

Abstract:

Aging is the time when a person starts getting old. The process of aging is a common part of human development. When someone becomes older he/she become more sensitive and easily get affected by social, physical and environmental factors. Aging can be characterized as a decrease in practical limit that happens over a long time.

Introduction:

Every person's body organs respond different from other. It is not an illness however the gamble of infection increases as an element of getting older. Aging consists of many interactive and different procedure of many molecular and cellular factors that shows life span and health. Maturing begins when adulthood is reached and is much a part of human life as are infancy childhood and adolescence. Gerontology is concerned mainly with the progressions that happen between the achievement of development and death of a person. The purpose of examining in gerontology is to differentiate the elements that effect these changes.

Advancement in technology/lifestyle:

With the advancement in technology and vast availability of medical facilities, the life of people are increasing as it delays or prevent many age related diseases. Although getting older does not give nice sentiment to most humans due to many reasons, but still they have hope that using excellent medical facilities won't let them down so easily. Many individuals take super dosages of vitamins/supplements all in the desire for accomplishing a healthy life. A part from that, older people can do different exercises at home/gym to keep themselves fit. Although availability of all these facilities made life of older people easier, somehow when a person reaches to certain age, their body responds to different physical/physiological changes.