

1 **Why and how do termite kings and queens live so long?**

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3 Eisuke Tasaki*, Mamoru Takata, Kenji Matsuura

4 ORCID: ET, 0000-0002-6514-5134; MT, 0000-0002-8181-9987; KM, 0000-0002-9099-

5 6694

6 Laboratory of Insect Ecology, Graduate School of Agriculture, Kyoto University

7

8 *Corresponding author: tasaki.eisuke.4r@kyoto-u.ac.jp

9

10 **Summary**

11

12 Lifespan varies greatly across the tree of life. Of the various explanations for this
13 phenomenon, those that involve trade-offs between reproduction and longevity have gained
14 considerable support. There is an important exception: reproductives (queens and in termites,
15 also kings) of social insects exhibit both high reproductive outputs and extraordinarily long
16 lives. As both the ultimate and proximate mechanisms underlying the absence of the
17 fecundity/longevity trade-off could shed light on the unexpected dynamics and molecular
18 mechanisms of extended longevity, reproductives of social insects have attracted much
19 attention in the field of ageing research. Here, we highlight current ecological and
20 physiological studies on ageing and discuss the various possible evolutionary and molecular
21 explanations of the extended lifespans of termite reproductives. We integrate these findings
22 into a coherent framework revealing the evolution of longevity in these reproductives.
23 Studies on termites may explain why and how ageing is shaped by natural selection.

24

25 **Keywords**

26 ageing, evolution, longevity, homeostasis, hypoxia, social insects

27

28 **1. Introduction**

29

30 Termites are one of the most abundant terrestrial animals on earth [1,2]. A key factor in terms
31 of their ecological success is the reproductive division of labour that is a central feature of
32 eusociality. In a colony, a limited number of male and female reproductives (kings and
33 queens) produce all the offspring and a large number of non-reproductive individuals
34 (workers and soldiers; but workers can become at least neotenic reproductives in most lower
35 termites [3–5]) perform most of foraging, nest-building, brood care and nest-guarding [6,7].
36 Intriguingly, reproductives and non-reproductives exhibit up to a 100-fold difference in
37 lifespans, and even more compelling is the fact that the reproductives live for an order of
38 magnitude longer than solitary insects [8]. These features are also found in social
39 Hymenoptera such as ants and honeybees, but the eusociality of termites has evolved
40 independent of social Hymenoptera [9,10]. Therefore, unlike social Hymenoptera, termites
41 have hemimetabolous development, bisexual societies and diplodiploid sex determination
42 system [7]. Most notable is the continuous presence of sperm-producing kings in termites,
43 which is a universal characteristic among termites, but completely absent in social
44 Hymenoptera [1,7]. These differences result in an interesting feature in which only the queens
45 are long-lived in social Hymenoptera, while in termites, not only the queens but also the
46 kings exhibit both high reproductive outputs and extraordinarily long lives [5,7,11–16].
47 Although longevity is negatively correlated with reproduction in most organisms [17–19],
48 the trade-off between fertility and longevity is apparently absent in termites reproductives
49 [20]. Both the ultimate and proximate mechanisms underlying this unique characteristic

50 could shed light on the unexpected dynamics and molecular mechanisms of extended
51 longevity.

52 The aim of this review is to summarise recent ecological and physiological studies of
53 termite ageing and longevity. First, we describe the evolutionary and ecological determinants
54 of the long lifespans of termite reproductives. Then, we discuss the physiological and
55 molecular mechanisms in play. Finally, we integrate these findings into a coherent framework
56 explaining the evolution of longevity in such reproductives.

