

D-Serine in Neurobiology: CNS Neurotransmission and Neuromodulation

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ABSTRACT: Homochirality is fundamental for life. L-Amino acids are exclusively used as substrates for the polymerization and formation of peptides and proteins in living systems. However, D- amino acids were recently detected in various living organisms, including mammals. Of these D-amino acids, D-serine has been most extensively studied. D-Serine was found to play an important role as a neurotransmitter in the human central nervous system (CNS) by binding to the N-methyl- D-aspartate receptor (NMDAr). D-Serine binds with high affinity to a co-agonist site at the NMDAr and, along with glutamate, mediates several vital physiological and pathological processes, including NMDAr transmission, synaptic plasticity and neurotoxicity. Therefore, a key role for D-serine as a determinant of NMDAr mediated neurotransmission in mammalian CNS has been suggested. In this context, we review the known functions of D-serine in human physiology, such as CNS development, and pathology, such as neuro-psychiatric and neurodegenerative diseases related to NMDAr dysfunction.

RÉSUMÉ: La D-sérine en neurobiologie : neurotransmission et neuromodulation dans le SNC. l'homochiralité est fondamentale à la vie. Chez les organismes vivants, seuls les acides aminés lévogyres sont utilisés comme substrats pour la polymérisation et la formation de peptides et de protéines. Cependant, des acides aminés dextrogyres ont été détectés récemment dans différents organismes vivants dont des mammifères. Parmi ces acides D-amminés, la D-sérine a été la plus étudiés. La D-sérine jouerait un rôle important comme neurotransmetteur dans le système nerveux central (SNC) chez l'humain en se liant au récepteur de la N-méthyl-D-aspartate (NMDAr). La D-sérine se lie avec une haute affinité à un site co-agoniste du NMDAr et, avec le glutamate, sert de médiateur dans plusieurs processus physiologiques et pathologiques vitaux dont la transmission NMDAr, la plasticité synaptique et la neurotoxicité. C'est pourquoi on pense que la D-sérine jouerait un rôle clé comme déterminant de la neurotransmission médiée par NMDAr dans le SNC des mammifères. Dans ce contexte, nous revoyons les fonctions connues de la D-sérine en physiologie humaine, telles le développement du SNC et certaines pathologies comme les maladies neuropsychiatriques et neurodégénératives en lien avec une dysfonction de NMDAr.

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1. Introduction

Amino acids are among the most significant molecules in nature and exist in an L- and a D-form. The chemical and physical properties of L- and D-amino acids are enormously similar except for their optical characteristics¹. During the emergence of life, only the L-amino acids were selected for the formation of polypeptides and proteins. It is still a mystery why the L-isomer of amino acids was chosen in preference to the D-isomer during chemical evolution. However, polymers comprising many diastereoisomers of amino acids do not fold appropriately^{2,3}. Nonetheless, the most broadly accepted theory for proteins homochirality supports the idea that primitive life acquired proteins by an as yet unknown mechanism^{2,3}.

Only a few decades ago, it was largely believed that free D-amino acids are not present in mammals and that D-amino acids were restricted to some bacteria and insects. Often, D-amino acids were called "unnatural" amino acids and they were considered to be the by-products of micro-organisms metabolism. In 1950, free D-alanine was isolated from the blood of the milkweed bug⁴. Several other reports demonstrated the occurrence of D-alanine, D-phenylalanine, D-glutamate, D-ornithine, D-serine, D-asparagine, D-methionine, and D-cysteine in animal proteins⁵⁻⁸. Nevertheless, in the last decade,

evidence has begun to accumulate that D-amino acids occur in mammals at significant levels.

The first report to show the presence of substantial quantities of free D-amino acids in mammalian tissues was by Dunlop et al 1986 where, surprisingly, a large amount of D-aspartic acid (D-Asp) in the cerebrum of a newborn rat and in the pituitary gland of an adult rat was reported⁹. A second D-amino acid, D-serine, was then identified in considerable amounts in the brains of rodents and man^{10,11}. Successive studies verified that some D-amino acids exist in the mammalian central nervous system (CNS) and peripheral tissues in, unpredictably, high concentrations that may exceed the level of L-amino acids occurrence¹¹. The unanticipated detection of large amounts of endogenous D-serine in the brain, by Hashimoto *et al*, initiated a series of studies from several laboratories that investigated the physiological role of endogenous D-serine. Recently,

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endogenous D-serine has been associated with several physiological and pathological N-methyl-D-aspartate receptor (NMDAR)-reliant processes, including NMDAR transmission and synaptic plasticity¹²⁻¹⁸, cell migration¹⁹ and neurotoxicity²⁰⁻²⁵.

In this context, we review the known functions of free D-serine in the mammalian CNS in health and disease. As evidence is rising for a role of D-serine in a number of important physiological and pathological processes in human CNS, increased comprehension of these processes will add to our understanding of human CNS (patho-)physiology, with the eventual purpose to generate novel therapeutic approaches for a variety of devastating and poorly treatable CNS conditions.

2. D-Serine Localization

The distribution of D-serine is parallel to the distribution of NMDA type glutamate receptors¹¹. D-Serine has been detected at relatively high levels in certain areas in the adult brain with particularly high levels of NMDARs, including cerebral cortex, hippocampus, thalamus, hypothalamus, amygdala, and retina. Nonetheless, brain regions, such as the hindbrain, pons, and medulla have nearly imperceptible levels of D-serine²⁶. Significantly, it has been demonstrated that D-serine is localized principally within glial cells^{14,16,19,26,27}. In the retina, Stevens *et al*¹⁵ reported the occurrence of D-serine in astrocytes and Müller glia cells. Recently, several studies suggest that the synthesis, storage, and release of D-serine may not be limited exclusively to astrocytes, but rather may involve specific functions for certain cells²⁸.

