

致病微生物应对环境胁迫形成的 VBNC 状态及 其对风险评估的潜在影响

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摘要: 防止食源性致病菌对食品的污染是保障食品安全的重要策略之一。研究表明, 环境胁迫下微生物可能形成“活的不可培养状态”(VBNC 状态), 成为食品安全的潜在风险。本文对致病微生物 VBNC 状态的最近发现进行了归纳和总结, 重点分析了不同环境胁迫(包括自然胁迫以及食品加工和保藏过程中的各种胁迫等)因素下菌体进入 VBNC 状态的普遍性、诱导条件和生理特点等, 并对现行的基于微生物可培养性而建立起来的常规检测方法的局限性及其对食品安全风险评估潜在影响进行了讨论。

关键词: 环境胁迫, 致病微生物, 活的不可培养状态, 食品安全风险评估

VBNC state of pathogenic microorganisms induced by environmental stresses and its potential challenge to food safety assessment

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Abstract: Preventing foods from the contamination of foodborne pathogens is an important strategy to ensure food safety. Reports have demonstrated that microorganisms could enter the viable but nonculturable (VBNC) state when they respond to various environmental stresses. This paper gives an overview of recent findings on the VBNC state of foodborne pathogens with emphasis on the universality, induced conditions and characteristics of VBNC state of bacteria cells as a response to different environmental stresses (including natural stresses and those during food process and preservation). In addition, the limit of current bacteria detection methods based on bacteria's culturability but not on their viability and its potential challenge to food safety assessment were discussed.

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自然界中细菌繁殖体一旦受到环境胁迫，“可培养性”会慢慢消失，进入“活的不可培养状态”^[1]。所谓“活的不可培养状态”(Viable but nonculturable state, VBNC 状态)是指细菌在经受环境因子刺激时依然保持着活性，但不能在常规培养基上生长繁殖的一种特殊生理状态。20世纪80年代，徐怀恕等^[2]在研究低温对霍乱弧菌和大肠杆菌的影响时正式提出 VBNC 状态，至今发现越来越多的细菌可以进入该状态。除自然因素外，食品加工和储藏过程中各种胁迫因素(灭菌操作、消毒剂和防腐剂处理)也可能导致食源性致病菌形成 VBNC 状态^[3-6]。由于该状态细胞体在适当条件下可能恢复其活力，而且致病力也可能依然存在^[7]，加之现行的基于细菌可培养性而建立起来的致病微生物检测方法具有一定的局限性，其对食品安全构成的潜在威胁逐渐受到人们的关注。

本文通过对致病微生物应对环境胁迫形成的 VBNC 状态进行了全面的综述，旨在提高人们对该状态的重视程度，为进一步建立以活菌计数为基础的微生物生长模型提出一定的建议。

1 自然界细菌形成 VBNC 状态的普遍性

自然界中微生物时刻受到各种环境胁迫因子的影响(如低温、高温、高盐及寡营养等)，这类因子促使细菌自身不断进化并形成多种防御体系，部分细菌可以形成芽孢，如枯草芽孢杆菌(*Bacillus subtilis*)、肉毒梭状芽孢杆菌(*Clostridium Botulinum*)等；还有部分细菌则通过进入 VBNC 状态的方式进行自我保护，如单增李斯特菌(*Listeria monocytogenes*)^[8]等。由表 1 可知，至少 100 多种细菌可以进入 VBNC 状态，其中包括医学细菌(如鼠疫耶尔森菌等)、食品细菌(如副溶血性弧菌等)、土壤细菌(如根瘤土壤杆菌等)、植物细菌(如豌豆根瘤菌等)等；并且革兰氏阴性菌的研究多于革兰氏阳性菌，尤以致病弧菌属、沙门氏菌属、肠球菌属最为突出；此外某些真核微生

物(如与葡萄酒腐败密切相关的酒香酵母)也可以进入 VBNC 状态。这些事实说明微生物的 VBNC 状态在自然界中是普遍存在的，低温和寡营养胁迫是诱导微生物进入 VBNC 状态的主要因素。