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58

59 **2. Evolutionary and ecological determinants of long lifespans**

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61 To explain why termite reproductives exhibit extended lifespans, it is necessary to understand
62 the evolutionary aspects of longevity. The key idea underpinning the evolution of the lifespan
63 is the “selection shadow”; the strength of natural selection declines after sexual maturation
64 and with progressing age [17,21–25]. The selection shadow is shaped by age-independent
65 random extrinsic mortality, which is in turn affected by external factors such as predation and
66 early-life reproductive investment. But note exceptions if extrinsic mortality is condition-
67 dependent not random [26]. High extrinsic mortality reduces the probability of later-life
68 reproduction, reducing selective forces at old age. Such decreases allow alleles with late
69 acting deleterious effects to accumulate over generations (the mutation accumulation theory)
70 [27]. Moreover, genes associated with beneficial early-life effects would be favoured by
71 selection even if they were deleterious in later life (the antagonistic pleiotropy theory) [21].

72 The deleterious effects cause physiological deterioration (ageing, also termed senescence) of
73 an organism as age advances, reducing reproductive capacity and increasing the risk of death
74 [28].

75

76

77 **(a) Low extrinsic mortality**

78

79 A major reason why termite reproductives live so long is that they experience low extrinsic
80 mortality after the colony is established. The evolution of a reproductive division of labour
81 is associated with strong social-level defence by non-reproductives [29], including nest
82 defence, social immunity and self-sacrificial behaviours. These reduce the risks of predation,
83 disease, starvation and desiccation; greatly limiting the extrinsic mortality of reproductives
84 (Figure 1; Table 1).

85 In general, termite reproductives live deep inside the nest of central area (e.g. "royal
86 chamber" in a few species) of an enclosed and protected mound or nest (subterranean, epigeal,
87 or arboreal) safe from predation, thermal stress and desiccation, where tens of thousands of
88 non-reproductives engage in social labour [30]. The most elaborate royal chamber is that of
89 *Macrotermes* termites. It resembles a thick-walled protective bunker located in the most
90 sheltered central part of the nest, often immediately below ground level [30–32]. The
91 subterranean *Reticulitermes* termites also have royal chambers that are generally located deep
92 inside the wood of the central areas [33,34]. Termite nests are multi-layered structures; many
93 chambers are connected vertically and horizontally via very small openings. Thus, predators

94 such as ants are required to break the multi-layered defence mounted by non-reproductives
95 to access the royal chamber.

96 The social behaviour and group living of termites reduce the risks of disease and
97 starvation in reproductives. Termites limit the spread of infection within the nest; the
98 antennae recognize pathogenic conidia [35], followed by initiation and maintenance of
99 allogrooming (social grooming) of contaminated body parts [36–38]. The additive effects of
100 individual immune responses and their social amplification are also important in terms of
101 anti-pathogen defence. Grouped termites cope better with disease than do isolated individuals
102 [36,39], suggesting that resistance is socially enhanced [40,41]. Group foraging may reduce
103 the risk of starvation in reproductives; especially in some foraging termite species, non-
104 reproductives forage actively, discover new food sources and store foods [42–46]. If termite
105 non-reproductives have residual nutrients to be shared via trophallaxis, the reproductives are
106 prioritised; the reproductives thus survive for longer even within a starved colony [47].

107 In non-reproductive workers, there tend to be differences in the maximum lifespan
108 among termite species [5], which may be dependent on their lifestyles. Termites can be
109 divided into wood-dwelling and foraging termites (also called one-piece type and separate
110 type, respectively) [3,48]. The wood-dwelling termites utilise a single piece of wood both as
111 food source and shelter and produce simple and small colonies with totipotent workers that
112 can become reproductives, where workers are as protected as reproductives. On the other
113 hand, the foraging termites are characterised by multiple pieces nesting and form large and
114 complex societies where irreversible workers perform risky tasks such as foraging outside of
115 the nest. In foraging termites, the high mortality of workers is expected to result in earlier

116 ageing and shorter lifespan compared to the workers of wood-dwelling termites. Currently,
117 there is little evidence that their lifestyles have an effect on longevity of non-reproductives
118 (and also reproductives) as a general rule, but the reproductives of *Macrotermes* termites,
119 foraging termites, are thought to reach 20 years of age while workers can live only a few
120 months [45], whereas the lifespan of reproductives and workers is about the same 4–5 years
121 in *Zootermopsis* termites, wood-dwelling termites [49] (an overview of longevities for
122 termite reproductives and workers was reviewed in [5]).

