UNIVERSITI TEKNOLOGI MARA

THE EFFECT OF COSMOS CAUDATUS ON CHRONIC REPETITIVE FORCED SWIMMING STRESS

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Thesis submitted in fulfillment of the requirements for the degree of Master of Science

Faculty of Medicine

August 2016
CONFIRMATION BY PANEL OF EXAMINERS

I certify that a Panel of Examiners has met on 28th January 2012 to conduct the final examination of Muhammad Idris Bin Ibrahim on his Master of Science thesis entitled "The Effect of Cosmos caudatus on Chronic Repetitive Forced Swimming Stress" in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The Panel of Examiners recommends that the student be awarded the relevant degree. The panel of Examiners was as follows:

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AUTHOR’S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, University Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Chronic stress has been identified as the major pathophysiological etiology for numerous diseases. One of the underlying detrimental mechanism induced by stress is caused by oxidative stress. The redox imbalanced due to oxidative stress is found to be reversible by the action of antioxidant. The present study focused on the effect of Cosmos caudatus (C. caudatus) towards biological stress markers. Male Sprague-Dawley rats were randomly divided into 5 groups, treated with methanolic extract of C. caudatus leaves (100 & 200 mg/kg), quercetin (100 & 200 mg/kg) and saline (control) respectively for 21 days prior and throughout the 13 days of experiment. The rats were then subjected to forced swimming stress and bloods were withdrawn at 6 different days (Basal, Day 1 and every 2 days continuously). The blood analysis revealed that treatment with C. caudatus able to reduce plasma corticosterone level significantly (p<0.005) compared to the control group, reduced plasma malondialdehyde level (p<0.005) and increased plasma total antioxidant capacity level (p<0.005) in the rats following stress exposure. C. caudatus was also found to have a preservation effect on the plasma dehydroepiandrosterone-sulphate level by inhibiting the fluctuation (increment and reduction) in its level following stress exposure. Based on these observations, it is concluded that C. caudatus act as an anti-stress agent through the action of antioxidant activities in modulating stress response mechanisms and serve as a protective agent towards the pathological effect induced by stress.
ACKNOWLEDGEMENT

Firstly, Alhamdulillah, all praise goes to Allah S.W.T, for giving me the opportunity in embarking the journey of being a post-graduate student, blessed with good health and safety. I would like to express my utmost sincere gratitude to my supervisor, Prof. Dr. Osman Che Bakar, my co-supervisor, Prof. Dr. Ainsah Omar, Prof. Dr. Rohaya Ahmad and Prof. Dr. Aishah Adam for their continuous support of my master study and related research, for their patience, motivation, and immense knowledge. Their guidance helped me in all the time of research and writing of this thesis. I could not imagine having a better advisor and mentor for my master study.

I would also like to thank the Research Management Institute (RMI), Universiti Teknologi MARA (UiTM) for financing the project under the Excellence Fund 600-RMI/ST/DANA 5/3/Dst 377/2011. Thanks also to various faculties which I have involved in during the study, Faculty of Medicine, Faculty of Applied Sciences and Faculty of Pharmacy, UiTM, for providing excellent facilities and utilities for student activity.

Thanks to Dr. Fatimah Salim from Atta-ur-Rahman Institute for Natural Product Discovery, UiTM for her advice and assistance in the plant extraction. Mr. Nor Hafizal Bin Jenterak and Mrs. Siti Sarah Bt Wahab, of Laboratory Animal Facility & Management (LAFAM) UiTM, assisting in the animal handling. I thank my fellow lab mates in for the stimulating discussions, for the sleepless nights we were working together before deadlines, and for all the fun we have had.

Finally to my family for their continuous support physically and mentally throughout the study. Special thanks to my father Mr. Abdul Manaf Bin Omar for his help in cultivating the plant samples at our local farm.