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THE MOUNTAIN WATER AS MAIN LONGEVITY FACTOR IN MULTIFACTORIAL RESEARCH OF PHENOMENON OF LONGEVITY IN MOUNTAIN AREAS OF BULGARIA

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Introduction

The question of longevity has always been an exciting one for the humankind. Aging is a biological process, which leads to reduction of the vital functions of the body, limiting its adaptive capacities, and development of age-related pathologies and ultimately increasing the likelihood of death, is a part of the normal ontogeny and is caused by the same processes that lead to increased functional activity of various body systems in earlier periods of life. It is possible that these processes along with other processes (growth and development of the organism, etc.) are programmed in the human genome and biological mechanism of regulation. The question to what extent aging is dependent on heredity is not sufficiently proven in modern science.

Like other biological processes, aging is accelerated under the influence of certain exogenous and endogenous factors

and occurs in different individuals with different speed, which depends on genetic differences and environmental factors. The best chance for longevity gives the longevity of immediate direct genetic ancestors. That is why the direct descendants of centenarians generally have the best chances for longevity. O. Burger demonstrated that life expectancy has increased substantially from the 19th to the 20th century and that this cannot be advantageously associated with the human genome [1]. The main factors of longevity are water quality, food and improved advancement of medicine. For example, in Bulgaria the average life expectancy from 1935 to 1939 was 51,75 years, while from 2008 to 2010 it was 73,60 years. In Russia, the average life expectancy in 2012 has reached 68 years.

From the standpoint of genetics, the process of aging is associated with disruption of the genetic program of the organism and gradual accumulation of

errors during the process of DNA replication. Aging may be associated with the accumulation of somatic mutations in the genome and be influenced by free radicals (mainly oxygen and primary products of oxidative metabolism) and ionizing radiation on DNA molecules as well [2]. Such mutations can reduce the ability of cells to the normal growth and division and be a cause of a large number of various cell responses: inhibition of replication and transcription, impaired cell cycle division, transcriptional mutagenesis, and the cell aging, that finally result in cell death. Cells taken from the elderly people show a reduction in transcription when transferring information from DNA to RNA.

From the standpoint of dynamics, aging is a non-linear biological process, which increases over time. Accordingly, the rate of aging increases with time. The accumulation of errors in the human genome increases exponentially with time and reaches a certain stationary maximum at the end of life. This is most possible that, for this reason, the probability of cancer occurrence increases with age. According to thermodynamics, the process of aging is the process of alignment of the entropy by the human body with that of the environment [3].

Water is the main substance of life. The human body is composed from 50 % to 75 % of water. With aging, the percentage of water in the human body decreases. Hence, the factor of water quality is the

essential factor for the research. Water is present in the composition of the physiological fluids in the body and plays an important role as an inner environment in which the vital biochemical processes involving enzymes and nutrients take place. Water is the main factor for metabolic processes and aging. Earlier studies conducted by us, have demonstrated the role of water, its structure, isotopic composition and physico-chemical (pH, temperature) in the growth and proliferation of prokaryotes and eukaryotes in water with different isotopic content [4, 5]. These factors and the structure of water are of great importance in biophysical studies. The peculiarities of the chemical structure of H₂O molecule create favorable conditions for formation of electrostatic intermolecular Van-der-Waals forces, dipole-dipole forces and donor-acceptor interaction with transfer of charges between H-atom and O-atoms in H₂O molecules, binding them into water associates (clusters) with the general formula (H₂O)_n wherein n varies from 3 to 60 units [6]. Other important indicator of water quality is its isotopic composition. The natural water consists on 99,7 mol.% of H₂¹⁶O, which molecules are formed by ¹H and ¹⁶O atoms [7]. The remaining 0,3 mol.% is represented by isotope varieties (isotopomers) of water molecules, wherein deuterium forms 6 configurations of isotopomers – HD¹⁶O, HD¹⁷O, HD¹⁸O, D₂¹⁶O, D₂¹⁷O, D₂¹⁸O, while 3 configuration are formed by Isotopomers Naneva

of oxygen – H_2^{16}O , H_2^{17}O , H_2^{18}O .

This paper studies the influence of various internal and external factors on a phenomenon of longevity – residence area, health status, gender, heredity, isotopic composition of water with using non-equilibrium (NES) and differential non-equilibrium (DNES) spectrum of water. The research was carried out under the joint scientific project “NATURE, ECOLOGY AND LONGEVITY” conducted in Bulgaria. In frames of this project 217 people living in the municipalities of Teteven, Yablanitza and Ugarchin, Lovech district (Bulgaria), wherein is lived the most number of long living people and their siblings, were studied. They have the same heredity, but have lived under different conditions. In all three municipalities there is a mountainous and a field part. Mountain and tap water is used for drinking. Statistical analysis was conducted for heredity, body weight, food, diseases, positive attitude towards life.

Experimental Part

Material and Methods

The objects of the study were various prokaryotic and eukaryotic cells obtained from the State Research Institute of Genetics and Selection of Industrial Microorganisms (Moscow, Russia). Experiments were also carried out with the samples of natural mountain water from various Bulgarian springs and the human blood serum. The specimens of the human blood serum were provided by Kalinka

(Municipal Hospital, Bulgaria). For preparation of growth media was used D_2O (99,9 atom%) received from the Russian Research Centre “Isotope” (St. Petersburg, Russian Federation). Inorganic salts were preliminary crystallized in D_2O and dried in vacuum before using. D_2O was distilled over KMnO_4 with the subsequent control of deuterium content in water by ^1H -NMR-spectroscopy on Bruker WM-250 device (“Bruker”, Germany) (working frequency – 70 MHz, internal standard – Me_4Si) and on Bruker Vertex (“Bruker”, Germany) IR spectrometer (a spectral range: average IR – $370\text{--}7800\text{ cm}^{-1}$; visible – $2500\text{--}8000\text{ cm}^{-1}$; the permission – $0,5\text{ cm}^{-1}$; accuracy of wave number – $0,1\text{ cm}^{-1}$ on 2000 cm^{-1}).

1 % (v/v) solution of human blood serum was studied with the methods of IR-spectroscopy, non-equilibrium (NES) and differential non-equilibrium (DNES) spectrum. Two groups of people between the ages of 50 to 70 years were tested. The first group (the control group) consisted of people in good clinical health. The second group included people in critical health or suffering from malignant diseases.

The device for NES, DNES analysis was made by A. Antonov on an optical principle. In this study was used a hermetic camera for evaporation of water drops under stable temperature ($+22\text{--}24\text{ }^\circ\text{C}$) conditions. The water drops were placed on a water-proof transparent pad, which consists of thin maylar folio and a glass plate. The light was monochromatic with filter for

yellow color with wavelength $\lambda = 580 \pm 7$ nm. The device measured the angle of evaporation of water drops from $72,3^\circ$ to 0° . The DNES spectrum was measured in the range of 0,08–0,1387 eV or $\lambda = 8,9$ – $13,8$ μm using a specially designed computer program. The main estimation criterion was the average energy ($\Delta E_{\text{H...O}}$) of hydrogen O...H-bonds between H_2O molecules in the human blood serum.

The research was conducted with 217 Bulgarian centenarians and their siblings. Their heredity, body weight, health status, tobacco consumption, physical activity, attitude towards life has been analyzed. With using DNES method was performed a spectral analysis of 12 mountain water springs located in Teteven district (Bulgaria). The composition of water samples was studied in the laboratory of "Eurotest Control" (Bulgaria). Statistics methods were attributed to the National Statistical Institute of Bulgaria.