123

124

125 **3. The physiological and molecular mechanisms of extended longevity**

126

127 An understanding of the physiological and molecular mechanisms in play would illuminate
128 how termite reproductives achieve both high reproductive outputs and extraordinarily long
129 lives. The evolutionary theory of ageing proposes two proximate theories; these are the
130 “energy” and “function” trade-offs between growth, reproduction and longevity (the
131 disposable soma theory and the developmental theory of ageing, respectively) [50]. The
132 former theory considers that ageing is a trade-off between reproduction and somatic
133 maintenance [24,51,52]. This suggests that delayed ageing and extended longevity can be
134 achieved via greater allocation of resources to longevity assurance mechanisms, such as
135 antioxidant and DNA repair systems, that slow the age-associated accumulation of
136 physiological damages. In the alternative to damage accumulation, the latter theory suggests
137 that ageing reflects suboptimal gene function in later life, mechanistically linked to the idea

138 that superfluous nutrient-sensing growth pathways during adulthood can cause excessive
139 biosynthesis that triggers functional decline (the hyperfunction hypothesis) [53–56]. Together,
140 these trade-off theories are thought to be not mutually exclusive [57] and, broadly speaking,
141 both sides suggest that loss of homeostasis causes ageing.

142

143

144 **(a) Oxidative stress resistance**

145

146 Loss of homeostasis is caused, in part, by oxidative stress. Reactive oxygen species (ROS)
147 that are by-products of mitochondrial aerobic energy metabolism [58] enhance immunity and
148 cellular signalling when they are present at certain levels. However, when enzymatic and
149 non-enzymatic antioxidants cannot fully neutralise overproduced ROS, the resulting
150 imbalance seriously damages important biomolecules such as proteins, lipids and nucleic
151 acids [59–64]. The basic homeostatic balance is compromised by either increased ROS
152 production per se or reduction in the effectiveness of defences.

153 An efficient antioxidant system as a longevity assurance mechanism may explain why
154 termite queens enjoy long lifespans. If mutations causing oxidative stress-induced DNA
155 damage are not eliminated from the germline, they may pass to the offspring, reducing the
156 fitness. Therefore, the germline must be highly protected against oxidative stress in long-
157 lived organisms. The long-lived queens of *R. speratus* show significantly higher activities of
158 antioxidant enzymes (catalase and superoxide dismutase) than short-lived non-reproductives,
159 and suffer significantly less oxidative protein, lipid and DNA damage (Figure 2) [65,66]. In

160 particular, the catalase activities of termite queens were higher than those of certain solitary
161 insects and social Hymenoptera, reflected by an increased expression of the catalase gene
162 *RsCAT1* [65]. In addition, a study on another subterranean termite *R. chinensis* revealed that
163 differentiation of workers into neotenic reproductives was associated with increased catalase
164 gene expression [67]. These studies partially support the hypothesis that transition to a
165 reproductive state is associated with a gradual decrease in the extent of oxidative damage to
166 body tissues (the oxidative shielding hypothesis) [68].

167 Lifestyles may influence the level of investment in their antioxidant system. Contrary to
168 the results of the study using *R. speratus* [65], comparative studies of young and old
169 individuals of the less-socially complex (wood-dwelling) termite *Cryptotermes secundus*
170 revealed that protein oxidative damage levels were lower in workers than in reproductives
171 [69] and that workers increase their protection with age but not reproductives [70]. In addition,
172 another study using *C. secundus* found a clear oxidative stress defence signal under stress
173 conditions, inducing ageing, that was stronger in workers than in queens [71]. These suggest
174 that workers which are totipotent to become reproductives, like in *C. secundus*, should invest
175 more in longevity assurance mechanisms than sterile workers because the former can still
176 reproduce and have not reached maturity yet [71].

