SECTION IV - OPERATING SUGGESTIONS AND TECHNIQUES

DISRUPTING CELLS

The disruption of cells is an important stage in the isolation and preparation of intracellular products. From research levels through to production, many areas of biotechnology, particularly recombinant technology, necessitate the use of ultrasonics for cell disruption. Although some biological products are secreted from the cell or released during autolysis, many others require sonication to release intracellular material. Cell disruption focuses on obtaining the desired product from within the cell, and it is the cell wall that must be disrupted to allow cell contents extraction.

Single-cell organisms (micro-organisms) consist of a semipermeable, tough, rigid outer cell wall surrounding the protoplasmic membrane and cytoplasm. The cytoplasm is made up of nucleic acid, protein, carbohydrates, lipids, enzymes, inorganic ions, vitamins, pigments, inclusion bodies, and about 80% water. In order to isolate and extract any of these substances from inside the cell, it is necessary to break the cell wall and protoplasmic membrane. In some cases the cell may excrete the desired substance without assistance, but in most cases, the cells must be lysed and sonicated in order for these substances to be released. Breaking cell membranes and releasing the contents present significant challenges. The process must be fast and thorough to maximize the protein yield. Because the energy applied must be great enough to break the cell membranes or walls, yet gentle enough to avoid physically or chemically damaging cell contents, the Vibra-Cell with its variable intensity capability is ideally suited for this application.

The level of intensity that should be used is application dependent. For example high intensity might be recommended for the break up of cells, but should never be used when the release of intracellular components might be objectionable e.g. Organelle isolation.

The ability to control the amplitude at the probe tip is a prerequisite for process optimization. And because each application requires its own set of processing parameters, due to variation in volume and composition, the optimum amplitude can only be determined empirically. When processing a new sample, it is recommended that the amplitude be set first at 50% (30% with a microtip) and then increased of decreased as required.

Yeast, gram-positive bacteria, and to a lesser extent, gram-negative bacteria have considerably harder cell walls in comparison to animal cells, and require relatively high power for cell disruption.

Gram negative bacteria typically require 10 to 15 minutes of processing, while staphylococcus requires 20 to 30 minutes.

Microorganisms differ greatly in their sensitivity to ultrasonic disintegration. For example, the most readily disintegrated are the rod-like forms (bacilli), while the spherical organisms (cocci) are much more resistant. The group Mycobacteria, to which the tuberculosis organism belongs, is particularly difficult to disrupt. Generally, animal cells are more easily disintegrated that plant cells, and red blood cells are more readily disintegrated than muscle cells because they lack a protective cell wall.

Cellular disruption is the first step in RNA isolation and one of the most critical steps affecting yield and quality of the isolated RNA. Typically, cell disruption needs to be fast and thorough. Slow disruption, for example placing cells or tissue in guanidinium isothiocyanate (GITC) lysis solution for a long time prior to sonication, may result in RNA degradation by endogenous RNases released internally. This is especially a concern when working with tissues high in endogenous RNase such as spleen and pancreas.

Disrupting frozen tissue is more time consuming and cumbersome that processing fresh tissue, but freezing samples is sometimes necessary. Samples are usually frozen when, 1) they are collected over a period of time and thus, cannot be processed simultaneously; 2) there are many samples, 3) samples are collected in the field, or 4) mechanical processing of fresh samples is insufficient for thorough disruption. A mortar and pestle or bag and hammer are typically used when the starting material is frozen. RNA will remain intact in tissues for a day at 37ºC, a week at 25ºC a month at 4ºC and indefinitely at subzero temperatures.

Ultrasonic processing will typically cause the temperature of the sample to increase especially with small volumes. Since high temperatures inhibit cavitation, the sample temperature should be kept as low as possible - preferably just above its freezing point. This can be accomplished by immersing the sample vessel in an ice-salt-water bath. Temperature elevation can also be minimized by using the pulser.

Increasing hydrostatic pressure (typically 15-60 psi) and viscosity can enhance cell disruption. For microorganisms, the addition of glass beads in the 0.5 to 1mm size range promotes cell disruption. Beads are almost a prerequisite when working with spores and yeast. A good ratio is one volume of beads to two volumes of liquid. Glass beads are available from Cataphote, Inc. P.O. Box 2369, Jackson, Mississippi 39225-2369 USA, phone (800) 221-2574 or (601) 939-4612, FAX (601) 932-5339, Jayco Inc. 675 Rahway Ave., Union NJ 07083 USA, phone (908) 688-3600, FAX (908) 688-6060 or Sigmund Lindner GmbH. P.O. Box 29. D-95483 Warmensteinach, Germany. Phone (49) 0 92 77 9 94 10, FAX (49) 0 92 77 9 94 99.

