



Title: Anti-Aging Skin Cell: Our Battle to Youthful skin

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INTRODUCTION:

As life longevity increases the skin suffers from extrinsic and intrinsic ageing factors. The human skin is the largest organ of the body. Since birth, it is continuously exposed to environmental factors. Generally, the physical appearance of the skin alters with age exposing wrinkles, poor elasticity, laxity and a texture that appears rough. This is when individuals embark upon their journey towards youthful skin, seeking remedies to cure anti-aging skin cell, thus undergo procedures without fully understanding implications and side effects.

AIM:

To understand the changes in human skin occurring through aging and explore treatment strategies that claims to slow down, prevent or reverse the aging skin cell.

MATERIALS AND METHODS:

A systematic literature review through a thorough literature search is conducted. Published and grey literature has been used through searching manual and electronic databases to understand changes in human skin and the exploration of treatment strategies contributing to anti-aging skin cell.

RESULTS:

Physiological factors contribute to intrinsic aging while extrinsic is related to external factors, as the combination creates changes within the skin. The study has highlighted models and molecular mechanism advancements like oxidative stress, shortening of the telomere, mutations and DNA damage, genetic mutations and inflammation.

CONCLUSIONS:

This study has deduced that methods like antioxidants, stem cell therapy, telomere modification, hormone replacement therapy, retinoids, anti-inflammation and diet are some of the strategies that claim to slow down, prevent or reverse the aging skin cell. It is evident that individuals want to remain eternally youthful through their appearance, attaching great importance to anti-aging

skin solutions. Disastrous therapies have been a result of uncertainty in the skin's molecular mechanism causing controversies, despite successful solutions. It is recommended that individuals stay updated and obtain sufficient knowledge to make an informed decision before implementing anti-aging solutions, to ensure effective results.

KEYWORDS:

Anti-aging, Skin, Cosmetics, Treatments, Youthful skin, Young

BIOGRAPHY:

Amb. Dr. Parin Somani is an Independent Academic Scholar, Educator, Motivational speaker, Author, Writer. Four Doctorate degrees: **Doctor of Philosophy (PhD): Education Media; Doctor of Philosophy (PhD): Education Leadership; Honorary Doctorate (Hons Causa)- Literature D'Litt; Honorary Doctorate (Honoris Causa)- Global Education. Published 31+** educational papers in reputed journals, newspaper, magazine articles. She is affiliated with various international universities and travelled **79+ countries** globally. **Featured in 47+ videos, 90+ newspapers and books** for societal contribution. **President-** Shantidoot Parivar; **International Director-**SAARC Nations International Human Rights Association; **Ambassador-**Global Peace, England; **Ambassador-**Project Life India Global; **Vice President-Global Education Sector MSME; Multi-International Award Winner.**