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Original Research

## Effectiveness of Ozone Therapy in The Treatment of Endometritis in Mares



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## ABSTRACT

Endometritis is defined as inflammation of the endometrium that may be acute or chronic, infectious, or non-infectious. Endometritis is an important cause of subfertility in mares. Considering the antimicrobial characteristics, immune-stimulating ability, and low cost of ozone (O<sub>3</sub>) therapy, we aimed to evaluate the effectiveness of intrauterine O<sub>3</sub> therapy as an alternative treatment for endometritis in mares. Twenty-five mares with a known reproductive history of uterine infection and inflammation were allocated into three groups: Group 1 (control; n = 7), uterine lavage with Ringer's lactate solution; Group 2 (O<sub>3</sub>-gas; n = 9), uterine lavage with Ringer's lactate solution followed by uterine insufflation with O<sub>2</sub>-O<sub>3</sub> gas mixture containing 40 µg O<sub>3</sub> mL<sup>-1</sup> for 10 minute; and Group 3 (O<sub>3</sub>-oil; n = 9), uterine infusion of ozonized sunflower oil. Uterine inflammation was evaluated through a uterine cytological examination (cytobrush) and uterine culture (swab) for microbiological content before and after all treatments. In assessments of uterine cytology, the average number of neutrophils/field changed from 9.14 ± 3.02 to 7.71 ± 3.59 in the control group, from 10.67 ± 3.84 to 2.89 ± 3.59 in the O<sub>3</sub>-gas group, and from 6.44 ± 2.79 to 6.55 ± 7.18 in the O<sub>3</sub>-oil group post-treatment. The pre- and post-treatment findings in the mares treated with ozonized gas were significantly different (*P* < .05), unlike the findings for the mares in the control and O<sub>3</sub>-oil groups. All mares (25/25) showed a positive uterine culture before treatment. After treatment, the percentage of mares showing positive culture results was 57%, 11%, and 22% in the control, O<sub>3</sub>-gas, and O<sub>3</sub>-oil groups, respectively. Our results showed the effectiveness of two groups (O<sub>2</sub>-O<sub>3</sub> gas mixture and ozonized sunflower oil) for the treatment of uterine infections in mares. Thus, direct intrauterine O<sub>3</sub> gas infusion has been shown to be effective in treating endometritis in mares, reducing both inflammation and uterine infection.

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## 1. Introduction

Brazil has the fourth-largest herd of horses in the world, which is responsible for more than 600,000 animals and 3.2 million direct and indirect jobs and moving BRL 16.15 billion [1]. In addition,

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Brazil is the country with the maximum utilization of the equine embryo transfer technique [2]. Many of these animals are donor and recipient mares that can develop uterine pathologies, such as endometritis.

Among reproductive system pathologies, which have been identified as the third most common set of clinical conditions after colic and respiratory system diseases [3], endometritis is the biggest cause of infertility in mares [4]. Endometritis is an inflammatory and/or infectious process, and persistent endometritis can make the uterine environment unfavorable to the conceptus, thereby reducing the mare's reproductive potential [5].

Endometritis has been treated with uterine lavage, ecbolic and anti-inflammatory drugs, and antimicrobials when necessary [6]. However, the lack of response to traditional therapy and the increasing incidence of antimicrobial-resistant pathogens have led

to the development of alternative therapies to treat mares suffering from chronic endometritis [7], including acupuncture [8,9], platelet-rich plasma [10], and the promising ozone (O<sub>3</sub>) therapy [11,12].

Intrauterine treatment with O<sub>3</sub> therapy has been shown to be effective in reducing uterine inflammation in cows [13] as well as in local promotion of endometrial angiogenesis without inducing tissue damage in mares [11]. Moreover, O<sub>3</sub> therapy has an antimicrobial effect [14,15]. O<sub>3</sub> gas activates erythrocyte metabolism and immune cells [16] and shows the ability to react with many compounds, such as phospholipids, lipoproteins, bacterial cell envelopes, and viral capsids [17]. The anti-inflammatory and bactericidal effects of ozonated oils have been demonstrated both *in vitro* and *in vivo* [15,18,19,20,21]. Therefore, this study aimed to evaluate the effectiveness of treatment using two O<sub>3</sub> presentations (O<sub>2</sub>-O<sub>3</sub> gas mixture and ozonized sunflower oil) in comparison with conventional control treatment for endometritis.

