LED产品价格昂贵,故本试验中用UV-A(PHILIPS TL 8W/10)和UV-B(PHILIPS, PL S9W/01/2P)紫外窄谱灯管替代LED灯。对照组(黑暗培养,D)普通培养箱内黑暗下培养。光强均匀分布(30±3)μmol·m<sup>-2</sup>·s<sup>-1</sup>,连续光照12,24和36 h后测定各项试验指标。

表1 不同LED光谱能量分布的主要技术参数

Table 1 Major technical parameters of light spectral energy distribution under LED

光质 Light quality	波峰波长 Δp/nm	波长半宽 Δλ/nm
白光 W	380~750	-
红光 R	658	5
蓝光 B	460	5
黄光 Y	585	5
紫外光 UV-A	380	20
紫外光 UV-B	311	20

### 1.3 测定指标及方法

1.3.1 生长指标 大豆芽苗菜在不同光质下连续光照36 h后,随机取样10株,测定各项生长指标。可食鲜重、总鲜重用万分之一天平(Sartorius, BSA 124S)测定;可食率(%)=(可食鲜重/总鲜重)×100;下胚轴长用直尺测定。

1.3.2 抗坏血酸和谷胱甘肽含量 采用紫外分光度法测定抗坏血酸和谷胱甘肽含量,试验测定重复3次。还原型抗坏血酸(AsA)和总抗坏血酸

(AsA+DHA)的测定参考Law MY等的方法<sup>[16]</sup>,氧化型抗坏血酸的含量(DHA)由总抗坏血酸减去AsA含量获得。总谷胱甘肽(GSH+GSSG)和氧化型谷胱甘肽(GSSG)含量测定参考Forman H J等<sup>[17]</sup>的方法,还原型谷胱甘肽(GSH)含量由总谷胱甘肽含量减去GSSG含量获得。

1.3.3 DHAR酶和GR酶活性 UV-A连续光照36 h后,测定大豆芽苗菜下胚轴和子叶中DHAR、GR酶活性,重复3次。脱氢抗坏血酸还原酶(DHAR)活性采用DHAR试剂盒(购于苏州科铭生物技术有限公司)测定。谷胱甘肽还原酶(GR)活性采用GR试剂盒(购于南京建成生物工程研究所)测定。酶活测定样品的处理参考试剂盒说明书。

1.3.4 DHAR及GR基因相对表达量 总RNA的提取采用Trizol法<sup>[18]</sup>,取下胚轴和子叶新鲜植物样本进行提取,琼脂糖凝胶电泳确定RNA完整性后反转录成cDNA。每个处理取8 μL总RNA进行反转录,反转录参考试剂盒说明书进行(Thermo Fisher Scientific Inc., USA)。荧光定量PCR反应体系(20 μL)为:Bestar® SybrGreen qPCR mastermix:10 μL, PCR Forward Primer(10 μmol·L<sup>-1</sup>):0.5 μL, PCR Reverse Primer(10 μmol·L<sup>-1</sup>):0.5 μL, DNA模板:1 μL, ddH<sub>2</sub>O(灭菌蒸馏水):8.0 μL(由DBI, Bioscience Inc., Germany提供)。采用三步法PCR标准程序:第一步:预变性,95℃,2 min;第二步:PCR反应:95℃变性10 s,60℃退火34 s,72℃延伸30 s,循环40次;第三步:溶解曲线:95℃,1 min;55℃,1 min;55~98℃(10 s/cycle 0.5℃/cycle)86个循环。该程序在荧光定量PCR仪(Eppendorf, Hamburg, Germany)上进行。

引物设计片段:DHAR(NM\_001250000.1)F:5'-AGGAAGGGTTGGAAAGC-3',R:5'-AAGGAGGT-CACAGTCGTTG-3';GR(L11632.1)F:5'-CCGTGC-CTCAAGGAAAGAAAT-3',R:5'-TTCACTCGACTTC-CAGGCTC-3'。

### 1.4 数据分析

采用Excel 2007进行数据整理,DPS 8.50进行方差分析,Origin 8.5进行绘图,显著性分析采用Duncan新复极差法( $P < 0.05$ )。

