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## NATURAL DRUGS DELAYING AGING

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### ABSTRACT:

Aging is the natural process our bodies go through, as we get older.though every day many synthetic drugs are released in the market the importance of natural drugs will never be reduced due to their less toxicity and side effects some of the natural drugs that help in delaying age are discussed in this article in brief.

### Introduction:-<sup>[1]</sup>

Antiaging is possible when the process of regeneration dominant over degeneration. In case of regeneration, the cells replace itself with stronger cells while in degeneration, existing replace with weaker one. The process of regeneration is termed as anti-aging while the process of degeneration is called as aging.

Ageing is the changes in a person associated with physical, psychological, mental and social change. Aspects like knowledge, experience and wisdom may increase while reaction time, memory etc. may decline. More than one lakh people die every day due to age related problems. Older population increases both in the developed and developing nations due to medical facility, longer life expectancy and decreased birth rate.

there are some complex biological functions that accelerate aging such as glycation and overoxidation of cells.

This acceleration in the aging process is caused by excessive sugar, stress, and toxicity.

However, as you may have noticed, there are some people who are 40 but look 60 and others who are 60 but look 20 years younger.

When it comes to aging, wrinkled, and sagging skin, we tend to think of slathering our skin with the latest beauty product to reduce lines and imperfections. There's a good chance we also spend money on expensive surgeries and treatments to take the years off our face.

Truth is, aging is more than just skin deep. From inflammation to stress to a diet lacking in nutrients, this can all affect aging and in turn, show up on our skin in the form of wrinkles, dullness, dryness and sagging skin.

care should be taken to prevent aging:

- 1.Drink more water
- 2.Reduce stress
- 3.Reduce the usage of sugar
- 4.Lift more weight
- 5.Eat more fat
- 6.Use natural beauty care
- 7.Get more sleep
- 8.Eat more protein

#### 1. Drink more water:

Our bodies need water to fight against the aging and damage. Drink lots of water everyday to keep your body functioning well. Chronic dehydration is main cause of aging skin. Water is helpful for antiaging water gives elasticity to the skin and hydrates the cellular level which keeps the skin to be glow. Everyone has to take approximately 2 Litres of water a day and support bowel health, useful for detoxification process.<sup>[2]</sup>

#### 2. Reduce stress:

High levels of cortisol a stress hormone leads to many diseases like heart disease, obesity, gastro intestinal disease and diabetes gives wrinkles to the skin. High cortisol level losses the essential minerals like vitamin B5, B6 and C which are important for immune health, stress reduction. To reduce the stress by taking breathing exercise, yoga, meditation and walking leads to anti aging.<sup>[2,3]</sup>

#### 3. Lift more weight:

For hormonal balance and strong muscles weight lifting is important for maintain bone health and healthy weight if a person possess a lean muscle mass it indicates that his calories were burn efficiently that supports healthy blood glucose level, reverse oxidative stress. If this is managed properly that results in prevention of premature aging.<sup>[1,4]</sup>

#### 4. Reduce the usage of sugar:

Sugars like glucose and fructose combined with elastin and collagen dehydrate these skin proteins this dehydrating the proteins is called glycation

because of this glycation process skin losses its elasticity and appear to be dull. Those persons who are having high blood sugar levels will turn age faster.<sup>[4]</sup>

#### 5. Eat more fat:

Essential fatty acid like omega 3s are essential for heart health and hormone health. Having these things will slow the aging process and prevent the disease. Healthy fats like fish, coconut oil, and olive oil helps to lubricate the skin and protecting the skin from oxidative damage. Following these simple tips not only prevent wrinkles and fine lines but also protect your health and adding years to the life.<sup>[5]</sup>

#### 6. Use Natural beauty care:

For synthetic beauty products the preservatives, toxic chemicals, are to be found and also we increase our toxic load but also aging your skin at faster rate.

Many synthetic beauty products can damage our gentle skin causing it to be more susceptible for infection, dryness and inflammation & increase the wrinkles, acne other skin conditions and destroy your skin leading to the premature aging.