177

178

179 **(b) DNA integrity and transposon defence**

180

181 Genomic instability and DNA damage can trigger ageing in multicellular organisms [72].

182 DNA damage is repaired via various pathways [73]. In *R. speratus*, reproductives expressed
183 higher levels of DNA repair genes than did other castes [74]. Notably, the BRCA1 gene
184 *RsBRCA1* expression in somatic tissues was higher in long-lived kings than short-lived
185 workers. Although *BRCA1* is one of the best-studied DNA repair genes particularly in the
186 context of cancer research, any role of the gene in terms of organismal aging or longevity
187 remains unclear. The cited termite study proposed that the BRCA1-associated DNA repair
188 pathway contributed to longevity.

189 DNA damage occurs during germline meiotic DNA replication. The DNA repair proteins
190 BRCA1, MCPH1, XRCC3, and MLH1 are associated with meiotic progression and
191 maintenance of genomic stability [75–78]. These genes *RsBRCA1*, *RsMCPH1*, *RsXRCC3*,
192 and *RsMLH1* were significantly upregulated in reproductive tissues compared to their
193 expression in somatic tissues of *R. speratus* reproductives [74]. The expression pattern of
194 these DNA repair genes suggests that it may protect the germline from accumulation of
195 progressive DNA damage. The strong evolutionary pressures placed on long-lived organisms
196 with long reproductive periods may have enhanced the expression of DNA repair genes in
197 reproductive tissues.

198 Transposon defence may also be involved in the exceptional longevity of termite
199 reproductives. Transposable elements (TEs), also termed “jumping genes”, are DNA
200 sequences that move from one location on the genome to another and thus enhance genomic
201 instability [79]. Increased TE activation has been linked to ageing in the mouse [80], a fly
202 [81] and a yeast [82]. A recent study on the termite *Macrotermes bellicosus* found that
203 although TE expression increased with advancing age in short-lived workers, this was not

204 the case in long-lived reproductives [12]. The study also performed age-estimates and used
205 reproductives (around 9 years for old and 3-4 years for young) and non-reproductives (weeks
206 to months) with large differences in age. Notably, the reproductives upregulated PIWI-
207 interacting RNA (piRNA) biosynthesis; these RNAs silence TEs [83]. Thus, the extended
208 lifespan of termite reproductives may be explained in part by TE suppression; this ensures
209 longevity.

210

211

212 **(c) Downregulation of growth signalling**

213

214 The nutrient-sensing growth pathways (e.g. growth hormone signalling, insulin/IGF-1
215 signalling (IIS) and target of rapamycin (TOR) signalling) at the heart of the trade-off theories
216 would be an important determinant of ageing in termite reproductives. Down regulation of
217 these growth signaling pathways as well as dietary restriction is thought to reduce resource
218 allocation to reproduction, growth and biosynthesis, thus prolong lifespan in organisms [84–
219 86]. Recent study using *C. secundus* investigating transcriptome between young and old
220 individuals revealed that aged primary reproductives (more than seven-year-old) have lower
221 expression levels of IMP-L2 and PRMT1 genes involved in IIS suppression and ATPsynD
222 genes related to protein homeostasis under activated TOR signalling than young ones (one-
223 year-old) [70]. This suggests that lifespan determination and aging processes might be
224 modulated by the typical aging pathways IIS and TOR in termites as in other organisms. In
225 addition, four-year-old reproductives of the termite *R. chinensis* expressed significantly lower

226 levels of the mTOR, eIF4, and RPS6 genes involved in TOR signalling and IIS than did
227 workers, suggesting that long-lived reproductives may downregulate these growth signalling
228 [87]. In general, these nutrient-sensing growth pathways effect juvenile hormone (JH)
229 production followed by upregulation of vitellogenin (Vg), a yolk protein required for egg
230 production [88,89]. Recent studies outlined the view that re-wiring of the IIS-JH-Vg circuit
231 has occurred in social insects which may explain the re-shaping of the fecundity/longevity
232 trade-off [90]. However, most data has come from the honeybee where JH has no further
233 function in the maintenance of the reproductive status in queens [91,92]. The positive
234 correlation between JH levels and vitellogenesis has been well studied in termites [93–97],
235 but almost nothing is known about the details of the IIS-JH-Vg circuit. Further research on
236 the relationship between the IIS-JH-Vg circuit in termites is needed.