## 2 结果与分析

### 2.1 光质对大豆芽苗菜生长的影响

表2显示,不同光质连续光照36 h后,与对照(黑暗)相比,光照显著降低了大豆芽苗菜下胚轴的长度(白光除外);大豆芽苗菜的总鲜重和可食鲜重在光照下均显著低于对照组,且在UV-A和UV-B

处理下下降得较为显著;与对照(黑暗)相比,光照处理对大豆芽苗菜的可食率影响不显著。

表2 光质对大豆芽苗菜生长的影响

Table 2 Effects of light quality on the growth of soybean sprouts

光质处理 Light treatment	下胚轴长度 Hypocotyl length/cm	总鲜重 Total fresh weight/g	可食鲜重 Edible fresh weight/g	可食率 Edible rate/%
黑暗 D	11.57 ± 0.01 a	0.59 ± 0.03 a	0.46 ± 0.06 a	0.78 ± 0.06 ab
白光 W	10.77 ± 0.54 a	0.51 ± 0.04 b	0.39 ± 0.04 b	0.76 ± 0.02 b
红光 R	9.37 ± 0.10 b	0.49 ± 0.03 bc	0.38 ± 0.02 b	0.77 ± 0.01 b
蓝光 B	8.33 ± 0.01 c	0.48 ± 0.03 bc	0.37 ± 0.03 bc	0.76 ± 0.01 b
黄光 Y	8.8 ± 0.12 bc	0.48 ± 0.07 bc	0.38 ± 0.05 b	0.79 ± 0.01 ab
UV-A	7.3 ± 0.12 d	0.42 ± 0.03 cd	0.34 ± 0.02 bc	0.80 ± 0.04 ab
UV-B	5.1 ± 0.07 e	0.35 ± 0.07 d	0.29 ± 0.06 c	0.83 ± 0.02 a

同列不同小写字母表示在 0.05 水平上差异显著。下同。

Values within a column followed by different lowercase letters are significantly difference at 0.05 level. The same below.

