

Original Article

Heparan Sulfate in Alzheimer's Disease: Decoding Mechanisms, Exploring Therapeutics, and Integrating Traditional Korean Medicine

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Heparan Sulfate in Alzheimer's Disease: Decoding Mechanisms, Exploring Therapeutics, and Integrating Traditional Korean Medicine

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Alzheimer's Disease (AD) is a progressive neurodegenerative disorder that remains one of the most significant medical challenges of the 21st century, characterized by relentless cognitive decline, memory impairment, and functional loss. Despite decades of research, effective disease-modifying therapies remain elusive, leaving an urgent need for novel therapeutic strategies. Heparan sulfate (HS), a highly heterogeneous glycosaminoglycan found ubiquitously in the extracellular matrix and on cell surfaces, has emerged as a crucial player in the complex pathophysiology of AD. Its interactions with amyloid-beta (A β) peptides promote aggregation and plaque formation, while its binding to hyperphosphorylated tau facilitates neurofibrillary tangle formation, both of which are hallmark features of AD. Additionally, HS modulates neuroinflammatory cascades by influencing microglial activation and cytokine release, further contributing to neuronal damage and disease progression. Beyond its pathogenic roles, HS represents a promising therapeutic target, with potential strategies ranging from synthetic HS mimetics to enzyme inhibitors designed to modulate its activity. In parallel, the integration of Korean Medicines (KM), which has shown efficacy in addressing neuroinflammatory and cognitive disorders through herbal and holistic approaches, offers a unique perspective in the quest for innovative AD treatments. Herbs such as *Gastrodia elata* and *Poria cocos* exhibit neuroprotective and anti-inflammatory properties, making them potential candidates for HS-modulating therapies. This review provides a detailed exploration of the biological significance of HS in AD, evaluates emerging therapeutic approaches, and highlights the potential synergy between modern biomedical advancements and the principles of KM. By bridging the gap between traditional knowledge and cutting-edge science, this synthesis lays the groundwork for a transformative, integrative paradigm in AD treatment, aiming to address both the pathological and symptomatic aspects of the disease.

Key words : Alzheimer's Disease (AD), Heparan sulfate (HS), amyloid-beta (A β), neuroinflammation, Korean medicines

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Introduction

Alzheimer's Disease (AD) stands as one of the most pressing challenges in modern medicine, driven by its widespread prevalence, profound societal impact, and the absence of effective disease-modifying therapies. As the global population ages, the incidence of AD continues to rise, imposing a substantial socioeconomic burden on healthcare systems, families, and caregivers¹⁾. The complexity of AD pathophysiology, marked by its multifactorial nature and progressive neurodegeneration, has hindered the development of curative interventions. Current pharmacological treatments primarily aim to manage symptoms, offering only temporary relief from cognitive decline without addressing the root causes of the disease²⁾.

Among the numerous factors implicated in AD progression, Heparan sulfate (HS), a structurally diverse glycosaminoglycan, has emerged as a critical mediator of its pathogenesis. Found ubiquitously in the extracellular matrix (ECM) and on cellular surfaces, HS participates in a wide array of biological processes, including cell signaling, molecular trafficking, and tissue repair³⁾. Recent discoveries have illuminated its significant role in key pathological features of AD, such as the formation and deposition of amyloid plaques, tau protein aggregation, and the amplification of neuroinflammatory responses⁴⁾. These processes are intricately linked to disease progression, and HS appears to function as a central molecular hub that exacerbates these pathological cascades.

Furthermore, HS's structural heterogeneity allows it to bind a variety of proteins, including amyloid-beta (A β) and tau, stabilizing their pathological conformations and facilitating their accumulation in the brain⁵⁾. Its role extends to modulating immune responses, where HS influences microglial activation, cytokine release, and the propagation of neuroinflammation, which are increasingly recognized as pivotal contributors to neuronal damage and cognitive impairment in AD⁶⁾. Given these diverse roles, HS has emerged as an attractive therapeutic target, with interventions aiming

to modulate its activity or disrupt its pathological interactions⁷⁾.

In tandem with these advances in molecular research, the potential of Korean Medicines (KM) in addressing neuro-degenerative diseases has gained increasing recognition. KM, rooted in holistic principles and an integrative approach, emphasizes restoring balance within the body and mind. Its long history of application in managing cognitive disorders and neuroinflammation positions it as a valuable complementary avenue for AD treatment. Herbal remedies such as *Gastrodia elata* and *Poria cocos*, which exhibit neuro-protective, anti-inflammatory, and antioxidant properties, offer promising potential for modulating HS-related pathways^{8,9)}.

