

Different kinds of aging factors in human body and there functions.

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Abstract

The function with age, our bones tend to decrease in size and density, making them weaker and more prone to fractures. Muscles typically lose strength, endurance and flexibility. These factors can affect coordination, stability and balance. Ageing and mortality of the individual organism became potential with the evolution of reproduction that occurred with the emergence of the fungal or animal kingdoms or so a billion years past, and also the evolution of seed-producing plants 320 million years past. The sexual organism may henceforward pass away a number of its genetic material to provide new people and will itself become disposable with regard to the survival of its species.

Keywords: Gastrointestinal tract, Nervous system, Biological, Physiological, Environmental, Psychological.

Introduction

Aging is associated with changes in dynamic biological, physiological, environmental, psychological, behavioural and social processes. Some age-related changes are benign Gary hair. Others lead to decreased sensory function and activities of daily living and increased susceptibility and incidence of disease, frailty or disability [1]. In fact, aging is a major risk factor for many chronic diseases.

Gastrointestinal tract

Tooth loss, which is common in older adults, is not the result of aging per se, but of long-term neglect, as the incidence of tooth decay increases. With fewer children, future generations of older people will undoubtedly have better teeth than the current generation.

Although it is true that the secretion of hydrochloric acid and other digestive enzymes by the stomach decreases with age, the overall process of digestion is not significantly impaired in the elderly [2]. Sugars, proteins, vitamins and minerals are absorbed through the stomach and intestines in both the elderly and the young. It doesn't seem important.

Nervous system

Changes in brain structure due to normal aging are not noticeable. As we age, the number of neurons (nerve cells) in our brain decreases slightly. However, the total number of neurons is so large that loss can have little impact on behaviour. Because the physiological basis of memory is still unknown, it is unlikely that the memory loss seen in the elderly is caused by neuronal loss in the brain [3].

Neurons are very sensitive to lack of oxygen. Thus, like other abnormalities seen in the aging brain, neuronal loss is likely not due to aging per se, but to diseases such as atherosclerosis, which is associated with blood supply [4]. Genetic and environmental factors, such as exposure to certain chemicals, smoking and physical inactivity, may also contribute to memory impairment and cognitive decline in older adults.

Endocrine system

Due to the importance of hormones in regulating many physiological systems, endocrine disorders have traditionally been cited as important determinants of aging.

Thyroxin, a hormone secreted by the thyroid gland, regulates the activity level of every cell in the body. Decreased thyroxin secretion slows down all metabolic processes and lowers the basal metabolic rate. (Metabolism consists of the chemical changes that occur in the cells of an organism during the process of tissue growth and repair and the production of the energy needed for body processes [5]. Basal metabolic rate is the rate of heat released by an organism. As the basal metabolic rate declines with age, it seemed reasonable to attribute aging to loss of thyroid function, but this assumption has been proven false. Experimental studies have shown that the thyroid gland's ability to produce thyroxin is not diminished in older adults and that thyroxin use in various body tissues is diminished.

Conclusion

Hearing does not change significantly with age for the frequencies commonly encountered in everyday life. However, after the age of 50, the ability to perceive high-frequency sounds gradually declines. Most people over the age

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Received: 10-Oct-2022, Manuscript No. AAGP-22-82330; Editor assigned: 13-Oct-2022, PreQC No. AAGP-22-82330(PQ); Reviewed: 27-Oct-2022, QC No. AAGP-22-82330; Revised: 31-Oct-2022, Manuscript No. AAGP-22-82330(R); Published: 07-Nov-2022, DOI: 10.35841/aaagp-6.6.128

of 65 cannot hear sounds with a frequency of 10,000 Hz. This loss of high-frequency perception interferes with identifying people by voice and understanding conversations within a group, but it usually does not seriously limit an individual's daily life. Plays an important role in determining our ability to understand speech, so there is often a discrepancy between pure tone threshold measurements and our ability to perceive speech.

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