

# Staying Young Forever!

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**T**here is an ancient saying that 'life is a disease with 100 per cent mortality'. This is a universal truth applicable to every life born on this earth.

Traditionally, the process of ageing has been deliberated as a physiological one, which is inevitable. But it is necessary to understand that ageing is the most natural process and should not translate to the decline and loss of faculties. There is nothing grim and tragic about ageing.

Genetic predisposition, lifestyle and social factors leading up to a harmless and healthy environment are the most important when ageing. In the present fast-paced lifestyle and social jet-setting age, one can see an early ageing process among people, way before the normal time. There was a time when the problem of prolonging life was the main issue, now it is an issue of prolonging quality life. Diseases such as diabetes, high blood pressure, diseases of the heart, sexual dysfunction and other lifestyle diseases have trickled down to the 30's! There has been a marked shift in the age of andropause and menopause that has progressed a few decades early.

If ageing is a process, then there should be mediators in this process. As per medical literature there are four key intermediaries in the process of ageing:

- ◆ Hormones
- ◆ Neurotransmitters
- ◆ Inflammatory mediators
- ◆ Antioxidants

Increased levels of inflammation, reduced levels of hormones such as testosterone and growth hormones are



linked to a rapid increase in the waning of muscle mass and overall strength in an ageing individual.

### **The 4 pauses of life define the milestones of ageing process:**

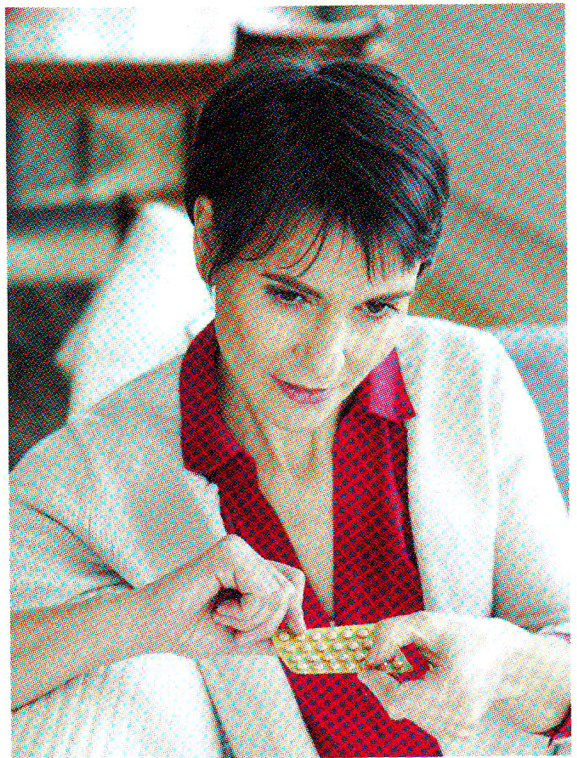
- ◆ Menopause (when oestrogen and progesterone levels fall in a woman)
- ◆ Andropause (when testosterone levels start falling in men)
- ◆ Adrenopause (when adrenal hormones start declining)
- ◆ Somatopause (when growth hormones starts falling)

Altogether, the features of hormonal imbalances and ageing are so much in common that the role of hormonal imbalances in bringing about ageing prematurely cannot be ignored. Although ageing is not simply due to a variety of hormone deficiencies, however, timely medical treatment in delaying the onset of menopause, andropause, adrenopause or somatopause may avert or defer the ageing process.

### **Hormones modulate almost all the features of being young**

- ◆ The health and texture of skin
- ◆ The texture of hair, its quality and quantity
- ◆ Bone density and strength in muscles
- ◆ Mood fluctuations, strength in memory power and brain health
- ◆ Sexual health including libido and orgasm
- ◆ Fertility functions
- ◆ The body's metabolism, body mass and body weight
- ◆ Body's immunity functions

Hormones such as testosterone, oestrogen, thyroid, cortisol, do play a pivotal role in the ageing process. It is always better to have a good



understanding of their total working, in the hope of formulating a suitable anti-ageing medicine.

The judicious use of natural micronised hormone replacement therapy under supervision may help to retain youthful nature and keep an individual young irrespective of the calendar age.

## **Bioidentical Hormone Replacement Therapy**

Since the last few decades there has been lot of controversy and debate about the existence of bioidentical hormone replacement therapy. In reality, the bioidentical hormones are nothing but 'natural micronised hormones'. The compounding of these hormones and the various dispensing techniques have made the doctors comfortable in prescribing the doses as per requirement of the patient and hence not giving the fixed dose regimen or keeping the dose same for all.

Better understanding of the hormones in various life processes (almost all) has made the pathway of ageing graceful. The aim of productive and prolonged life is no more a dream. With all the disciplines of medicine coming together, the life expectancy will touch more than 100 years, with the hope that this life expectancy will be productive.