When processing difficult cells such as yeast, pretreatment with an enzyme is beneficial. Lysozyme, byaluronidase, glycosidase, glucalase, lyticase, zymolase and lysostaphin digestion are among the enzymatic methods frequently used with yeast and Lysozyme with bacteria. Enzymatic treatment is usually followed by sonication in a GITC lysis buffer. Collogenase may be used with collogen, lysostaphin with staphylococcus, and trypsin hyaluronidase with liver and kidney.

If enzymes cannot be used, the following procedures should be considered: Freezing the sample at -70°C overnight, then thawing it in water immediately prior to ultrasonic processing.

Most animal tissues can be processed fresh (unfrozen). It is important to keep fresh tissue cold and to process it quickly (within 30 minutes) after dissection. When working with fresh tissue, the cells must be sonicated immediately at the time the GITC lysis solution is added. This can be done by dispensing the lysing solution in the tube, adding the tissue and immediately sonicating. Samples should never be left sitting in lysis solution, undisrupted. Large samples of hard tissues should be first treated in a blender or a mechanical homogenizer.

Animal tissues that have been frozen after collection should be disrupted by grinding in liquid nitrogen with a mortar and pestle. During this process, it is important that the equipment and tissue remain at cryogenic temperatures. The tissue should be dry and powdery after grinding. Grinding should be followed by thorough sonication in a GITC lysis buffer. Processing frozen tissue in this way is cumbersome and time consuming, but effective.

Cultured cells are normally easy to disrupt. Cells grown in suspension are collected by centrifugation, rinsed with PBS to remove culture medium, and then lysed by sonicating in a GITC lysis buffer. Placement of the vessel on ice while washing and lysing the cells will further protect the RNA from endogenous RNases released during the disruption process.

Soft, fresh plant tissue can often be disrupted by sonicating in a lysis buffer. Other plant tissues, like pine needles, need to be ground dry, without liquid nitrogen. Some hard, woody plant materials require freezing and grinding in liquid nitrogen prior to being ultrasonically processed. Plant cell suspension cultures and calluses can typically be sonicated in a lysis buffer within 2 minutes. The diversity of plants and plant tissue make it impossible to give a single recommendation for all. However, most plant tissues typically contain polysaccharides and polyphenols that can coprecipitate with RNA and inhibit downstream assays. Treating a plant tissue lysate with polyvinylpyrrolidone (PVP) will precipitate such problematic components from the lysate before the actual RNA isolation is carried out.

Whenever possible, the tissues should be diced very small to permit movement within the liquid. Tough tissues such as skin and muscle should be macerated first in a blender or the like for about 10 seconds, and confined to a small vessel during ultrasonic treatment. If sub-cellular particles are desired intact, the amplitude should be kept low, and the processing time increased.

Yeast can be extremely difficult to disrupt because their cell walls may form capsules or nearly indestructible spores. To process yeast, sonicate in a tube containing the sample, guanidinium-based lysis buffer and small glass beads (0.5 – 1 mm). Pretreatment with

zymolase, glucalase and / or lyticase to produce spheroplasts that are readily lysed may also be useful.

To disrupt filamentous fungi, scrape the mycelial mat into a cold mortar, add liquid nitrogen and grind to a fine powder with a pestle. The powder can then be thoroughly sonicated in lysis buffer to solubilize completely. As fungi may also be rich in polysaccharides, pretreatment with polyvinylpyrrolidone (PVP) may be beneficial.

Bacteria, like plants, are extremely diverse; therefore, it is difficult to make one recommendation for all bacteria. Ultrasonic processing will lyse most Gram positive and Gram negative bacteria, including mycobacteria. Although it is recommended that glass beads and lysis solution be used; it is possible to lyse some Gram negative bacteria by sonicating in lysis solution without beads. Bacteria cell walls can be digested with lysozyme to form spheroplasts. Gram positive bacteria usually require more rigorous digestion and longer processing time. The spheroplasts are then lysed with sonication in GITC lysis buffer.

Disruption of cells found in soil and sediments is accomplished one of two ways. One technique isolates the bacterial cells from the material prior to the RNA isolation procedure. This is accomplished by homogenization of wet soil in a mechanical blender followed by a slow speed centrifugation to remove fungal biomass and soil debris. The supernatant is centrifuged again at a higher speed to pellet the bacteria cells. Cells can then be lysed as described above for bacteria. Other techniques describe RNA isolation from the soil or sediment directly. For example, one method requires soil to be added to a diatomaceous earth and lysis buffer, and then sonicated. The sample is then centrifuged to remove solid debris.