3. D-Serine Biosynthesis and Metabolism

In humans, there are four sources from which D-amino acids can be obtained; ingestion of food, liberation from

gastrointestinal bacteria, release from metabolically stable proteins, and through biosynthesis from L-amino acids (Figure 1). Endogenous L-serine is directly converted into D-serine by the enzymatic activity of serine racemase (SR), a brain-enriched enzyme²⁹⁻³¹. Serine racemase needs cofactors pyridoxal 5'-phosphate, magnesium, and adenosine triphosphate (ATP) for its catalysis²⁶⁻²⁸. The enzyme is distinctive among the pyridoxal 5'-phosphate-dependent enzymes as it requires both, divalent cations and the Mg.ATP complex for its activity^{29,32-34}.

The regional distribution of SR matches that of endogenous D-serine, indicating a physiological role in D-serine synthesis³⁰. In the brain, SR localizes to protoplasmic astrocytes in a very analogous pattern to D-serine localization^{30,31}. Evidence supporting the synthesis of D-serine by SR in the glia was associated with the strong spatiotemporal relationship between D-serine and SR³⁵ and by the reduction of D-serine concentrations in astrocytes after pharmacological inhibition of SR³⁰. Additionally, heterologous overexpression of SR in living cells resulted in D-serine synthesis, providing further evidence for the role of SR in D-serine production³⁶. Preliminary studies reveal that SR knockout mice exhibit an 80-90% reduction in brain D-serine levels, verifying the role of SR as the biosynthetic enzyme for D-serine³⁷⁻⁴⁰.

Recently, Benneyworth *et al* used recombinant DNA techniques to study the effect of cell type selective suppression of SR expression in astrocytes (aSRCKO) and in forebrain glutamatergic neurons (nSRCKO). Unexpectedly, although a significant reduction of SR protein was observed in neuronal SR null mutant mice, D-serine levels were only minimally reduced suggesting that neurons are not the only source of brain D-serine. Additionally, liver expression of SR was increased by 35% in the neuronal SR null mutant, signifying a role for peripheral SR in the maintenance of brain D-serine⁴¹.

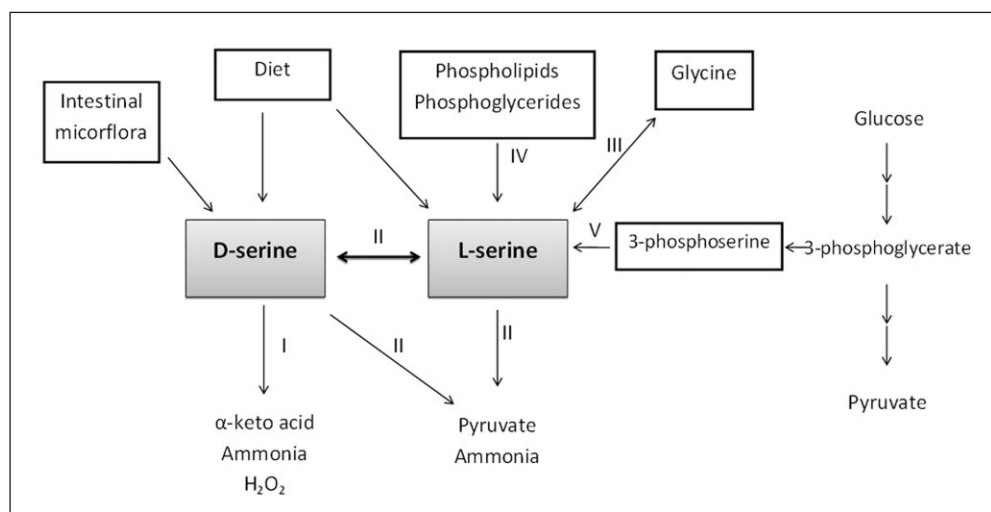


Figure 1: Pathways of D-serine biosynthesis and catabolism. I: D-amino acid oxidase; II: Serine racemase; III, serine hydroxymethyltransferase; IV: synthesis of phospholipids and phosphoglycerides from cytidine diphosphodiacylglycerol and palmitoyl-coenzyme A; V: 3-phosphoserine phosphatase and 3-phosphoglycerate dehydrogenase.

Another metabolic function that is connected to SR, in addition to its racemase activity, is the L-serine and D-serine conversion into pyruvate and ammonia via α,β -elimination of water^{29,42}. Pyruvate formed by SR appears to provide the energy requirements of the astrocytes⁴². This reaction further implies that SR is not only involved in D-serine synthesis, but also in D-serine metabolism as a mechanism to regulate the intracellular occurrence of D-serine⁴².