237 There is also possibility that termite reproductives, especially queens, may perhaps
238 reduce these signalling without sacrificing high-level reproductive performance, by
239 employing other signals to control reproduction. The transcription factor termed
240 carbohydrate-responsive element-binding protein (ChREBP), a glucose sensor regulating the
241 expression of genes that drive fatty acid biosynthesis, was highly expressed in mature queens
242 of eight different termite species, compared to the levels in sterile workers and soldiers [98].
243 ChREBP critically mediates the glucose-dependent induction of glycolytic and lipogenic
244 genes in metabolic tissues [99], and may thus provide essential precursors of oogenesis via
245 redirection of a significant proportion of glucose carbons to de novo lipogenesis and
246 nucleotide biosynthesis. Thus, in addition to growth hormone signalling, IIS and TOR
247 signalling, the other signalling pathways such as ChREBP-mediated glucose signalling need

248 to be further investigated.

249

250

251 **4. Hypoxic adaptation and longevity evolution in termite reproductives**

252

253 The physiological and ecological mechanisms of extended termite longevity may be
254 evolutionarily linked via hypoxic adaptation. Termite reproductives are protected from the
255 external environment because they live in closed nests, where the hypoxic condition can be
256 viewed as a by-product of the nest structure. A recent study using *R. speratus* revealed that
257 the royal chambers in termite nests were hypoxic (low in O₂; approximately 15%) and
258 hypercapnic (high in CO₂; approximately 4%) [34]. Oxidative stress is influenced by the
259 level of O₂ present, shown by the fact that increases in the level of O₂ in the atmosphere that
260 the insects are breathing lead to enhanced rates of oxidative damage and reduced longevity
261 [100]. Atmospheric O₂ can be toxic and the levels must be carefully regulated to avoid
262 oxidative stress [101]. Indeed, the discontinuous gas-exchange cycle is known as a
263 respiratory adaptation to avoid oxygen toxicity in insects [102] (also in a termite *Z.*
264 *nevadensis* [103]). Hypoxic nests thus may protect reproductives from oxidative stress
265 through interacting with their antioxidant system.

266 Termite reproductives exhibit higher-level reproductive activities, survival, and
267 expression of antioxidants and vitellogenin under hypoxia compared to normoxia, suggestive
268 of hypoxic adaptation [34,104]. Intriguingly, during physiological adaptation to hypoxia, the
269 development of anaerobic energy-producing systems operative in the conditions of low

270 oxidative stress may extend the lifespans of termite reproductives. Glycolysis that is a form
271 of anaerobic metabolism is considered to produce fewer ROS than mitochondrial aerobic
272 metabolism; large amounts of glucose are required to create energy [105,106]. Termite
273 queens exhibit glucose signalling [98]; workers may deliver glucose to reproductives via
274 trophallaxis. The long lifespan of queens may be attributable in part to optimisation and
275 adaptation of their physiological responses to the hypoxia of their closed chambers, but it
276 still needs to be further tested.

277 An evolutionary linkage between adaptation to hypoxia and longevity may also be in
278 play in other long-lived animals, thus the naked mole rat [107], parasitic nematodes [108]
279 and the ocean quahog [109], adapted to protected habitats that are underground, inside the
280 body of the host, and muddy bottom sediments, respectively. Although adaptation to hypoxia
281 may be physiologically useful, this does not necessarily delay ageing. When exploring the
282 relationship between longevity and metabolic adaptation to hypoxia in termite reproductives,
283 it is essential to define the pathways of energy metabolism, and the metabolic burdens
284 imposed by (for example) oxidative stress during metabolism.

