

Current Issues in PHARMACY

Qamar Uddin Ahmad



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Current Issues in Pharmacy

Editor

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CHAPTER 12

THE STRESS AND FREE RADICAL TOWARDS DISEASE AND AGING

May Khin Soe

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All living things will grow old, and inevitably all will die one day. This is a normal process to grow old, to have disease and die. Death is no exception. However, the rate of disease occurrence varies with different people. Moreover, the psychological distress influences the onset of age related disease and biological aging. Actually, aging is a multi-factorial process, and many contributing mechanisms have not clearly been identified yet. However, there are so many theories have been explained the underlying biological basis of aging process (Curtler, 1994). The various interactive factors which contribute to the aging process have been shown in figure 1.

Stress

Stress is one of the contributing interactive factors of aging. Disease is defined by abnormal way of responding to any kind of demand. Stress may affect the person both physically and mentally. People who are being used to excessive stress in various aspects are liable to become easily fatigue and sick. These people are prone to have poor concentration and difficulty in making clear decision. Sometimes, heavy and unresolved stress may lead the people to having mental breakdowns.