This review aims to bridge these two domains—modern molecular insights into HS biology and the practices of KM—to propose a multidisciplinary strategy for AD management. By exploring the synergy between HS-targeted therapies and KM-derived interventions, we hope to lay the foundation for innovative therapeutic paradigms that address both the underlying mechanisms and symptomatic manifestations of AD. This integrative approach underscores the necessity of combining scientific advancements with traditional medical philosophies to confront the complexities of AD comprehensively.

Background:

Heparan Sulfate and Its Multifaceted Roles

2.1. Structural and Functional Diversity of HS

Heparan sulfate (HS) is a highly complex glycosaminoglycan synthesized through a multistep enzymatic process involving glycosyltransferases, epimerases, and sulfotransferases¹⁰⁾. This intricate biosynthetic pathway produces HS chains with significant structural heterogeneity, characterized by varying sulfation patterns, chain lengths, and disaccharide compositions¹⁰⁾. Such variability is critical

for HS's ability to interact with a wide range of biomolecules, including growth factors, cytokines, and extracellular matrix (ECM) proteins³⁾.

HS plays pivotal roles in diverse biological processes. In cell adhesion, HS anchors cells to the ECM, facilitating tissue organization and stability¹¹⁾. Its role in signal transduction is particularly significant; HS acts as a co-receptor for numerous ligands, such as fibroblast growth factors (FGFs) and vascular endothelial growth factors (VEGFs), enhancing their receptor binding and downstream signaling¹²⁾. Additionally, HS contributes to ECM organization by influencing the structural integrity of proteoglycan networks⁴⁾. These multifaceted functions underscore HS's importance in maintaining cellular homeostasis and tissue functionality.

2.2. Neurological Implications of HS

In the central nervous system (CNS), HS is indispensable for normal neurological function. It contributes to synaptic plasticity, a process essential for learning and memory, by regulating the availability of growth factors and modulating receptor-ligand interactions at synaptic junctions¹³⁾. HS also participates in axonal guidance during neural development, ensuring precise neuronal connectivity by interacting with guidance molecules such as netrins and semaphorins¹⁴⁾. Furthermore, HS facilitates neural repair by modulating the activity of neurotrophic factors like brain-derived neurotrophic factor (BDNF) and glial cell line-derived neurotrophic factor (GDNF), which are vital for neuronal survival and regeneration¹⁵⁾.

Disruptions in HS synthesis or degradation are implicated in various neurological disorders. In AD, alterations in HS's structure or metabolism can disturb synaptic function, impairing neural communication and exacerbating cognitive decline⁴⁾. These findings highlight HS as a crucial mediator in maintaining CNS health and a potential target for therapeutic interventions.

2.3. Role in Neuroinflammation and Cellular Crosstalk

HS significantly influences immune and inflammatory responses within the CNS. By binding to cytokines, chemokines, and growth factors, HS acts as a reservoir and modulator of inflammatory signaling molecules³⁾. It can also function as a co-receptor for toll-like receptors (TLRs) and other immune receptors, fine-tuning the activation of signaling cascades involved in innate immunity¹⁶⁾.

Under pathological conditions such as AD, dysregulated HS metabolism amplifies chronic

neuroinflammation. This is particularly evident in its ability to enhance microglial activation, promoting the release of pro-inflammatory cytokines such as tumor necrosis factor- α (TNF- α) and interleukin-6 (IL-6)⁴⁾. Moreover, HS-mediated interactions between neurons, glial cells, and the ECM exacerbate cellular crosstalk dysfunction, further contributing to the neurodegenerative process¹³⁾. These insights underscore the dual role of HS in inflammation—both as a regulator under normal conditions and as an amplifier of pathological processes when dysregulated.

Heparan Sulfate in Alzheimer's Pathology: Mechanistic Insights

3.1. Amyloid-beta Dynamics

One of the hallmark features of AD is the accumulation of amyloid-beta ($A\beta$) plaques in the brain. HS plays a critical role in this process by directly binding $A\beta$ peptides, stabilizing oligomeric forms, and facilitating fibril nucleation and aggregation¹¹⁾. This interaction is primarily mediated through the sulfation patterns on HS chains, which determine their binding affinity for $A\beta$ ³⁾. Interestingly, recent studies suggest that modifying HS sulfation patterns or enzymatically degrading HS chains can disrupt these interactions, thereby inhibiting $A\beta$ aggregation³⁾. For instance, heparin analogs and HS mimetics have shown promise in reducing $A\beta$ deposition in experimental models¹³⁾. Such strategies offer a novel therapeutic avenue, focusing on modulating the pathological interactions between HS and $A\beta$ to attenuate plaque formation and its associated neurotoxicity.