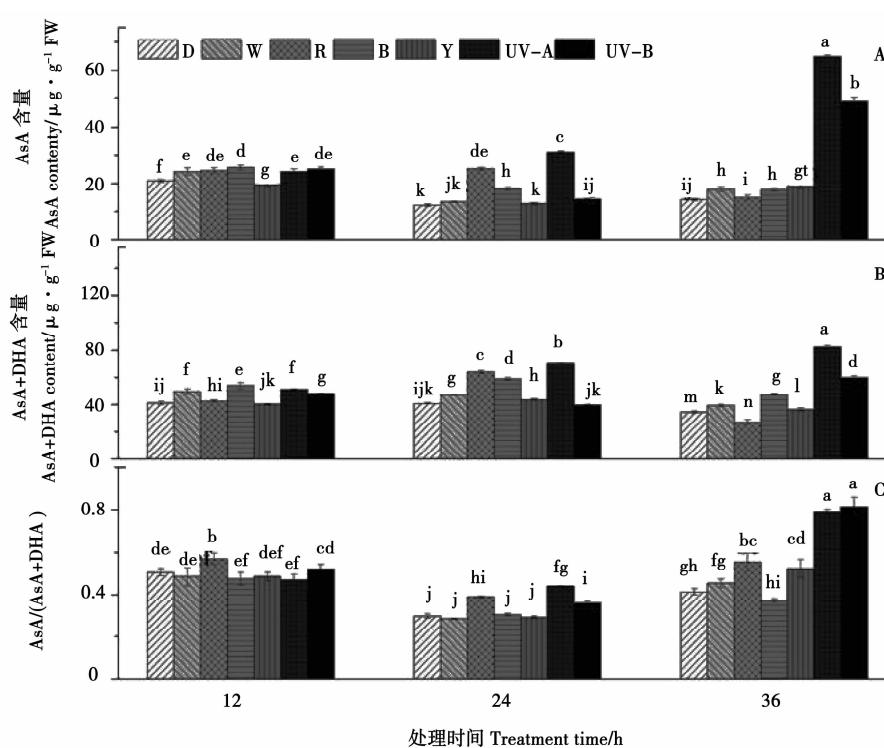
## 2.2 光质对大豆芽苗菜中抗坏血酸含量的影响

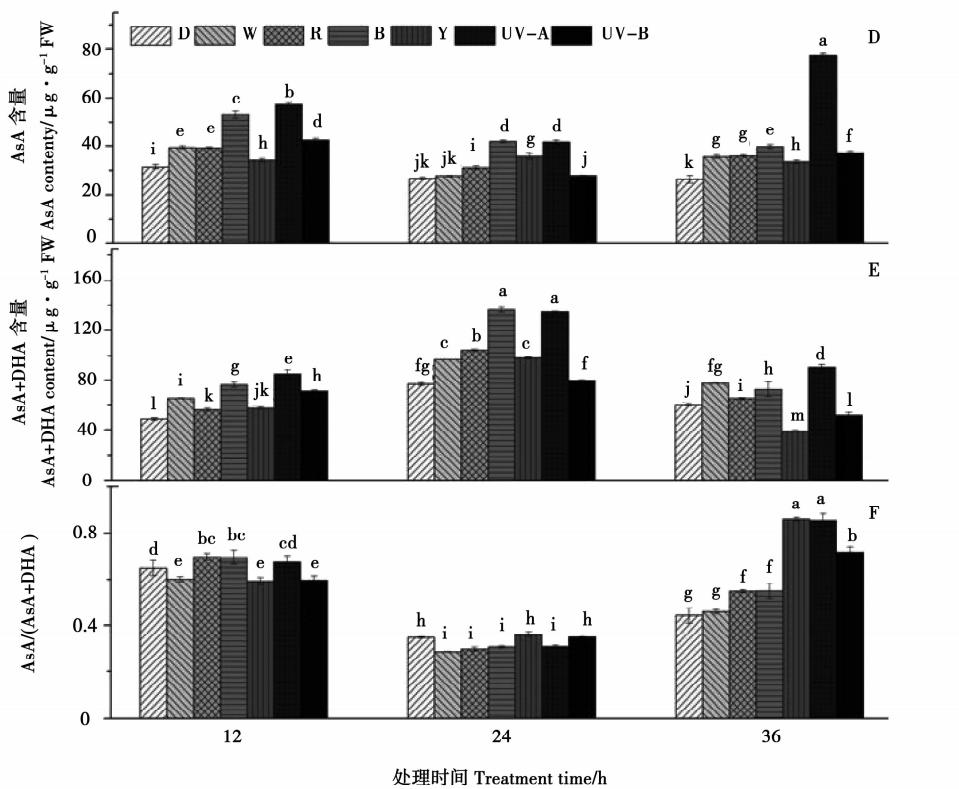
由图 1-A/D 可知,与对照(黑暗)相比,光照处理均能显著提高大豆芽苗菜子叶和下胚轴中 AsA 含量;且与其它光质相比,UV-A 连续光照 36 h,大豆芽苗菜下胚轴和子叶中 AsA 含量提高最为显著。图 1-B/E 表明,不同光质处理下,总抗坏血酸(AsA + DHA)含量在子叶和下胚轴中的变化趋势不同,在下胚轴中总抗坏血酸的含量在 UV-A 连续光照 36 h 最高;子叶中总抗坏血酸含量在蓝光和 UV-A 照射 24 h 达到最高值,UV-A 照射 36 h 稍微低于 24 h 照射。图 1-C/F 显示,不同光质之间,还原型抗坏血酸在总抗坏血酸中所占的比例 [AsA/(AsA + DHA)],随着光照时间呈现先下降后升高的趋势,

UV-A 连续光照 36 h,AsA 在总抗坏血酸中的比例最高。总之,与对照相比,光照处理显著提高了下胚轴和子叶中抗坏血酸含量;与其它光质处理相比,UV-A 连续光照 36 h 后,下胚轴和子叶中抗坏血酸含量提高最显著。

