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## ABSTRACT OF NATURAL WAY OF REVERSAL OF AGING PROCESS

**Prof (Dr)Premanidhi Panda**

M.D (MED), MRCP, FRCP IN DIABETES, Certificate Course in Gerontology (USA),  
Honorary DSc. In Gerontology

Diabetes and Anti-Aging Center, Bhubaneswar, India

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**ABSTRACT:** *Aging is changes in biological, physiological, environmental, psychological, behavioural, and social processes. aging will likely cause wrinkles and gray hair. Etiopathogenesis: My Aetiology Based on (1)Sirtuins Pathway(2) Telomere (3)Oxidation of DNA(4) loss of proteostasis (protein folding and proteolysis)(5)VLCD(6)Lymphatic Message on Whole body and Genital, HIFU treatment.*

**KEYWORDS:** Sirtuin Pathway, Telomere, Oxidation, DNA, Halt Proeostasis, VLCD, Lymphatic Message, HIFU Treatment

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### INTRODUCTION

Ageing or aging is the process of becoming older. The term refers especially to humans, many other animals, and fungi, whereas for example bacteria, perennial plants and some simple animals are potentially biologically immortal. Furthermore, ageing connotes a biological and social construct. Aging is changes in biological, physiological, environmental, psychological, behavioural, and social processes. Aging will likely cause wrinkles and gray hair.

**METHODS:-**In my study over a 10 years of study over 500 Old persons are under my treatment, By giving Sirtuins foods(SIRTFOODS)are having enormous health benefits. These foods causes increase in longevity and quality of life. Foods like 1.Blackburries

2.Green Tea3.Kale4.Olives and Extra virgin Olive oil5.Parsley/Dhania Leaves, Curry leaves, Mint leaves6.ONIONS(7)TURMERIC(8)Omega 3 Fish Oil(9)Red Wine(10).WALNUTS(11)Pomegranate(12)Vitamin C(13)Calorie restriction(CR) by 30-40% that is 1000 to 1200 Kcal/Day (14)Ginseng

### ANTIOXIDANTS REVERSES AGEING

Leeks, onions, garlic , grapes, berries, : Pumpkin, mangoes, apricots, carrots, spinach, parsley, Seafood, lean meat, milk, nuts, legumes, Cruciferous vegetables such as broccoli, cabbage, cauliflower , Sesame seeds, bran, whole grains, vegetables, Tomatoes, pink grapefruit, watermelon, Oranges, berries, kiwi fruit, mangoes, broccoli, spinach, peppers, lean meat, milk, nuts, Avocado, oats

### **Foods Lengthening TELOMERE:**

1. Flax Seeds(2) Spinach(3)Mushrooms(4)Bluberries,Oats(5) (5)VLCD (Very Low calorie Diet): While 1,200 is the minimum level of calories

### **LYMPHATIC MASSAGE OF WHOLE BODY & GENITALS:**

Lymphatic drainage is a gentle, rhythmical massage treatment performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. This helps to rapidly speed up the removal of wastes and toxins from a sluggish

#### **BENEFITS:**

- lymphedema• Diabetes• fibromyalgia• swelling or edema• skin disorders• fatigue• insomnia• stress• digestive problems• arthritis• Irritable Bowel Syndrome (IBS)• migraine episodes• can benefit your sexual health(I USED TO ADVISE DIABETES WITH ED)• Loss of Libido In Female• Prostatic Massage can Reduce Chance of Prostate Cancer
- \*\*IT IS MY ADVICE FOR ALL DIABETES PATIENT TO HAVE REGULAR LYMPHATIC MASSAGE WHOLE BODY AND GENITALS.

### **HIFU TREATMENT:**

A high intensity focused ultrasound facial, or HIFU facial for short, is a non-invasive treatment for facial aging. It uses ultrasound energy to encourage the production of collagen, which results in firmer skin.

### **DISCUSSION:**

By giving these Diets, along with Lymphatic message Skin becomes tightening, Every weekly all blood Test shows Normal FBS,PPBS,Blood Urea,Serum Creatinine,Normal LFT,RFT,Patients can walk at least 2 km at a stretch(I used to advise them to Macgesia Oil message to all people over 60 years all joints Muscles.Sexually feels healthy.Over 70 years I used to give E-Drive C One tablet once daily for 3 months along with Himcolin ointment plus Olive oil over the both the testes,Squeging Mid testicular skin,Message to Glans by his wife or message therapist,then whole penis.For Ladies with olive oil message to Pubic area,whole Labia Majora,Clitoris and 1 inch of Vagina by a Female therapist.