2 VBNC 状态细菌性质变化

2.1 形态变化

革兰氏阴性菌进入 VBNC 状态后，形态由杆状变成球状，体积缩小^[12,33,46,54,64]，比如大肠杆菌原始菌株，1.35 μm，杆状，4 °C 胁迫 21 d 进入 VBNC 状态后变为 0.73 μm，球状^[63]；革兰氏阳性菌变化比较复杂，寡营养诱导藤黄色微球菌进入 VBNC 状态后其体积缩小^[58]；而粪肠球菌受到低温刺激时体积却略微增大^[65]。

2.2 肽聚糖结构及蛋白质表达的变化

VBNC 状态细菌细胞壁会发生比较大的变化，尤以肽聚糖的变化最为突出，但不同细菌对胁迫的响应却存在很大的差别，粪肠球菌进入 VBNC 状态后，二聚体、三聚体、四聚体以及五聚体含量减少，寡聚体(六聚体及以上)增多，交联桥含量增加，抵抗机械损伤的能力大幅度提高^[21]；而大肠杆菌细胞壁中肽聚糖二聚体等低聚体含量降低，寡聚体尤其是聚二氨基庚二酸(DAP-DAP)的含量增加，但其抵抗力并未增加^[64]；而细菌进入 VBNC 状态后短链脂肪酸含量显著增加^[66-67]。金黄色葡萄球菌处于胁迫条件下时一种 50 S 核糖体蛋白质(16.3 kD)合成显著降低，分子量为 17.7 kD 的转录调控因子 CtsR 却显著表达^[68]。

2.3 其他变化

研究人员还对其基因表达情况、致病性等进行了探讨，大肠杆菌 O157:H7 进入 VBNC 状态后，特征基因 *mobA*、*rfbE*、*stxl* 仍在表达^[69]；创伤弧菌保持 VBNC 状态长达 4.5 个月后， mRNA 依然能够被检测到^[70]。虽然从目前的结果还无法确定所研究的基因与 VBNC 状态本身有何关系，但至少从侧面反映出这类菌株依然保持着活性。

该状态下的致病菌是否依然保持致病性是人们共同关心的问题, Vora 等^[71]使用 RT-PCR 结合微阵列杂交技术对低温诱导进入 VBNC 状态的霍乱弧菌 O1、副溶血性弧菌 O3:K6 以及创伤弧菌的 mRNA 进行分析发现相应毒性基因(*ctxAB*、*rtxA*、*hlyA*、*tth*、*tdh* 以及 *vvhA*)依然能够表达; Pommepuy 等^[72]也发现处于 VBNC 状态的大肠杆菌仍然产生肠毒素。

3 诱导细菌进入 VBNC 状态的环境胁迫因素

诱导细菌进入 VBNC 状态的胁迫因子非常多(详见表 1), 但以低温、寡营养、渗透压、pH 等为主, 以往的报道已经对自然环境胁迫因子有了比较详细的论述, 本文主要针对食品加工与储藏过程中可能的物理和化学因子进行归纳总结。

3.1 化学诱导因素

食品加工储藏过程中经常使用化学物质提高食品安全性, 其中消毒剂和防腐剂的不当使用可能是诱导细菌进入 VBNC 状态最常见的化学诱导因素。

消毒剂对于防止致病菌、腐败菌对新鲜食品原料及产品所造成的污染发挥了重要作用^[73]。由于长时间使用低浓度消毒剂导致耐药菌株的产生已经得到证实^[74], 事实上消毒剂的短期使用也能诱导致病菌进入 VBNC 状态。分子检测技术的应用证实了含氯消毒剂处理的自来水中存在 VBNC 状态的大肠杆菌 O157:H7、空肠弯曲杆菌^[75-76]、鼠疫耶尔森菌^[77]以及嗜肺军团菌^[78]; 食品加工器械中也被证实存在 VBNC 状态的荧光假单胞菌^[37]。不同菌株对消毒剂的响应存在很大的差别, 嗜肺军团菌野生菌株在 2 mg/L 的氯胺中即可进入 VBNC 状态, 而其标准菌株此时已经死亡^[79]; 金黄色葡萄球菌只有在高于 2 mg/L 的次氯酸钠环境中, 可培养性才会迅速下降^[66]; 而 1.1 mg/L 的次氯酸钠只需 10 s 即可促使 99% 的大肠杆菌以及鼠伤寒沙门氏菌的可培养性消失, 并且无论采用何种自由基清除剂均无法使得 VBNC 状态菌株恢复^[80]。

