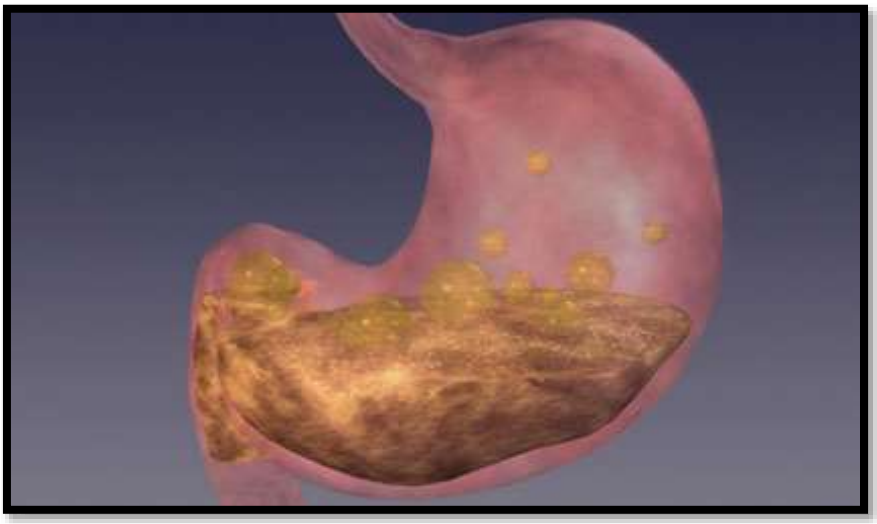
HYDROGEN-RICH WATER INHIBITS GASTRIC INJURY



Gastric injuries occur in 7 to 20% of cases of penetrating abdominal trauma and in 0.4 to 1.7% cases of blunt abdominal trauma. Morbidity rates related to the gastric injury are low with penetrating trauma. Blunt trauma is associated with severe disruption of the stomach and extensive contamination of the peritoneal cavity, with resultant high morbidity and mortality rates.

Hydrogen delivered through drinking water goes directly into the stomach, instead of being transported by the blood to the target organs. Water can be absorbed in the stomach, and it is believed that hydrogen concentrations in the mucosal cells of the stomach vary depending on the hydrogen concentration in the water. However, for other organs this may not be the case, since hydrogen gets into the blood first, and then is transported to all organs throughout the body.

Hydrogen is effective in relieving the gastric injury induced by aspirin-HCl, and the inhibitory effect is dose-dependent. The reason behind this may be that hydrogen-rich water directly interacted with the target tissue, while the hydrogen concentration in blood was buffered by liver glycogen, evoking a suppressed dose–response effect. Drinking hydrogen-rich water may protect healthy individuals from gastric damage caused by oxidative stress.

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