Interestingly, although neurons have high levels of SR, the occurrence of its substrate L-serine in neurons is negligible. It has been shown that the biosynthesis of L-serine from glucose is localized almost exclusively in astrocytes^{43,44} but not neurons, necessitating the transport of astrocytic L-serine to neurons where it can then be converted to D-serine. After its synthesis, D-serine in neurons is transported to astrocytes where it is stored and released⁴⁵. Relative to neurons, the lower level of SR in astrocytes, constitutes a suitably protected D-serine storage compartment, confiscating it from degradation by neuronal SR. Furthermore, mammalian D-amino acids can be metabolized by the peroxisomal flavoprotein D-amino acid oxidase (DAO)⁴⁶, with the simultaneous reduction of the co-factor flavin adenine dinucleotide (FAD)⁴⁷. The substrate specificity of DAO is selectively restricted to the metabolism of neutral D-amino acids, displaying the highest affinity for D-serine, D-alanine, D-proline, D-leucine, and D-methionine *in vivo*⁴⁸⁻⁵⁰. Interestingly, the metabolism of D-serine by DAO was first proposed based on the reciprocal pattern of D-serine levels and the noticeable regional and developmental variation in DAO levels^{26,35}. As for its localization, DAO is highly expressed in the kidneys, followed by the liver, and the CNS, where DAO is found in astrocytes of the hindbrain and cerebellum⁵¹, with a presumed preferential localization to type I astrocytes⁵².

4. Biological Function of D-Serine

4.1 NMDAr Neurotransmission

The evident association between the anatomical distribution of D-serine and the localization of the NMDAr suggests a functional relationship. NMDAr are largely distributed throughout the CNS and play a major role in glutamatergic synaptic transmission⁵³. NMDAr are tetrameric ionotropic receptor channels that are major excitatory receptors in the brain; they play various roles in different physiological processes, such as NMDA transmission, synaptic plasticity, and development⁵³.

Multiple subtypes of NMDAr exist; frequently encompassing an NR1 subunit combined with at least one of four NR2 (A–D) subunits. A third subunit, NR3, can co-assemble with NR1/NR2 complexes. The biophysical and pharmacological properties of NMDAr vary according to their subunit composition⁵⁴. One of the distinctive attributes of NMDAr is that they are only stimulated upon simultaneous binding of more than one agonist. Glutamate is a known NMDAr agonist, but alone it cannot stimulate the receptor; it needs the binding of co-agonist at the NR1 subunit of NMDAr in order to exert its function⁵⁵.

Glycine was considered, for long time, as an endogenous co-agonist that binds to NR1 subunit of NMDAr; thus the NR1 site was labeled as the ‘glycine site’. The co-agonist binding on NR1 subunit is not only crucial for NMDAr activation, but also exerts a neuromodulatory role by increasing the affinity of the NMDAr for glutamate⁵⁶, decreasing its desensitization⁵⁷, and promoting

NMDAr turnover by internalization⁵⁸. Recently, the affinity of NR1 subunit for D-serine has been recognized¹⁴. It has been found that D-serine binds to the co-agonist site of NMDAr with an affinity that is three times higher than that of glycine¹⁴. The stronger binding affinity of D-serine to the co-agonist site can be explained by the displacement of a water molecule and the formation of additional three hydrogen bonds with the binding pocket⁵⁹. On the other hand, the unique selectivity of D-serine has an evident structural explanation as the hydroxyl group of L-serine interacts unfavorably in the binding pocket⁵⁹.

Functional evidence for the contribution of endogenous D-serine to physiological NMDAr co-activation was reported in a pioneer study by Mothet *et al.* In this study, addition of DAO, an enzyme that selectively degrades D-amino acids but not L-amino acids, to neural cell cultures resulted in depletion of endogenous D-serine and eventually noticeable reduction in NMDAr activity¹⁴. This effect was fully reversed by the application of exogenous D-serine¹⁴. Subsequent studies demonstrated that endogenous D-serine is required for NMDAr mediated light-evoked responses in the vertebrate retina^{12,15}.

NMDAr play a major role in excitatory transmission and synaptic plasticity, such as long-term potentiation (LTP)⁶⁰. D-Serine contribution to activity-induced synaptic plasticity was further confirmed when Yang *et al.* compared the ability to evoke LTP in cultured neurons between cells grown in direct contact with astrocytes and those grown without direct contact. Surprisingly, neurons that were not in direct contact with astrocytes failed to induce LTP. When the cells were supplemented with an exogenous source of D-serine, LTP was successfully induced¹⁷. Similarly, the contribution of D-serine to activity-induced synaptic plasticity in other brain areas, such as the hypothalamus, retina, and prefrontal cortex has been confirmed^{16,61-63}.

Interestingly, it has been shown that different physiological functions are exhibited by NMDAr depending on its location. Synaptic NMDAr are well known for mediating synaptic LTP whereas extrasynaptic NMDAr have been associated with the pathogenesis of certain neurodegenerative diseases such as Alzheimer’s disease⁶⁴. Remarkably, D-serine demonstrated a preferential effect on synaptic NMDAr whereas glycine preferentially affects the extrasynaptic receptors⁶⁵. When D-serine was degraded using DAO, functions that are mediated by synaptic NMDAr, including LTP, were diminished. On the contrary, treatment with glycine oxidase, an enzyme that specifically degrades glycine, had no effect on synaptic excitatory functions⁶⁵.