## 2.3 UV-A 对大豆芽苗菜中谷胱甘肽含量的影响

图 2-A/B/C 显示,与对照(黑暗)相比,UV-A 连续光照 36 h,对大豆芽苗菜下胚轴中 GSH、GSH + GSSG 及 GSH/(GSH + GSSG) 的影响不显著。图 2-D/E/F 表明,与黑暗相比,UV-A 连续光照 36 h,显著提高了大豆芽苗菜子叶中 GSH 含量和 GSH 在总谷胱甘肽的比例,但对总谷胱甘肽含量影响不显著。



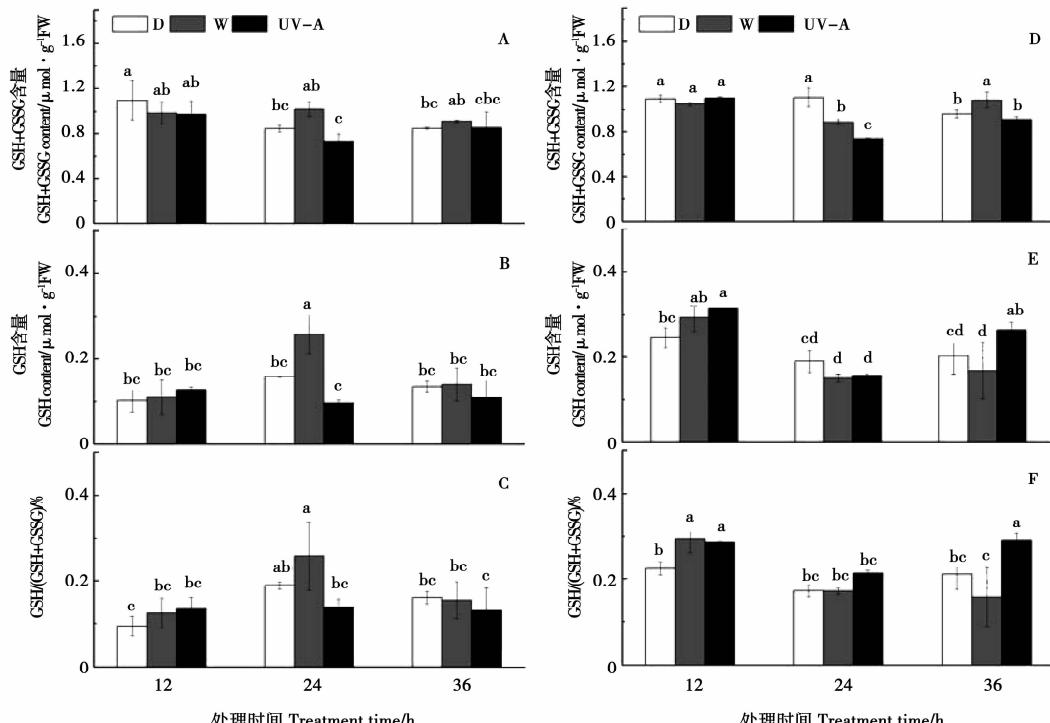


A ~ C 为下胚轴; D ~ F 为子叶。

A-C are hypocotyl; D-F are cotyledon.

图 1 光质对大豆芽苗菜中 AsA、AsA + DHA 及 AsA/(AsA + DHA) 的影响

Fig. 1 Effects of light quality on AsA, AsA + DHA and AsA/(AsA + DHA) in soybean sprouts



A ~ C 为下胚轴; D ~ F 为子叶。

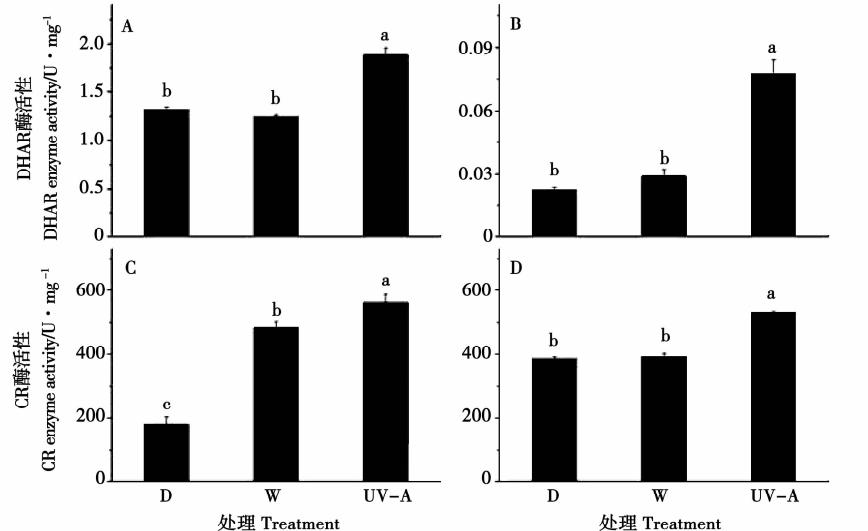
A-C are hypocotyl; D-F are cotyledon.

