

Future of Anti-Aging Medicine

by

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Ground Work for this Seminar:

Mahatma Gandhi was a great personality and a “Maha Ataman” and we all respect him. About 60 years back he taught us the “Swadeshi Movement”. Now 50 years later we have gone and embraced the “Videshi Movement”. This does not mean we in any way disrespect Mahatma Gandhi. Concepts of “Right” and “Wrong” also change with the time periods we live in and we should be mentally prepared for such changes.

As science progresses, we find out more and we come closer to the “truth”. Some times it contradicts old information and knowledge we have known all our life. We must be prepared for it and keep our minds open for this truth”.

The Greek philosopher Aristotle (384 BC - 322 BC) argued in his writings that the Earth was spherical, because of the circular shadow it cast on the Moon, during a lunar eclipse.

In 1609, exactly 400 years ago Galileo the Italian scientist, equipped with a 2 inch telescope *saw* the moons of Jupiter. Soon he *observed* one of the 4 moons disappeared from sight. This led him to *perceive* that the moons were actually rotating around Jupiter. Having become *enlightened*, he soon proclaimed that the earth was not the center of the universe and that the earth was just a planet rotating around the sun. This resulted in his punishment and imprisonment for life. “Saw, Observed, Perception, Enlightened”.

The “rights and wrongs” of health care are also subject to the time period and the environment we live in.

Example: Water in a copper pot.

I would request you to keep an open mind since today we are discussing the “Future of Anti-Aging Medicine” which will probably take another 25 to 50 years to become part of mainstream medicine. Today, we are going to probably contradict a lot of well established concepts in mainstream medicine and I will be taking great pains to explain the scientific reasons for these proposed changes. We are today going to sit in a time machine and travel 41 years ahead in time to the year 2050. So be prepared for information that might astound you or even shock you.

Introduction to Anti-Aging Medicine:

The subject of Anti-aging is a very interesting and challenging one and has occupied the attention of mankind for thousands of years. We have all heard of the Egyptian Queen Cleopatra, who lived about 2000 years back, who was celebrated for her exceptional beauty, as well as her exotic beauty treatments and baths in milk, honey, saffron and aromatic oils. Basically, she was practicing Anti-Aging Medicine 2000 years back.

At this point of time, in the year 2009, Anti-Aging Medicine is centered around surgical intervention (Plastic Surgery) and Dermatological Intervention (Topical Procedures) to create an Anti-Aging effect. However over period of time the body and its organs continue to age unabated with corresponding deterioration in overall performance of the organs and consequently the appearance of the body.

Today, we are also going to study pre and post treatment procedures to enhance Surgical and Dermatological treatments), through a non invasive approach of servicing and repairing various organs of the body: changing body dimension (Body Sculpting); creating a glowing and healthy skin; removing dark spots and irregular pigmentation; even lightening the complexion by a few noticeable shades; and creating an almost permanent effect of youth and vitality. This is unmistakably perceived by the beholder and also experienced by the subject.

Anti-Aging Controversy

Over the years Anti-Aging Medicine has been a controversial subject. During the last decade the resistance or controversy surrounding this subject has gradually diminished some what with a growing number of medically supported organizations like the A4M, IMCAS, AMWC, etc. doing annual Conferences, Workshops, Tutorials in many cities of the world. A large number of M.D.s have also joined together to create organizations like the Life Extension Foundation www.lef.org to promote this science of Anti-Aging Medicine.

In an attempt to clear up this controversy once and for all, we are also going to study Clinical Studies supported by Pathological evaluation of various organs of the body to prove beyond all doubt the capability of this science to Anti-age the body and achieve longevity well beyond a 100 years of age, coupled with aesthetic and cosmetic changes to the body. The supported Pathological Tests / Clinical Studies will prove beyond doubt the concept of Anti-Aging Medicine and help establish it firmly as a Medical Science.

Sanskrit has given us words:

Kaya Kalpa the science of Rejuvenation of the body;

Panchakarma to detoxify the body. Many schools of medicine talk about Detoxification.

This is a part of Chinese Medicine, Homeopathy, Ayurveda, Siddha and even Western Medicine. This is the science of removal of toxins.

Sanskrit also talked about Mrityunjaya or Victory over Death. This is known in modern times as the “Science of Longevity”.

Parmahansa Yoganand – Autobiography of a Yogi.

Yukteshwar Giri was the guru of Parmahansa and Lahari Mahasaya was the guru of

Yukteshwar. Babaji the physical immortal was the guru of all of them.

Giri Bala the woman who had not eaten for 56 years. Parmhansa met her when she was 68 years old.

If Aging is a disease.....

Toxin Controversy

The subject of Detoxification which forms the basis of Modern Medicine has been a controversial one with Allopaths denying the existence of Toxins in the body. Allopathic Doctors tend to think that there are no toxins in the body and that the human body would die if there really were toxins in the body.

However, mainstream medicine today does recognize Heavy Metal Toxins and knows that the human body does not necessarily die but continues to malfunction and suffer from chronic ailments in the presence of moderately high levels of Metal Toxins like Lead, Mercury, Arsenic, Nickel, Aluminum, etc. The presence of these heavy metal toxins can be verified by simple blood tests and these levels can be brought down by standard heavy metal detoxification processes.

However, mainstream medicine does not practice this detoxification until the poison levels are a threat to the very life of the person. At that stage the patient is in the ICU for lets say – lead poisoning – western medicine now steps in to save a life.

An attempt is made to clear up this controversy once and for all and is an interesting concept and presentation in the evolution of Modern Ayurveda and Modern Medicine.

We will rely on reading of Pathological Reports as per the modern standards of Optimum Value which is a concept that is fast catching up in the West. Optimum Values in Blood Reports, are those values that are encountered in Perfectly Healthy young people. The focus today, is more towards preventive health management, which aims to maintain and preserve all body parameters at these healthy youthful levels.