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Resveratrol Activation of SIRT1–PGC-1α–Mitochondrial Biogenesis, Nrf2–Keap1–Redox Signaling, and AMPK–mTOR–Autophagy Pathways in Parkinson's Disease

MD Nasiruddin Khan, Manish Kumar, Mohit Kumar, Vittu Kumar, Rahul Kumar, Aubair Manzoor Mani

School of Pharmacy, Desh Bhagat University, Mandi Gobindgarh,147301, Punjab, India

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***Corresponding Author:**
MD Nasiruddin Khan

ABSTRACT

Parkinson's disease (PD) is a progressive neurodegenerative disease that is characterized by selective destruction of dopaminergic neurons in the substantia nigra and miscalculated 7-synuclein folds. Current treatment measures are mostly symptomatic and fail to prevent the progression of the disease, hence the need to find disease-modifying interventions. It is beginning to be accumulated that the pathogenesis of PD occurs by the interaction of three mutually dependent pathological mechanisms including mitochondrial dysfunction, oxidative stress, and impaired proteostasis, to create a self-amplifying neurodegenerative loop undermining the efficacy of single-target therapy. Therefore, growing scientific interest has been drawn to modulators that are able to effectively deal with several pathways and reestablish cellular homeostasis. Resveratrol, a naturally occurring polyphenol that is a derivative of grapes and berries, has emerged as a potential candidate owing to its ability to influence simultaneously the evolutionary-preserved stress-response mechanisms involved in PD. The review summarises existing data on the neuroprotective mechanism of resveratrol through the concurrent activation of the SIRT1PGC1-axis, Nrf2Keap1 redox signaling pathway, and AMPK-mTOR autophagy pathways. SIRT1 activation with resveratrol enhances PGC -1 -mediated mitochondrial biogenesis, which restores bioenergetic efficiency and enhances mitochondrial quality control. At the same time, resveratrol increases Nrf2 signaling, leading to strong up-regulation of antioxidant and phase II detoxification enzymes, which eliminate the harmful generation of reactive oxygen species caused by the malfunction of dysfunctional mitochondria and distorted dopamine production. Simultaneously, resveratrol enhances AMPK activity and suppresses mTOR, thus abating autophagic repression and leading to the removal of the toxic aggregates of alpha-synuclein and destroyed organelles. Notably, these signaling networks are not performing in isolation; they have much crosstalk, providing a neuroprotective synergist program that targets the fundamental pathological causes of PD. Preclinical studies invariably indicate that resveratrol has been shown to suppress dopaminergic neurodegeneration and enhance motor functioning, but its clinical application has been limited by its inability to penetrate the blood-brain barrier and lack of bioavailability.These pharmacokinetic setbacks could be overcome by the development of formulation regimes and the synthesis of resveratrol analogs. Together, resveratrol is an attractive disease-modifying multi-target therapeutic agent for Parkinson's.

1. Introduction:

The second prevalent neurodegenerative disease is Parkinson's disease (PD). It is based on typical motor features, such as resting tremor, bradykinesia, rigidity, and postural instability, for diagnosis. These clinical manifestations are united around one common pathophysiological process that is the progressive, specific loss of dopaminergic cells in one locality in the midbrain, which is the main target of the projections of these neurons [1]. Traditionally, therapeutic activities have been aimed at symptomatic reduction. Levodopa, a synthetic precursor that restores the diminishing dopaminergic store, has shown significant results in the early phase of the disease and provides a significant improvement in the quality of life of patients. However, these interventions are strictly symptomatic; they fail to halt the insurmountable loss of neurons. With the progression of the disease, dopaminergic replacement is no longer effective, and the patients are often faced with adverse effects, most especially dyskinesias [2]. This clinical fact highlights the necessity of emergency disease-modifying agents that would partially protect neuronal integrity, slow down the process of the disease, and eventually stop neurodegeneration. The complex nature of PD toxicology prevents the process of finding the disease-modifying treatments, as it is not due to one causative agent but a cascading anomaly of cellular dysfunctions. Based on this, an effective intervention should address this complex breakdown [3]. Mitochondrial dysfunction, oxidative stress, and proteostatic imbalance are three mechanisms that have strong interconnections and form the basis of PD pathology that, together, create a self-stimulating neurodegenerative loop [4]. The dopaminergic neurons are especially vulnerable due to the excessive energy requirements set forth by their long and densely branched axonal arbors; they are fully reliant on intact mitochondrial functioning [5]. In the disease condition, mitochondrial dysfunction, particularly through the retardation of Complex I, triggers ATP production and exorbitant production of reactive oxygen species (ROS). This oxidative injury generated by the mitochondrion overwhelms natural defenses against oxidative damage, being worsened by the fact that dopamine catabolism inherently generates ROS. As a result, the lipids, proteins, and nucleic acids will undergo continuous oxidative injury [6]. One of them is the presence of proteostatic derailment, which is reflected in the formation of misfolded α -synuclein aggregates that form the core of the Lewy bodies, and thus makes PD a proteinopathy. Such aberrant proteins are eliminated under physiological circumstances through the autophagy-lysosomal mechanism. Nevertheless, this quality-control system is rendered ineffective by oxidative damage and energetic failure, which also allows aggregation to accumulate, propagate between cells, and contribute to another impairment of mitochondrial integrity. [7]. These three pathogenic processes interact to increase one another, and this amplification is the reason behind the marginal efficacy of single-target therapies and contributed to a paradigm shift in multi-target therapies. Naturally occurring compounds, especially phytochemicals, have since become promising candidates owing to their evolutionary potential of regulating evolutionarily conserved cellular stress-response pathways. [8]. A polyphenol found in red grapes, blueberries, and peanuts, Resveratrol has received a lot of attention because of its ability to simultaneously treat three pathologies associated with PD. Resveratrol induces SIRT1, which is a general controller of energy metabolism, hence promoting mitochondrial biogenesis and restoring bioenergetic balance. It also augments Nrf2 -Keap1 signaling axis, fortifies innate antioxidant defenses, and alleviates oxidative stress. Simultaneously, resveratrol phosphorylates AMPK and inhibits mTOR, which increases autophagic flux and promotes clearance of toxic aggregates of alpha-synuclein. This orchestrated regulation of mitochondrial activity, redox homeostasis, and proteostasis would enable resveratrol to have a strong mechanistic basis as a disease-modifying agent in Parkinson's disease candidacy [9]

2. Molecular Pathophysiology of PD Relevant to Resveratrol Action:

In order to understand the therapeutic potential of resveratrol, it is essential to identify the cellular and molecular dysfunctions that lead to the pathology of Parkinson's disease (PD) first. Not only do these abnormalities exist in isolation, but they are also an interdependent network that keeps under developing neurons. The alleged mechanisms of action readily applied by resveratrol directly interfere with these

fundamental pathological pillars. The listed section includes the major malfunctions, which are the target of the therapeutic intervention by resveratrol [10].