IR-spectra were registered on Brucker Vertex ("Brucker", Germany) IR spectrometer (a spectral range: average IR – 370–7800 cm^{-1} ; visible – 2500–8000 cm^{-1} ; the permission – 0,5 cm^{-1} ; accuracy of wave number – 0,1 cm^{-1} on 2000 cm^{-1}); Thermo Nicolet Avatar 360 Fourier-transform IR (M. Chakarova); Differential Non-equilibrium Spectrum (DNES).

Statistical processing of experimental data was performed using t-criterion of Student (at $p < 0,05$).

Results and Discussions

Comparative analysis between longevity of long living people and their siblings

In frames of the research 54 long living people from Bulgaria over 90 years of age have been studied together with their siblings. The average lifespan of Bulgarian centenarians is 89,1 years, and for their brothers and sisters the average lifespan is 87,8 years. The difference in life expectancy of the two groups of people is reliable at $p < 0,05$, *t*-Student's criteria at a confidence level of $t = 2,36$ years.

There are 21519 residents in Teteven and 142 of them were born before 1924. Figure 1 demonstrates the interrelation between the year of birth of long living people (age) and their number (Teteven municipality, Bulgaria).

It was shown in Fig. 1 that the rate of aging increases with time. In 1963 L. Orgel showed that the aging process is associated with the synthesis of abnormal proteins [8].

Fig. 2 shows L. Orgel's results on the interrelation between age and number of cancer patients. The accumulation of errors in synthesis of abnormal proteins increases exponentially over time with age. Cells taken from elderly people show the reduced levels of transcription or transmission of information from DNA to RNA. Therefore, the probability of cancer increases with age.

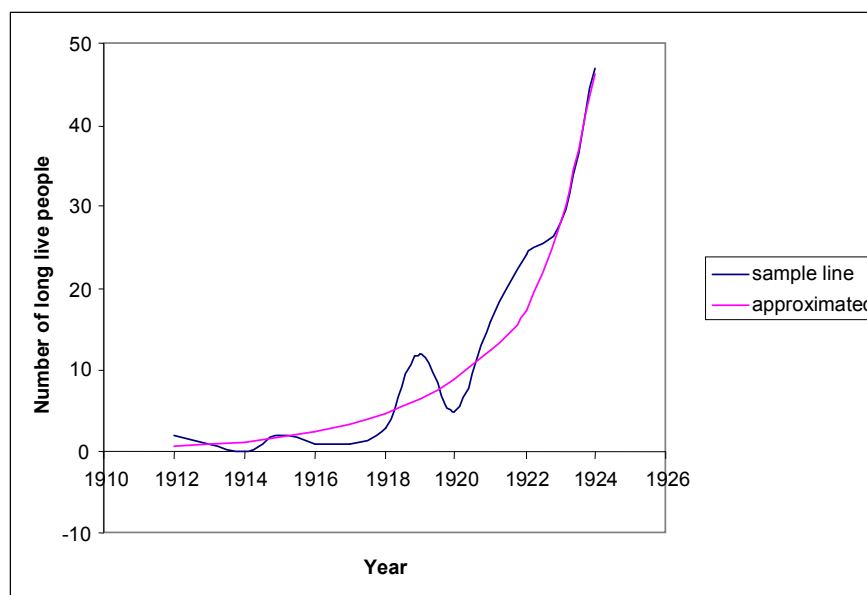
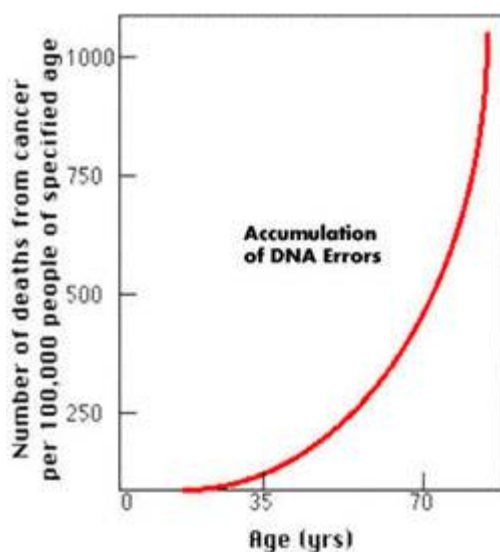


Fig. 1 – Interrelation between the year of birth of long-living people (age) and their number in Teteven municipality, Bulgaria.



The interrelation between the number of Bulgarian centenarians in the mountainous municipality of Teteven and their age is close to the exponential curve.

Fig. 2 – Interrelation between age and the number of cancer patients.

Mountain water as the main factor of longevity

Human experience shows that long-living people inhabit mainly high mountainous areas where mountain rivers flow being fed by mountain springs. In Russia the most number of centenarians live

in Russian North and Dagestan region (Russian Federation). One explanation for this is that water in those places contains less deuterium than ordinary drinking water [9].

In 1960-s G. Berdishev from Medical Institute in Tomsk (Russia) studied the

phenomenon of longevity of centenarians in Yakutia and Altai regions (Russian Federation) [10]. He linked the longevity of the Yakuts and the Altaians with the consumption of melt water from glaciers formed earlier in Yakutia's mountains than those ones of Greenland. According to the State's statistics most of the Russian centenarians live in Dagestan and Yakutia – 353 and 324 persons per 1 million inhabitants. This number for all Russia is only 8 people for 1 million. In Bulgaria the average number of centenarians makes up 47 per 1 million, while in Teteven Municipality – 139 centenarians per 1 million. In the Bulgarian municipalities the oldest inhabitant in field areas is 93 years old, and the oldest inhabitant in mountainous areas is 102 years old. There are distances of no more than 50 km between these places and the only difference is mountain water and air.

Here are submitted the data for Bulgaria:

- 1) Varna district – 44 centenarians per 1 million of residents, plain and sea regions;
- 2) Pleven district – 78 centenarians per 1 million, plain regions;
- 3) Teteven district – 279 centenarians per 1 million, hills and mountainous regions;
- 4) Bulgaria – total number of centenarians – 47 centenarians per 1 million.

Analogous situation is observed on the Russian North. According to G. Berdishev, people inhabiting the Russian North – the Yakuts and the Altaians as well

as the Buryats, drink mountain water obtained after the melting of ice. Altai and Buryat water sources are known as moderately warm, with temperatures of 8–10 °C, the water is generally ice-free in winter. This phenomenon is explained by the fact that the melt water contains a low percentage of deuterium compared with ordinary tap water that is believed to have a positive effect on the tissue cells and metabolism. The melt water in Russia is considered to be a good folk remedy for increasing physical activity of the human body, enhancing the vitality of the organism and has a beneficial effect on metabolism [11].

Today are known 14 crystalline modifications of ice, each have its own structure and a character of disposition of hydrogen atoms (Table 1).

The natural ice is represented by the hexagonal I_h configuration. Crystals of all ice modifications are made up from H_2O molecules, linked by hydrogen bonds into a 3D carcass, consisting of individual tetrahedrons, formed by four H_2O molecules. In the crystalline structure of natural ice I_h hydrogen bonds are oriented towards the tetrahedron apexes at strictly defined angles equal to $109^{\circ}5$ (in liquid water this angle is $104^{\circ}5$) (Fig. 3).