In hippocampal organotypic slice cultures, although extracellular glycine was 10-fold higher than D-serine, the removal of endogenous D-serine completely blocked the NMDAr-elicited neurotoxicity²⁴. Glycine alone failed to promote NMDAr neurotoxicity. In the absence of D-serine, the amount of glycine needed to produce maximal NMDAr neurotoxicity was two orders of magnitude higher than its dissociation constant from purified NMDAr²⁴. Similarly, in hypoglossal neurons, D-serine was approximately two orders of magnitude more effective than glycine in stimulating NMDAr responses^{66,67}. Additionally, as opposed to endogenous glycine degradation by a glycine oxidase enzyme, electrophysiological studies performed in the supraoptic nucleus of the hypothalamus

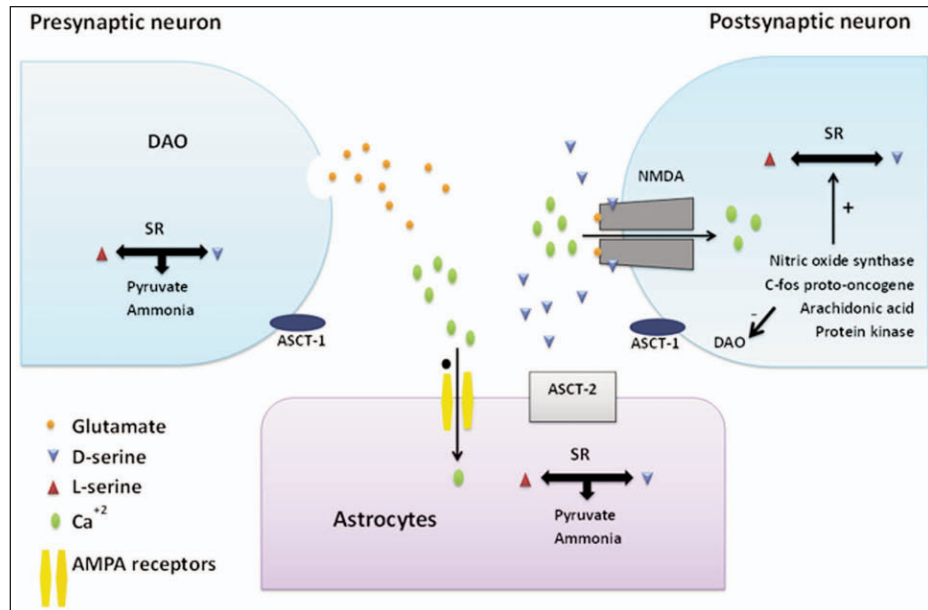


Figure 2: Possible mechanisms for regulating D-serine concentrations. Regulation of synaptic D-serine concentrations has not been fully elucidated. Presumably, ASCT2 transporters with low affinity and Asc-1 transporters with higher affinity are involved in neuronal (Asc-1) and glial (ASCT2) D-serine uptake. After uptake, peroxisomal and non peroxisomal DAO might mediate D-serine degradation. Alternatively, SR might regulate D-serine concentrations in both astrocytes and neurons by enabling D-serine synthesis from L-serine.

verified that endogenous D-serine degradation by recombinant DAO blocked NMDAR responses in hypothalamic slices¹⁶.

The difference in the functional efficiencies between D-serine and glycine, despite their affinities to NMDARs, may be attributed to the availability of the two co-agonists at synaptic or extra-synaptic sites. The synaptic glycine levels are tightly regulated via a high affinity transport system (GlyT1) that restricts glycine availability to NMDAR sites^{67,68}. The presence of such an effective transporter of glycine keeps the glycine binding site unsaturated⁶⁸. Hence, inhibition of the GlyT1 transporter potentiates NMDAR responses²⁴ and induces NMDAR neurotoxicity in the absence of endogenous D-serine²⁴. In addition, the glycine cleavage system (GCS) may also contribute to maintaining low glycine abundance near NMDARs. It has been found that, in astrocytes, the GCS effectively breaks down glycine and, consequently, generates the cytosol/extracellular concentration gradient, which facilitates glycine transfer from the synaptic space into astrocytes⁶⁹⁻⁷¹.

The molecular mechanisms of D-serine transport and the factors controlling its synaptic concentration are more complicated and necessitate further elucidation (Figure 2). Quite the opposite of glycine, D-serine is considered as a poorly transported amino acid. Specific D-serine transporters have not been identified yet. Nevertheless, Na⁺-dependent⁷² or Na⁺-independent amino acid transporters⁷³⁻⁷⁶ are proposed to take part in D-serine transport, with the Na⁺-independent alanine-serine-cysteine transporter 1 (ASCT1) being the most probable candidate. In contrast, neutral amino acid transporters exhibit low to moderate affinity for D-serine^{72,75,77}. Interestingly,

ASCT1 transports D-serine with high affinity and shows high levels of abundance in neurons throughout the brain^{73,74,78,79}. Evidence from gene knockout studies demonstrates that ASCT1 is the primary transporter mediating D-serine re-uptake in neurons⁷⁸, while ASCT2 might be the main transporter involved in removal of synaptic D-serine into glia^{72,79}.

While the GCS degrades glycine efficiently, thereby limiting the accessibility of glycine to NMDARs⁶⁹⁻⁷¹, the role of DAO remains controversial in regulating D-serine concentrations near NMDARs. Despite the fact that D-serine and NMDARs are predominantly present in the forebrain, previous studies failed to detect DAO activity in forebrain⁸⁰ suggesting other pathways of D-serine removal. Additionally, serine racemase (SR) largely contributes to regulation of the extracellular level of D-serine^{42,81}. When the synaptic D-serine concentrations are elevated, SR plays a role in the clearance of D-serine through degradation into pyruvate or conversion into L-serine. The relative importance of the enzymatic reactions and transporters in regulating the synaptic levels of D-serine has yet to be determined.