2.1 Mitochondrial Impairment in PD

The mitochondrial dysfunction is a key and initial pathogenic event that occurs in the pathogenesis of PD and is associated with the crucial role of mitochondria as the fundamentals of bioenergetic activities in the cell. The dopaminergic neurons in the substantia nigra are especially vulnerable; they have extensive arbors (both axons and dendrites) that subject them to a high level of chronic metabolic load. The results of the autopsy indicate that there is a severe lack of the mitochondrial Complex 1, the first and the biggest enzyme of the electron transporting system, which has a very harmful effect on ATP production. The impairment triggers the development of a chronic bioenergetic crisis that impairs the ability of neurons to sustain neuron transmission, ion gradient, and axon transport, resulting in the eventual failure of synaptic transmission and death of neurons. Complex I dysfunction not only reduces the generation of energy but also actively produces reactive oxygen species (ROS) by the leakage of electrons, making mitochondria the source of oxidative stress. This leads to the increased burden of ROS caused by damaged mitochondrial quality control, especially of the mitophagic pathway that detects and eliminates damaged mitochondria. The anomalies of critical regulators, including PINK1 and Parkin, interrupt this process, which allows the development of the damaged, ROS-producing mitochondria. Energy failure, oxidative damage, and inadequate clearance are synergistic and create a vicious cycle of neuronal viability impairment and neuronal neurodegeneration in PD [11].

2.2 Oxidative Stress and Nrf2–Keap1 Dysregulation

Oxidative stress occurs when an excess of reactive oxygen species surpasses the ability of the cell's antioxidant response, which is particularly high in PD as a result of the corresponding rise in the production of oxygen radicals and a lack of antioxidant response. The levels of ROS in the PD are significantly increased since dysfunctional mitochondria are a primary source of intracellular free radicals, and this production is eased by dopamine metabolism, which inherently produces ROS and toxic quinones, increasing the sensitivity of the dopaminergic neurons. The resultant, which is an oxidative overload, causes a wide array of problems to cellular compounds, such as lipid peroxidation of membranes, carbonylation of proteins, and DNA damage, which compromises cellular integrity and function. The Nrf2 - Keap1 pathway mediates the principal mode of defense against such stress under physiological conditions. In such a system, the keep1 is called the technology of Nrf2, which is the overall controller of antioxidant and detoxification processes, as long as Nrf2 is held in the cytoplasm and degraded by the keep1. The process of oxidative stress activates the release of Nrf2 by Keap1, translocation of Nrf2 to the nucleus, and activation of antioxidant response elements (AREs), in turn resulting in coordinated expression of protective enzymes. In PD, the system of regulation is, however, dysregulated, and the Nrf2-mediated response is often not sufficient to deal with the dominating oxidative load, and neurons remain under protected and extremely vulnerable to accumulating oxidative damage [12].

2.3 Autophagy Impairment and mTOR Signaling

Parkinson's disease is an archetypal proteinopathy, in which alpha 2 -synuclein (2 -synuclein) misfolds and aggregates, a symptom of a fundamental failure of cellular proteostasis. Misfolded α -synuclein in PD self-assembles into toxic oligomers and eventually forms Lewy body, which is the pathological characteristic of the disease. These aggregates are not passive entities; they have the ability to damage cell membranes, absorb necessary proteins, and directly affect the functioning of the mitochondrion and proteasomes. In normal cells, clearance of these large protein-aggregates and damaged organelles depends mainly on the autophagy-lysosome pathway, but this pathway of degradation is strongly impaired in PD. The neurons may either be unable to develop effective autophagosomes that can ingest the toxic matter or to merge these vesicles with the lysosomes to be destroyed, which leads to the progressive accumulation of α-synuclein in the cell. One of

the main controllers of autophagy is the mammalian target of rapamycin (mTOR) signaling pathway, which acts as a pro-growth, nutrient, and energy receptor kinase. In the presence of good cellular environments, active mTOR greatly inhibits autophagy, effectively placing the cell in a braking mechanism. Hyperactivation of mTOR signaling is an abnormal, persistent blockage of autophagic clearance and, therefore, continuous encouragement of neurodegeneration of toxic aggregates of α-synuclein in numerous experimental models and patient studies in this pathway [13].

2.4 Crosstalk Between Metabolic Sensing and Neuroprotection

These three pathological pillars of Parkinson's disease do not exist as independent phenomena; they are deeply interconnected in a vicious circle of destruction and self-enhancement which drives the development of the disease and why single-targeted therapies have relatively little effect. Destroying mitochondria produces more ROS, which in turn destroys the elements of the mitochondria, such as Complex I and mitochondrial DNA, worsening the mitochondrial dysfunction and raising the levels of oxidative stress again. At the same time, toxic alpha-synuclein aggregates have direct interaction with the mitochondrial membranes to cause the inhibition of Complex1 activity and further increase ROS generation, accelerating mitochondrial malfunction as well as oxidative stress [14]. Defective autophagy also contributes to the aggravation of the situation since mitochondrial clearance is impaired by mitophagy, resulting in the accumulation of dysfunctional oxidative stress-inducing organelles. All these interconnected mechanisms of energy deficiency, oxidative stress, and toxic protein aggregation are driven by each other to form a vicious cycle leading to progressive impairment of neuronal survival. As a result, a combination of therapeutic needs to be effective should operate at a more integrative level, i.e., it should address master regulatory platforms incorporating the coordination of cell responses to metabolic pressure. The intricate pathological interrelationship network, hence, gives a good argument why resveratrol, a compound that can regulate major metabolic and stress-response sensors including SIRT1, Nrf2, and AMPK, which all happen to be at the centre of mitochondrial activity, redox homeostasis, and proteolytic regulation in Parkinson's disease, should be considered.in neurons, exacerbating oxidative stress and bioenergetic failure [15].