Make sure your beauty products contain natural and safe ingredients<sup>[5,6]</sup>

#### 7. Get more sleep:

Having hormonal imbalance results a less sleep. One hour less sleep per night increases cortisol level leads to oxidative stress and blood sugar levels are imbalanced so losses your glow. Less sleep results a less repair and affect your body ability to human growth hormone which is important for anti aging hormone. Puffy eyes and wrinkles results from less sleep. So point we comes that Get more sleep help your body unwind and destress.<sup>[7]</sup>

#### 8. Eat more protein:

Protein help to reduce insulin levels and avoid Weight gain, blood sugar levels high and low. Eating of protein controls the blood sugar level and reduce the stress in your body and keeps cortisol levels in control. Protein is important for repair tissue as new tissue.

Collagen is one of the essential protein our body helps to strengthen skin, hair and nails & reduce sagging skin prevent premature aging.<sup>[4,7]</sup>

## PROPERTIES:

### 1. Properties for avocados:



Avocados are one of the best and delicious food in your daily diet for antiaging and longevity because they decrease your risk of illness and age related problems.

Avocados are filled with healthy fats and other nutrients to help your body live longer and work better.

#### Chemical constituents:

The constituents present in avocado are vitamin K, folate, potassium, vitamin C, vitamin B6, vitamin B5, vitamin E

#### Mechanism of action:

avocados possess potent anti-aging properties which protect against free radicals. Avocados are able to penetrate deeply inside our cell structures, enter the mitochondria and activate its energy production, allowing cells to function properly even while being constantly attacked by free radicals.

The mitochondria plays a very important role in the fight against free radicals. Mitochondria are central components of our cells that produce the majority of a cell's energy from nutrients. Unfortunately, they have a dark side – they generate unstable chemicals that inflict damage to both the mitochondria itself and other cellular components.

#### Uses:

It is used to relieve symptoms of arthritis.

Used in chemotherapy of human lymphocytes.

Reduce cholesterol levels.<sup>[8]</sup>

### 3. Berries for antiaging:



Berries contain antioxidants and nutrients. Eating berries like blueberries, strawberries, blackberries which helps in antiaging and longevity.

Not only do berries fight free radicals that damage to our body they also provide other essential nutrients. Take berries weekly once in your diet for antiaging.

#### Chemical constituents:

Alanine, Ellagic acid, Ascorbic acid, Magnesium, calcium, Quercetin

#### Mechanism of action:

Mechanism involved is Antioxidation process

oxidative damage is one of the direct causes of aging. Proponents of the free-radical hypothesis of aging note that free radicals can cause DNA damage, the cross-linking of proteins, and the formation of age pigments.

#### Uses:

Used in prevention of cancer

Cardiotonic, carminative, chelating agent<sup>[5,8]</sup>

### 4. Green tea for antiaging:



Green tea is an drink for good health and longevity. A little drink for green tea is a couple times of a day gives wonders for your life expectancy.

A green tea for soda in the afternoon would have multiple benefits for antiaging.

Chemical constituent:

Polyphenols

Mechanism of action:

volatile and destructive intracellular biochemical interactions could be attributed to the presence molecules in which the electrical charge is not balanced. Such "free radicals" most cause oxidation, a process which can be deleterious to cells of the body. polyphenols – a type of antioxidant -- present in green tea, possess a high capacity to scavenge hydroxyl radicals, noting that it "possesses protective action against peroxide-induced mitochondrial damage, radiation induced DNA damage and high redox potential."

Uses;

Anti cancer. Digestive system,constipation Breast cancer,Lower cholesterol levels.<sup>[1,10]</sup>

5.Eat melons for antiaging:



Melons are delicious food which contains vitamins and nutrients. Water melons are inexpensive acts as antiaging agent .Add water melons to your daily food for excellent health.