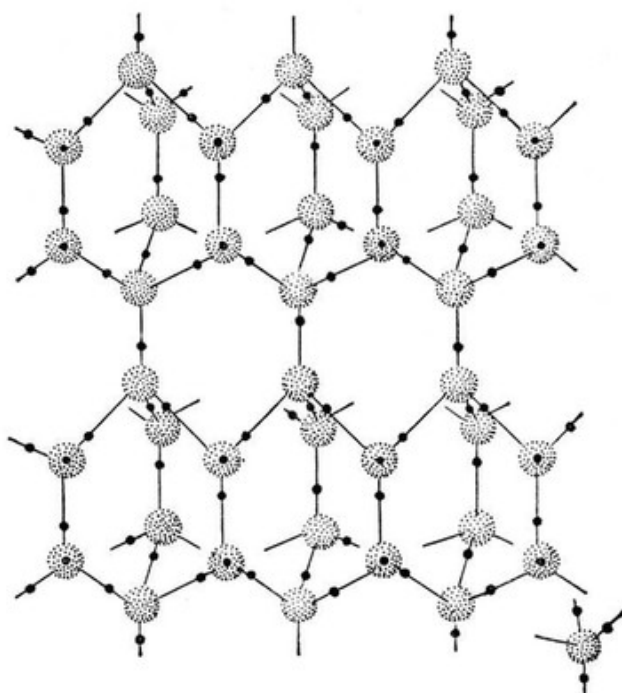
In ice structures I_c , VII and VIII this tetrahedron is nearly the same as a regular 4 triangular tetrahedron. In ice structures II, III, V and VI the tetrahedrons are noticeably distorted. In ice structures VI, VII and VIII

Table 1

Ice crystal modifications and their physical characteristics

Modification	Crystal structure	Hydrogen bond lengths, Å	Angles H–O–H in tetragonals, °
I _h	Hexagonal	2,76	109,5
I _c	Cubic	2,76	109,5
II	Trigonal	2,75–2,84	80–128
III	Tetragonal	2,76–2,8	87–141
IV	Rhombic	2,78–2,88	70,1–109
V	Monoclinic	2,76–2,87	84–135
VI	Tetragonal	2,79–2,82	76–128
VII	Cubic	2,86	109,5
VIII	Cubic	2,86	109,5
IX	Tetragonal	2,76–2,8	87–141
X	Cubic	2,78	109,5
XI	Hexagonal	4,50	90
XII	Tetragonal	4,01	90
XIII	Monoclinic	7,47	90–109,7
XIV	rhombic	4,08	90

Notes:

I_h – natural hexagonal ice; I_c – cubic ice.

two intercrossing systems of hydrogen bonds are distinguished. In the centre of the tetrahedron is located an oxygen atom, at each of the two vertices – H-atom, which electron take part in formation of covalent bond with an electron pair of O-atom.

Fig. 3. – Hydrogen bonding in crystalline structure of natural ice I_h under the temperature at -10 °C and normal pressure at 1 atm. Grey balls – O-atoms, black balls – H-atoms. On the right below is shown the structural unit of crystalline ice structure.

The rest two vertices of the tetrahedron are occupied by two pairs of non-shared electrons of O-atom not participating in formation of molecular bonds. The carcasses of hydrogen bonds allocate H₂O molecules in form of a spatial hexagon network with internal hollow hexagonal channels inside. In the nodes of this network O-atoms are orderly organized (crystalline state), forming regular hexagons, while H-atoms have various positions along the bonds (amorphous state). When ice melts, its network structure is destroyed: H₂O molecules begin to fall down into the network hollows, resulting in a denser structure of the liquid – this explains why water is heavier than ice. The hydrogen bonding explains other anomalies of water (anomaly of temperature, pressure, density, viscosity, fluidity, etc). According to theoretical calculations, at the melting of the ice breaks about 15 % of all hydrogen bonds [12]; by further heating to +40 °C breaks down about half of hydrogen bonds in H₂O associates. In water vapor hydrogen bonds are absent.

Mountain water in springtime is the result of the melting of ice and snow accumulated in the mountains. Natural ice with I_h modification (hexagonal lattice) is usually much cleaner than water, because solubility of all substances (except NH₄F) in ice is extremely low. The growing ice crystal is always striving to create a perfect crystal lattice and therefore displaces impurities.

Meltwater has a certain “ice-like”

structure, because it preserves the hydrogen bonding between water molecules; as a result it is formed complex intermolecular associates (clusters) – analogues of ice structures, consisting of a larger or smaller number of H₂O molecules. However, unlike ice crystal, each associate has a very short existence time, as a result there occurs the constant processes of decay and formation of water associates having very complicated structure [13]. The specificity of intermolecular interactions characteristic for the structure of ice, is kept in melt water, as it is estimated that in the melting of ice crystal is destroyed only 15 % of all hydrogen bonds in the associates. Therefore, the inherent to ice connection of each H₂O molecule with four neighboring H₂O molecules is largely disturbed, although there is observed the substantially “blurring” of oxygen lattice framework. Processes of decay and formation of clusters occur with equal probability, that is probably why physical properties of melt water are changed over time, i.g. dielectric permittivity comes to its equilibrium state after 15–20 min, viscosity – in 3–6 days [14]. Further heating of the fresh melt water above +37 °C leads to a loss of its biological activity. Storage of meltwater at +22 °C is also accompanied by a gradual decrease in its biological activity; within 16–18 hours it is reduced by 50 %. The main difference between the structure of ice and water is more diffuse arrangement of the atoms in the lattice and disturbance of

long-range order. The thermal oscillations (fluctuations) lead to bending and breaking down of hydrogen bonds. H₂O molecules being out of equilibrium positions begin to fall down into the adjacent structural voids and for a time held up there, as cavities correspond to the relative minimum of potential energy. This leads to an increase in the coordination number, and the formation of lattice defects. The coordination number (the number of nearest neighbors) during the transition from ice to melt water varies from 4,4 at +1,5 °C to 4,9 at +80 °C.

Preliminary analyses of water from various water sources show that mountain water as the result of natural isotope purification contains less amount of deuterium. This water also contains ions of Ca²⁺, Mg²⁺, Na⁺, HCO₃⁻ and SO₄²⁺. The content of K⁺ and N⁺ cations in the melt water is approximately 20–30 mg/l, Mg²⁺ – 5–10 mg/l, Ca²⁺ – 25–35 mg/l, the content of SO₄²⁻ – <100 g/l, HCO₃⁻ 50–100 mg/l, Cl⁻ less than 70 mg/l, total rigidity ≤ 5 mEq/l, the total mineralization ≤ 0,3 g/l, pH – 6,5–7,0 at +25 °C (Table 2).

Table 2

Composition of melt water

Cations, mg/l	
K ⁺ + Na ⁺	20–30
Mg ²⁺	5–10
Ca ²⁺	25–35
Anions, mg/l	
SO ₄ ²⁻	<100
HCO ₃ ⁻	50–100
Cl ⁻	<70
Total rigidity, mEq/l	≤5
Total mineralization, g/l	≤0,3
pH at +25 °C	6,5–7,0

The degree of natural purification of melt water from impurities makes up ~50–60 %. The concentration of salts of rigidity – Ca²⁺, Mg²⁺, Fe²⁺, Fe³⁺, heavy metals and organochlorine compounds, as well as heavy isotopes, including deuterium in melt water is less than that of ordinary portable water. This fact is important because some

authors consider the hardness of the water to be among the main factors in cardiovascular diseases [15]. However, mild correlation was further proven that water hardness could not be a decisive factor for human longevity.