## 2. Material and Methods

### 2.1. Animals

All procedures were approved by the Ethics Committee in Animal Experimentation of the Institute of Biological Sciences at the University of Brasília, under protocol no. 23106.068932/2018-12. Twenty-five light-horse breed mares aged 5–15 years (8.4 ± 4.4) and weighing 400–500 kg were used for this study. The mares were kept under natural light in an outdoor paddock in a private Stud Farm located in Brasília, Federal District, Brazil, under pasture, mineral supplementation, and water *ad libitum*.

The mares were selected based on their reproductive history. Females that presented with subfertility conditions, such as difficulty in pregnancy, low percentage of embryonic recovery, and presence of uterine fluid (purulent or nonpurulent), were sent for uterine cytological examinations and endometrial culture. Only mares that showed positive results in microbiological cultures were included in the experiment.

### 2.2. Experimental Design

All mares were evaluated over 3 consecutive cycles. Uterine culture and cytological examinations were performed in the first and third cycles in all 25 mares to evaluate the findings of pre- and post-treatment. In the second cycle, the mares were randomly allocated into 3 experimental groups: control (G1), O<sub>3</sub>-gas (G2) and O<sub>3</sub>-oil (G3). In G1 (n = 7), mares were treated with Ringer lactate uterine lavage (until recovery of clear flushing) and 20 IU of oxytocin (intramuscular [IM]). In G2 (n = 9), mares were treated with Ringer lactate uterine lavage (until recovery of clear flushing), and the uterus was insufflated with O<sub>2</sub>-O<sub>3</sub> gas mixture at a concentration of 40 µg O<sub>3</sub> mL<sup>-1</sup> for 10 minute. The gas infusion was performed through an insemination pipette for mares (PROVAR, São Paulo, Brazil) and the tubing of a drip set accoupled to an O<sub>3</sub> generator (Ozone & Life, São José dos Campos, Brazil). This procedure was repeated for 2 consecutive days and was followed by IM administration of 20 IU of oxytocin on the second day. In G3 (n = 9), mares were treated with Ringer lactate uterine lavage (until recovery of clear flushing), followed by intrauterine infusion (uterine body and bifurcation) of 50 mL of commercial ozonized sunflower oil (peroxide index 600 mEq kg<sup>-1</sup>, Ozone & Life, São José dos Campos, Brazil). The oil infusion was performed through an insemination pipette for mares, and the uterus was massaged by rectal palpation. After 24 hour of infusion, uterine lavage was performed with a Ringer lactate solution until completely clean flushing was obtained, which was followed by IM administration of 20 IU of oxytocin. In all groups, treatment was started when grade

2 edema in the uterus was verified according to a 0–5 scale [22], with an ovarian follicle diameter of 35–40 mm, without corpus luteum and relaxed cervix.

### 2.3. Uterine Cytology and Endometrial Culture

Uterine culture was carried out during estrus using a sterile disposable collector for mares (PROVAR, São Paulo, Brazil), with a double-protection swab system to avoid contamination. The tip of the collector was protected between the thumb and palm of the gloved hand and was introduced throughout the vagina until it reached the cervix. At the cervix, the sanitary protection was torn, and the swab was exposed, coming into contact with the uterine mucosa. Circulatory movements were performed with the swab, which remained in contact with the uterine mucosa for 40 s. Then, the swab was placed back inside the collector's protection so that it could be removed from the reproductive tract without contact with the cervical, vaginal, and vulvar environments [23]. Subsequently, the swab was uncoupled from the collector and attached to a tube containing Stuart medium suitable for transport. The samples were kept at 5°C until microbiologic analyses. Swabs were plated on blood agar and incubated for 48 hours at 36.7°C. The plates were observed at 24 and 48 hours for bacterial growth. Bacterial growth was classified as: no growth; mixed flora (2 or more organisms); or single isolate (1 bacterial isolate only). Where bacterial growth was detected, Gram-positive or Gram-negative organisms were identified using the Gram staining technique [24].

Uterine cytological examination was performed using a double-protection system with a cytobrush [25,26]. After assembly, the smears were prepared by rolling the cytobrush on a slide. The material was then stained with a simplified method of staining cytology (panoptic). Cell counting was performed according to the method described by Cocchia et al [23].