防腐剂是一类广泛使用的食品添加剂^[81], 针

对其胁迫效果, 研究主要集中在二氧化硫以及一些酸性防腐剂中, 直接荧光镜检法发现二氧化硫可以促进乳酸菌进入 VBNC 状态, 体积缩小, 并且能够透过 0.45 μm 的滤膜^[39]; 其胁迫效果也因菌株而异, 酒香酵母 1L、20T、BD2、12T、3T、BF4 只需 0.2 mg/L 的二氧化硫即可进入休眠状态, 而对于酒香酵母 BD7, 该浓度至少为 0.4 mg/L, 并且此时菌株仍然可以产生腐败因子-乙烯基苯酚^[63]。

酸性防腐剂如甲酸, pH 为 4 或 5 时即可诱导空肠弯曲杆菌以及结肠弯曲杆菌进入 VBNC 状态, 富营养化增菌培养并不能使得该状态菌株恢复原有可培养性, 而羊膜或卵黄膜却可以将其活化^[32]。pH 为 4 时, 山梨酸及其钾盐只需 24 h 即可促使单核增生李斯特菌进入 VBNC 状态^[5]。

3.2 物理胁迫因素

食品加工与储藏过程中可能导致细菌进入 VBNC 状态的物理因素, 主要包括低温、冷冻、干燥、辐照以及高压等。实验室模拟研究主要以低温为主, 它几乎可以使所有的细菌进入 VBNC 状态; 干燥处理诱导大肠杆菌进入 VBNC 状态后, 红外光谱分析发现细胞膜中饱和脂肪酸含量上升, 不饱和脂肪酸含量下降, 72 h 的复水处理可以使得大约 80% 的细胞体恢复活性^[24]; 紫外线处理的海水中也含有 VBNC 状态的鼠伤寒沙门氏菌, 并且仍然保持着致病性^[24]; 成团泛菌经 γ 射线处理后肽聚糖的结构也会发生变化^[82]; γ 射线还可以使得大肠杆菌、鼠伤寒沙门氏菌、金黄色葡萄球菌^[82-83]以及单增李斯特菌^[66]进入 VBNC 状态, 葡聚糖凝胶电泳、免疫蛋白印迹^[83]以及毛细管电泳^[68]均证实此类菌体均产生了很多应激蛋白以此抵抗射线的损伤。

4 VBNC 状态对致病菌风险评估潜在的影响

微生物风险评估作为风险分析的重要组成部分由危害识别、危害特征描述、暴露评估以及风险描述构成^[86]。通过以上 VBNC 状态细菌的分布及特征等的综述, 并结合微生物风险评估的相关理论对未来水产品食源性致病菌风险评估提出几点建议。

表 1 进入 VBNC 状态的细菌及其部分诱导因素

Table 1 Bacteria which can be induced into VBNC state as well as parts of inducing factors