Compared to the high affinity, yet tightly regulated glycine transport systems, which keep glycine concentrations near NMDARs sufficiently low, stringent regulation of D-serine concentration appears to principally modulate the excitability of neurons via harmonizing the sensitivity of NMDARs under physiological conditions¹⁵. Requiring a second agonist, in addition to glutamate, for NMDARs stimulation might provide a protection mechanism against the neurotoxicity associated with excess glutamatergic stimulation⁸².

4.2 CNS Development

The noticeably elevated D-serine concentrations in human and rodent CNS^{11,26,83} during the intense stage of embryonic and early postnatal CNS development provided the first evidence for a specific role for D-serine in CNS development. Supportive to this role, elevated D-serine concentrations coincide with transient expression⁸⁴⁻⁸⁷ and increased activity⁸⁸⁻⁹⁰ of NMDARs. Likewise, Fuchs *et al* reported the presence of high D-serine concentrations in human cerebrospinal fluid (CSF) during the early postnatal period⁹¹. Moreover, excessive levels of D-serine have been detected in the cerebellum of neonatal rats, decreasing to very low levels in the third week of life as a result of the emergence of DAO^{26,80}. This temporary abundance of D-serine in the cerebellum corresponds with postnatal cerebellar development, in which granule cells migrate from the external to the internal granule cell layer in an NMDAR-dependent manner⁹². Moreover, it has been shown that D-serine appears to be engaged in neuronal migration. DAO catalyzed degradation of D-serine and selective inhibition of SR in eight day-old mouse cerebellar slices considerably suppressed granule cell migration, while D-serine appears to activate the migration¹⁹ through NMDAR activation⁹². Supportive evidence for the D-serine role in migration is provided by the definite mass spectrometric identification of SR in the perireticular nucleus, a short-lived structure of the developing brain in humans proposed to be largely involved in neuronal migration⁹³.

Furthermore, D-serine has been found to play a role in synaptogenesis. Partial deletion of NR1 subunits of NMDARs in organotypic hippocampal cells intensely enhanced numbers of functional synapses between neurons. This effect was vanquished by the reintroduction of NMDARs⁹⁴. Based on the activating role of D-serine on NMDARs, it was proposed that endogenous D-serine prevents premature synaptic maturation and controls the induction of functional synapses for the activity-dependent wiring of neuronal circuitry^{94,95}.

4.3 Learning and Memory

Long-term potentiation (LTP) of synaptic transmission in the hippocampus is broadly considered as one of the key cellular mechanisms underlying learning and memory in vertebrates⁹⁶. It refers to an augmentation in signal transmission between neurons upon synchronic stimulation and is one of the fundamental processes of synaptic plasticity. D-Serine released from astrocytes and NMDAR activation both appear to play a role in LTP induction¹⁷. On the other hand, NMDAR antagonists and enzymatic D-serine degradation suppressed LTP induction¹⁷. Further support provided from studies on SR knockout mice, where it had been shown that depletion of D-serine concentrations was directly related to an impaired NMDAR transmission and attenuated LTP⁹⁷. On the contrary, DAO knockout mice display high extracellular D-serine concentrations, improved NMDAR function, and enhanced hippocampal LTP^{98,99}.

Studies assessing learning and memory decline occurring with aging revealed that SR expression, D-serine concentrations, NMDAR-mediated synaptic potentials, and LTP were all drastically decreased in CA1 hippocampal slices from aged rats when compared with young rats, and were all restored by exogenous D-serine^{13,66,100}. Similarly, hippocampal slices from a

senescence-accelerated mouse model exhibited substantial and amplified LTP suppression with age, when compared to normal mice, which was overcome by D-serine supplementation¹⁸.

Collectively, these results strongly demonstrate the significance of D-serine for NMDAR activation and subsequent LTP induction that underlies learning and memory.

5. D-Serine in CNS Diseases

As it is involved in NMDAR neurotransmission in the brain, NMDAR-dependent plasticity, and developmental processes, it is not astonishing that dysregulation of D-serine signaling might also be involved in several pathologies, including neuro-psychiatric and neurodegenerative diseases related to NMDAR dysfunction. Intense stimulation of NMDARs has been associated with considerable number of acute and chronic neurodegenerative conditions, including stroke, epilepsy, polyneuropathies, chronic pain, amyotrophic lateral sclerosis (ALS), Parkinson's disease (PD), Alzheimer's disease (AD), and Huntington's disease (HD)⁵³.

5.1 Excitotoxicity

Excitotoxicity refers mainly to excessive NMDAR activation, which leads to subsequent vast calcium influx in the cell⁵³. Cell death upon hypoxia/ischemia and neurodegenerative conditions is directly related to excitotoxicity¹⁰¹. Several studies support the role of D-serine in excitotoxicity, as it is a potent endogenous co-agonist at the NMDAR. Removal of endogenous D-serine with DAO²⁰ or D-serine deaminase²⁴, a D-serine degrading enzyme, nearly eradicated NMDA-elicited neurotoxicity in rat cerebrocortical and organotypic hippocampal slices. Furthermore, SR knockout mice, displaying a 90% reduction in extracellular D-serine concentrations, demonstrated reduced neurotoxicity induced by NMDA injections in their forebrains¹⁰².