Analyses of water from various sources of Russia and Bulgaria

demonstrated that the mountain water contains on average ~2–4 % less deuterium in form of HDO, than river water and sea water. In natural waters, the deuterium content is distributed irregularly: from 0,02–0,03 mol.% for river and sea water, to 0,015 mol.% for water of Antarctic ice – the most purified from deuterium natural water containing deuterium in 1,5 times less than that of seawater. According to the international SMOW standard isotopic shifts for D and ^{18}O in sea water: $\text{D/H} = (155,76 \pm 0,05) \cdot 10^{-6}$ (155,76 ppm) and $^{18}\text{O}/^{16}\text{O} = (2005,20 \pm 0,45) \cdot 10^{-6}$ (2005 ppm) [16]. For SLAP standard isotopic shifts for D and ^{18}O in seawater: $\text{D/H} = 89 \cdot 10^{-6}$ (89 ppm) and for a pair of $^{18}\text{O}/^{16}\text{O} = 1894 \cdot 10^{-6}$ (1894 ppm). In surface waters, the ratio $\text{D/H} = \sim(1,32–1,51) \cdot 10^{-4}$, while in the coastal seawater – $\sim(1,55–1,56) \cdot 10^{-4}$. Waters of other underground and surface water sources contain varied amounts of deuterium (isotopic shifts) – from $\delta = +5,0$ D,%, SMOW (Mediterranean Sea) to $\delta = -105$ D,%, SMOW (Volga River). The natural waters of CIS countries are characterized by negative deviations from SMOW standard to $(1,0–1,5) \cdot 10^{-5}$, in some places up to $(6,0–6,7) \cdot 10^{-5}$, but there are observed positive deviations at $2,0 \cdot 10^{-5}$. The content of the lightest isotopomer – H_2^{16}O in water corresponding to SMOW standard is 997,0325 g/kg (99,73 mol.%), and for SLAP standard – 997,3179 g/kg (99,76 mol.%).

The thawed snow and glacial water in the mountains and some other regions of

the Earth also contain less deuterium than ordinary drinking water. On average, 1 ton of river water contains 150–200 g of deuterium. The average ratio of H/D in nature makes up approximately 1:5700. According to our calculations, the human body throughout life receives about 80 tons of water containing in its composition 10–12 kg of deuterium and the associated amount of heavy isotope ^{18}O . That is why it is so important to purify water from heavy isotopes of D and ^{18}O .

Clinical evidence on the benefits of deuterium depleted water (DDW) for health

When biological objects are exposed to water with different deuterium content, their reaction varies depending on the isotopic composition of water and magnitude of isotope effects determined by the difference of constants of chemical reactions rates $k_{\text{H}}/k_{\text{D}}$ in H_2O and D_2O . The maximum kinetic isotopic effect observed at ordinary temperatures in chemical reactions leading to rupture of bonds involving hydrogen and deuterium lies in the range $k_{\text{H}}/k_{\text{D}} = 5–7$ for C–H versus C–D, N–D versus N–D, and O–H versus O–D-bonds [17].

Our previous studies have demonstrated that heavy water of high concentration is toxic for the organism, chemical reactions are slower in D_2O , compared with ordinary water, hydrogen bonds formed with participation of deuterium are somewhat stronger than those ones

formed from hydrogen [18]. In mixtures of D₂O with H₂O with high speed occurs dissociation reactions and isotopic (H–D) exchange resulting in formation of semi-heavy water (HDO): D₂O + H₂O = HDO. For this reason deuterium presents in smaller content in aqueous solutions in form of HDO, while in the higher content – in form of D₂O. The chemical structure of D₂O molecule is analogous to that one for H₂O, with small differences in the length of the covalent H–O-bonds and the angles between them. D₂O boils at +101,44 °C, freezes at +3,82 °C, has density of 1,1053 g/cm³ at +20 °C, and the maximum density occurs not at +4 °C as in H₂O, but at +11,2 °C (1,1060 g/cm³). These effects are reflected in the chemical bond energy, kinetics, and the rate of chemical reactions in D₂O.

The chemical reactions and biochemical processes in the presence of D₂O are somehow slower compared to H₂O. D₂O is less ionized, the dissociation constant of D₂O is smaller, and the solubility of the organic and inorganic substances in D₂O is smaller compared to these ones in H₂O. However, there are also such reactions which rates in D₂O are higher than in H₂O. In general these reactions are catalyzed by D₃O⁺ or H₃O⁺ ions or OD⁻ and OH⁻ ions. According to the theory of a chemical bond the breaking up of covalent C–H bonds can occur faster than C–D bonds, the mobility of D₃O⁺ ion is lower on 28,5 % than H₃O⁺ ion, and OD⁻ ion is lower

on 39,8 % than OH⁻ ion, the constant of ionization of D₂O is less than that of H₂O [19].

The substitution of H with D affects the stability and geometry of hydrogen bonds in an apparently rather complex way and may, through the changes in the hydrogen bond zero-point vibration energies, alter the conformational dynamics of hydrogen (deuterium)-bonded structures of DNA and proteins in D₂O [20]. It may cause disturbances in the DNA-synthesis, leading to permanent changes on DNA structure and consequently on cell genotype [21].

Our experiments demonstrated that the effects of deuterium on the cell possess a complex multifactor character connected to changes of physiological parameters – magnitude of the *lag*-period, time of cellular generation, outputs of biomass, a ratio of amino acids, protein, carbohydrates and fatty acids synthesized in D₂O, and with an evolutionary level of organization of investigated object as well. The cell evidently implements the special adaptive mechanisms promoting functional reorganization of work of the vital systems in the presence of D₂O.

D₂O can cause metabolic disorders, kidney's malfunction, violation of the hormonal regulation and the immunosuppression [22], notwithstanding the strong radioprotective effect of D₂O [23]. Also deuterium induces physiological, morphological and cytological alterations on

the cell with forming cells more 2–3 times larger in size in D₂O. At high concentrations of D₂O are suppressed enzymatic reactions, cell growth, mitosis and synthesis of nucleic acids [24]. Thus, the most sensitive to replacement of H⁺ on D⁺ are the apparatus of biosynthesis of macromolecules and a respiratory chain, i.e., those cellular systems using high mobility of protons and high speed of breaking up of hydrogen bonds. Last fact allows consider adaptation to D₂O as adaptation to the nonspecific factor affecting simultaneously the functional condition of several numbers of cellular systems: metabolism, ways of assimilation of carbon substrates, biosynthetic processes, and transport function, structure and functions of macromolecules. Evidently cells are able to regulate the D/H ratios, while its changes trigger distinct molecular processes. One possibility to modify intracellular D/H ratios is the activation of the H⁺-transport system, which preferentially eliminates H⁺, resulting in increased D/H ratios within cells [25].

We have obtained results on growth and adaptation to D₂O of various cells of prokaryotic and eukaryotic organisms. Our studies have shown that animal cells are able to withstand up to 25–30 % D₂O, plants – up to 50–60 % D₂O, and protozoa cells are able to live on ~90 % D₂O. Further increase in the concentration of D₂O for these groups of organisms leads to cellular death. On the contrary, deuterium depleted water (DDW) with 25–30 % decreased

deuterium content has beneficial effects on organism.

Experiments on animals and plants demonstrated that after consumption of water with reduced on ~25–30 % deuterium pigs, rats and mice produced a larger number of offspring, upkeep of poultry with 6-day old to puberty on DDW leads to accelerated development of the genital organs (size and weight), and strengthen the process of spermatogenesis, wheat ripens earlier and gives higher yields [26]. In addition, DDW delays the appearance of the first metastasis nodules on the spot inoculation of cervical cancer and exerts immunomodulatory and radioprotective effect [27].

Radioprotective effects of DDW were studied in reports [28] at irradiation of mice's cells by γ -radiation at semimortal dose LD50. Survival level of animals treated with DDW for 15 days prior to γ -radiation, was 2,5-fold higher than in control group (dose of 850 R). The surviving experimental group of mice has the number of leukocytes and erythrocytes in the blood remained within the normal range, while in the control group the number of leukocytes and erythrocytes was significantly decreased [29].

Consumption of DDW by cancer patients during or after radiation therapy treatments allows restore the composition of blood and relieve nausea [30]. According to G. Shomlai, the results of clinical trials conducted in 1998–2010 in Hungary

showed that the survival rate for patients drinking DDW in combination with traditional therapies or after are significantly higher than for patients who only used the chemotherapy or radiation therapy [31].

