

Longevity by G. Shatalova: the latest case of pseudoscience in Kazan Federal University (Kazan, Russia)M. Trushin¹, A. Belov², R. Moustafin², L. Astakhova³¹Department of Biology and Soil Sciences, ²Department of Physical Education, ³Department of Philosophy, Kazan Federal University, Kremlyovskaya 18, 420008 Kazan, Russian Federation.E-mail: mtrushin@mail.ru

Abstract. In February, 2011, Prof. Renad Zhdanov and Dr. Vladimir Dvoenosov organized a special seminar at Kazan Federal University (founded in 1804) dedicated to the “System of natural invigoration”. Galina Savel’eva, a daughter of Galina Shatalova, was invited as a lecturer. In this brief report, we are intended to show that this invigoration system has not a scientific basis because of many controversial statements.

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A few months ago, we reported on a special seminar on traditional medicine, that took place at Kazan Federal University, Kazan, Russian Federation. The seminar was titled “Science of yoga: stress management and asanas”. We provided some critical assessment of it recently [1]. On February 17, 2011, Galina Savel’eva, a daughter of Galina Shatalova, was invited to lecture at Kazan Federal University. The invitation to the seminar came from Prof. R. Zhdanov and Director of the Valeology Center, Ass. Prof. Vladimir Dvoenosov. The title of the seminar was “Secrets of longevity from Shatalov’s family”. Galina Savel’eva reported on the “System of natural invigoration”, developed by her mother Galina Shatalova. The essence of the system is presented in Galina Shatalova’s book titled “Human health” [2]. Here, we will not retell the basic statements of the system; however, we intend to make few critical remarks.

First, we consider that the so-called “System of natural invigoration” is a pseudoscientific theory, because it contains a number of pseudoscientific statements. For example, it asserts that people should accept food according to their zodiac membership. Then, Galina Shatalova considers and asserts astrology as a science. Next, Galina Shatalova reports that human beings may receive energy for vital activity from cosmos, not only from food. Additionally, Galina Shatalova states that people should not receive meat, since human lungs contain nitrogen-fixing bacteria that help to fix nitrogen from the air and then to build its own proteins. It should be noted here, that PubMed

database has no article on the existence of nitrogen-fixing bacteria in human lungs. To obtain nitrogen from the air, Galina Shatalova recommends to use Surya-Namaskar yoga complex. And, finally, the most controversial statement by Galina Shatalova is the use of urinotherapy for the treatment of specific serious conditions, such as cancer. She provides a detailed recipe for preparation of urine for personal consumption. Galina Savel’eva, a daughter of Galina Shatalova, confirmed on the seminar, that her mother continues to use urinotherapy for treating her patients. According to the data of American Cancer Society [3], drinking urine may have serious health consequences.

Thus, we consider that seminars of such type should not take place at Kazan Federal University. Our university has more than 200-years of proven scientific history, and its prestige should not be damaged because of the seminars with pseudoscientific content.

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