Both culture and uterine cytology were performed in estrus when the mares had grade ≥2 uterine edema and ovarian follicle diameter of 35–40 mm. The mean time between first and third cycles of cytology and cultures was 52 days.

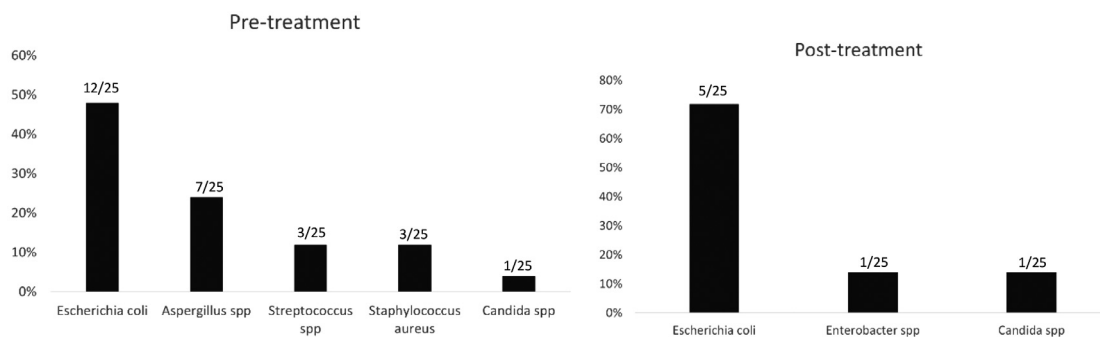
### 2.4. Statistical Analysis

The data were subjected to descriptive statistical analysis, followed by the Kolmogorov–Smirnov normal distribution test using GraphPad Prism 9. The t-test was used for 2-parameter comparisons, followed by the non-parametric Mann–Whitney U and Wilcoxon tests. When comparing more than 2 parametric groups, the analysis of variance (ANOVA) summary and the Kruskal–Wallis test were used for non-parametric variables that did not show a normal probability distribution.

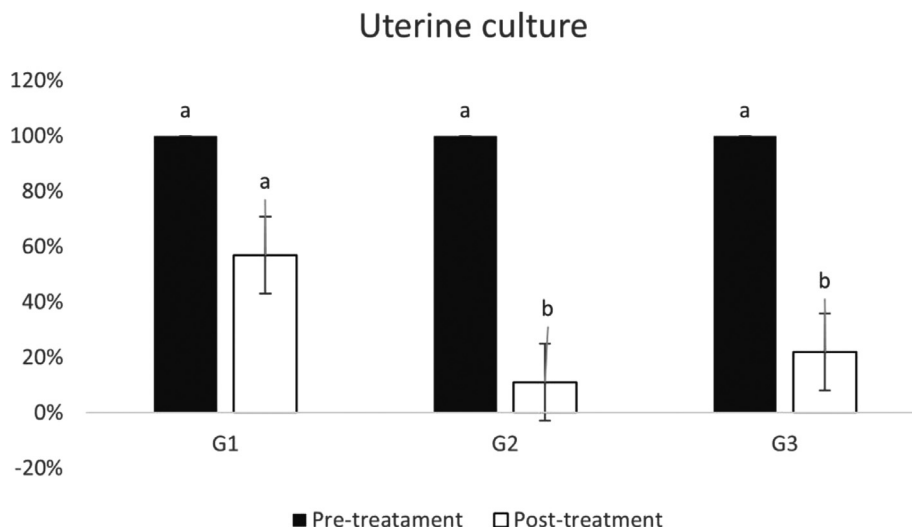
## 3. Results

The uterine cytological findings showed a significant difference after treatment ( $P < .001$ ) only for mares treated with O<sub>2</sub>-O<sub>3</sub> gas mixture. Thus, O<sub>3</sub>-gas (G2) showed better control of the inflammatory response than the control (G1) and O<sub>3</sub>-oil groups (G3) (Table 1).

Independently of the experimental group, all mares showed positive cultures before the treatment. The most common pretreatment agents were *Escherichia coli* (48%, 12/25), followed by *Aspergillus* spp. (24%, 7/25), *Streptococcus* spp. (12%, 3/25), *Staphylococcus aureus* (12%, 3/25), and *Candida* spp. (4%, 1/25). One of the mares showed, concomitantly, infection of *Escherichia coli* and *Staphylococcus aureus*. After the treatments, the most common agent was still *Escherichia coli* (72%, 5/25), followed by *Enterobacter* (14%, 1/25) and *Candida* spp. (14%, 1/25) (Fig. 1).



