Scientifically, healthy aging requires long-term complex and meaningful processes that will empower aging people to make healthy choices. Our genes put us on the path of aging but they become inter-related with gender, age-related non-communicable diseases, environments, social participation and support, cultural fulfillment, healthy eating, injury prevention, physical activities, financial abilities, optimism for the future and tobacco cessation. The United Nations general assembly in New York (2011) along with the W.H.O. focused on four non communicable conditions, that is: 1. Cardiovascular disease 2. Diabetes 3. Cancer and 4. Chronic Respiratory Diseases. These conditions are responsible for most premature mortalities. The other focus was on four life-style risk factors, that is: 1. Smoking 2. Heavy and harmful alcohol use 3. Lack of physical activity and 4. High salt, high fat diets. Environmental conditions play a major role in neurodegenerative processes. Recent research works have shown that gene changes occur through epigenesis due to pathological environmental conditions. The underlying mechanism of epigenesis thus involves noninterpreted genes induced by environmentally modified gene expression without altering DNA sequences. People all over the world are living longer and aging at a faster rate. Hence, protective factors which promote healthy living are a priority. Therefore creating a beneficial, physiological, and scientific pathway becomes vital for healthy aging. This paper will describe the beneficial, physiological and scientific pathway for healthy aging so that aging brings pleasure and enjoyment in life, rather than discontent and pain.

Keywords: Healthy aging, Scientific path, Genes, Environmental, Social participation

References