Biological experiments with DDW carried out in Moscow Research Oncological Institute after P.A. Herzen and N.N. Blokhin and Institute of Biomedical Problems, confirmed inhibitory effects of DDW on the process of growth of various tumors, i.g. division of breast adenocarcinoma MCF-7 tumor cells being placed in DDW started with a delay of ~5–10 hours [32]. In 60 % of mice with immunosuppressed immunity and transplanted human breast tumor MDA and MCF-7 the consumption of DDW caused tumor regression. A group of mice with transplanted human prostate tumor PC-3 consumed DDW showed the increase in the survival rate by ~40 %; the ratio number of dividing cells in tumors of dead animals in experimental group was 1,5:3,0, and in control group – 3,6:1,0. In this regard special attention deserves two indicators: the delay of metastasis and loss of animal's weight during experiments. Stimulating action of DDW on the immune system of animals has led to delay of development of metastasis by 40 % in comparison with the control group, and weight loss in animals that consumed DDW at the end of the experiment was 2 times less. It was also reported that DDW may delay the progression of prostate cancer [33] and inhibit human lung

carcinoma cell growth by apoptosis [34].

Preliminary experimental results on motility of human sperm, performed by V.I. Lobyshev and A.A. Kirkina [35], indicates that in DDW (4 ppm) the motility of human sperm is on 40 % higher during 5 hours of the registration. However, the effect depends on the initial properties of a sperm sample. These data indicated that deuterium content variation in water including deep deuterium depletion produce various nonlinear isotopic effect on key processes in a cell as enzyme action of Na, K-ATPase, regeneration, motility, fertilizing effectiveness and embryo developing. It should be noted that for any deuterium concentration dependence there should be an optimal condition for the best result.

One prominent effect of deuterium depletion is to inhibit fatty synthesis, chain elongation and desaturation. These anabolic reactions utilize acetyl-CoA, as well as hydrogen of water for new fatty acid pools [36]. Fatty acids then are used for new membrane formation in the rapidly proliferating cell. The complex structure and molecular organization of the mammalian fatty acid synthase offer remarkable opportunities with altered morphology and flux handling properties.

The positive influence of drinking DDW on blood chemistry included a significant reduction of glucose, cholesterol, erythrocyte sedimentation rates, leukocyte counts and cortisol (stress hormone) levels,

while also revealed an increase in antioxidant capacities [37]. These data evidence the significance of DDW to increase energy resources even in a healthy cohort, while decreasing risks of psycho-emotional stress, which is known to pose a negative influence on blood biochemistries that often lead to psychosomatic diseases and shorten life. It was also noted the positive impact of DDW on indicators of saturation the liver tissue by oxygen: the observed increase in pO_2 was ~15 %, i.e., cell respiration increased 1,3 times [38]. On beneficial effect of DDW on health of experimental mice evidenced the increased resistance and weight increase compared with the control group [39]. It was also indicated that DDW increases the rate of metabolic reactions. Thus it was observed geroprotective (anti-aging), anti-mutagenic and radioprotective effects of DDW with reduced on 5 % deuterium content on the development cycle of the fruit fly *Drosophila melanogaster*.

The total effects of DDW depends on the following parameters – total body mass, total body water, the amount of daily consumption of DDW and the degree of its isotope purification. The main impact of DDW on the organism is explained by gradual reduction of the deuterium content in the physiological fluids of the body by reactions of isotopic (H–D) exchange. These results indicate that regular using of DDW helps improve the functioning of some vital systems [40]. With regular consumption

of DDW occurs the cleaning of organism from HDO due to the reaction of isotopic (H–D) exchange in physiological fluids, and it was recorded the change of the isotopic composition of urine and Ca^{2+} content as naturally reduce the content of HDO in the well. Daily consumption of DDW allows human body due to isotopic (H–D) exchange. It is believed that this process is accompanied by an increase in the functional activity of cells, cell tissues and organs. Thus regular consumption of DDW provides a natural way to reduce the content of HDO in the human body to lower values. DDW has beneficial effects on metabolism, invigorates the body, and also promotes the rapid recovery after strenuous physical exercise. This testifies the usage of DDW for residents of large cities and megapolices.

Clinical trials of DDW with a residual content of deuterium 60–100 ppm, showed that it can be recommended as an adjunct in the treatment of patients having metabolic syndrome (hypertension, obesity, impaired glucose metabolism) and diabetes. In addition, it was shown that DDW improves the quality of life for patients having renal stone disease (nephrolithiasis) and various disorders in the gastrointestinal tract (colitis and gastritis), cleanses the body of toxins, enhances the action of drugs, promotes weight correction, protects cells from radiation. DDW can be recommended for fast and deep cleaning of the human body from deuterium that is essential for metabolic disturbances. Taking into

consideration the dynamics of the distribution of water in the human body, the reaction of isotopic (H/D and $^{16}\text{O}/^{18}\text{O}$) exchange and the results obtained with DDW, it can be expected that the greatest effect the isotopic purification of water will have on the regulatory system and metabolism.

The effectiveness of the influence of

DDW depends on the following parameters – total body mass, total body water, the amount of daily consumption of DDW and the isotopic content of deuterium. The results on the gradual increasing of deuterium content in the human body at regular consumption of DDW with varied residual deuterium content are shown in Table 4.

Table 4

Gradual decreasing of deuterium content in the human body over time, with regular consumption of DDW*

Number of days	The residual content of deuterium in water, ppm		
	60	100	100
	Daily consumption of DDW, liters		
0	1	1	1,5
1	150,5	150,7	150,8
2	145,5	147,9	146,9
7	136,5	143,6	140,5
14	130,6	138,3	134,7
21	120,8	135,6	129,6
28	120,0	133,9	126,6
35	119,6	132,6	124,5
45	117,3	131,5	122,6

Notes: The calculation was performed based on the following data:

- daily consumption of DDW water – 1 or 1,5 liter;
- daily water exchange rate – 2,5 liters;
- deuterium content in the body corresponds to its content in natural water ~ 150 ppm;
- the average volume of water in the body – 45 liters (average body weight ~ 75 kg).

This table shows that the content of deuterium in the human body decreases while drinking DDW. Thus, at the consumption of water with a residual

deuterium content of 60 ppm deuterium content in the body decreases after 45 days to 117,3 ppm, and at the consumption of water with a residual content of

deuterium 100 ppm – to 131 ppm at 1 liter of water consumption per a day, to 122,6 ppm at wa-ter consumption of 1,5 liters of water a day. Hence, the regular use of DDW provides a natural way to reduce the content of HDO in the human body to a value of ~117 ppm.

Clinical vidence of phenomenon of longevity with human blood serum testing

It was established experimentally that at the process of evaporation of water drops, the wetting angle θ decreases discreetly to 0, and the diameter of water drop basis is only slightly altered, that is a new physical effect [41]. Based on this effect, by means of measurement of the wetting angle within equal intervals of time is determined the function of distribution of H₂O molecules according to the value of $f(\theta)$. The distribution function is denoted as the energy spectrum of the water state. Theoretical research established the dependence between the surface tension of water and the energy of hydrogen bonds among individual H₂O-molecules. The hydrogen bonding results from interaction between electron-deficient H-atom of one H₂O molecule (hydrogen donor) and unshared electron pair of an electronegative O-atom (hydrogen acceptor) on the neighboring H₂O molecule; the structure of hydrogen bonding may be defined as $O \cdots H^{\delta+} - O^{\delta-}$.