Chemical constituents:

Arginine, Lysine, Glutamic acids,Lycopene

- Mechanism of action:
- watermelon is that it contains high levels of lycopene--an antioxidantthat may help the body fight cancer and prevent disease
- Watermelon is fat free, nutritionally low in calories and considered an ideal diet food, and is high in energy, making it a great energy boost.
- Watermelon contains no cholesterol of dietary significance and only a small amount of fat. It is an important source of potassium and may micronutrients
- Uses:
- Dehydration,Antiinflammatory,Anti cancer,Prevention of asthma<sup>[9]</sup>

6.Beans for antiaging:



Beans are great antiaging and longevity food. They provide healthy protein without fat to our body.

Chemical constituents:

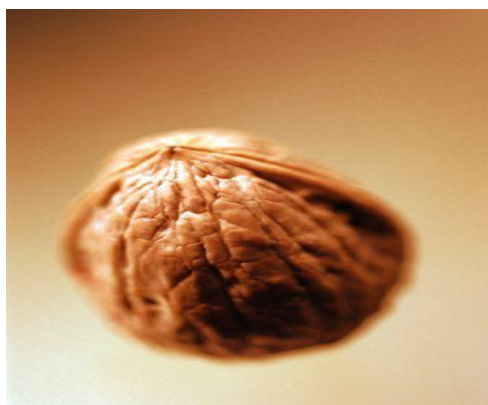
Water, mono and disaccharides, Fiber, starch, pectin, ash.

Mechanism of action:

Beans contain large amount of antioxidants that cause damage to free radicals so beans are a good diet of antiaging.

Uses: Anti cancer.<sup>[7,10]</sup>

7. Walnut for antiaging:



Walnuts are great snack for antiaging because they contain omega3 fatty acid, they prevent dementia and keep your brain young & fight against heart disease, improving the cholesterol levels. Make Walnuts as part of your day for antiaging.

Chemical constituents:

VitaminE like r-tocopherol, Omega 3 fatty acids, Linoleic acid, folates, Riboflavin, Thiamine

Mechanism of action:

It reduces Ldl cholesterol levels So blood cholesterol levels can decreased that leads to antiaging.

Uses:

Brain health, breast cancer, Anti inflammatory, Bone health<sup>[11]</sup>

NATURAL PACKS USED FOR AGING:

BANANA PACK:

Mechanism of action:

**Banana** is loved by all for its creaminess and sweetness. It's a vitamin-enriched fruit that contains vitamin B6, vitamin C, manganese, and copper. Vitamin C destroys free radicals effectively and slows the **aging of skin**. This natural face mask fades away dark spots, removes blemishes and scars and shows skin whitening effects. From the standpoint of treating acne, vitamin B6 (also known as pyridoxine) prevents production of excess sebum

Preparation and usage:



Chop and mash a small ripe banana

To this, add one teaspoon of rose water and one teaspoon of honey.

Finally add one teaspoon of yogurt and mix well to form a smooth paste.

Apply this pack and keep it for 20 minutes. Then, rinse it with cool water.<sup>[12,15]</sup>

Papaya and honey face pack:

**Mechanism of Action**

**Papaya** is a beta-carotene rich food with a wide variety of phytochemicals, vitamin A, vitamin E and a powerful enzyme called papain. Papaya has exfoliating properties that reverse premature aging. Papain enzyme reduces wrinkles by modulating the collagen and elastic fibers in the dermis. This component also helps in enhancing the complexion and restoring an evenly toned look on your skin. Papaya mixed with honey is an excellent combination; it works as a moisturizer and hydrates your skin.

