

AGING EFFECT ON SKIN: MODERN AND AYURVEDA PERSPECTIVES

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ABSTRACT

Aging is a complex phenomenon, a sum total of changes that occur in a living organism with the passage of time and lead to decreasing ability to survive stress, increasing functional impairment and growing probability of death. There are many things of aging and skin remains the largest organ of the study. Skin aging is described as a consequence of intrinsic and extrinsic factors. The most common amongst visible signs of skin aging are wrinkles and there are various therapies including anti aging cosmeceuticals, sunscreens, chemical peeling, injectable agents, fat grafting as also few surgical procedures have been used. Ayurveda, the Indian traditional medicine, describes aging with great details. This review provides modern and Ayurvedic perspectives on aging. Ayurveda describes several processes to address control and prevention of aging. Like *Pancha Karma*, Yoga, Rasayan therapy. This review provides modern and Ayurvedic perspectives on aging.

Keyword: - Aging, Skin, Rasayan.

Introduction:

“To most people, the condition of the skin, hair, and connective tissue collectively represents the ultimate indicator of age”. (Kart & Kinney, p. 74). Skin aging is a multisystem degenerative process that involves the skin and skin support system. Young faces tend to be convex with full lips, sweeping jaw line with full temples and cheeks. Aged face tends to be concave with flat lips, sunken temples and cheeks, scalloped mandible and more shadows. Aging caused by the genes we inherit and depending on the passage of time *per se* is called chronological or intrinsic aging. Intrinsic skin aging is characterized by atrophy of the skin with loss of elasticity and

slowed metabolic activity. The other type of aging is known as extrinsic aging and is caused by environmental factors¹.

In Ayurved science The lifespan has been divided into three parts, also known as *Vaya* (various stages of life); these are *Bala* (early stage of life), *Madhya* (middle stage of life), and *Jirna* or *Vriddhavastha* (later stage of life)². The major changes carried out in the body during these stages are, growth, achievement, maintenance and decay. All these effects on skin. Thus, aging is the process of decaying and these manifests in the form of various degenerative changes.

Aging Effect Of skin Modern Science Aspect:

Muscles of the face are capable of tremendous movement. “Smiles, laughter, frowns, disappointment, anger, rage, and surprise are all recorded. The hand of time captures these expressions and outlines them on the face....By the age of 40, most people bear the typical lines of their expressions, Loss of subcutaneous fat, vulnerability to pressure sores, less insulation of body to cold (also affected by diminished blood flow to skin & extremities) & heat. By the third decade of life, the skin begins to change. Skin aging is a progressive process in which environmental damage superimposed on aging skin determines the ultimate skin appearance.

There are two distinct types of aging:-

a. Intrinsic Aging- Aging caused by the genes we inherit and depending on the passage of time *per se* is called chronological or intrinsic aging. Intrinsic aging, also known as the natural aging process, is a continuous process that normally begins in the mid-twenties. Within the skin, collagen production slows down and elastin has a bit less spring. Dead skin cells do not shed as quickly and turnover Skin aging is the end result of both intrinsic aging, which is the result of the passage of time, and photoaging, which refers to alterations in skin structure and function that result from chronic sun exposure, in addition to the passage of time. It is important to distinguish between chronological skin aging and photoaging.

Chronological skin aging can be summarized as atrophy with structural and functional decline of the skin. Sun-protected aged skin is finely wrinkled with exaggeration of facial expression lines, laxity, and pallor³.

b. Extrinsic aging:

It is caused by environmental factors such as sun exposure. Age is not the determining factor in the condition of mature skin. Environmental factors that influence aging of the skin play a central role. Tone, elasticity epidermal regeneration capacity do not decline until advanced age in areas not exposed to light, whereas they do so prematurely in areas exposed to light.

A number of extrinsic or external factors often act together with the normal aging process to prematurely age our skin. External factors that prematurely age the skin are repetitive facial expressions, sun, gravity, sleeping positions, and smoking.⁴

Skin Ageing Ayurved Approach:

Vriddhavastha or Aging refers to a multidimensional process of physical, psychological, and social change. The changes are always degenerative in nature⁵. According to Ayurveda the lifespan of an individual is divided into three parts known as Vaya.

These are Balavastha , which lasts up to the age of 16 years; Madhyavastha, which lasts from the age of 16 years to 60–70 years; and Vriddhavastha or Jirnavastha , which refers to the period after 60 or 70 years⁶.

This stage is characterized by decay in the body, *Dhatu* , perception power of the *Indriya* , potency, strength, speech, various mental and cognitive functions. During this phase there is predominance of *Vaayu Dosha* (one of the three physiological body factors). The major physical changes seen at this time are wrinkling of skin, graying of hair, baldness, and a diminishing ability to do physical work⁷. So Effect on skin is due to vitiated Vata dosha, Decaying Of Dhatu etc. skin is root place of Vata dosha , so vitiated Vata dosha ultimately affects skin. Also Pitta dosh reflects skin's glory or shine so it also plays important role to maintain elasticity.

Discussion:

The process of aging is totally dependent on diet and lifestyle. Aging may result due to aggravation of vata and pitta dosha. Therefore, excessive utilization of all the causes of vata–pitta aggravation may lead to untimely aging. So Aging can be prevented by:

- Including important principles of Dinacharya⁸.

- Abhayanga⁹
- Shiro-Abhayanga¹⁰
- nasya¹¹
- Sneha-Gandusha¹²
- cleansing of feet and external orifices¹³
- exercise¹⁴

Conclusion:

If Rasayana therapy is used according to the classical methods, and if the correct lifestyle & treatment procedures followed then, it will be quite possible to treat aging successfully.

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