



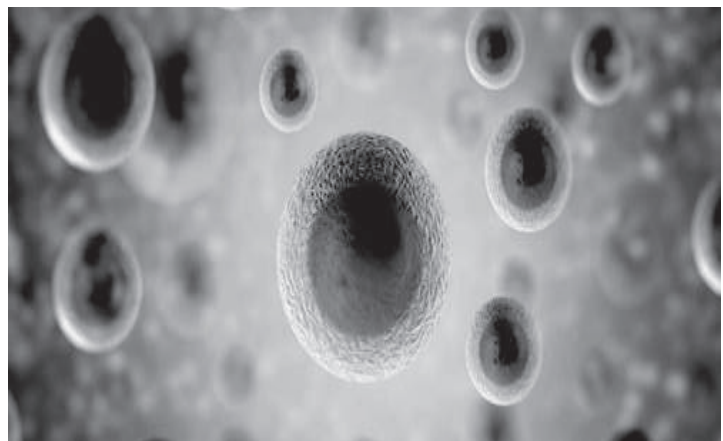
CELLULAR AGING: THEORIES AND TECHNOLOGICAL INFLUENCE



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Abstract

The point of this article was to audit the variables that impact the maturing, relationship of maturing with the organic rhythms and new advances and additionally the fundamental speculations to clarify the maturing, and to investigation the reasons for maturing. The speculations to clarify the maturing could be put into two gatherings: those in light of a program that controlled the relapse of the living being and those that hypothesized that the disintegration was because of transformations. It was reasoned that maturing was a multifactorial procedure. Hereditary components showed the most extreme life span of the individual and ecological variables in charge of the genuine life span of the person. It is important to ensure from early age the preservation of a characteristic life beat.



Keywords:

Aging; life span; natural rhythms; caloric confinement; telomerase; free radical.

INTRODUCTION:

Maturing is the way toward getting to be plainly more seasoned. This conventional definition was as of late tested in the new reference book of Gerontology (Birren, 2006), where maturing was particularly characterized as the procedure of a framework's weakening through time. Another meaning of maturing is the dynamic loss of physiological capacities that builds the likelihood of death (Gómez Rinessi et al., 2000). The meanings of maturing vary between the scholars and behavioral researchers. Scholars see maturing as mirroring the total of numerous and common natural decrements happening after the sexual development; all things considered behavioral researchers see it as reflecting consistent and expected changes happening in hereditarily illustrative living beings progressing through the life cycle under ordinary ecological conditions (McGue et al., 1993).

A few speculations have been proposed to clarify the idea of maturing. Due to the multicausal idea of this procedure, it turns out far-fetched that just a single hypothesis could clarify every one of its systems. It is important to hold up under two vital focuses as a primary concern: (1) the way toward maturing bargains various distinctive qualities, and (2) there are numerous changes that worry every one of the procedures of maturing.

The way toward maturing happens to every one of the levels: from the sub-atomic level, to the phone and organ level.

One trouble in characterizing the typical maturing is that many changes seen in more established grown-ups and beforehand seen as concomitants of ordinary maturing are presently perceived as the impacts of illness in later life, as the Alzheimer sickness (Salgado and Guillén, 1998; Gutierrez, 1998).

One must separate between life traverse and future. Future is the normal number of years of life in a given animal types and life expectancy is the most extreme number of years of life feasible for that species, which is all the more in a general sense connected to the way toward maturing itself. (Texidor and Massó, 1997). Over some undefined time frame, the future for people has expanded (because of enhanced sustenance, sanitation and human services hones), all things considered the life expectancy has not. Roughly 120 years seems, by all accounts, to be the maximum furthest reaches of life expectancy in people (Gómez Rinessi et al., 2000). Table 1 demonstrates the rates of populace more than 65 years of age in the years 2000 and 2050 everywhere throughout the world. It is normal, in every one of the locales, that these rates will increment amid this period which must be considered enough in connection to social expenses and administrations (Diczfalusy, 1997).

Table 1 - Percentages of population over 65 years old in the years 2000 and 2050.

	Europe	North America	Oceania	Asia	Latin America and the Caribbean	Middle East and Northern Africa	Sub-Saharan Africa
% populations > 65 years old. Year 2000	15	14	12	8	7.5	7.5	4
% populations > 65 years old. Year 2050	28	21	20	19	19.5	16	7.5

Source: Diczfalusy, 1997.

The general phenotype of maturing is normal for every species. By and by, to dissect this procedure, it is important in the first place generally straightforward creature models (Ackermann, 2003). Since the cell instruments required in light of the cytotoxic operators are saved among the yeast and mammalian cells, the maturing yeast *Saccharomyces cerevisiae* has turned into an amazing eukaryotic model for the investigation of essential cell capacities and distinguishing proof of the sub-atomic and cell systems of reaction to the specialists in charge of the phone harm (Ruiz-Gómez and Martínez-Morillo, 2006). Microorganisms have been additionally utilized as a model framework for examining why and how life forms age (Ackermann, 2008). The basic creatures are uncommonly shown in the examinations about maturing as their concise life cycle with short development and maturing time permit sparing time and assets (Ackermann, 2003).