285

286

287 **5. Perspectives**

288

289 The ecological and physiological studies infer that the striking reproductive activity and
290 lifespan of termite reproductives evolved under selection pressures that accompanied the
291 development of eusociality. However, it remains unclear whether factors associated with such

292 evolution increased termite longevity. The life-history traits (the reproductive outputs and
293 longevities) of various termite species featuring different levels of social defence should be
294 further compared. For instance, there are wood-dwelling termites in which all castes are
295 protected against predators as workers do not forage and in which also all castes stay in the
296 nest and probably experience hypoxia. These direct comparisons would yield important
297 insights. Probably, it is not a single factor but several traits that explain potential differences
298 between wood-dwelling and foraging termite species.

299 Since termite reproductives have extraordinary longevity, it is difficult to track their
300 entire life, and there is not so much information on the lifespan of termites [5,11–14].
301 Therefore, reliable and valid biomarkers of chronological and biological age are essential for
302 future advanced studies of termites. This would allow us to take into account the effects of
303 age, which is one of the difficulties in termite researches. Moreover, molecular studies of
304 termites have identified several genes that may be involved in longevity assurance, but their
305 functions remain unclear. Since it is necessary to carefully assess how termite reproductives
306 achieve extended lifespan, further studies are required to evaluate the biological function of
307 these genes in the longevity of termites using genetic tools, such as RNA interference
308 [110,111] and transgenic systems [112].

309 The quest for understanding the proximate mechanisms of extraordinary longevity in
310 termite reproductives is only the beginning. We are now at the dawn of a big paradigm shift
311 in the ageing study of termites having the great opportunity to uncover the unexplored
312 longevity-mechanisms that cannot be reached by studies using intrinsically short-lived model
313 organisms. As the possibility that termite queens activate ChREBP-mediated glucose

314 signaling to attenuate TOR signaling and achieve longevity without sacrificing reproduction,
315 these unexpected physiological and molecular pathways explaining the remarkable lifespan
316 extension of termite reproductives may be identified in the future.

