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 identifying 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-aging 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 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-aging 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, Neutrogenics 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-aging 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 symptoms 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 specialty in the country, Dr. Deepak Chaturvedi was mentored by the world-renowned exponents of anti-aging, 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