### **CONCLUSION**

My Study from age group 60-90 years with above treatment Reversal of Diabetes, CT- Angio shows normal, Sexual activity comes to normal. Person can walk 1-2 Kms without any support. All Patients are well and healthy.

Any Disputes: All feels Healthy. No complaint.

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I am thankful to participants over this research study. My Slogan by my method I claim it can reverse by 20-30 years by age. But it is quite Expensive.

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#### (1)Sirtuins Pathway

Sirtuins have been implicated in influencing a wide range of cellular processes like aging. Many data presented in the literature show sirtuins as a powerful tool in anti-ageing medicine/approach.

#### (2)TELOMERE

Telomeres shorten in part because of the *end replication problem* that is exhibited during DNA replication. \* you can protect and lengthen your telomeres with meditation, exercise, and a diet full of healthy fats and vegetables.

"DR PANDA SAYS: LONGER THE TELOMERE=LONGER THE LIFE SPAN"

#### (3)OXIDATION OF CELL

A constant accumulation of oxidized proteins takes place during aging. Oxidation of proteins leads to a partial unfolding and, therefore, to aggregation. Many data showing protein oxidation, accumulation of oxidized proteins, and protein aggregation as well as the impairment of the proteasomal system play a major role in the aging process

#### (4) loss of proteostasis (protein folding and proteolysis)

Proteostasis is the concept that there are competing and integrated biological pathways within cells that control the biogenesis.

### HOW TO REVERSE AGEING PROCESS BY FOODS SUPPLEMENTATION

Sirtuins foods(SIRTFOODS)are having enormous health benefits. These foods causes increase in longevity and quality of life.

Red wine is made from grapes, and grapes are rich in several antioxidants. Some of these include Catechins, Resveratrol, epicatechin, and proanthocyanidins

I do not want to stress again, moderation is the key. And in no way do I want to promote alcohol.

## **ANTIOXIDANTS REVERSES AGEING**

Boost your intake of a variety of antioxidants with these healthy foods. The following is a list of different kinds of antioxidants and foods that are high.

## **COMMONLY USED ANTIOXIDANTS ARE**

1. Blueberries 2. Avocado 3. Pomegranates 4. Watermelon 5. Tomatoes 6. Figs 7. Strawberries  
8. Lemons 9. Broccoli 10. Carrots 11. Red Cabbage 12. Spinach 13. Cucumber 14. Sweet Potatoes  
15. Mushrooms 16. Brinjal 17. Green Tea 18. Red Wine 19. Almond 20. Turmeric 21. Garlic 22.  
Salmon fish 23. Olive Oil 24. Beans 25. Walnut 26. Yogurt 27. Oatmeal

## **FOOD THAT ENLARGE THE TELOMERE LENGTH**

Longer Telomeres, Longer Life.

(5) VLCD (Very Low calorie Diet): While 1,200 is the minimum level of calories that the average person can survive on without the body going into starvation mode and stay healthy. People who have a strenuous fitness routine or perform many daily activities need more calories. If you have reduced your calorie intake below 1,200 calories a day.

MY SLOGAN Eat a lot less, live a lot longer, says scientist.

As a general rule, people need a minimum of 1,200 calories daily to stay healthy

## **(6) LYMPHATIC MASSAGE OF WHOLE BODY & GENITALS :**

Lymphatic drainage is a gentle, rhythmical massage treatment performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. This helps to rapidly speed up the removal of wastes and toxins from a sluggish lymphatic system.

## **SUMMARY**

Science is Open the anti-aging secrets of telomeres—tiny segments of DNA that may help you live longer.

- Sufficient Water is Required for Elderly person at least 1.7 Liters/Day If Left Untreated Dehydration can Quickly Cause Severe Problem Even the Death.
- GENE THERAPY IS RISKY & HAS GOT HIS LIMITATION. QUIT SMOKING. STOP ALCOHOL EXCEPT RED WINE THAT TOO 125ml/DAY. ZERO POLISHED RICE, ZERO OIL EXCEPT OLIVE OIL IS MY SLOGAN FOR LONG LIVE.
- MEDITATION, EXERCISES, YOGA IS AN ADJUVANT THERAPY FOR LONG LIVE.
- Presenting author details  
Full name: DR PREMANIDHI PANDA

Contact number:919437002621

We:drpandadiabetes.com

Face Book: <https://www.facebook.com/premanidhi.panda/>