Variables That Influence The Aging

The investigations led up to the present time, have demonstrated that 35 % of the duty regarding the life span come to by an individual is of hereditary beginning while 65 % of it is because of the ecological components (lifestyle, propensities, push, and so forth.) (McGue et al., 1993). The point of the present work was to list and expound the most imperative hypotheses of maturing isolating them into two huge gatherings, as per their parts being hereditary or ecological (Bengtson and Schaie, 1998).

Hereditary parts of maturing

Each cell has a mind boggling framework for the multiplication and working of the atoms that enable it to create. The data and the apparatus to accomplish it are systematized in the nucleic acids (DNA and RNA) and in the proteins. In the phones the nucleic acids share a domain that contains various inorganic particles, water and an awesome assortment of responsive atomic species that can exist as energized particles, particles or free radicals, and are later transformed into synthetically stable items (Bengtson and Schaie, 1998).

Natural segments of maturing

Natural harms that surpass the support arrangement of repair of the DNA can prompt untimely maturing. For instance, delayed presentation to the sun will prompt an untimely maturing of the skin because of the abnormal amounts of bright radiation that harms the DNA (Alegre Bayo, 2001; Alcaraz et al., 2003). People live presented to a differences of attractive fields, some of them produced by the attraction of the earth, though others are created by the sunlight based tempests and sun oriented changes through time (Vizcaino, 2003). Electrical gadgets likewise make attractive fields: motors, TVs, office furniture, PCs, microwave broilers, electrical wires in the structures and the power organize that gives them. Indeed, even the human body produces unpretentious attractive fields that are created by the substance responses inside the cells and the ionic streams in the sensory system (Vizcaino, 2003; Cebrián Martín, 2004).

The reaction of a natural framework to an outer attractive field depends such a great amount on the framework's attractive properties as on the attributes of the outside field and the route in which the wonder happens. The to a great degree low recurrence non-ionizing radiations, as the attractive fields of 50 Hertz, influence an incredible measure of biochemical procedures, for example, the combination of nucleic acids (DNA and RNA) in charge of the hereditary legacy and creation of proteins; hormone generation; invulnerable reaction, and cell development and separation, and molding the presence of disease (Becerra Mayor and Aguilar Arjona, 2001).

The unfavorable impacts of the electromagnetic fields incorporate increment in the generation of free radicals, both oxygen and nitrogen responsive species (ROS and RNS), diminish in the antioxidative safeguards, and the adjustment and protracting of the life expectancy of free radicals. Moreover, the aggregate antioxidative limit of the plasma decreases essentially in the gathering of uncovered individuals. Identifying with the enlistment of growth, the electromagnetic fields are not ionizing and, consequently, could influence to the procedures of cell multiplication by the era of free radicals, which thus can follow up on the procedures of advancement of tumor cells (Salido and Fernández, 2002).

Free radicals are exceptionally responsive atoms that partake in vast measure of obsessive procedures. Its part in maturing, in the physiopathology of various degenerative procedures, in the symptoms related with the previously mentioned forms, and also its utility in the forecast of assorted illnesses, is something that consistently finds a noteworthy exploratory and clinical help. In like manner, to envision the generation in abundance of free radicals must be contemplated as of greatest enthusiasm to achieve a solid maturing and a superior counteractive action of the maladies related with them (Salido and Fernández, 2002).

That is the reason in spite of the fact that the living being is adjusted to the electromagnetic regular fields, its introduction to simulated fields can have incredible physiopathological significance. For the most part amid the rest time, when the cell repair frameworks are grinding away, the end of these electromagnetic simulated fields has imperative wellbeing outcomes. The point of this work was to show how the decrease of

these fields by methods for rest in a controlled domain, lessens altogether the free radicals and parities the endocrine neuroimmunologic framework, bringing about a superior wellbeing state (Cebrián Martín, 2004).

A few Theories About The Aging Process

Following is the outline of the hypotheses proposed to clarify the maturing into two huge gatherings (Toussaint, 1993):

- Those in light of the presence of a program that directs and controls the relapse of the life form.
- Those that hypothesize that the weakening created by the progression of time is outcome of slip-ups because of changes that resentful the capacity or the structure of the cells, textures and organs.

Perhaps there are a progression of procedures of various class and significance required in the maturing. The genome is by all accounts a fundamental component in the assurance of the aggregate life expectancy, while different variables like the system for acquiring and freeing vitality and the development of the Reactive Oxygen Species (ROS), and in addition the procedures connected to the earth (radiation, changes in sustenance and so on) must be taken as a major aspect of the clarification of the backward procedure (Paredes Salido and Roca Fernández, 2002).

Attributes of maturing (Wiley, 2007)

- Universal: It influences to all the living creatures.
- Irreversible: Unlike the infections, it can neither sto

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