

BY PHILIP VARGHESE

With increasing pressures in daily life, more and more people in the city are showing signs of premature ageing. The common symptoms are excessive weight gain, depression, fatigue, insomnia and hair loss. "In India, we treat the symptoms without trying to identify the underlying causes. So, typically, we would see a victim of premature ageing enrolling for a weight loss programme, taking sleep pills or other

symptomatic cures," says Dr. Deepak Chaturvedi, Co-Founder of Anti-Aging Medicine and Research (AMAR). "Curing obesity or hair loss will merely control the symptom even as the real problem continues to grow. Premature ageing is a disease by itself and requires specific treatment," he says. "Anti-ageing medicine is a specialty and a field of scientific research, which is aimed at early detection, prevention, treatment and reversal of age related decline in the quality of life. It is not merely anti-wrinkle

# Anti-aging remedies

Hormone Replacement Therapy as cure for obesity, depression, fatigue, insomnia and other illnesses

or geriatric medicine, but can be defined as wholesome approach to health."

So what is the anti-ageing treatment? According to Dr. Chaturvedi, there are no 'simple one-medicine-for-all' solutions. "Each case is different and requires customized treatments. Broadly speaking, the anti-ageing protocol identifies the stressor and modifies the perception and reaction to it through intensive counseling." Once the stressor - physiological or psychological - has been identified, the patient is put through either one, all or a combination of treatments that include Preventive Medicine, Therapeutic Medicine, Hormone Replacement Therapy, Stem Cells Therapy, Neutrigenomics and Life Style Medicine.

"This form of treatment is regarded by many in the West as the future of medicine. In the field of anti-ageing practice, it is believed that our hormones do not decline because we age, but we age because our hormones decline. Restoring the hormones to their optimal levels can help treat a variety of illness including menopause, andropause, memory lapses, wrinkles, sagging skin, loss of focus, fatigue, decreased libido, loss of muscle tone and endurance,

age spots, and other conditions commonly associated with aging. Hormone Replacement Therapy will not only alleviate the systems and problems associated with the above conditions, but can also help to enhance the immune system, increase sexual energy, improve skin tone and texture, increase energy levels, make you look and feel

years younger, and extend life says Dr. Deepak Chaturvedi.

Proponent of this niche speciality in the country, Dr. Deepak Chaturvedi was mentored by the world renowned exponents of anti-ageing, Dr. Thierry Hertoghe and Dr. Anoop Chaturvedi, before he set up 'Amaya', India's first Anti-Aging clinic in October 2008.

## HEALTH MANTRA

I don't like weight training much. I have been a *yoga* person throughout so I have to put in some extra effort to stay in shape. I started 'spinning' as it is very good for the lower body and it also burns a lot of calories. I go to Gold's Gym, as the trainer and the equipment there are really good. Always take care of your health, your body is precious so respect it. Don't follow any trend blindly, what goes well with one person may not suit the other. So, always do things that you are comfortable doing, be it exercise or dressing up.



ADITI GOVITRIKAR  
Actress