For calculation of the function $f(E)$ represented the energy spectrum of water,

the experimental dependence between the wetting angle (θ) and the energy of hydrogen bonds between H₂O molecules (E) is established:

$$f(E) = \frac{14,33f(\theta)}{[1-(1+bE)^2]^2}, \quad (1)$$

where $b = 14,33 \text{ eV}^{-1}$

The relation between the wetting angle

(θ) and the energy (E) of the hydrogen bonds between H₂O molecules is calculated by the formula:

$$\theta = \arcsos (1 - 14,33E), \quad (2)$$

The energy spectrum of water is characterized by a non-equilibrium process of water droplets evaporation, therefore, the term non-equilibrium spectrum (NES) of water is used.

The difference $\Delta f(E) = f$ (samples of water) – f (control sample of water)

–
s called the “differential non-equilibrium energy spectrum of water” (DNES).

Thus, DNES spectrum is an indicator of structural changes of water as a result of various external factors. The cumulative effect of these factors is not the same for the control sample of water and the water sample being under the influence of this factor.

Figure 4 shows the average NES-spectrum of deionised water.

On the X-axis are located three scales. The energies of hydrogen bonds among H₂O molecules are calculated in eV. On the Y-axis is depicted the function of

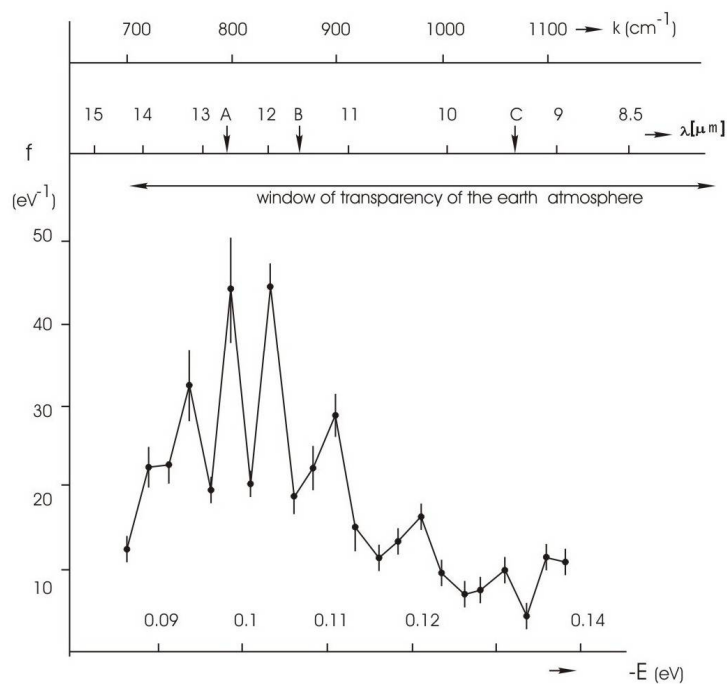


Fig. 4 – NES-spectrum of deionized water (chemical purity – 99,99 %; pH – 6,5–7,5; total mineralization – 200 mg/l; electric conductivity – 10 $\mu\text{S/cm}$). The horizontal axis shows the energy of the H...O hydrogen bonds in the associates – E (eV). The vertical axis – energy distribution function – f (eV^{-1}). k – the vibration frequency of H–O–H atoms (cm^{-1}); λ – wavelength (μm).

distribution of H_2O molecules according to energies $f(E)$, measured in unit eV^{-1} . For DNES spectrum the function is $\Delta f(E)$ in unit eV^{-1} . Arrow A designates the energy of hydrogen bonds among H_2O molecules, which is accepted as most reliable in spectroscopy. Arrow B designates the energy of hydrogen bonds among H_2O molecules, the value of which is calculated as $\bar{E} = -0,1067 \pm 0,0011$ eV. Arrow C designates the energy at which the thermal radiation of the human body, considered like an absolute black body (ABB) with a temperature $+36,6$ $^{\circ}\text{C}$, is at its maximum. A horizontal arrow designates the window of transparency of the earth atmosphere for the electromagnetic radiation in the middle infrared range of the Sun toward the Earth and from the Earth toward the surrounding cosmic space. It is seen that the

atmosphere window of transparency almost covers the NES-spectrum of water.

The study of the IR spectrum of water in the composition of physiologic fluids (urine, blood, serum) can also provide data on metabolic processes in the human body and longevity, because the IR-spectrum reflects the metabolic processes. We conducted studies of a 1 % (v/v) solution of the human blood serum by NES and DNES-methods on two groups of people between 50 and 70 years of age. The first group consisted of people in excellent health. The second group consisted of people in a critical state and patients with malignant tumors. As the main biophysical parameter was the average energy of hydrogen bonds ($\Delta E_{\text{H...O}}$) between H_2O molecules in the blood serum. The result was obtained as a difference between the NES-spectrum

of 1 % solution of blood serum and NES-spectrum of deionized water control sample – DNES-spectrum, measured as the difference $\Delta f(E) = f(\text{samples of water}) - f(\text{control sample of water})$. The DNES-spectrum obtained from the first group has a local maximum energy ($\Delta E_{H...O}$) at $-9,1 \pm 1,1$ meV and from the second group $-1,6 \pm 1,1$ meV. Results between the two groups have a statistical difference in Student's criterion at $p < 0,05$. For the control group of healthy people the value of the largest local maximum in the DNES-spectrum was detected at $-0,1387$ eV, or at a wavelength of $8,95 \mu\text{m}$. For the group of people in a critical state and the patients with malignant tumors, the analogous values of the largest local maximums of the DNES-spectrum shifted to lower energies compared with the control group of people.

Evidently, water in the human body possesses the IR-spectrum that reflects the structure of water and metabolic processes in the organism. It can be demonstrated by analysis of human blood serum by IR-spectroscopy. The magnitude of the largest local maximum in the IR-spectrum of blood serum from healthy people of control group observed at $-0,1387$ eV at a wavelength – $8,95 \mu\text{m}$. For a group of people in critical health condition and patients with malignant tumors the greatest values of local maxima in the IR-spectrum are shifted to lower energies relative to the control group. In IR-spectrum of human blood serum are

detected local maxima at $\lambda = 8,55; 8,58; 8,70; 8,77; 8,85; 9,10; 9,35$ and $9,76 \mu\text{m}$. The resulting peak at $\lambda = 8,95 \mu\text{m}$ in IR-spectrum [42] approaching the peak at $\lambda = 8,85 \mu\text{m}$ monitored by Russian researchers. In the control group of healthy people the average value of the energy distribution function $f(E)$ at $\lambda = 8,95 \mu\text{m}$ compiles $75,3$ eV, and in a group of people in critical condition – $24,1$ eV. The level of reliability of the results is $< 0,05$ according to the Student's t-test.

In 1995 A. Antonov performed DNES-experiments with impact on tumor mice cells in water [43]. There was a decrease of the spectrum compared with the control sample of cells from a healthy mouse. The decrease was also observed in the DNES-spectrum of human blood serum of terminally ill people relative to that of healthy people. With increasing of age of long-living blood relatives, the function of distribution of H_2O molecules according to energies at $-0,1387$ eV decreases. In this group of tested people the result was obtained by DNES at $-5,5 \pm 1,1$ meV, the difference in age was of 20–25 years in relation to the control group. It should be noted that most of Bulgarian centenarians inhabit the Rhodope Mountains areas. Among to the DNES-spectrum of mountain waters similar to the DNES-spectrum of blood serum of healthy people at $\lambda = 8,95 \mu\text{m}$, was the DNES-spectrum of water in the Rhodopes. The mountain waters from

Teteven, Boyana and other Bulgarian provinces have similar parameters.