菌属 Genus	菌体名称 Name of strains	G ⁺ /G ⁻	生存环境 Living environment	诱导条件 Induced condition
弧菌属 <i>Vibrio</i>	溶藻弧菌 ^[9] (<i>V. alginolyticus</i>)、鳗弧菌 ^[10] (<i>V. anguillarum</i>)、坎氏弧菌 ^[9] (<i>V. campbellii</i>)、霍乱弧菌 ^[2,11-12] (<i>V. cholera</i>)、哈氏弧菌 ^[9] (<i>V. harveyi</i>)、辛辛那提弧菌 ^[9] (<i>V. cincinnatensis</i>)、费希尔弧菌 ^[9] (<i>V. fischeri</i>)、河弧菌 ^[9] (<i>V. fluvialis</i>)、拟态弧菌 ^[9] (<i>V. mimicus</i>)、需钠弧菌 ^[9] (<i>V. natriegens</i>)、副溶血性弧菌 ^[13-15] (<i>V. parahaemolyticus</i>)、解蛋白弧菌 ^[9] (<i>V. proteolytica</i>)、杀鲑弧菌 ^[9] (<i>V. salmonicida</i>)、施罗氏弧菌 ^[16] (<i>V. shiloi</i>)、灿烂弧菌 ^[9,17] (<i>V. splendidus</i>)、塔式马尼亚弧菌 ^[16] (<i>V. tasmaniensis</i>)、创伤弧菌 ^[18-20] (<i>V. vulnificus</i>)	-	海水、淡水等	低温、寡营养
沙门氏菌属 <i>Salmonella</i>	猪霍乱沙门氏菌 ^[21] (<i>S. choleraesuis</i>)、肠炎沙门氏菌 ^[9] (<i>S. enteritidis</i>)、蒙德维的亚沙门氏菌 ^[9] (<i>S. montevideo</i>)、奥拉宁堡沙门氏菌 ^[9] (<i>S. oranienburg</i>)、鸡白痢沙门氏菌 ^[22] (<i>S. pullorum</i>)、伤寒沙门氏菌 ^[23] (<i>S. typhi</i>)、鼠伤寒沙门氏菌 ^[24] (<i>S. typhimurium</i>)	-	海水、淡水等	低温、寡营养、高能射线
志贺氏菌属 <i>Shigella</i>	痢疾志贺氏菌 ^[25] (<i>S. dysenteriae</i>)、弗累克斯讷氏杆菌 ^[26] (<i>S. flexneri</i>)、索氏志贺氏菌 ^[26] (<i>S. sonnei</i>)	-	海水、淡水等	低温、寡营养
气单胞菌属 <i>Aeromonas</i>	嗜水气单胞菌 ^[27] (<i>A. hydrophila</i>)、杀鲑气单胞菌 ^[28] (<i>A. salmonicida</i>)	-	湖水	低温、寡氧、寡营养
水螺菌属 <i>Aquaspirillum</i> ^[27]	-	-	-	-
伯克霍尔德菌属 <i>Burkholderia</i>	洋葱伯克霍尔德菌 ^[29] (<i>B. cepacia</i>)、鼻疽杆菌 ^[30] (<i>B. pseudomallei</i>)、越南伯克氏菌 ^[31] (<i>B. vietnamensis</i>)	-	-	低 pH、消毒剂
弯曲杆菌属 <i>Campylobacter</i>	红嘴鸥弯曲杆菌 ^[28] (<i>C. lari</i>)、结肠弯曲杆菌 ^[32] (<i>C. coli</i>)、空肠弯曲杆菌 ^[33] (<i>C. jejuni</i>)	-	蒸馏水、河水等	高温、消毒剂等
肠杆菌属 <i>Enterobacter</i>	产气肠杆菌 ^[21] (<i>E. aerogenes</i>)、阴沟肠杆菌 ^[9] (<i>E. cloacae</i>)	-	土壤、树叶表面	低温、干燥等
克雷伯菌属 <i>Klebsiella</i>	产气克雷伯菌 ^[28] (<i>K. aerogenes</i>)、肺炎克雷伯氏杆菌 ^[21] (<i>K. pneumonia</i>)、植生克雷伯菌 ^[9] (<i>K. planticola</i>)	-	空气、海水	低温、寡营养、干燥等
分枝杆菌属 <i>Mycobacterium</i>	鸟分枝杆菌 ^[34] (<i>M. avium</i>)、包皮垢分枝杆菌 ^[34] (<i>M. bovis</i>)、结核分枝杆菌 ^[35] (<i>M. tuberculosis</i>)、耻垢分枝杆菌 ^[36] (<i>M. smegmatis</i>)	-	土壤、水等	寡氧、寡营养等
假单胞菌属 <i>Pseudomonas</i>	铜绿假单胞杆菌 ^[28] (<i>P. aeruginosa</i>)、荧光假单胞杆菌 ^[37] (<i>P. fluorescens</i>)、丁香假单胞杆菌 ^[28] (<i>P. syringae</i>)	-	孔隙水等	寡营养、消毒剂等
根瘤菌属 <i>Rhizobium</i>	豌豆根瘤菌 ^[38] (<i>R. leguminosarum</i>)、青枯根瘤菌 ^[38] (<i>R. meliloti</i>)	-	豌豆根等	寡营养、干燥、金属离子

