

Mangampet Shungite for Overall Health at Low Cost  
Dr R. Jagadiswara Rao  
Former Principal & Professor of Geology, Sri Venkateswara University  
3-1-91, 2nd Cross West, Vidyanagar Main Road, Tirupati – 517502, AP  
Website: <https://svuniversity.academia.edu/JagadiswaraRaoR>  
Email: [jagadiswararaor@gmail.com](mailto:jagadiswararaor@gmail.com)  
Mobile: +91 94401 84012  
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Shungite is known to occur in the 200-crore years old Proterozoic rocks near Lake Onega in the Shun'ga area of the Karelia region of Russia. Historical records available since the beginning of the 17<sup>th</sup> century indicate that the locals have been using shungite for drinking, cooking and bathing for the overall health.

With the professors who synthesised a new form of carbon called Fullerene receiving the Nobel Prize in Chemistry in 1996, it became known that the unique properties of shungite are because of carrying fullerenes in them. The carbon atoms in fullerenes are arranged in the form of nanometer-size extremely-stable hollow cages into which trillions of atoms, bacteria and viruses could enter and get trapped permanently.

With the publication of a research paper by scientists from the Geological Survey of India, Department of Airborne Mineral Surveys & Exploration (AMSE), Pune University, National Geophysical Research Institute (NGRI), Stanford University and Cihergen Biosystems of San Francisco in 2007, it became known that Shungite occurs in and around the APMDC-owned Mangampet Barytes mines in the 200-crore years old Proterozoic rocks.

Vakkanti Koteswara Rao was the first to extract water-soluble fullerenes from Mangampet shungite to manufacture Shungite water successfully. He founded Creative Fullerenes Private Limited at Hyderabad on 28<sup>th</sup> May 2018 to market the product (<https://5.imimg.com/data5/QB/HN/DG/SELLER-63347318/shungite-mineral-water-bottle-1-liter.pdf>).

With the extensive publicity given on the efficacy of Shungite water in curing several diseases, improving human health and enhancing longevity as detailed at <https://www.youtube.com/watch?v=04CJHHjEWg> dated 2<sup>nd</sup> February 2022, <https://www.youtube.com/watch?v=04CJHHjEWg&t=198s> dated 2<sup>nd</sup> February 2022, <https://www.youtube.com/watch?v=04CJHHjEWg&t=326s> dated 2<sup>nd</sup> February 2022, <https://www.youtube.com/watch?v=0K4CEphW7o0&t=156s> dated 3<sup>rd</sup> February 2022, <https://www.youtube.com/watch?v=SatHaJv36RI&t=1421s> dated 2<sup>nd</sup> July 2022, <https://www.youtube.com/watch?v=xC4wy9UBV40> dated 24<sup>th</sup> November 2022, <https://www.youtube.com/watch?v=04CJHHjEWg&t=326s> dated 24<sup>th</sup> November 2022, <https://www.youtube.com/watch?v=xC4wy9UBV40&t=1167s> dated 24<sup>th</sup> November 2022, [https://www.youtube.com/watch?v=K4wG8MQK\\_nI](https://www.youtube.com/watch?v=K4wG8MQK_nI) dated 25<sup>th</sup> November 2022, <https://www.youtube.com/watch?v=7ic8jU7XP68> dated 19<sup>th</sup> December 2022, <https://www.youtube.com/watch?v=m69BM4FguJ8&t=36s> dated 19<sup>th</sup> December 2022, <https://www.youtube.com/watch?v=rf6WgloJh9w&t=170s> dated 19<sup>th</sup> December 2022, and

<https://www.youtube.com/watch?v= 2Pxeunq73Y> dated 18<sup>th</sup> February 2023, the gap between the demand and supply of Shungite water increased so high that most people find it now difficult to get Shungite water.

This prompted me to evolve a simple method of preparing Shungite water using jet-black shungite slate soiling hands occurring in waste dumps both in the APMDC-owned Mangampet barytes mines and the surrounding abandoned private barytes mines in the vicinity of Tirupati-Rajampet-Kadapa Road in Andhra Pradesh, India. In addition, shungite occurs as outcrops in the vicinity on a large scale.

Mangampet shungite is ground into fine powder and shaken in pure water obtained through reverse osmosis (RO). The supernatant water is collected and used for all purposes for which Shungite water manufactured at Hyderabad was used. The shungite powder left at the bottom can be used to get Shungite water several more times. Thus, unlike the Mangampet shungite manufactured at Hyderabad, Mangampet shungite as per this method can be produced in very large quantities at a very low cost to meet the growing demand for Shungite water.

Shungite water prepared in this way can be used for drinking, cooking, washing, bathing and cleaning and farming for the overall health of people right from infants to old people and thereby enhance their life expectancy. This water can be also used for domestic animals and pets for the same purposes.

Shungite water absorbs dirt and bacteria, virus, microorganisms, and harmful elements including phenols, metals, chlorine, nitrates, nitrites and fluoride. It heals human body of any age, cures dermatological problems, rashes and allergic inflammations. It allows to quickly get rid of chronic gastritis, diabetes, colitis and inflammation of the gall bladder. It improves the function of the respiratory, circulatory, gastrointestinal and excretory systems, increases enzymatic activity and stimulates regeneration of tissues. It cures various types of lung diseases, cancers, kidney diseases, joint pains (arthritis) and bone repair. It checks emergence of new pathogens causing epidemics and pandemics viral infections, HIV/AIDS and Covid-19. It relieves stress caused by constant work under pressure, geopathogenic and electromagnetic radiation by producing a significant burst of energy, cheerfulness and good mood. It checks the health disorders caused by the use of alcohol and tobacco. It could be used to cure diseases independently or as a supplement to other medicinal systems.

Shungite which is often called the "Mineral of the 21st Century" in Russia becomes true as far as India is concerned if the Mangampet Shungite is put to optimum use as outlined in this Paper.