5.2 Amyotrophic Lateral Sclerosis (ALS)

Amyotrophic lateral sclerosis (ALS) is the most common adult onset neuromuscular disease with a life-time risk of 1 in 500¹⁰³. Progressive muscle weakness, atrophy, and paralysis leading to severe disability are the major consequences of the disease. The primary cause for the motoneuron failure is thought to be excitotoxicity¹⁰⁴.

Elevated glutamate levels have been detected in the cerebrospinal fluid of ALS patients¹⁰⁵. In addition, D-serine, was detected at elevated levels, both, in spinal cord from sporadic cases of ALS and in an animal model of ALS²³. Interestingly, a mutation in DAO, which is highly abundant in spinal cord motor neurons and brain stem motor nuclei, was found to have association with familial ALS¹⁰⁶. Neuronal cell lines expressing the mutant DAO showed decreased viability and increased ubiquitinated aggregates compared with cells expressing the wild-type protein¹⁰⁶.

5.3 Alzheimer's Disease

Alzheimer's disease (AD) is a progressive neurodegenerative disorder involving a reduction of synaptic density in specific brain regions, leading to a global impairment of higher mental function¹⁰⁷. Evidence has begun to accumulate suggesting a role of NMDAR in the pathophysiology of AD¹⁰⁷⁻¹¹⁰.

The neurochemical basis of AD remains largely unclear. Previously, it has been shown that NMDARs are selectively and differentially diminished in specific regions of the brain in patients with AD¹¹¹⁻¹¹³, suggesting that AD might be associated with a loss of NMDAR activity. Nevertheless, recently, an antagonist of NMDAR, memantine, was found to reduce clinical deterioration in patients with moderate-to-severe AD¹¹⁴.

The foremost constituent of amyloid plaques found in the brains of Alzheimer's patients is amyloid beta-peptide, which appears to be the most widely accepted pathological factor for Alzheimer's disease. Calcium-mediated neurotoxicity caused by amyloid beta-peptide was shown to be mediated by the NMDAR¹¹⁵. Amyloid beta and amyloid precursor protein were both found to raise D-serine and glutamate concentrations, as well as SR transcription in cultured microglia and hippocampal neurons^{25,116,117}. *In vivo*, amyloid beta-peptide neurotoxicity was attenuated in SR knockout mice, which also displayed 90% decreased brain D-serine content¹⁰².

Free D-serine levels in the frontal cortex of AD patients were equivalent to those in the normal brain¹¹⁸. On the contrary, free D-serine levels in the ventricular cerebrospinal fluid (CSF) of AD patients were significantly higher than in normal controls¹¹⁹. Interestingly, D-cycloserine, a partial agonist of the glycine site of the NMDAR, was shown to enhance the performance of memory-related tasks in patients with AD^{120,121}. It, also, has been reported that administration of D-serine immediately after bilateral lesion of perirhinal cortex produced full restoration of retrograde memory in rats, measured by a visual brightness discrimination task¹²².

5.4 Epilepsy

Epilepsy is a momentous neurological disorder distinguished by neuronal loss and spontaneous recurrent seizures. Although involvement of the NMDAR has been proposed in the pathogenesis and progression of epilepsy, the exact neurochemical basis is still to be determined. Stimulation of NMDARs by D-serine was suggested to induce seizures¹²³, which were suppressed by NMDAR antagonists^{124,125}. Additionally, up-regulation of D-serine was shown to provoke GABAergic neuronal degeneration through excitotoxic mechanisms, suggesting a role of D-serine in the early pathogenesis and recurrent seizures of chronic epilepsy¹²⁶. On the other hand, patients exhibiting undetectable CSF D-serine concentrations were found to experience severe epilepsy that could be treated effectively by L-serine, which reinstates CSF D-serine concentrations⁹¹. Thus, D-serine deficiency might also trigger seizures. Actually, D-serine has been shown to potentiate anticonvulsant drug therapy¹¹⁸ and increase the threshold for induction of seizures¹¹⁹.

Status epilepticus (SE) is a medical crisis that is defined as continuous seizure activity involving prolonged and severe hypoxia which may cause a sustained encephalopathy¹²⁷. Recently, the relationship between spatiotemporally specific glial responses and the D-serine/ SR system in mesial temporal structures following SE was investigated¹²⁸. After SE, D-serine and SR immunoreactivities were increased in astrocytes. In addition, phosphorylated NMDAR subunit 1 (pNR1-Ser896) immunoreactivity in the hippocampus was augmented compared with controls. The direct correlation between the increased levels

of D-serine and the augmented phosphorylation of NMDAR subunit 1 suggests that D-serine and SR in astrocytes may participate in neuronal hyperexcitability via a cooperative activation of NMDA receptors¹²⁸.

5.5 Bipolar Disorder

Bipolar disorder (BD) is a serious and debilitating psychiatric condition. It is characterized by cyclic episodes of depression and mania, combined with episodes of recovery^{129,130}. Significant associations between specific G72 markers and haplotypes and bipolar disorder were found¹³¹⁻¹³⁷. However, studies to identify polymorphisms in candidate genes involved in D-serine regulation, such as the genes encoding for vesicle-associated membrane proteins 2 and 3, failed to show any correlation with bipolar disorder¹³⁸. Nonetheless, glutamate levels were elevated in frontal cortex from patients with bipolar disorder when compared with controls and a positive correlation was observed between D-serine and glutamate¹³⁹, suggesting a role for D-serine and glutamate in the pathophysiology of bipolar disorder.