317

318

319 **Data accessibility**

320 This review has no additional data.

321

322 **Author's contributions**

323 E.T., M.T. and K.M. wrote the paper together.

324

325 **Competing interests**

326 We declare that we have no competing interests.

327

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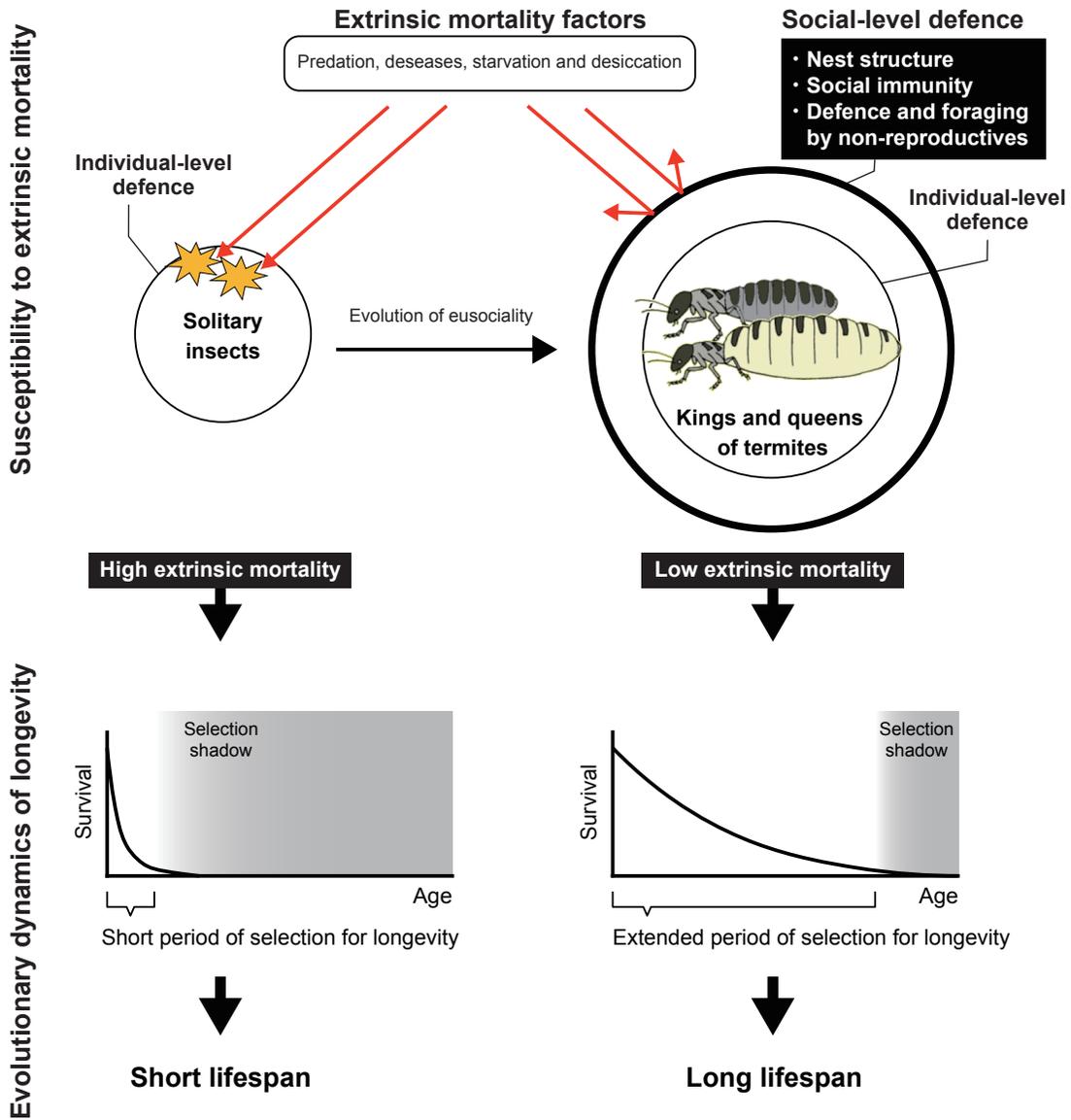
331

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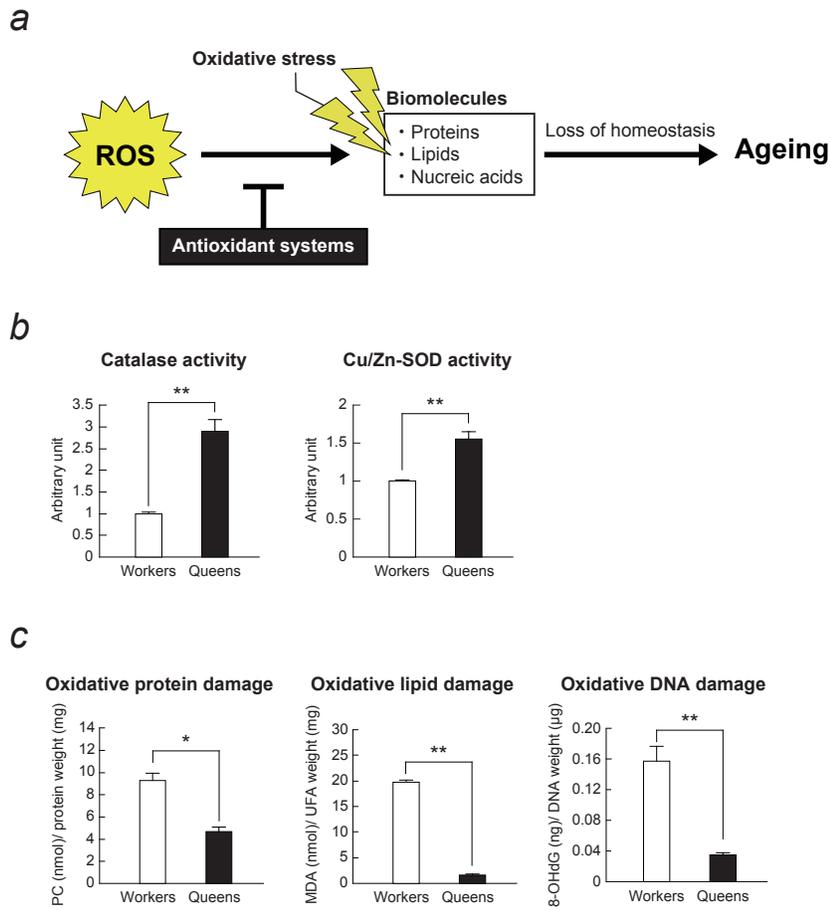
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figure 1