3.2. Tau Protein and Microtubule Stability

Another key pathological feature of AD is the formation of neurofibrillary tangles composed of hyperphosphorylated tau protein. HS interacts with tau via heparan sulfate proteoglycans (HSPGs), facilitating its pathological aggregation and propagation across neuronal networks⁶⁾. These interactions also destabilize microtubule structures, disrupting intracellular transport and contributing to neuronal dysfunction¹⁵⁾. Therapeutic strategies targeting the HS-tau axis include the development of small molecules or antibodies that inhibit HSPG-tau binding, thereby reducing tau seeding and spread⁴⁾. Such interventions hold promise in mitigating tauopathy and its downstream effects on neuronal integrity and function.

3.3. Neuroinflammatory Amplification

Chronic neuroinflammation is a prominent feature of AD, and HS plays a central role in amplifying this process. HS influences microglial activation by modulating receptor–ligand interactions involved in inflammatory signaling¹⁶. It also regulates the availability of cytokines and chemokines in the ECM, creating a pro-inflammatory milieu that exacerbates neuronal damage³. Experimental studies have demonstrated that interventions targeting HS can attenuate neuroinflammatory responses. For example, reducing HS sulfation levels or blocking its interaction with pro-inflammatory mediators has been shown to decrease microglial activation and cytokine release in AD models¹³. These findings highlight the therapeutic potential of HS-targeted approaches in modulating neuroinflammation and providing neuroprotection.

3.4. Vascular Contributions to AD

The integrity of the blood–brain barrier (BBB) is essential for CNS homeostasis, and HS is a key component of the glycocalyx that lines the endothelial cells of the BBB¹⁰. HS contributes to the structural and functional stability of the BBB by interacting with junctional proteins and regulating vascular permeability¹⁵. In AD, altered HS expression and structure compromise BBB integrity, allowing neurotoxic substances, such as circulating A β and inflammatory mediators, to infiltrate the brain⁶. This exacerbates neuronal injury and inflammation, accelerating disease progression. Therapeutic strategies aimed at restoring HS levels or mimicking its protective functions within the glycocalyx may help reinforce BBB integrity and mitigate AD-related vascular dysfunction⁴.

Therapeutic Opportunities for Heparan Sulfate in Modern and Traditional Medicine

4.1. Advances in Modern Therapeutics

4.1.1. HS Mimetics and Enzyme Inhibitors

Recent advancements in synthetic biology have enabled the development of HS mimetics and enzyme inhibitors that selectively target HS-related pathways¹¹. These compounds mimic the structural and functional properties of natural HS, allowing them to competitively bind to amyloid-beta (A β) and tau proteins, thus disrupting pathological aggregation processes³. Additionally, inhibitors of heparanase, the enzyme responsible for HS degradation, have shown promise in stabilizing extracellular matrix integrity and

reducing neuroinflammation¹³. Preclinical studies demonstrate that these approaches can mitigate A β deposition, tau hyperphosphorylation, and subsequent neuronal damage, offering a novel therapeutic strategy for AD^{4,5}.

4.1.2. Drug Delivery Innovations

Advances in nanotechnology have revolutionized drug delivery systems, particularly for HS modulators¹⁷. Nanocarriers such as liposomes, polymeric nanoparticles, and dendrimers have been engineered to encapsulate HS-based therapeutics, providing targeted delivery to specific regions of the brain while minimizing systemic exposure¹⁸. These systems enhance bioavailability, protect the active compounds from enzymatic degradation, and reduce off-target effects, thereby improving the therapeutic index. For instance, nanoparticles conjugated with HS mimetics have demonstrated efficacy in crossing the blood–brain barrier (BBB), enabling precise modulation of A β and tau pathways in AD models¹⁹.