Table 3 shows the composition of the seven mountain springs in Teteven (Bulgaria) and local maximums in DNES-spectra of water. The local maximums were detected at $-0,11$ eV and $-0,1387$ eV. The value at $0,11$ eV is characteristic for the presence of Ca^{2+} . The value at $0,1387$ eV is characteristic for inhibiting the growth of cancer cells. Experiments conducted by A. Antonov with cancer cells of mice

demonstrated a reduction of this local maximum to a negative value. Analysis by the DNES-method of aqueous solutions of natural mineral sorbents – shungite (carbonaceous mineral from Zazhoginskoe deposit in Karelia, Russia) and zeolite (microporous crystalline aluminosilicate mineral from Most village, Bulgaria) showed the presence of a local maximum at $-0,1387$ eV for shungite and $-0,11$ eV for zeolite [44].

Table 3

The composition of mountain water springs in Teteven (Bulgaria) and local maximums in DNES-spectra of water

Water sources	Ca^{2+}	Na^+	Mg^{2+}	Fe^{2+}	SO_4^{2-}	pH	Local maximum* at
	mg/dm ³ norm (<150)	mg/dm ³ norm (<200)	mg/dm ³ norm (<80)	mg/dm ³ norm (<200)	mg/dm ³ norm (<250)	norm ($6,5-9,5$)	($-0,1362-0,1387$) eV-1 norm ($>24,1$)
1. Klindiovo	$89,9 \pm 9,0$	$4,1 \pm 0,4$	$6,98 \pm 0,7$	$40,2 \pm 4,0$	$17,7 \pm 1,8$	$8,0 \pm 0,1$	$47,1 \pm 2,4$
2. Gorna cheshma	$103,6 \pm 10,1$	$4,2 \pm 0,4$	$15,5 \pm 1,6$	$9,6 \pm 0,96$	$89,9 \pm 9,0$	$7,8 \pm 0,2$	$20,0 \pm 1,0$
3. Dolna cheshma	$94,4 \pm 0,94$	$2,5 \pm 0,3$	$1,10 \pm 1,21$	$9,0 \pm 0,9$	$15,99 \pm 1,6$	$7,9 \pm 0,1$	$31,6 \pm 1,6$
4. Sonda	$113,6 \pm 11,4$	$7,3 \pm 0,7$	$15,99 \pm 1,6$	$5,00 \pm 0,5$	$57,2 \pm 5,7$	$7,3 \pm 0,1$	$48,8 \pm 2,4$
5. Vila Cherven	–	–	–	–	$13,3 \pm 1,3$	$7,5 \pm 0,1$	$44,4 \pm 2,2$
6. Gechovo to	$66,0 \pm 6,0$	$1,46 \pm 0,15$	$2,1 \pm 0,2$	$11,4 \pm 1,1$	$15,9 \pm 1,6$	$7,94 \pm 0,1$	$44,0 \pm 2,1$
7. Ignatov Izvor	$40,44 \pm 3,04$	$0,62 \pm 0,1$	$2,46 \pm 0,25$	$13,0 \pm 1,4$	$17,9 \pm 1,8$	$6,82 \pm 0,1$	$31,6 \pm 1,6$

Notes: *Function of distribution of H_2O molecules according to energy $f(E)$.

These results suggest the restructuring of energy values among H_2O molecules with a statistically reliable increase of local maximums in DNES-spectra. It should be noted that owing to the unique porous

structures both the natural minerals shungite and zeolite are ideal natural water adsorbents effectively removing from water organochlorine compounds, phenols, dioxins, heavy metals, radionuclides, and

color, and gives the water a good organoleptic qualities, additionally saturating it with micro-and macro-elements. It is worth to note that in Bulgaria the main mineral deposits of Bulgarian zeolites are located in the Rhodope Mountains, whereat has lived the greatest number of Bulgarian centenarians. It is thought that water in these areas is cleared in a natural way by zeolite. Therefore, a new parameter is entered into Table 3 – a local maximum of the energy of hydrogen H...O-bonds at (-0,1362–0,1387 eV). This value determined by the NES-spectrum as the function of distribution of individual H₂O molecules according to the energy of hydrogen H...O-bonds $f(E)$. The norm has a statistically reliable result for human blood serum for the control group of people having cancer at the local maximum of $f(E) \sim 24,1 \text{ eV}^{-1}$. The function of distribution according to the energy of hydrogen H...O-bonds $f(E)$ for tap water in Teteven is $11,8 \pm 0,6 \text{ eV}^{-1}$.

Another important physical parameter was calculated with using NES and DNES methods – the average energy ($\Delta E_{H...O}$) of H...O-bonds between H₂O compiled.

Another important physical parameter was calculated with using NES and DNES methods – the average energy ($\Delta E_{H...O}$) of H...O-bonds between H₂O compiled – $0,1067 \pm 0,0011 \text{ eV}$. The most remarkable peculiarity of H...O-bond consists in its relatively low strength; it is 5–10 times weaker than chemical covalent bond. In respect of energy hydrogen bond has an

intermediate position between covalent bonds and intermolecular van der Waals forces, based on dipole-dipole interactions, holding the neutral molecules together in gasses or liquefied or solidified gasses. Hydrogen bonding produces interatomic distances shorter than the sum of van der Waals radii, and usually involves a limited number of interaction partners. These characteristics become more substantial when acceptors bind H atoms from more electronegative donors. Hydrogen bonds hold H₂O molecules on 15 % closer than if water was a simple liquid with van der Waals interactions. The hydrogen bond energy compiles 5–10 kcal/mole, while the energy of covalent O–H-bonds in H₂O molecule – 109 kcal/mole. With fluctuations of water temperature the average energy of hydrogen H...O-bonds in H₂O molecule associates changes. That is why hydrogen bonds in liquid state are relatively weak and unstable: it is thought that they can easily form and disappear as the result of temperature fluctuations. The next conclusion that can be drawn from our research is that there is the distribution of energies of hydrogen H...O-bonds among individual H₂O molecules.

Heredity, stress, diet, smoking, body mass as additional longevity factors.

The research demonstrated that tobacco smoking increases the number of free radicals in the body [45]. The accumulation leads to the distortion of DNA replication. Evidently free radical-induced

Table 5

Distribution of parents and grandparents of centenarians based on gender

Number of centenarians	Health status	Body mass	Smoking	Gender	Heredity	Positive attitude towards life
54	In good health 48	Normal 54	Abstainers 51	Females 37	Parents and grandparents over 90 18	54
30	With diseases 6	Above normal 0	Smokers 3	Males 17	No heredity 36	30

Table 6

Distribution of centenarians depending on their way of life

Number of centenarians	Gender 20 th and 21 st century	Parents and grandparents over 90 20 th and 21 st century
52	Females 37 Middle age 78,6	Females 15 Middle age 94,5
30	Males 17 Middle age 69,5	Males 13 Middle age 95,4

damage of DNA molecule plays an essential role in the process of aging. These data show that the average difference between the length of life of centenarians and their brothers is 10 of the 54 studied centenarians, only 3 were long-time smokers (Table 5).

Table 6 shows an interesting trend, which, however, requires additional data for statistical analysis. In 2013 and 2014 the number of females was 69 % and males –of free radicals in its turn 21 %. The number of parents and grandparents of long living people was 54 % for females and 46 % for males. The only two different factors were stress and probably smoking.

It is known that during the process of aging T-cell generation from the thymus is much reduced [46]. The decline rate of most T-cell and B-cell lymphocytes, which are crucial for the immune system, is faster in males than in the females. Furthermore, males showed a quicker decline in the two cytokines, IL-6 and IL-10 in relation to age. Two types of immune system cells, which annihilate external attackers, CD4 T-cells and natural killer (NK) cells are increasing in number with age. The increase rate is higher in females than in males.

It should be noted that the process of aging can be limited if food caloricity of diet is being restricted on 40–55 %. In studies

with 54 Bulgarian centenarians, all of them have had normal body mass throughout their lives; 48 of them were in excellent health condition, while 6 have various diseases. It is doubtful that these people would have reached longevity with being healthy. All of these studied people have had great physical activity. They live in friendly ecological environment in which the combination of mountain water, physical activity, diet and less stress are optimal for longevity. Further test has been planned for the physical state with prognostics for a longer life.