Table 1: Summary of molecular abnormalities in PD and corresponding targets of resveratrol.

Molecular Abnormality in PD	Key Pathological Pathway Involved	Corresponding Target/Action of Resveratrol	References
Mitochondrial Impairment (Complex I deficiency, bioenergetic crisis, failed quality control/mitophagy)	SIRT1 Pathway (Implicated as a master metabolic sensor)	SIRT1 (Sirtuin 1): Resveratrol activates this sensor to counter the energy crisis, (leading to mitochondrial biogenesis).	[16]
Oxidative Stress (High ROS production, widespread cellular damage, failed antioxidant defense)	Nrf2–Keap1 Dysregulation (Insufficient Nrf2 response to oxidative load)	Nrf2–Keap1 Pathway: Resveratrol modulates this pathway to "free" Nrf2, boosting the cell's antioxidant response.	[17]
Autophagy Impairment (α-synuclein aggregation, "brake" on cellular recycling)	mTOR Signaling (Hyperactive mTOR inhibits autophagy)	AMPK–mTOR Pathway: Resveratrol activates AMPK (a master sensor) which in turn inhibits mTOR, "releasing the brake" on autophagy.	[18]

3. The SIRT1–PGC-1α–Mitochondrial Biogenesis Axis

In the section above, it was already determined that mitochondrial dysfunction is not an incidental symptom but also a focal mediator of dopaminergic neurodegradation in Parkinson's disease (PD). This results from the intense bioenergetic crisis and the uncontrolled oxidative stress of the sixth runaway oxidative stress

molecules of the runaway electron transport chains, which form a vicious circle of injury. Resveratrol causes the first, and arguably the most fundamental, neuroprotective mechanism, which is a direct response to this breakdown. Resveratrol activates a potent metabolic master switch mechanism encompassing Sirtuin 1 (SIRT1) and its main downstream transcriptional control target, PGC-1alpha, to activate a sophisticated program of mitochondrial biogenesis, which recycles the failing power plants of the cell [19].

3.1 SIRT1 Activation by Resveratrol

Sirtuin 1 (SIRT1) is a Class III histone deacetylase which activity is regulated by nicotinamide adenine dinucleotide (NAD+) making it an early responder to cellular metabolic conditions because the activity directly reflects the intracellular NAD+/NADH ratio, which serves as an important signal of cellular energy status; in Parkinson diseased neurons, Mito-pathology, especially an impairment of Complex 1, depletes the NAD+ pool, inactivating SIR In this respect, resveratrol is positioned to evade this pathological inactivation, and it is why resveratrol has been termed as a caloric restriction mimetic which can affect a SIRT1-dependent, pro-survival effect analogous to fasting via chemical means. Two mechanisms have been suggested, direct allosteric activation, where resveratrol binds SIRT1 and enhances its affinity with acetylated substrates effectively increasing enzyme activity even at low levels of NAD+, and more recent and generally supported models a direct effect on the phosphodiesterases, raising intracellular levels of cAMP, activating AMP-activated protein kinase (AMPK) and, by extension, increasing NAD+ biosynthesis, have been proposed. And, whether by pathway, the net effect is an increase of the functional SIRT1 activity effectively fear-ɵfool their cell into a pro-survival state, through subverting the NAD+ depletion process, and turning the key downstream, effective, protective effector to action [20].

3.2 PGC-1α Regulation and Transcription of Mitochondrial Genes

As a master regulator of mitochondrial biogenesis, peroxisome proliferator-activated receptor-gamma coactivator -1-alpha (PGC 1) is the most important downstream target of activated SIRT1 to restore energy homeostasis, and it is highly conserved to be trapped in the cytoplasm as an inactive form (alternative term, off) by inhibitory acetyl groups tangentially attached to key lysine residues, but is readily deacetylated by activated SIRT1, the molecular equivalent of an on- Active PGC1 alpha Once nuclear, actinidic PGC 1 alpha sets up the complete transcriptional programme needed to form new mitochondria: increasing the level of nuclear respiratory factors NRF 1 and NRF 2 and resulting in the expression of a wide range of nuclear-encoded mitochondrial genes, including virtually all subunits of the electron transport chain (Complexes I-V), mitochondrial protein import apparatus (TIM/TOM complex) and fatty acid oxidising enzymes, and also promoting the expression of the most important downstream effector mitoch TFAM is produced in the cytoplasm and imported to mitochondria where it interacts with mitochondrial DNA to stimulate mitochondrial DNA replication and expression of the 13 mitochondrially encoded proteins that make up the electron transport chain. This programming cascade that comprises SIRT1 activation of PGC -1alpha, PGC -1alpha activation of NRF-1/2, and NRF-driven transcription of TFAM forms the whole and integrated molecular program of mitochondrial biogenesis [21].

3.3 Effects on Mitochondrial Mass, Function, and Turnover in Dopaminergic Neurons

This genetic program leads to three far reaching, tangible effects that directly oppose pathology in vulnerable dopaminergic neurons: first, it elevates the mass of mitochondria by driving the de novo synthesis of mitochondria, second, it enhances the quality of mitochondria, since, the newly formed mitochondria are made of intact genetic and proteomic blueprints and free of preexisting oxidative damage such as Complex I defects, and third, it increases mitochondrial turnover and quality control, as the SIRT1/PGC [22].