图 2 UV-A 对大豆芽苗菜中 GSH, GSH + GSSG 及 GSH/(GSH + GSSG) 的影响

Fig. 2 Effects of UV-A on GSH, GSH + GSSG and GSH/(GSH + GSSG) in soybean sprouts

## 2.4 UV-A 对大豆芽苗菜中 DHAR 酶及 GR 酶活性的影响

图3表明,与对照(黑暗)相比,UV-A连续光照36 h,大豆芽苗菜下胚轴和子叶中DHAR、GR酶活性均显著高于对照及白光处理;下胚轴中DHAR酶活性是子叶中DHAR酶活性的24倍,下胚轴中GR酶活性是子叶中酶活性的1.06倍。

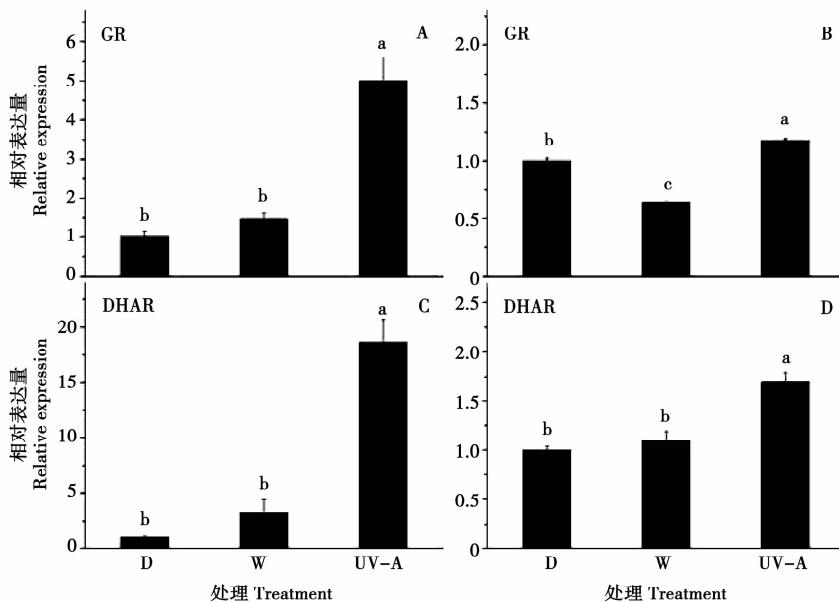


A 和 C 为下胚轴; B 和 D 为子叶。

A and C are hypocotyl; B and D are cotyledon.

图3 UV-A 对大豆芽苗菜中 DHAR、GR 酶活性的影响

Fig. 3 Effects of UV-A on the activities of DHAR and GR enzymes in soybean sprouts



A 和 C 为下胚轴; B 和 D 为子叶。

A and C are hypocotyl; B and D are cotyledon.