Always immerse the probe deep enough below the surface of the sample to inhibit aerosoling or foaming, foaming substantially reduces cavitation. Processing at a lower power setting without foam is much more effective than processing at a higher power setting with foam. Decreasing the power, increasing processing time and lowering the temperature of the sample will usually prevent aerosoling and foaming. Do not use any antifoaming agents or surfactants.

During cavitation, free radicals are formed which, if they are allowed to accumulate, can greatly affect the biological integrity of the sample by reacting with proteins, polysaccharides, or nucleic acids. Although during short periods of processing their formation is not normally considered a problem; for longer durations, the addition of free radical scavengers such as, carbon dioxide, N_2O, cysteine, reduced glutahione, dithiothreitol or other SH compounds, might be beneficial. Saturating the sample with a protective atmosphere of helium or nitrogen gas, or dropping a small pellet of dry ice in the sample, will also inhibit free radical formation. Whereas it is true that gas is required for effective cellular disruption, it is not necessary that the vapor phase be oxygen or air since any gas except carbon dioxide will work just as well.

Various methods can be used to measure the efficiency of the disruption. For example, a visual count can be made using a microscope.
For greater accuracy, a protein assay could be used. This procedure is widely recognized as a good method for measuring cell disruption by taking into account the amount of protein released after disruption. The disrupted cells are then tested and checked against this number for percentage breakage.
There are several types of protein assays. One commonly used is the Folin Reaction (Lowry Assay) method, as it is comparatively simple and provides consistent results. This colorimetric method has a sensitivity to protein of around 8 µg / mL in the assay solution.
The assay turns blue in the presence of proteins due to the reaction of copper ions in the alkaline solution with protein and the reduction of phosphomolybdate- phosphotungstic acid in the Folin reagent by aromatic amino acids in the treated protein.
Fractional protein release, Rp, is calculated using the following equation and multiplying the result by 100:

$$\mathbf{Rp} = \frac{\mathbf{Cf - Cb}}{\mathbf{Ct - Cb}}$$

Cf = Free protein
Ct = total protein
Cb = Background protein

This gives the actual disruption percentage, taking into account the background levels of protein before disruption.

Since the greatest concentration of energy is beneath the probe, it is imperative that the sample be kept as close to the tip as possible, liquids are easily processed because the free moving cells circulate repeatedly below the probe. Solid materials however have a tendency to be repelled by the ultrasonic, and should be processed in a vessel large enough to accommodate the probe, yet small enough to restrict sample movement. For small samples, conical shaped test tubes are recommended.

Allowing the probe to contact the vessel will decrease the power output, and cause minute grey glass particles to migrate into the sample. Although these glass particles will not adversely affect the chemical composition of the sample, they will form a thin grey layer on centrifuging. If the probe has to come in contact with a solid sample, use a standard 20mm (3/4”) diameter stainless steel centrifuge tube cut to 70mm (3”) length. Do not use a glass tube. Microtips must never allowed to come in contact with anything but the liquid, because the stress resulting at the point of contact with a hard surface will cause the microtip to fracture. Although larger probes will not fracture if they come in contact with a glass vessel, they may cause the vessel to fracture.

Before each application, place the tip in water or alcohol and energize the power supply for a few seconds to remove any residual substances. If concerned about contamination from previous use, clean the probe with a 20% Virkon solution and rinse with distilled water. For critical application, probes may be autoclaved.

To inhibit sample loss in test tube due to sticking, siliconize the test tube as follows: Wash and dry the test tube thoroughly, coat with silicone, then air dry. "Sigmacote" manufactured by Sigma Chemical Co., 3050 Spruce Street, St. Louis, Missouri 63103, USA, phone (314) 771-5765, is ideally suited for that purpose.

High viscosity and concentration are problematic. 2,000 cps and 15% concentration by weight are maximum limits. Because with ultrasonics the sound waves are propagated through the sample, if the sample is so thick that it will not pour or circulate easily, it is too thick for ultrasonic processing.

Use the Cup Horn for processing pathogenic, radioactive, and biohazardous materials in complete isolation without probe intrusion. Because plastic tubes have a tendency to absorb vibrations, it is preferable, whenever possible, to contain the sample in a stainless steel tubes or glass tubes when working with a cup horn. To expedite processing, add glass beads to the sample. If desired, crushed ice can also be added to the water inside the cup horn, in order to optimize cooling. Processing samples in a Cup Horn will usually take 4 times longer than processing with the direct probe intrusion method.