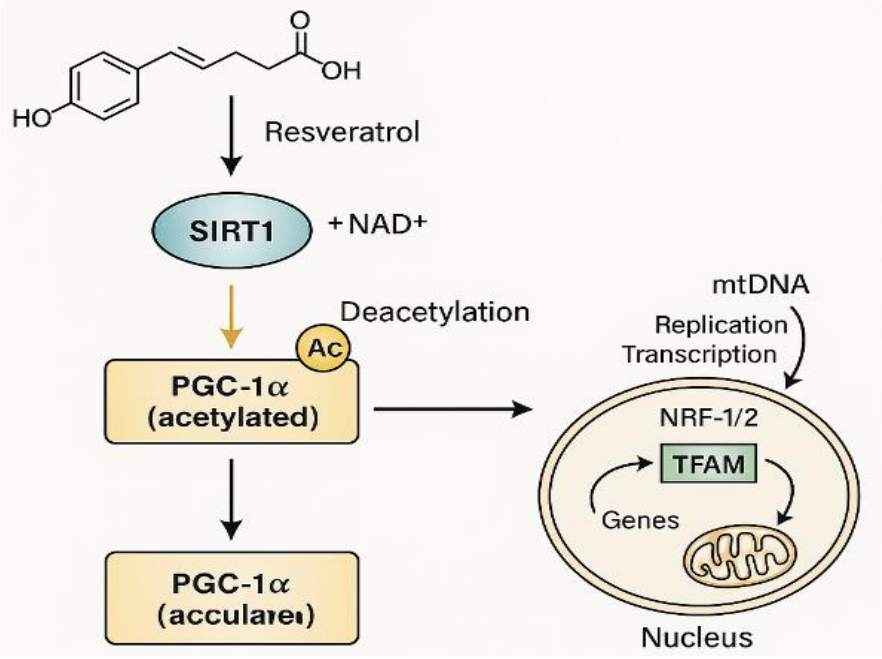

Figure 1: Diagram of SIRT1–PGC-1α signaling in mitochondrial biogenesis.

Table 2: Experimental evidence for resveratrol-mediated mitochondrial biogenesis in PD models.

Model	Key Molecular Effect	Mitochondrial Outcome	PD-Relevant Benefit	References
SH-SY5Y cells (MPP⁺)	↑ SIRT1, ↑ PGC-1α	↑ mtDNA, ↑ Complex I	↓ ROS, ↑ survival	[23]
Primary neurons	↑ PGC-1α, ↑ TFAM	↑ mitochondrial mass	Protection of dopaminergic neurons	[24]
MPTP mice	↑ SIRT1–PGC-1α axis	Restored ETC function	Improved motor function	[25]
6-OHDA rats	AMPK→SIRT1 activation	↑ biogenesis & fusion	Reduced neurodegeneration	[26]
α-Synuclein models	↑ PGC-1α signaling	↑ mitophagy	↓ α-Syn aggregation	[27]

4. Nrf2–Keap1–Redox Signaling

Although the SIRT1-mediated mitochondrial biogenesis (Section 4) is aimed at decreasing the etiology of cell stress, the detoxification by the Nrf2-Keap1 pathway is the second and essential defense mechanism. As has been determined, dopaminergic neurons are subject to uncontrolled oxidative stress, which is caused by leaky mitochondria as well as the natural toxicity of dopamine metabolism. Parkinson's disease (PD) is characterized by dysfunction of the natural capacity of the cell to deal with this oxidative load. The stimulation of Nrf2Qual by Resveratrol is a powerful command to replenish the complete arsenal of antioxidant and phase II detoxification enzymes, directly opposing the destructive effects of reactive oxygen species (ROS). This process gives the required cellular strength to endure the hostile environment of PD. [27].

4.1 Keap1 Inhibition and Nrf2 Nuclear Translocation

The communication between the transcription factor Nrf2 (nuclear factor erythroid 2 -related factor 2) and its cytoplasmic repressor Keap1 (Kelch-like ECH-associated protein 1) controls the rest of the cellular antioxidant defence system. Keap1 is a sensor and a molecular cage under basal state of conditions that

covalently chains Nrf2 in the cytoplasm and targets Nrf2 incessantly there to undergo proteasomal degradation, keeping the antioxidant-awakening machinery of a cell intact until actual cellular challenges are perceived. The sensing ability of Keap1 lies in its various highly reactive cysteine sites that are molecular targets of electrophiles and oxidants, once oxidative or toxic by-products are produced, Keap1 has a conformational change that destabilizes its binding to Nrf2 and causes release. Resveratrol uses this system in both direct and indirect ways: it can react directly and make cysteine residues of Keap1 reactive, simulating a signal of stress; it can activate an upstream pool of kinases to phosphorylate Nrf2 decreasing its affinity with Keap1 and making it more stable; and, at some concentration, by its mild pro-oxidant action, it can cause an hormetic response adequate to stimulate the Keap1 and Nrf2 alarm, without causing neurolytic effects. After dissociation of Keap1, Nrf2 is no longer degraded and becomes accumulated in the cytoplasm and translocates to the nucleus, which serves as a critical move that puts this master regulator in the genetic control centre where it embarks on a precise orchestration of the antioxidant defence programme [28].

4.2 Upregulation of Antioxidant Response Elements (AREs)

The nucleus Nrf2 dimerises with small Maf proteins, forming a functional transcription factor complex involving specific DNA motifs called Antioxidant Response Elements (also termed Electrophile Response Elements) (ARE), which serve as promoter elements in front of major cytoprotective genes in the cell. The Nrf2 -Maf complex to the ARE, which is a molecular switch by which the transcriptional machinery is recruited and coordinated, and large-scale expression of the antioxidant and detoxification arsenal is stimulated. This process means that resveratrol increases sturdy up-regulation of crucial enzymes, which is a direct response to the pathology of Parkinson disease, including NAD(P)H: quinone oxidoreductase 1 (NQO1), which neutralises highly reactive dopamine-quinones produced during auto-oxidation of dopamine; heme oxygenase 1 (HO -), which breaks down the pro-oxidant hemolithine (GSH), the main endogenous antioxidant, and glutathione S -transferases This highly coordinated genetic action makes certain that the neuron is not just dying out due to the ongoing oxidative destruction but is constantly producing the molecular equivalent of a fire-retardant that protects the neurons in case of future harm [29].