(待续)

(续表)

其他阴性菌 Other Gram-negative bacteria	醋酸菌 ^[39] (<i>Acetic acid bacteria</i>)、根瘤土壤杆菌 ^[38] (<i>Agrobacterium tumefaciens</i>)、弗氏枸橼酸杆菌 ^[43] (<i>Citrobacter freundii</i>)、根瘤菌 ^[41] (<i>Bradyrhizobium japonicum</i>)、成晶节杆菌 ^[9] (<i>Arthrobacter crystallopoietes</i>)、蜡状芽孢杆菌 ^[40] (<i>Bacillus cereus</i>)、亚麻短杆菌 ^[42] (<i>Brevibacterium linens</i>)、富营养产碱菌 ^[28] (<i>Alcaligenes eutrophus</i>)、黏纤维菌 ^[44] (<i>Cytophaga allerginæ</i>)、迟钝爱德华菌 ^[45] (<i>Edwardsiella tarda</i>)、大肠杆菌 ^[21,46] (<i>Escherichia coli</i>)、土拉弗朗西斯菌 ^[28] (<i>Francisel latularensis</i>)、幽门螺旋杆菌 ^[47] (<i>Helicobacter pylori</i>)、乳酸菌 ^[40] (<i>Lactic acid Bacteria</i>)、植物乳酸杆菌 ^[28] (<i>Lactobacillus plantarum</i>)、嗜肺军团菌 ^[48-50] (<i>Legionella pneumophila</i>)、杀鱼巴斯德氏菌 ^[51] (<i>Pasteurella piscicida</i>)、茄科雷尔氏菌 ^[52] (<i>Ralstonia solanacearum</i>)、玫瑰红球菌 ^[53] (<i>Rhodococcus rhodochrous</i>)、粘质沙雷菌 ^[9] (<i>Serratia marcescens</i>)、海藻希瓦氏菌 ^[54] (<i>Shewanella algae</i>)、草木樨中华根瘤菌 ^[55] (<i>Sinorhizobium meliloti</i>)、野油菜黄单胞菌 ^[56] (<i>Xanthomonas campestris</i>)、鼠疫耶尔森氏菌 ^[57] (<i>Yersinia pestis</i>)	-	淡水、粪便、土壤	低温、寡营养、金属离子
肠球菌属 <i>Enterococcus</i>	鸟肠球菌 ^[58] (<i>E. avium</i>)、钻黄肠球菌 ^[59] (<i>E. casseliflavus</i>)、耐久肠球菌 ^[58] (<i>E. durans</i>)、屎肠球菌 ^[28] (<i>E. faecium</i>)、粪肠球菌 ^[21] (<i>E. faecalis</i>)、黄色肠球菌 ^[58] (<i>E. flavescent</i>)、鹑鸡肠球菌 ^[58] (<i>E. gallinarum</i>)、海氏肠球菌 ^[28] (<i>E. hirae</i>)、病臭肠球菌 ^[58] (<i>E. malodoratus</i>)、类鸟肠球菌 ^[58] (<i>E. pseudoavium</i>)、棉子糖肠球菌 ^[58] (<i>E. raffinosus</i>)	+	海水、淡水等	低温、寡营养等
微球菌属 <i>Micrococcus</i>	藤黄色微球菌 ^[59-60] (<i>M. luteus</i>)、气味微球菌 ^[28] (<i>M. flavus</i>)、易变微球菌 ^[28] (<i>M. varians</i>)	+	淡水等	低温、寡营养、高能射线
链球菌属 <i>Streptococcus</i>	乳链球菌 ^[61] (<i>S. lactis</i>)、酿脓链球菌 ^[62] (<i>S. pyogenes</i>)	+	-	寡营养、金属离子等
其他阳性菌 Other Gram-positive bacteria	乳酸乳球菌 ^[63] (<i>Lactococcus lactis</i>)、单增李斯特菌 ^[64] (<i>Listeria monocytogenes</i>)、金黄色葡萄球菌 ^[57] (<i>Staphylococcus aureus</i>)	+	淡水等	寡营养、低 pH、高能射线等
真核微生物 Eukaryotic microorganisms	酒香酵母 ^[65] (<i>Brettanomyces</i>)	真核	-	防腐剂(亚硫酸盐)

注: —: 信息不详; -: 革兰氏阴性菌; +: 革兰氏阳性菌。

Note: —: Information unavailable; -: Gram-negative bacteria; +: Gram-positive bacteria.