4.1.3. Combination Therapies

Integrating HS-targeted therapies with conventional treatments, such as cholinesterase inhibitors and NMDA receptor antagonists, offers the potential to enhance therapeutic outcomes²⁰. This combinatory approach can address multiple facets of AD pathology simultaneously, including synaptic dysfunction, neuroinflammation, and protein aggregation. Furthermore, HS-based therapies could complement emerging modalities like monoclonal antibodies targeting A β and tau, potentially reducing the dosage requirements and associated side effects of these treatments¹⁶. Future clinical trials exploring such synergies are critical for translating these strategies into effective treatments⁴.

4.2. Tapping into Korean Medicines

4.2.1. Neuroprotective Herbal Compounds

Korean Medicines (KM) provides a rich repository of herbal remedies with potential neuroprotective properties²¹. Herbs such as *Gastrodia elata* and *Poria cocos* have been extensively studied for their anti-inflammatory, antioxidant, and neuroprotective effects^{22,23}. These compounds may exert their therapeutic effects by modulating HS-mediated pathways. For example, *Gastrodia elata* contains active components like gastrodin, which has been shown to attenuate neuroinflammation and oxidative stress²³, while *Poria cocos* polysaccharides may stabilize HS structures within the extracellular matrix, preserving neural integrity²².

4.2.2. Metabolomic Insights

The application of metabolomics to KM offers a cutting-edge approach to uncovering novel compounds that regulate HS biosynthesis and degradation²⁵. By analyzing the metabolic profiles of traditional herbs, researchers can identify bioactive molecules that influence HS-related pathways. For instance, advanced metabolomic techniques have revealed specific secondary metabolites in *Panax ginseng* that interact with glycosaminoglycan metabolism²⁶. Such insights not only provide a scientific basis for KM but also facilitate the integration of these compounds into modern therapeutic frameworks²¹.

Challenges and Future Directions

5.1. Target Specificity

While HS-based therapies hold immense promise, their broad physiological roles pose a significant challenge³. HS interacts with numerous biomolecules across various pathways, making it difficult to selectively target AD-related mechanisms without disrupting essential biological functions¹¹. The development of highly specific modulators that can precisely influence $A\beta$ and tau interactions or neuroinflammatory processes is imperative¹⁷. Advances in structural biology and computational modeling could aid in designing compounds with enhanced specificity¹⁸.

5.2. Integration of TKM with Modern Medicine

Bridging the gap between traditional remedies and contemporary scientific methodologies remains a critical hurdle²¹. Standardizing KM formulations to ensure consistent quality, potency, and safety is essential for clinical application²⁷. Additionally, rigorous clinical trials are necessary to validate the efficacy of TKM-derived compounds in AD treatment²⁸. Establishing a multidisciplinary research framework that combines KM principles with modern drug discovery techniques could accelerate this integration, paving the way for innovative therapeutic strategies²⁵.

5.3. Exploring Multi-Targeted Approaches

Given the multifactorial nature of AD, single-target therapies are often insufficient to halt disease progression⁴. Comprehensive strategies that address $A\beta$ aggregation, tau hyperphosphorylation, chronic neuroinflammation, and vascular dysfunction are essential¹⁶. HS-targeted therapies, due to their involvement in multiple pathological processes, are

well-suited for such multi-targeted approaches²⁹. Future research should focus on developing combination therapies that synergistically target these pathways, supported by advanced preclinical models and systems biology approaches to predict therapeutic efficacy³⁰.

Conclusion

Heparan sulfate (HS) occupies a central role in Alzheimer's Disease (AD) pathophysiology, intricately influencing amyloid-beta ($A\beta$) deposition, tau protein aggregation, and the modulation of neuroinflammatory responses. Its diverse interactions within the extracellular matrix (ECM) and cellular microenvironment underscore its significance as a pivotal mediator in disease progression. Understanding HS's multifaceted roles opens new avenues for therapeutic intervention. Incorporating traditional therapeutic perspectives from KM with cutting-edge HS-based strategies presents an unprecedented opportunity to transform the therapeutic landscape of AD. KM offers a rich repository of neuroprotective herbal remedies and holistic approaches that may synergize with modern scientific innovations to address multiple facets of AD pathology simultaneously.

The potential for collaborative research bridging these disciplines is immense. By integrating KM's centuries-old insights with molecular and biochemical advancements, researchers can develop innovative, multidimensional strategies to combat this multifactorial disorder. This interdisciplinary approach holds promise not only for advancing AD treatment but also for enriching our understanding of the disease's complex mechanisms and expanding the global repertoire of neurodegenerative therapies.

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Conflict of interest

The authors declare no conflict of interest.

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