4.3 Reduction in Reactive Oxygen Species (ROS) and Lipid Peroxidation in PD Models

Nrf2 is not just a hypothetical event of genetic activation by resveratrol, but when it occurs, it yields significant, quantifiable, or enhanced neuronal health outcomes in animal models of Parkinson's disease. In vitro, i.e., when PD m mimetic toxins are used (e.g., MPP - or 6-hydroxydopamine), which cause rapid accumulation of ROS in cells and subsequent cell death, pretreatment with resveratrol causes a considerable and permanent drop in ROS levels, which is a direct demonstration of the functional activity of newly induced antioxidant enzymes. Resveratrol also suppresses lipid peroxidation, one of the most devastating downstream effects of oxidative stress that otherwise leads to an increase in membrane damage and inflammation, and is measured by the production of harmful by-products of oxidative damage, including malondialdehyde (MDA) and 4-hydroxynonenal (4-HNE). In the PD models in vivo, such as MPTPn mice, the administration of resveratrol significantly decreases the levels of MDA and 4-HNE in susceptible areas of the brain, like the substantia nigra and striatum, and this fact strongly implies that the defence mediated by Nrf2 is adequate to maintain neuronal membrane integrity upon oxidative attack. [30]. Combined, the mitigation of ROS and mitigation of lipid peroxidation lead to translation of neuroprotection that indicates a larger population of dopaminergic neurons in the substantia nigra and the amelioration of motor performance, which show that Nrf2 pathway activation is becoming more pivotal in allowing neurons to counter the oxidative load of mitochondrial dysfunction in classical oxidative target types, as well as their own metabolic demands. [31].

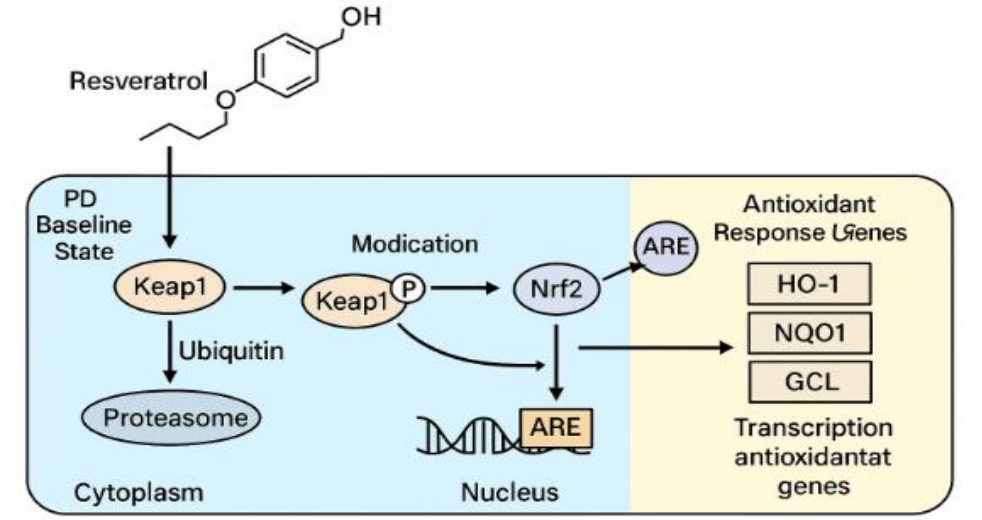

Figure 2: Mechanism of Nrf2–Keap1 modulation by resveratrol.

5. AMPK–mTOR–Autophagy Pathway

The pathophysiology of the development of Parkinson's disease (PD) is characterized by the buildup of misfolded alpha -synuclein (α-synuclein), which coalesces into toxic species and, eventually, Lewy bodies. This protein debris interferes with almost all cellular functions, including the work of mitochondria and synaptic transmission. In PD, the cell's natural cleaning and recycling system, that is, proteostasis, is essentially disturbed. The AMPK-mTOR-autophagy axis is the third pathway that Resveratrol targets to help overcome this fundamental issue. It is an influential command that triggers cellular self-cleaning, plays the role of clearing toxic protein aggregates and damaged organelles, and, thereby, replenishes the vital protein quality control. [32].

5.1 AMPK Activation and mTOR Inhibition: Releasing the Brakes

Metabolic conditions strictly control the initiation of the cell self-cleaning and recycling apparatus by the counter-balancing activity of two master regulatory kinases, namely AMPK and mTOR, which interact to provide the ultimate go/no-go signal of growth or repair. AMPK (AMP -activated protein kinase) is the central energy sensor and stress-response core of the cell, activated when cellular energy is depleted, as indicated by a high AMP/ATP ratio and made inactive after interacting with specific biomolecule ligands that allow it to promote energy-saving pro-survival regulated synthetic pathways and repress energy-demanding anabolic pathways. [32]. Resveratrol activates these decisions directly by providing a strong pharmacological agonist of AMPK, traditionally through one of the upstream kinases, including LKB1, resulting in phosphorylation of AMPK at its activation site Thr172 and eventually prevents mTOR signalling. The activated AMPK phosphorylates important players in mTOR signaling, such as the catalyst of the mTOR complex and its negative regulator TSC2, and silences mTOR, which normally restrains autophagic machinery. By promoting the transition of the cellular programme to a state of repair and conservation controlled by AMPK as opposed to the type of growth and synthesis controlled by mTOR, resveratrol eliminates a significant bottleneck that otherwise paralyzes cellular cleanup in neurons of Parkinson's disease. This is further enhanced by reciprocal crosstalk with SIRT1 since both pathways are sensitive to energy stress: SIRT1 can boost the activity of LKB1 to further activate AMPK, and AMPK can stimulate NAD+ production, which is the necessary cosubstrate to allow SIRT1 to act, and in a coordinated and robust shift between the pathological accumulation and the survival-oriented clearance. [33].

