

List of tables and figures

Tables	Page No.
Table 1: List of primers for real time PCR of humans.	26
Table 2: List of primers for real time PCR of mice.	29
Figures	Page No.
Figure 1: Coordination between central and peripheral clock and its physiological activity.	02
Figure 2: Transcriptional-translational feedback loop of mammalian circadian molecular clock.	04
Figure 3: Representation of risk factors associated with lifestyle disorders	07
Figure 4: Prevalence of NAFLD across the globe.	10
Figure 5: Representation of different pathological stages and physiological changes in liver (Normal, Steatosis, NASH and Cirrhosis)	11
Figure 6: Regulation of fat metabolism by lipid transporters, lipolytic genes and lipogenic genes.	14
Figure 7: Keap1 dependent Nrf2-ARE signalling pathway.	15
Figure 8: Multifactorial role of melatonin.	18
Figure 9: Melatonin treatment schedule and Jetlag protocol.	33
Figure 1.1: Cell viability assessment of OA and/or melatonin in HepG2 cells.	42
Figure 1.2: Lipid accumulation accessed by ORO staining in HepG2 cells treated with OA and OA + Mel for 24h.	43
Figure1.3: HepG2 Cells were treated with OA alone and with Mel for 24h. Intracellular ROS was measured by DCFDA staining.	44
Figure 1.4: Mitochondrial membrane potential is determined by JC-1 staining in OA and OA + Mel treated HepG2 cells for 24h.	45
Figure1.5: HepG2 cells were treated with OA with/without melatonin. mRNA levels of lipid metabolism related genes CPT-1, PPAR α and SREBP-1c were assessed by RT-qPCR.	46
Figure1.6: HepG2 cells were treated with OA with/without melatonin. mRNA levels of mitochondrial biogenesis genes were assessed.	46

Figures	Page No.
Figure 1.7: HepG2 cells were treated with OA in with/without melatonin. mRNA levels of Nrf2 and ARE related genes was assessed.	47
Figure 2.1 Immunoblot analysis of Bmal1 and Clock protein in OA treated HepG2 cells supplemented with different concentrations (0-500µM) of melatonin for 24h.	56
Figure 2.2: Serum Synchronised HepG2 cells were treated with OA in the presence or absence of melatonin. mRNA levels of clock genes were assessed at different time points.	57
Figure 2.3: Serum Synchronised HepG2 cells were treated with OA in the presence or absence of melatonin. mRNA levels of Nrf2 and HO-1 genes were assessed at different time points.	58
Figure 2.4: Amplitude and Peak time analysis of clock genes and Nrf2 – HO-1 genes in HepG2 cells treated OA with/without melatonin for 24h, using Circwave software.	58
Figure 3.1: C57BL6/J mice viscera showing adipose build-up.	68
Figure 3.2: Effect of melatonin on weight gain in HFHF and/or JL subjected mice.	69
Figure 3.3: Food intake in mice subjected to HFHF and/or JL for 16 weeks.	69
Figure 3.4: Effect of melatonin on Liver: body weight ratio and Body circumference in HFHF and/or JL subjected mice.	70
Figure 3.5: Effect of melatonin on blood glucose levels in HFHF and/or JL subjected mice.	70
Figure 3.6: Melatonin treatment improves liver function in HFHF and/or JL exposed mice.	71
Figure 3.7: Histological analysis of liver done with H&E staining of HFHF and/or JL exposed group showing improvement in melatonin administered C57BL6/J mice.	72
Figure 3.8: ORO staining in fresh frozen section of livers from different groups. Slides depict melatonin treatment improves fatty changes in HFHF and/or JL exposed mice.	73
Figure 3.9: Melatonin improves serum lipid profile of mice fed with HFHF and/or exposed to JL.	74
Figure 3.10: Protective effect of melatonin on genes regulating lipid metabolism in HFHF and/or JL exposed mice liver.	75

Figures	Page No.
Figure 3.11: Effect of melatonin on genes regulating lipid uptake in HFHF and/or JL exposed mice liver.	75
Figure 3.12: Effect of melatonin on genes regulating mitochondrial biogenesis in HFHF and/or JL exposed mice liver.	76
Figure 3.13: Effect of melatonin on genes regulating oxidative stress in HFHF and/or JL exposed mice liver.	77
Figure 3.14: Effect of melatonin on genes regulating Nrf2-ARE pathway genes in HFHF and/or JL exposed mice liver.	78
Figure 3.15: Effect of melatonin on genes regulating inflammation in HFHF and/or JL exposed mice liver	79
Figure 4.1: Melatonin reprograms the circadian clock gene in HFHF mice liver as evidenced by their mRNA profiles	91
Figure 4.2: Melatonin reprograms the circadian clock gene in JL mice liver as evidenced by their mRNA profiles.	92
Figure 4.3: Melatonin reprograms the circadian clock gene in HFHF+JL mice liver as evidenced by their mRNA profiles.	93
Figure 4.4: Circwave analysis of clock genes in liver of HFHF and/or JL treated mice shows an improvement in peak time following melatonin treatment.	94
Figure 4.5: Circwave analysis of clock genes in liver of HFHF and/or JL treated mice shows an improvement in amplitude following melatonin treatment.	94
Figure 4.6: Melatonin modulates protein expression pattern of Clock-Bmal1 and NRF2-ARE pathway genes in HFHF and/or JL exposed mice liver.	95
Figure 4.7: Melatonin reprograms protein expression of Clock-Bmal1 and Nrf2-ARE pathway genes in HFHF fed mice.	96
Figure 4.8: Melatonin reprograms protein expression of Clock-Bmal1 and Nrf2-ARE pathway genes in JL subjected mice.	97
Figure 4.9: Melatonin reprograms protein expression of Clock-Bmal1 and Nrf2-ARE pathway genes in HFHF+JL subjected mice.	98

Figures	Page No.
Figure S1: Overview of melatonin mediated corrective changes in clock genes oscillations in OA treated HepG2 cells	106
Figure S2: Overview of melatonin mediated reprogramming of clock genes oscillations in HFHF and/or JL induced NAFLD.	107