Conclusions

The research conducted by us shows that the direct relationship of man and nature – clean air, natural food from eco-farms and physical activity explains the difference between the larger number of centenarians who live in the mountain regions of Bulgaria and Russia and their high average number. Natural water with increased content of deuterium seems to be one of the most important factors for longevity. In Bulgaria, most centenarians live in the Rhodope Mountains, while in Russia – in Dagestan and Yakutia. It worth to note that IR-spectrum of mountain water is most similar to the IR-spectrum of blood serum of healthy group of people with a local maximum at $\lambda = 8,95 \mu\text{m}$. Similar spectral characteristics possess mountain water from Teteven, Bojana and other Bulgarian sources.

Thus, the phenomenon of longevity is a complex phenomenon involving both genetic and phenotypic characteristics of the organism to external factors and environment – free radicals, radiation, heavy isotopes, as well as the structure and the isotopic composition of drink water. Other longevity factors are living area, health status, body mass, gender and heredity. Studying of human blood serum by NES and DNES-methods show that by measuring the average energy of hydrogen bonds among H_2O molecules and the distribution function of H_2O molecules on energies it is possible to draw a vital state status of a person and associated life expectancy. These data indicate that water in the human body has the IR-spectrum resembling IR-spectrum of human blood serum. On the characteristics of the IR-spectrum of water exerts an influence also the presence of deuterium. Thus, the phenomenon of longevity is a complex multifactorial phenomenon involving both genetic (internal) and phenotypic (external) characteristics of the organism in its adaptation the environment.

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THE MOUNTAIN WATER AS MAIN
LONGEVITY FACTOR IN

MULTIFACTORIAL RESEARCH OF
PHENOMENON OF LONGEVITY IN
MOUNTAIN AREAS OF BULGARIA

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In this paper are submitted data on longevity factors and mountain water in factorial research of phenomenon of longevity in mountainous and field areas of Bulgaria. The dependence was established among various internal and external factors on a phenomenon of longevity – residence area, health status, gender and heredity. It was shown that water is among the most important factors for longevity. Natural waters derived from various Bulgarian water springs were investigated by the methods of non-equilibrium energy (NES) and differential non-equilibrium energy spectrum (DNES) of water. The biological effects of water with varying content of deuterium are also discussed. It was shown, that the increased content of deuterium leads

to physiological, morphological and cytology alterations of the cell, and also renders negative influence on cellular metabolism, while deuterium depleted water with reduced deuterium content on 20–30 % has beneficial effects on health. By using IR-spectroscopy were investigated various samples of water with varying contents of deuterium, received from Bulgarian water springs and the blood serum of cancer patients as well. As estimation factor was measured the values of the average energy of hydrogen bonds ($\Delta E_{H...O}$) among H_2O molecules, as well as local maxima in the IR-spectra of various samples of water and human blood serum at $-0,1387$ eV and wavelength – $8,95 \mu m$. For a group of people in critical condition of life and patients with malignant tumors the greatest values of local maxima in IR-spectra were shifted to lower energies relative to the control group. The obtained results testify to necessity of consumption of clean natural water, which quality satisfies the mountain water from Bulgarian water springs.

Key words: deuterium, heavy water, deuterium depleted water, longevity, mountain water, NES, DNES.

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*ГОРНАЯ ВОДА КАК ГЛАВНЫЙ ФАКТОР
ДОЛГОЛЕТИЯ В МУЛЬТИФАКТОРНОМ
ИССЛЕДОВАНИИ ФЕНОМЕНА
ДОЛГОЛЕТИЯ В ГОРНЫХ РАЙОНАХ
БОЛГАРИИ*

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В работе представлены данные о горной воде как главном факторе долголетия в горных районах Болгарии. Авторами была установлена зависимость между различными внутренними и внешними факторами на феномен долголетия болгарских долгожителей – места жительства, состояния здоровья, пола и наследственности. Было показано, что вода является одним из наиболее важных факторов для долголетия.

Природные воды из различных болгарских родников были исследованы

методами неравновесного энергетического (НЭС) и дифференциального неравновесного энергетического (ДНЭС) анализа. Также изучены биологические эффекты воды с различным содержанием дейтерия. Показано, что повышенное содержание дейтерия в воде приводит к физиологическим, морфологическим и цитологическим изменениям клетки, а также оказывает негативное влияние на клеточный метаболизм, а вода с пониженным содержанием дейтерия на 20–30 % благотворно влияет на здоровье. С помощью ИК-спектроскопии были исследованы различные образцы воды с различным содержанием дейтерия, полученных из различных болгарских водных источников, а также сыворотка крови больных раком. В качестве основного оценочного фактора использовали значения средней энергии водородных связей ($\Delta E_{H...O}$) между молекулами H_2O , а также локальные максимумы в ИК-спектрах различных образцов воды и сыворотки крови человека при $-0,1387$ эВ и длине волны $8,95$ мкм. Показано, что для группы людей в критическом состоянии жизни и больных со злокачественными опухолями наибольшие значения локальных максимумов в ИК-спектрах смещаются в сторону меньших энергий по отношению к контрольной группе. Полученные результаты свидетельствуют о целесообразности потребления чистой природ-

ной воды, качеству которой удовлетворяет горная вода из болгарских источников.

Ключевые слова: дейтерий, тяжелая вода, протиевая вода, долгожитие, горная вода, ИК-спектроскопия, НЭС, ДНЭС.

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ГІРСЬКА ВОДА ЯК ГОЛОВНИЙ ФАКТОР
ДОВГОЛІТТЯ В МУЛЬТИФАКТОРНОМУ
ДОСЛІДЖЕННІ ФЕНОМЕНУ
ДОВГОЛІТТЯ В ГІРСЬКИХ РАЙОНАХ
БОЛГАРІЇ

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У роботі представлені дані про гірську воду як головний фактор довголіття в гірських районах Болгарії. Авторами була встановлена залежність між різними внутрішніми та довголіття зовнішніми чинниками на феномен

болгарських довгожителів - місця проживання, стану здоров'я, статі та спадковості. Було показано, що вода є одним з найбільш важливих факторів для довголіття. Природні води з різних болгарських джерел були досліджені методами нерівновісного енергетичного (НЕС) і диференціального нерівновісного енергетичного (ДНЕС) аналізу. Також вивчено біологічні ефекти води з різним вмістом дейтерію. Показано, що підвищений вміст дейтерію у воді призводить до фізіологічних, морфологічних і цитологічних змін клітини, а також чинить негативний вплив на клітинний метаболізм, а вода із зниженим вмістом дейтерію на 20-30% цілком впливає на здоров'я. За допомогою ІЧ-спектроскопії були досліджені зразки води з різним вмістом дейтерію, отримані з деяких болгарських водних джерел, а також сироватка крові хворих на рак. В якості основного оціночного фактора використовували значення середньої енергії водневих зв'язків ($\Delta E_{H...O}$) між

молекулами H_2O , а також локальні максимуми в ІЧ-спектрах різних зразків води і сироватки крові людини при $0,1387$ еВ і довжині хвилі $8,95$ мкм. Показано, що для групи людей у критичному стані життя і хворих із злоякісними пухлинами найбільші значення локальних максимумів в ІЧ-спектрах зміщуються у бік менших енергій по відношенню до контрольної групи. Отримані результати свідчать про доцільність споживання чистої природної води, якості якої задовольняє гірська вода з болгарських джерел.

Ключові слова: дейтерій, важка вода, протієва вода, довголіття, гірська вода, ІЧ-спектроскопія, НЕС, ДНЕС.

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