5.2 Enhancement of Autophagosome Formation and α-Synuclein Clearance

Shedding the mTOR-dependent inhibitory brake, the cell will be able to activate the autophagic process, which is tightly regulated to involve the contributions of a single cell in an autophagic cycle and focus the activity on the clearance of pathological α -synuclein aggregates. The process of autophagy is triggered by

the activation of ULK1 (Unc−51-like autophagy activating kinase 1) complex which is normally inhibited by mTOR-dependent inhibitory phosphorylation. The activation of ULK1 by resveratrol-activated AMP-activated protein kinase (AMPK) results in autophagy, and ULK1 is free to initiate self-association, catalytic activation, and serves as the main signalling centre that triggers the creation of the nascent isolation membrane. The ULK1 activation subsequently activates the Beclin 1-containing complex containing lipid kinase Vps34, which produces phosphatidylinositol-3-phosphate (PI3P) to invoke autophagic machineries to the aggregate removal site, vesicle nucleation, and growth. [34]. When the isolation membrane extends to be a two-membrane autophagosome, the cytosolic protein LC3 1 -I is subsequently enzymatically processed and lipidated into LC3 -II, which becomes inserted in the autophagosomal membrane; the LC3 -II accumulation and the increase in the proportion of LC3 -I -LC3 -II production evidence the presence of active autophagosome formation caused by resveratrol. These autophagosomes then selectively include misfolded and aggregated 3 -synuclein by methods of cargo receptors, including p62/sequestosome- 1 and NBR1, which bind the toxic protein and attach it to the developing autophagic membrane, a process that is again strengthened by the ability of resveratrol to modulate receptor expression and function. The pathway results in the fusion of the mature autophagosome with lysosomes and the breakage of 8 -synuclein by the acidic hydrolysates to reusable components. Notably, resveratrol increases the general autophagic flux to guarantee a smooth passage between the start and end of the vesicle degradation process, as opposed to a halting or abortive clearance process [35].

5.3 Role in Protein Quality Control and Neuroprotection

The effective clearance of α -synuclein is vital to the recovery of cell health and cell functioning, and its clearance immediately relieves the deep-seated cellular stress through the restoration of proteostasis and organelle integrity. A Outsourced, most neurotoxic species of 200 kDa transcription factor 2 -synuclein, small, soluble oligomers, are preferentially targeted by the autophagic response and are much more damaging than relatively harmless large Lewy bodies since, unlike large bodies, they readily permeabilize membranes of neurons and disrupt synaptic signaling. Resveratrol can activate autophagy in time to successfully clear these toxic intermediates before their permanent damage. [36]. There are consistent in vivo experiments of Parkinson disease that resveratrol treatment decreasesdecrease s insoluble α -synuclein burden in substantia nigra, which is associated with significant recovery of tyrosine hydroxylase-positive dopaminergic neurons, fewer apoptotic signals like cleaved caspase -3 activity, and significant improvements of motor and behavior outcomes. All these results demonstrate that the Akp kinase to androgenic theory (AMPK-mTOR-autophagy axis) by resveratrol leading to the neuronal survival is providing the necessary protein quality control and by relieving the cell self-cleaning mechanism with the self-defense of oxidative stress resveratrol is supplying the system alongside the other functions it is performing on mitochondrial energy generation and oxidative stress response. [37]

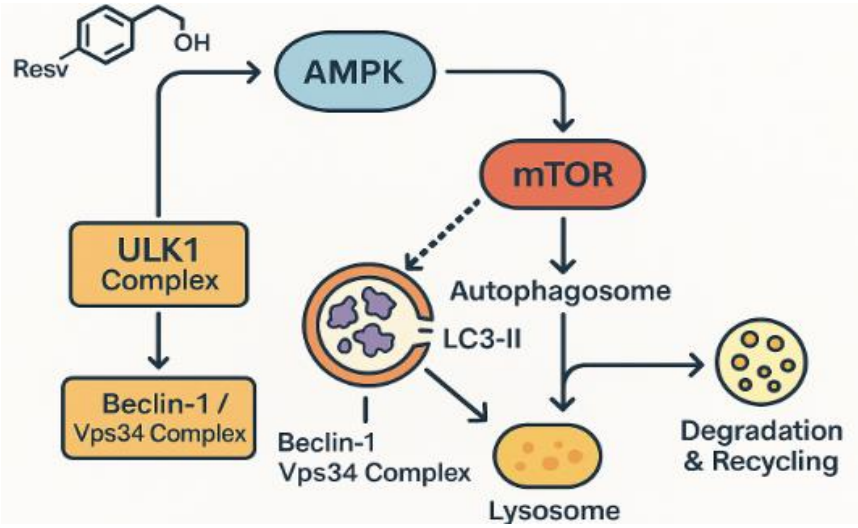

Figure 3: Pathway of AMPK–mTOR regulation and autophagy induction by resveratrol.

6. Crosstalk Between Pathways and Synergistic Neuroprotection

Pathology of the Parkinson disease (PD) is characterized by an auto-cascading mechanism of neuronal breakdown with a continuum of energy failure, oxidative stress, and toxic protein aggregation all worsening each other. Although the sections mentioned above have discussed the top three defense systems that are triggered in the presence of resveratrol such as the SIRT1Biogenesis axis (energy), the Nrf2Redox axis (stress defense) and the AMPKAutophagy axis (waste clearance), the actual benefit of the compound is the strong crosstalk and interactions between the signaling pathways. Resveratrol is not a single agent, it is a systemic modulator and behaves like a master regulatory system producing a whole systemic, protective effect that is well beyond its individual components. Such a well-organized step is important since a successful PD treatment is to cover the whole switch of failure but not a single symptom. [38].