**Fig. 1.** Uterine microbial isolates (%) from equine uteri (n = 25) before and after intrauterine treatment with Ringer's lactate solution, O<sub>2</sub>-O<sub>3</sub> gas mixture or ozonized sunflower oil.



**Fig. 2.** Incidence (%) of positive cultures from equine uteri before and after intrauterine treatment with Ringer's lactate solution (G1; n = 7), O<sub>2</sub>-O<sub>3</sub> gas mixture (G2; n = 9) and Ozonized sunflower oil (G3; n = 9). <sup>a,b</sup>Different letters in the same group indicate a statistical difference (P < .05).

**Table 1**

Uterine cytology (Mean ± SD for polymorphonuclear neutrophil) before and after intrauterine treatment with Ringer's lactate solution (G1), O<sub>2</sub>-O<sub>3</sub> gas mixture (G2) or ozonized sunflower oil (G3). Both culture and uterine cytology were performed in estrus when the mares had grade ≥2 uterine edema and ovarian follicle diameter of 35–40 mm.

Groups	Pre-Treatment	Post-Treatment
G1	9.14 ± 3.02 <sup>a1</sup>	7.71 ± 3.59 <sup>a1</sup>
G2	10.67 ± 3.84 <sup>a1</sup>	2.89 ± 3.59 <sup>b2</sup>
G3	6.44 ± 2.79 <sup>a1</sup>	6.55 ± 7.18 <sup>a1</sup>

<sup>a,b</sup>Different letters in the same row indicate a statistical difference (P < .05).

<sup>1,2</sup>Different numbers in the same column indicate a statistical difference (P < .05).

G1, control (n = 7); G2, direct infusion of intrauterine O<sub>2</sub>-O<sub>3</sub> gas mixture (n = 9); and G3, intrauterine infusion of ozonized sunflower oil (n = 9). Pre-treatment (cycle 1), treatment (cycle 2), Pos-treatment (cycle 3).

The rate of identification of microbiological agents in the uterine culture before treatment did not differ among the groups (P > .05). However, after treatment, the percentage of mares showing positive cultures was significantly lower (P < 0.5) in the O<sub>3</sub>-gas and O<sub>3</sub>-oil groups than that of the control group (11%, 1/9; 22%, 2/9; and 57%, 4/7, respectively) (Fig. 2).

#### 4. Discussion

The present study describes, for the first time, 2 presentations of O<sub>3</sub> (O<sub>2</sub>-O<sub>3</sub> gas mixture and ozonized sunflower oil) as an alternative treatment for endometritis in mares. Under the current study conditions, O<sub>3</sub>-gas was found to be safe and more effective for controlling uterine infection and inflammation in endometritis. Because of its wide-ranging mechanism of action, O<sub>3</sub> therapy is considered an integrative treatment showing various effects in animals and humans [27], including antioxidant [17], antimicrobial [14,15,28], and anti-inflammatory activities [13,29].

Our study showed a decreased inflammatory response in equine uterus exposed to O<sub>2</sub>-O<sub>3</sub> gas mixture (G2), with the reduction in the number of polymorphonuclear neutrophil (PMNs) per field indicating the efficacy of the treatment for inflammation control. A similar result was found in a study involving puerperal dairy cows [13], reporting a reduction in uterine inflammation that could be verified by uterine cytological assessment 72 hours after treatment with 50 mL of ozonized distilled sterile infusion (50 µg/mL) in the uterus in the early postpartum period. Better reproductive efficiency has also been observed in dairy cows after postpartum uterine ozonized foam infusion [30]. To our knowledge, there are no studies using these presentations of O<sub>3</sub> (O<sub>2</sub>-O<sub>3</sub> gas mixture and ozonized sunflower oil) as an alternative treatment for endometritis in mares, which have a low cost and practical approach for the treatment of subfertility in domestic animals.