4.1 构建以活菌计数为基础的微生物生长预测模型

微生物生长预测模型是定量微生物风险评估中有助于微生物暴露评估的一种强有力的方法, 可以探究及追踪采集、加工、消费等各阶段因温度、pH等因素的变化而引起微生物数量的变化。菌落数以及活菌数在细菌受到环境刺激时表现出了完全不同的

变化趋势, 比如 3.5 °C 处理 10 d, 99.9% 的副溶血性弧菌细胞体无法使用菌落计数法检测到, 而活菌数却没有发生任何变化^[14]; 并且 VBNC 状态菌株的恢复速率较正常菌株适宜环境下的生长速率要高许多, Whitesides 等^[86]发现升高温度至室温后, 基于菌落计数法检测到的创伤弧菌活菌数由原来的小于 0.0001 CFU/mL 的水平 1 h 内即增加到 10⁶ CFU/mL,

而对于正常生长的创伤弧菌，这种变化时长至少为15 h。因此由胁迫环境向正常环境的转变过程中，菌体的变化速率不能简单的使用现有的基于正常菌落计数拟合的生长速率的计算公式进行评估。

4.2 模型建立过程中需要优先解决的问题

4.2.1 细菌种属的优先选择性：相对而言，菌落计数法比较简单，易于操作并且费用较低；活菌计数法操作相对复杂，费用较高，推广时必定会受到一定的限制。模型构建时可以首先考虑副溶血性弧菌、单核增生李斯特菌以及创伤弧菌等与水产品息息相关的致病菌，一方面因为3种细菌VBNC状态研究的相对比较多，为进一步的以活菌计数为基础的风险评估打下良好的基础；另一方面可以集中精力在该少数组菌中做试探性研究，为进一步的推广积累丰富的经验。

4.2.2 活菌计数方法的统一性：无论以菌落计数为基础还是以活菌计数为基础，方法的统一均是建立风险评估网络的关键。现如今活菌计数的方法比较多，大部分方法只考虑了“活菌”特征的某一方面，比如利用活菌的呼吸作用可以将CTC还原为红色荧光沉淀物的特性对活菌进行计数；利用活菌可以进行反转录生成mRNA的特征对活菌进行定量分析等。每一种方法均有一定的局限性，所以基于不同原理建立的以活菌计数为基础的微生物生长预测模型之间会产生一定的差异，为了避免这种差异应首先筛选出一种标准方法，为进一步评估网络的构建打下坚实的基础。

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书讯

《微生物学》(第三版)出版

由蔡信之教授等老师主编的高等学校教材《微生物学》(第三版), 经过三年多的艰苦努力, 已完成修订工作, 于2011年9月由科学出版社出版发行。

第三版在第二版的基础上, 做了全面的修改补充, 对第二版的各章节都做了较大的调整, 增加了许多新的内容。全面、系统地介绍微生物学的基础知识、基本理论、基本技术, 较多地介绍新知识、新理论、新技术、新动态。内容新颖, 语言精炼, 图幅精美。

全书共66万多字(16开本), 分十二章, 包括绪论、原核微生物、真核微生物、病毒、微生物的营养、微生物的代谢、微生物的生长、微生物的遗传和变异、微生物的生态、传染与免疫、微生物的分类、微生物的应用, 还有附录。本书取材广泛, 重点突出, 结构合理, 条理清晰, 概念准确, 图文并茂, 科学性强, 系统性好, 理论联系实际。每章配有习题。

本书不仅适合作高等院校生物科学、生物技术、生物工程等专业本科、专科和函授、自学考试等的微生物学课程的教科书, 也可以作相关专业的研究生和科研、生产技术人员的参考书。还可供从事与微生物学相关工作的各类人员参考。