6.1 Interlinking of SIRT1, Nrf2, and AMPK Signaling

The three key protective pathways are all chemically and physically linked to each other creating a self-reinforcing program of cellular stability that can be therapeutically triggered by resveratrol through the stimulation of the primary metabolic sensors SIRT1 and AMPK. The SIRT1-AMPK metabolic feedback loop, which SIRT1, through the detection of the intracellular NAD 3 NADH ratio, increases the activity of upstream kinases (LKB1) to activate AMPK and activated AMPK stimulates the production of NAD 3, thus maintaining and escalating the activity of SIRT1, is central to this synergy. When triggered by resveratrol either node, the two pathways become trapped in a high-activity, pro-survival metabolic condition through this positive feedback. This metabolic restructuring specifically controls the stress -response pathway, mediated by Nrf2, because AMPK is able to stabilize Nrf2 and prevent its degradation, increase the expression of antioxidant genes, and Nrf2 signaling is furthered increased by SIRT1 that can deacetylate regulatory protein links to ensure that cellular energy restoration is directly linked to the increased antioxidant defense. As the principal cleaner, AMPK -regulated autophagy would play vital upstream roles in both pathways through inhibition of mTOR and efficient clearance of toxic -synuclein aggregates and damaged mitochondria via mitophagy, in the absence of which mitochondrial biogenesis catalyzed by SIRT1 would be impaired by the sustained production of ROS, and Nrf2 -mediated defenses would be insufficient. Removing these molecular destructive spots, autophagy enables the SIRT1 and Nrf2 to work synergistically and jointly, forming a cohesive and stable survival network. [39].

6.2 Coordinated Effects on Mitochondrial Function, Redox Homeostasis, and Proteostasis

The pathological agents of the Parkinson's disease are neutralized not sequentially but in parallel in coordinated activations of a set of three protective pathways by resveratrol. To restore mitochondrial activity and regenerate its energy, the SIRT1 -PGC-1 with this process stimulates the development of new and healthy mitochondria during the biogenesis process, and the degradation of the old and dysfunctional organelles by the AMPK -autophagy axis are remodeled to recycle the cellular energy infrastructure in a positive and negative feedback loop constituting a construction and demolition cycle. As a dual therapy, the SIRT1 and AMPK in inhibiting production of ROS at the source by repairing leaky mitochondria and the Nrf2 by amplifying capacity to neutralize any persisting oxidative species, neutralizing the oxidative effect more effectively than either system by itself, the dual strategy is considered to tackle oxidative stress. The restoration of proteostasis is also accompanied by facilitation of autophagy under AMPK-stimulated conditions to eliminate the damaging A deposits of alpha-synuclein, which releases the main obstacle to mitochondrial renewal freeing the energy resources of the survival functions, and AMPK-mediated biogenesis and Nrf2-mediated defense to act unhindered. [40].

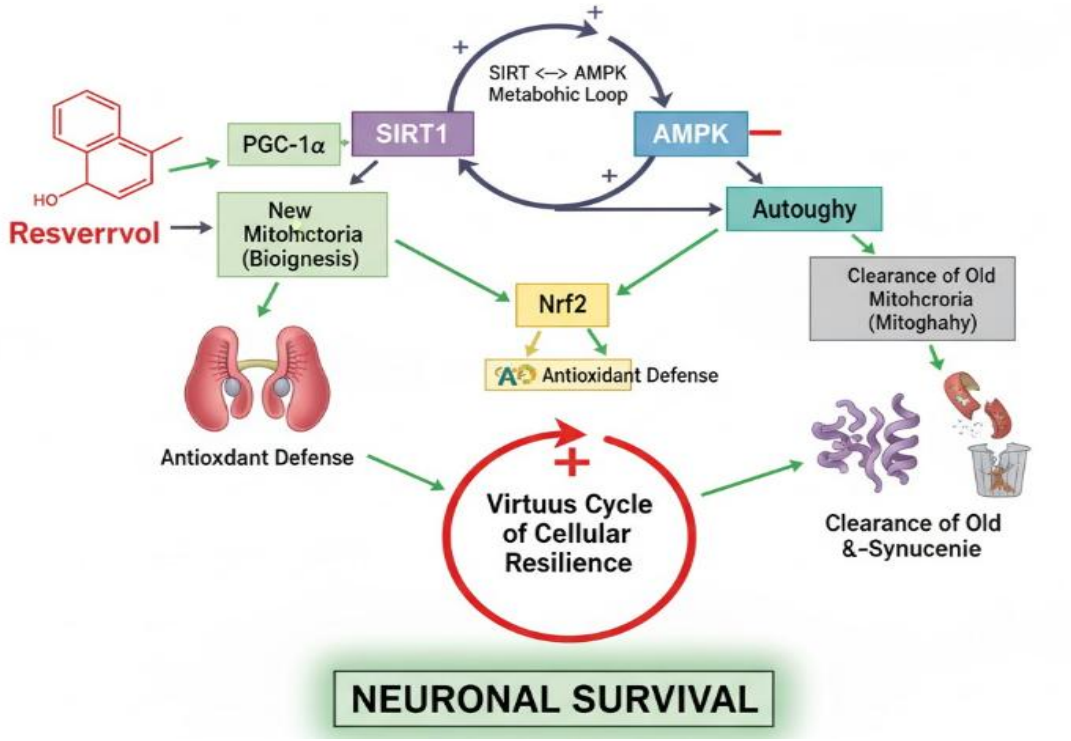

Figure 5: Integrated diagram showing pathway crosstalk in resveratrol-mediated neuroprotection.

7. Translational and Clinical Perspectives

Resveratrol has demonstrated significant neuroprotective efficacies in cell-based and animal research, with its multi-systemic activity improving the adverse pathways of mitochondrial impairment, oxidative stress, and proteostatic alteration to provide a very strong argument to its use in the treatment of Parkinson disease (PD). However, there is a lengthy way between these preclinical success stories translated to a clinically viable therapy and consists of several failures that do not necessarily occur due to lack of target efficacy but rather inherent pharmacokinetic limitations in human physiology. The need to overcome severe PK constraints defines this translate stage as it will guarantee that the active solid reaches the desired target: dopaminergic neurons located in the deep brain constructions. [41].