图4 UV-A 对大豆芽苗菜中 DHAR、GR 基因相对表达量的影响

Fig. 4 Effects of UV-A on the expression of DHAR and GR genes in soybean sprouts

## 2.5 UV-A 对大豆芽苗菜中 DHAR、GR 基因相对表达量的影响

如图4所示,与对照(黑暗)相比,UV-A连续光照下,大豆芽苗菜下胚轴和子叶中DHAR、GR基因相对表达量均显著提高;下胚轴中GR基因的相对表达量提高了5倍,DHAR基因的相对表达量提高了近20倍;子叶中GR和DHAR基因的相对表达量分别提高了1.2和1.7倍。

### 3 结论与讨论

#### 3.1 光质对大豆芽苗菜生长的影响

本试验结果表明,与对照(黑暗)相比,光质处理显著地降低了大豆芽苗菜下胚轴的长度(白光除外)。Lee 等<sup>[19]</sup>的研究表明,单一光质会引起光能量在光系统 I 和 II 的不均匀分布,从而影响植物的生长,降低下胚轴的长度,而下胚轴的降低可能是光质处理下大豆芽苗菜总鲜质量和可食鲜质量降低的主要原因。

#### 3.2 光质对大豆芽苗菜中抗坏血酸和谷胱甘肽含量的影响

光不仅是植物生长发育、形态建成的重要环境因子,同时也决定了植物体内的抗坏血酸含量<sup>[20]</sup>。有报道指出,在番茄和拟南芥中,光照和环境胁迫能诱导抗坏血酸合成相关基因的表达并提高抗坏血酸含量<sup>[21-22]</sup>。Smirnoff<sup>[23]</sup>发现,光照能导致拟南芥叶片中抗坏血酸的积累,且拟南芥中抗坏血酸的合成具有光依赖性。与弱光下生长的拟南芥相比,高光强下植物体内的抗坏血酸含量较高,当拟南芥从光下转移到黑暗下后,叶片中抗坏血酸含量显著下降。本试验发现,与对照(黑暗)相比,还原型和总抗坏血酸在不同的光质照射下均有显著提高;与其它光质相比,UV-A 连续光照 36 h,AsA 含量的上升最为显著,并且显著提高了 AsA 在总抗坏血酸中的比例,这与 Younis 等<sup>[24]</sup>在蚕豆幼苗中的研究结果相似。

氧化型抗坏血酸可以通过抗坏血酸-谷胱甘肽循环途径被还原,生成还原型的抗坏血酸,这个过程有还原型的谷胱甘肽的参与<sup>[10]</sup>。已有研究表明,抗坏血酸-谷胱甘肽循环能够有效地阻止 AsA 的过多消耗<sup>[9,12-13]</sup>。本研究还发现,UV-A 连续光照 36 h 对大豆芽苗菜中下胚轴中 GSH、GSH + GSSG 及 GSH/(GSH + GSSG) 的影响不显著,但提高了大豆芽苗菜子叶中 GSH 的含量和 GSH 在总谷胱甘肽中的比例。由此认为,稳定的 GSH 含量和较高的 GSH 比例可以维持植物体内较高的 AsA-GSH 循环效率,使植物体在 UV-A 照射下维持较高的 AsA 水平。

#### 3.3 UV-A 对大豆芽苗菜 DHAR、GR 酶活性和 DHAR、GR 基因表达量的影响

本试验结果显示,与黑暗相比,UV-A 照射下 DHAR、GR 酶活性和 DHAR、GR 基因的表达量均显著提高。有研究发现,在番茄中过量表达 DHAR 基因能够使成熟的番茄果实中的抗坏血酸提高 1.6 倍<sup>[5]</sup>;过量表达 DHAR 基因分别使马铃薯块茎<sup>[14]</sup>和玉米籽粒<sup>[15]</sup>中的抗坏血酸含量提高了 2~4 倍和

1.5~6 倍;Chen 等<sup>[25-26]</sup>发现过量表达小麦的 DHAR 基因能提高本生烟中抗坏血酸含量。Capucine 等<sup>[27]</sup>也发现高温能够降低 GR 酶活性限制 AsA 循环效率,降低了番茄果实中 AsA 的含量。由此推测,UV-A 对大豆芽苗菜抗坏血酸含量的影响主要是通过提高 DHAR、GR 酶活性和促进 DHAR、GR 基因的表达进行调控的。

综上所述,适当的 UV-A 辐射可以通过影响抗坏血酸-谷胱甘肽循环,提高 DHAR、GR 酶活性和促进 DHAR、GR 基因的表达,显著提高大豆芽苗菜中抗坏血酸的含量。

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