338 **Figure 1. Schematic of the evolution of extended longevity in termite kings and**
339 **queens.** The upper panel shows the susceptibilities to extrinsic mortality of solitary insects
340 (left) and termite reproductives (right). Black solid circles indicate defence systems; termite
341 reproductives implement both individual- and social-level defences (the latter by the
342 evolution of eusociality). The red arrows indicate the effects of extrinsic mortality factors
343 on individuals. Termite reproductives may be better protected than solitary insects against
344 such attacks. The lower panel shows the evolutionary dynamics of longevity in short-lived
345 solitary insects (left) and long-lived termite reproductives (right). The black solid curves
346 indicate survival levels in the wild, and the grey areas the “selection shadows”. The reduced
347 extrinsic mortality of termite reproductives extends the period available for longevity
348 selection.
349

figure 2



350

351

352 **Figure 2. Oxidative stress resistance in termite queens.** (a) The ageing process associated
353 with oxidative stress. (b) Comparisons of the catalase and Cu/Zn-superoxide dismutase
354 (Cu/Zn-SOD) enzyme activities (antioxidant systems) of short-lived *R. speratus* workers and
355 long-lived queens. (c) Comparisons of the oxidative damage levels of various biomolecules
356 in *R. speratus* short-lived workers and long-lived queens after free radical formation by
357 ultraviolet irradiation (left and right boxes respectively). The error bars denote standard errors
358 of the means. The statistical significances are: * $p < 0.05$ and ** $p < 0.01$. White and black bars
359 indicate workers and queens, respectively. PC, protein carbonyl; MDA, malondialdehyde; 8-
360 OHdG, 8-hydroxy-2'-deoxyguanosine. Modified from Tasaki *et al.* (2017) [65] and Tasaki *et*
361 *al.* (2018) [66].

362

363 **Table 1. Ecological and physiological characteristics in termites, and the predicted**
 364 **effect on extended longevity of the reproductives.**

Characteristics	Expected effect on extended longevity of termite reproductives	References
<i>Ecological characteristics</i>		
Nest defence	Nest defence, which involves nest structures in combination with the defensive behaviour of the non-reproductives, contributes to the decrease in the risks of predation, thermal stress and desiccation in the reproductives.	[30,33,113]
Social immunity	Social immunity, which is one adaptive mechanism that helps to alleviate the risks of pathogen infection in group-living termites, contributes to a reduced risk of mortality due to diseases in the reproductives.	[36–39,41]
Group foraging	Group foraging by non-reproductives involves high foraging activity and new food discovery and storage, thus avoiding the risk of starvation in the reproductives.	[42–47]
Hypoxic nest	Hypoxic nest could protect the reproductives from oxygen toxicity.	[34,104]
<i>Physiological characteristics</i>		
Oxidative stress resistance	Antioxidant system neutralises the overproduction of reactive oxygen species associated with oxidative stress, which contributes to delayed ageing and long lifespan of the reproductives.	[65–67]
DNA repair	Various repair pathways repairing DNA damages associates to be long lifespan of the reproductives.	[74]
Transposon defence	Transposon defence such as PIWI-interacting RNA inhibits transposon activity, which contributes to improve genomic instability and slow ageing in the reproductives.	[12]
Downregulation of growth signalling	Downregulation of insulin/IGF-1 signalling (IIS) and target of rapamycin (TOR) signalling prevents excessive biosynthesis resulting in loss of homeostasis and contributes to longevity in the reproductives.	[87]

365

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