7.1 Pharmacokinetics and Blood–Brain Barrier Penetration of Resveratrol

The greatest barrier towards the use of resveratrol is its low bioavailability in the body and its limited passage across the blood-brain barrier (BBB), which is highly selective. After elections, resveratrol undergoes a rapid absorption but undergoes massive first-pass metabolism in the intestinal mucosa and in the hepatic parenchyma, which is mainly catalyzed by Phase 2 enzymes which mainly include UDP-glucuronosyltransferase and sulfotransferase, where conjugations of trans-resveratrol form the largely inactive glucuronide and sulfate conjugates. [42]. As a result, the amount of parent compound taken into the systemic circulation reduces significantly. This strong pre-systemic clearance bestows extremely low plasma half-life on active resveratrol, which is usually measured in minutes; hence, making the challenge of sustaining therapeutically relevant plasma concentrations and levels problematic without the necessity to employ impractically high or frequent dosing regimens. The BBB also challenges even the small percentage of parent compound that successfully enters the systemic circulation, and this is along with the active transport of lipophilic molecules being just selectively allowed by the BBB, with the polar metabolites being blocked. Additionally, resveratrol that leaks across central compartments can be transported by transporters like P-glycoprotein and therefore, prevents further build-up in vital areas like the substantia nigra, reducing its ability to protect neurons in PD. [43] .

7.2 Limitations in Bioavailability and Strategies for Improvement

To exploit the neuroprotective activity of resveratrol reported in preclinical models, researchers have focused on approaches that are aimed at protecting the molecule against early metabolic breakdown and at increasing its central nervous system (CNS) accessibility. The structural modification approach is one such strategy, in which analogs or derivatives are designed to be metabolically resistant whilst remaining active biologically; a relevant example is pterostilbene, a natural analog, obtained as bluesberry, designed to replace reactive hydroxyl groups with methoxy groups, and, as a result, increasing lipophilicity, oral bioavailability, systemic half-life and BBB permeability, and becoming a promising agent of PD therapy. [44]. At the same time, synthetic derivatives are being developed to still be able to block metabolic hot spots but retain the ability to activate SIRT1 and Nrf2. Along with chemical modification, formulation improvement through nanocarriers and novel and improved delivery modalities has been sought. In this type of approach, the resveratrol is placed on the liposomes or polymer-based nanoparticles, effectively protecting the compound against gastrointestinal and hepatic enzyme degradation and increasing the parent compound's circulatory half-life. More advanced constructs use surface-functionalized nanoparticles that are targeted with ligands - e.g., specific peptides or monoclonal antibodies - to exploit endogenous pathways of transport across the BBB to deliver the drug to neuronal target samples and attain CNS concentrations that are otherwise inaccessible by standard oral delivery protocols. [45].

7.3 Current Status of Preclinical and Clinical Trials

The neuroprotective effect of resveratrol in experimental parkinson models, including the use of MPTP and 6 -hydroxydopamine (6 -OHDA) lesions, has been strongly supported, and findings of reduced dopaminergic neuron loss, decreased -α-synuclein aggregation as well as motor improvement were consistently observed. Fast Phase I / II trials have hitherto dominated clinical translation with less emphasis placed on their safety and pharmacokinetics. [46]. These studies have affirmed that the original tolerability of resveratrol is acceptable with a dose of 1,000 to 5,000 mg/day, with only small traces of the metabolites found in the cerebrospinal fluid, indicating low central exposure. However, with human subjects, the shows of demonstrable therapeutic benefit have been small or inconclusive, partly because measurements are conducted in surrogate endpoints (e.g., anti-inflammatory or metabolic biomarkers) as opposed to direct evaluation of the motor functionality. [47]. The future course of clinical research is thus (progressively) seeking to overcome the bioavailability limitations of resveratrol (such as by developing a metabolically stable analogue, like pterostilbene) or by utilizing the advanced drug-delivery systems (most notably, targeted nanocarriers), which have already been shown (acting) preclinically to deliver therapeutically-relevant concentrations of resveratrol to the brain. [48].

8. Conclusion and Future Directions

8.1 Summary of Therapeutic Promise

Resveratrol is an excellent profile study, which makes it viable as a disease-modifying intervention in Parkinson's disease due to its multi-target mechanistic nature that directly challenges the multifarious pathological causes of neurodegeneration. In contrast to symptomatic treatments, resveratrol acts at a cellular regulatory level to simultaneously restore energetic balance via the SIRT1 PGC 1α pathway, promote mitochondrial biogenesis and curb the bioenergetic defect; enhance antioxidant capacity through the Nrf2 0-Keap1 axis, thus alleviating pathogenic oxidative stress; and augment cellular quality -control processes through the AMPK 0-mTOR pathway, thus inducing autophagic clearance of pathologic alpha - This crosstalk between these three signaling networks leads to a self-stimulating neuroprotective cascade, which provides a conceptual capacity to break the chains of the self-propagating loops which perpetuate PD development and consequently predicting an actually delivered, disease-modifying treatment paradigm.

8.2 Gaps in Knowledge and Priority Areas for Research

Although the preclinical evidence points to resveratrol efficacy being convincing, the project of its translation into clinical setting faces tremendous obstacles, which define the priority of future research. First among them are the abatement of its pharmacokinetic limitations, including rapid metabolic attrition and low BBB permeability, which requires the production of bioavailable analogues, including pterostilbene, and the use of advanced delivery systems, including targeted nanocarriers that can deliver and retain therapeutic concentrations in the basal ganglia. The inability to overcome these drug-pharmacokinetic obstacles would deny the ultimate potential of resveratrol to achieve the full benefit of the molecular promise in patients. In addition, the lack of sensitive and reliable biomarkers that can validate target-engagement and pathway-activity in the human brain is an inability to perpetuate clinical studies. This result highlights the importance of the identification and confirmation of CSF-derived biomarkers that indicate the functioning of the mitochondria, the clearance processes of alpha-synuclein, or the changes in transcription associated with the Nrf2-mediated signaling. Lastly, the studies should clarify the best temporal system of the intervention, i.e., whether resveratrol has better action in prophylaxis or treatment agent in the prodromal or preclinical phase or early symptoms of PD. It will be necessary to address these translational failures in terms of conducting large-scale and well-designed trials using optimally available formulations to clarify the appropriate regimens of dosing periods, and stage-specificity of treatment of the disease. It is possible to overcome these obstacles in a bid to capitalize on the sound molecular backbone provided by resveratrol in the pursuit of a truly disease-modifying cure to Parkinson's disease.

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