The direct infusion of O<sub>3</sub>-gas (G2) better controlled the inflammatory process, probably by removing the cause of the inflam-

mation, through the anti-inflammatory effect of O<sub>3</sub> by the inhibition of proinflammatory cytokines and phospholipase A2 and by the stimulating effects of immunosuppressive cytokines, such as interleukin-10 and tumor necrosis factor- $\beta$ 1 (anti-inflammatory and tissue repair) [31,32]. In contrast, ozonated sunflower oil (G3) acted as a more aggressive agent because of the low pH and difficult removal from the uterine environment. Furthermore, its presence and maintenance in the uterus for a long period might prolong inflammation response.

No difference was observed in the O<sub>3</sub>-oil treatment (G3) concerning the inflammatory response. After the infusion of ozonized oil, the mares showed some discomfort, raising their tail similar to the urination posture for a few minutes; however, they soon returned to normal. Uterine flushings obtained 24 hours after ozonized oil treatment included lumps and mucus in mares with cervical tortuosity. Due to its highly reactive nature, O<sub>3</sub> is not carried by the oil; the O<sub>3</sub> reacts with the components of the oil, generating subcomponents, such as peroxides, and changing the pH [19,20]. These substances and their physicochemical changes will react with the uterus. The control group also showed no difference.

The difference between pre- and post-treatment rates of positive cultures in mares treated with O<sub>2</sub>-O<sub>3</sub> gas mixture (G2) and ozonized sunflower oil (G3) was significant ( $P < .05$ ) in comparison with the control group. When O<sub>3</sub> reacts with unsaturated fatty acids present in vegetable oils, it can form a series of peroxide species that are responsible for the broad biological and germicidal activities of ozonized vegetable oils [20]. The acidity value normally increases during ozonation of sunflower oil due to the formation of carboxylic acids by the decomposition of hydroperoxides formed during ozonation [19]. These acids are in equilibrium with the peroxidic compounds, fundamentally responsible for the germicidal action. In addition, these carboxylic acids contribute to the biological action by modifying the intra- and extracellular pH and, with this, exchange processes occur in the membranes of microorganisms [19,20]. The antimicrobial effect of ozonated sunflower oil has also been reported [15], who succeeded in inactivating *Pythium insidiosum* isolated from horses by treatment with ozonated sunflower oil, which inhibited the *in vitro* growth of the oomycete. Exposure to O<sub>3</sub> may induce the degradation of membrane elements [28,33], oxidation of enzymatic sulfhydryl groups [34,35], and fragmentation of the microbial genetic material [36]. As a result of this nonspecific mechanism of action, O<sub>3</sub> can inactivate fungi [21,35] and bacteria [15,34,36].

The most common agents found in this study were *Escherichia coli*, *Aspergillus* sp., and *Streptococcus* sp., which is in agreement with the literature that states that infectious endometritis can occur in the presence of bacteria and/or fungi [4,37–40]. Therefore, O<sub>3</sub> has been shown to be effective in controlling infections against *Candida albicans* yeast [41], and it was demonstrated the structural changes caused by Gram-negative (*Escherichia coli*) and Gram-positive (*Staphylococcus aureus*) bacteria by exposure to O<sub>3</sub> and microorganisms that were also isolated in uterine cultures before treatment [42]. It is important that the peroxide index of the ozonized oil is  $>500$  mEq kg<sup>-1</sup> to have activity against microorganisms [15,21].

The combination of conventional treatment with O<sub>3</sub> therapy has been shown to be more effective in controlling uterine infection, which can be explained by the removal of the uterine fluid by flushing before uterine infusion with ozonized gas or oil. It was demonstrated that the activity of O<sub>3</sub> against *Escherichia coli* is influenced by the composition of the organic substrates, reinforcing the need for adequate removal of organic matter before sanitization [34].

Since the initial effect of O<sub>3</sub> therapy involves the induction of controlled oxidative stress by triggering an antioxidant response [43], it was investigated the feasibility of its use in healthy mares

to propose its further use in animals with endometritis, with the aim of verifying whether O<sub>3</sub> therapy improved oxidative stress during pathological conditions [12]. Therefore, our results also demonstrate the effectiveness of O<sub>3</sub> therapy for mares with endometritis.

## 5. Conclusion

Under the experimental conditions described in this study, direct infusion of O<sub>3</sub>-gas in association with uterine lavage proved to be effective in controlling uterine infection and inflammation. Due to its antimicrobial activity, O<sub>3</sub> may be useful in preventing the spread of antibiotic-resistant bacteria and antibiotic resistance genes.

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