5.6 Perinatal Asphyxia

Perinatal asphyxia is the consequence of hypoxic/ischemic pathology and occurs due to impaired blood supply between mother and fetus, leading to inadequate supply of oxygen and glucose to the fetal organs, most importantly the brain. In the long-term consequences of the disease, cerebral palsy, mental retardation, visual and acoustic impairment, and epilepsy might occur^{140,141}. It has been strongly suggested that excessive excitation of the NMDAR plays a vital role in the pathogenesis of hypoxic-ischemic damage, especially in the developing brain^{101,142}. Despite the strong hypothesis, most research has focused on glutamate and its relevance to perinatal asphyxia. The contribution of D-serine to the pathogenesis remains largely elusive. However, the role of D-serine was suggested based on the reduction of cell death after addition of DAO to rat cerebrocortical slices exposed to oxygen-glucose deprivation (OGD), which was reversed by addition of D-serine²⁰. Similarly, SR knockout mice, displaying 90% reduced D-serine concentrations, exhibited decreased neurotoxicity and dramatically diminished infarct volume after middle cerebral artery occlusion¹⁴³.

5.7 Schizophrenia

Schizophrenia is a serious mental illness affecting approximately 1% of the population worldwide and it is considered as one of the leading causes of chronic disability^{144,145}. Tremendous effort has been made to reveal the neurobiological basis of schizophrenia. Recent evidence suggests that schizophrenia pathophysiology involves widespread perturbations in a number of closely interacting neurotransmitter systems in cortical and subcortical structures¹⁴⁶.

Dopamine has been linked to schizophrenia, on the basis that dopamine-releasing stimulants, such as amphetamine, can stimulate psychotic symptoms¹⁴⁷, and antipsychotic drugs decrease psychotic symptoms by the antagonism of dopamine D2 receptors^{148,149}. Patients with schizophrenia may experience

positive symptoms (delusions and hallucinations), negative symptoms (apathy, social isolation), and cognitive symptoms (problems in memory, and mental abilities)¹⁴⁴. Drugs that work as dopamine antagonists, such as typical antipsychotics, were the mainstay of schizophrenia treatment for a long time. However, they addressed the positive symptoms only and failed to prevent the negative and cognitive symptoms¹⁵⁰. The restricted capacity of D2 antagonists to improve negative and cognitive impairments suggests the involvement of other neurotransmitter systems, such as glutamate and γ -aminobutyric acid (GABA)¹⁵¹.

NMDAr hypofunction has been proposed to play a role in the pathophysiology of schizophrenia based on the observation that noncompetitive NMDAr antagonists, such as phencyclidine or ketamine, can trigger transient schizophrenia-like symptoms in healthy individuals^{152,153} and can aggravate symptoms in patients¹⁵⁴⁻¹⁶⁰. Diminished D-serine concentrations¹⁶¹ and reduced D-serine to total serine ratio in CSF^{161,162} and serum¹⁶³ of patients with schizophrenia lead to a hypothesis suggesting the contribution of D-serine to NMDAr hypofunction. In accordance with the previous observations, suggesting that reduced levels of D-serine and hypofunction of NMDA receptors were associated with schizophrenia, Calcia *et al*¹⁶⁴ recently reported that plasma levels of D-serine and the ratio of plasma D-serine to total serine were significantly lower in a sample of 84 Brazilian individuals with schizophrenia. Nonetheless, normal D-serine concentrations were detected in the parietal or prefrontal cortex from patients with schizophrenia^{161,165}.

The observations that DAO levels and activity are elevated in schizophrenia patients^{166,167} provided a foundation for the diminished D-serine level hypothesis. Numerous meta-analyses of genetic association studies in schizophrenia convey some evidence for a connection between the DAO gene and schizophrenia¹⁶⁸⁻¹⁷⁰. Amplified DAO expression¹⁷¹⁻¹⁷³ and activity¹⁷¹ in cerebellum, parietal cortex¹⁶⁶ and hippocampus¹⁶⁷ of patients with schizophrenia, when compared with controls, support the association between DAO and schizophrenia. Another gene product, which is directly related to the metabolism of D-serine, has been proposed to have an association with schizophrenia. Single-nucleotide polymorphisms in SR¹⁷⁴ and SR genetic variants in humans showed an association with schizophrenia¹⁷⁵. Nonetheless, SR activity has not been assessed in schizophrenia as of yet. Upon comparing schizophrenic patients with controls, no change in SR expression was observed in the parietal cortex¹⁷² or in the cerebellum and prefrontal cortex¹⁷³. SR knockout mice, displaying 90% D-serine reduction, demonstrated moderate behavioral abnormalities, including hyperactivity, impaired spatial memory and increased anxiety, which are all relevant to schizophrenia⁹⁷.

Recently, genetic association studies have linked numerous mutations in human D-serine metabolic enzymes to schizophrenia and thus conclusive evidence for a role of D-serine in the pathology of schizophrenia has been provided. Single-nucleotide polymorphism (SNP) variants of SR¹⁷⁴, DAO^{176,177}, and the DAO interacting protein G72^{133,135,178-184} were all identified as risk factors for schizophrenia. Notably, G72 transgenic mice exhibit a sensorimotor gating insufficiency that can be reversed by haloperidol, an antipsychotic drug, suggesting that G72 gene could be a convincing schizophrenia candidate gene¹⁸⁵.

