



Theories of Biological Aging and Its Importance

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ABOUT THE STUDY

Aging is a nonstop process from birth to death, which encompasses physical, social, cerebral, and spiritual changes. Although aging is an ongoing process, the value of aging is seen else at different points in the process. Some of the changes are anticipated with joy, similar as a baby's first tooth or first step. Other changes are saluted with a less positive response, similar as pulling out the first argentine hairs that appear. Youth is valued in American culture; while signs of aging are masked with face lifts, wrinkle creams, and hair colorings. The process of physical development that so eagerly anticipated in the first stages of life is viewed veritably negatively when the immature attractiveness begins to change.

These prevailing stations lead to a denial of the signs of aging. Some individuality quit celebrating birthdays after a certain age. The stereo typical comprehensions of growing as a period of deterioration and decline are thus eternalized. The positive aspects of aging are ignored. Each stage of life has its own pluses and incommodities. Occasionally in old age, the balance may feel to cock to further negatives than cons, but this isn't due to the natural aging process. There are numerous positive aspects of aging. After 70 or 80 times of living, individualities tend to have a clear sense of their values and precedence.

Aged persons can make definite choices about how to use their time and energy. Their precedence may be veritably different from what caregivers, family, or musketeers want them to be. Aged people have learned ways to acclimatize to changes they have managed to survive and numerous aged individualities have lesser freedom to pursue interests, to use time to suppose and to reflect. To rephrase Jung, as we progress, we come more ourselves. The advanced stages of aging are a normal, natural part of physical development. Rather of placing such a high value on youngness, it may be more productive to accept the changes throughout life without fear or denial.

As a Long Term Care Ombudsman (LTCO), we'll be working with aged grownups, our families, and our caregivers. To more understand the population of long term care resides who are our primary focus, we need to understand the elderly population, defined then as persons 65 times of age or aged. So who are aged people? At what age does a person come old? When a 64 time-old goes to bed and wakes up the coming morning as a 65 time-old, has that person changed? Chronological age doesn't always correspond to a person's passions.

Although a person may be eighty times old, the person may feel like are forty. The age a person feels may vary with the time of day, the day of the week, and conditioning or stresses present in that person's life. A person may be veritably energetic on Saturday, but veritably tired and slow moving on Monday morning. Knowing a person's chronological age tells you nearly nothing about that existent's passions or capacities. Nonetheless, in this country, we classify individualities by chronological age. Some crucial statistics follow describing the population of seniors, persons 65 times or aged.

People are living longer than ever ahead due to advances in education, technology, drug, food distribution, and aseptic conditions. So, currently, it isn't unusual to meet people who are in their 70s, 80s, 90s, and some who are close to 100 times old. Still, adding the times to life doesn't mean that we're also suitable to add further life to the redundant times. In other words, living longer doesn't always mean we will also have better or a good quality of life in after times. Some aged grown-ups in late life are healthy and independent and are still veritably involved in their family and community lives. Also again, it isn't unusual to see aged persons who can get veritably ill and aren't suitable to get themselves out of bed.

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