

## Age Related Physiological and Psychological Behavior

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### DESCRIPTION

Aging is a physiological deterioration in physiological functions that results in age related frailty, disability and disease leading ultimately to death. Aging causes increase in age specific death rate. Such aging process is widespread among all species. Some organisms like Hydra showed no signs of aging at all. Understanding of aging tells us about why and how aging evolved. Unknowing view is that aging is driven by genetic programme directly leading to decline of the body. Advantages of the aging is that it worn outs aged individuals from the competing resources with their progeny. Firstly evidence from natural populations proves that aging is a significant contribution to mortality in the wild. So with no doubts an individual lives long to experience senescence more vulnerable to predators. Wild populations indicate that mortality during the early and middle periods of life is usually so great that only a small fraction of individuals survives long enough for aging. Secondly, aging prevents overcrowding, means regulates size of population.

### Physiological changes in the body

Lean body mass, muscle and visceral organs decrease the work progressively from 30 years of age and accelerated loss is seen at 60 years age. Fat mass increases during middle age and decreases in late life by increasing the body weight. At 70 years of age fat free mass and fat mass decrease parallely, with consequent decrease in weight. Energy required life requires balance of energy. So the degenerative process characterizes aging when organism ability decreases the ability to produce and expenditure. Basal metabolic rate and resting metabolic rate is the energy required to maintain structural and functional homeostasis.

### Daily expenditure is calculated by calorimetry

Increased resting metabolic rate derives greater energetic demands to maintain aging organism whose tissues and

functions are degrading and increasing difficulties of coping efficiently.

### AGE RELATED DISEASES

Older adults are easily prone to Alzheimers diseases, dementia, atherosclerosis, congestive heart failure, ischaemic heart diseases, angina pectoris, Myocardial infarction, Inculin resistance decreases like type 2 diabetes, Anorexia, autoimmune diseases, rheumatoid arthritis, cerebral vascular diseases like stroke, transient cerebral ischaemia, anaemia, asthma, emphysema, thromboembolic manifestations, sarcopenia disability, osteoporosis, arthrosis and many more. Age related chronic inflammation is one of the denominators along with hypercholesterolemia and oxidative stress injury. Age related chronic inflammation plays a major role in pathogenesis and progression of cancer, anaemia, kidney diseases, and many other conditions in older adults. It is worthwhile that development of age related chronic inflammation as well as its progression due to significant heterogeneity of older adults population.

### Quality life deterioration

The caloric energy imbalance reduces the quality of life. Because of increased technology and increased population goods and services are showing great impact in quality of life. Technology is making every individual lazy, due to busy time youngsters are showing less interest in spending time with elders and also with family. Running back of money reducing the ethical and emotional values in the individuals irrespective of age. This leading to formation of oldage homes and care takers jobs. So make everyone happy by showing affection. No one can stop this ongoing aging process other than accepting the reality we don't have options to skip.

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