The efficacy of several combinations of D-serine with antipsychotic therapies were shown to be more successful in the alleviation of various symptoms of schizophrenia than antipsychotics alone^{150,186,187}. Recently, the feasibility, safety, tolerability, and efficacy of a combination of D-serine and computerized cognitive retraining (CRT) for the treatment of cognitive deficits of schizophrenia, has been evaluated¹⁸⁸. While D-serine and CRT did not show any significant effect on the Global Cognitive Index, both interventions showed discrepant effects on individual test performance. These findings support further investigation into the role of D-serine in schizophrenia.

5.8 Depression

Depression is a heterogeneous disease with a highly variable course and no established mechanism. The diseases is characterized by distinct mood disturbances that involve sadness and irritability along with various psychophysiological changes¹⁸⁹. Although depression is treatable and many antidepressant drugs are available, the treatment regimens have many limitations and are still insufficient for many patients.

Several different models have been suggested for mechanisms underlying depression, including monoamine deficiency¹⁹⁰, reduced GABAergic neurotransmission¹⁹¹, abnormal circadian rhythms¹⁹², and altered glutamatergic neurotransmission¹⁹¹. Furthermore, research revealed that structural alterations at the molecular and cellular levels of neurons in the CNS are associated with depression¹⁹³. Although the monoamine deficiency hypothesis has been considered the cornerstone of pathophysiology underlying depression, more recent research provides increasing evidence supporting the role of glutamatergic neurotransmission¹⁹¹. One of the proposed hypotheses suggests that disruptions of neuronal synaptic plasticity that leads to glutamatergic signaling dysfunction may ultimately cause depression¹⁹⁴. Additionally, a prominent reduction of the expression of the NR1 subunit, which is the binding site of D-serine on NMDAr, was demonstrated in several mood disorders including depression^{195,196}. NR1 knockout mice exhibited a depression-like phenotype and didn't respond to D-serine treatment¹⁹⁴. Furthermore, a significant reduction in the number of glial cells, particularly astrocytes, was found in preclinical¹⁹⁷, clinical, and postmortem¹⁹⁸ studies on depression. NMDAr antagonists, such as zinc and magnesium, demonstrated anti-depressant activity in depression screening tests¹⁹⁹⁻²⁰¹. The administration of D-serine was found to antagonize the antidepressant effect of both zinc and magnesium in mice²⁰², indicating that the NMDAr complex, especially the glycine (B) site, plays a role in the antidepressant-like activity of magnesium and zinc in mice²⁰². Although a single, acute D-serine administration produces antidepressant-like effects and supports the idea of complex glutamatergic dysfunction in depression¹⁹⁴, it is still unclear whether D-serine controls downstream synaptic plasticity cascades that may contribute to its antidepressant-like effects.

Further research is required to specify the exact role of D-serine in the pathophysiology of mood disorders including depression.

5.9 Parkinson's Disease

Parkinson's disease (PD) is one of the most common neurodegenerative diseases of the CNS with extrapyramidal manifestations. Progressive loss of dopaminergic neurons in substantia nigra leads to significant decreases in dopaminergic innervation of basal ganglia and the limbic system^{203,204}. The disease has pronounced diversity among patients and that results in differing prognoses of the disease²⁰⁵.

Since NMDARs are expressed widely in basal ganglia and the limbic system, they were studied for the possible effects of modulation of their function on the improvement of signs and symptoms of PD. It has been found that NMDAR activation enhances dopamine release²⁰³. Moreover, the depletion of dopamine changes the structure, function, and abundance of NMDARs²⁰³. On the other hand, glutamate plays an opposing role of dopamine in controlling movement and establishing a delicate balance that results in smooth movement of different body organs^{206,207}. Due to depleted dopaminergic innervations in PD, glutamate overstimulation is abundant. Consequently, glutamate antagonists were studied thoroughly as candidates for PD treatment²⁰⁶. As a proof of concept, it was confirmed that glutamate inhibition may lead to increased dopaminergic firing, enhance conversion of L-dopa into dopamine, and increase dopamine release from neurons^{206,208}. Accordingly, it was anticipated that NMDAR antagonists may be beneficial in the treatment of PD. Surprisingly, clinical studies using agents such as amantadine, dextromethorphan, and dextrorphan on their own resulted in worsening of the symptoms of PD patients²⁰⁶. On the other hand, using these agents as adjuvant treatment to L-dopa resulted in improving dyskinesia in PD patients²⁰⁹⁻²¹³.

Currently, multiple lines of evidence suggest that excessive production or release of D-serine might be associated with chronic neurodegeneration. Although the role of D-serine in the pathogenesis of several neurodegenerative diseases has been implicated, the association between D-serine and the development of PD is still unclear and the mechanism is largely ignored. Interestingly, the administration of D-serine as adjuvant treatment to patients with established idiopathic PD resulted in improvement in the disease symptoms, observed by the significant reduction of total scores of various symptom rating scales used for assessing PD patients, such as the Unified Parkinson's Disease Rating Scale (UPDRS), Simpson-Angus Scale for Extrapyramidal Symptoms (SAS), Abnormal Involuntary Movement Scale (AIMS), and Positive and Negative Syndrome Scale (PANSS).

6. Summary

D-Serine is now widely recognized to function as an important CNS neuromodulator in health and disease, but its role in pathologic conditions requires further research. Determination of D-serine concentrations in biological fluids and measurement of the activity of its synthesizing and catabolizing enzymes and mutations in their genes might be used to better understand the neurochemical mechanisms of some CNS disorders as well as to identify potential new therapeutic strategies.

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