#### How to Prepare the Pack and Usage

- Take 2 pieces of papaya and about 1 tablespoon of honey
- Mash the papaya and add honey to it
- Apply it on clean, dry skin and allow it to rest for about 15 to 20 minutes
- Wash your face with water and dry with a clean towel
- Use this pack once a week for best results<sup>[14]</sup>

#### Kiwi and Avocado Face Pack

**Mechanism of Action**

This face pack is a wonderful source of Vitamin E and Vitamin C that replenishes your skin with antioxidants. It protects your epidermis by combating free radicals. **Avocado** as a fresh fruit is a boon for the beauty and cosmetic industries. The black seeds of kiwi contain Omega-3 fatty acids and oleic acid that brightens dull skin and offer anti-aging benefits. The high amounts of vitamin E in **kiwi**

**fruit** keep the skin moisturized and well-conditioned.

#### How to Prepare the Pack and Usage

- Take 1 avocado and 1 kiwi fruit and de-skin them to get the pulp out
- Just squeeze out the pulp from both the fruits
- Now, mash them until you get a creamy paste
- You can also add few drops of honey in this face mask
- Apply this paste for half an hour and then rinse with warm water followed by applying your moisturizer<sup>[13,16]</sup>
- Pineapple pack:
  - contains vitamin A, C, B6, folate, copper, phosphorous, manganese, potassium, calcium, iron and thiamine.
  - The presence of adequate amount of vitamin C helps to contend the free radicals thus helps in prevention of many diseases including prevention of pimples, acne, blemishes and wrinkles.
- Preparation and usage:



- some pineapple, slice them up, and rub them on your skin for about five

minutes and leave on for another 10 minutes, and then wash off. Pineapple has properties which are good to diminish the first signs of aging.<sup>[17,20]</sup>

- Straw berry and honey face pack:
- Mechanism of action:
- Anthocyanins are generally more concentrated in the skins of fruits, especially berry fruits. **Strawberries** contain a lot of vitamins, minerals and **anthocyanins** that protect against cell damage (oxidation) induced by harmful ultraviolet UV light. Lycopene present in strawberries activates cellular internal DNA repair pathways.
- Preparation and usage:
- The homemade strawberry and honey scrub works perfectly for oily skin. Crush 4-5 strawberries in a bowl and make a paste and then add one tablespoon of honey. Mix it and apply to the face and neck. Wait for 10 minutes and wash it with cold water. This wonderful pack removes blemishes and dark spots.<sup>[18]</sup>
- Apple and orange pack:
- Mechanism of action:
- Apple is one of the best fruits for your skin health with Vitamin A, B complex and vitamin C and minerals. It maintains the skin's natural pH balance. Vitamin C, is the essential component that prevents premature aging by boosting collagen synthesis. Apple contains copper, a mineral required to produce melanin thus maintains color of your skin. With the orange peel excessive oil secretion can be easily balanced.

- Preparation and usage:
- Blend the apple and orange pieces together. Add to it a pinch of turmeric and one tablespoon of honey. Optionally milk can also be added to this mixture. Apply it to the face and neck and rinse off after 30 minutes. This face pack is suitable for all skin types.<sup>[19]</sup>
- Mango and curd pack:
- Mechanism of action:
- Mango is a tasty and delicious fruit for summer with its extra-ordinary benefits to skin health. Vitamins C and E in mangoes protect the skin from the UV rays of the sun and promotes cell regeneration. It also promotes skin elasticity and fights skin dullness and acne while curd in combination further adds to it. The *lactic acid* is one of the most popular alpha hydroxy acids (AHAs) in *skincare* that is derived from (sour) milk. It offers skin softening abilities.
- Preparation and usage:
- Ripe mango pulp mixed with curd can be rubbed directly onto the skin to remove dirt and cleanse pores.<sup>[8,17]</sup>
- Grape and kiwi pack:
- Mechanism of action:
- Kiwi is the best nutrient-rich fruit with high vitamin C, minerals, Omega-3 fatty acids and vitamin E. Grapes contain flavonoids, which is an antioxidant that protects the skin from free radical damage. This homemade face pack acts as a natural cleanser and slows down the aging process.
- Preparation and usage:

- Take a handful of grapes and make a pulp of it. Simultaneously take one kiwi fruit and mash it after peeling its skin. Now mix them and add some yogurt to it. Apply it on your face for few minutes and wash it off<sup>19</sup>.

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