

# **CHRONOLOGICAL OLD AGE AND PSYCHO-SOMATIC BALANCE**

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## **The humanisation of behaviour in order to live longer and with a brighter outlook**

It has than said that the person who wants to live a long life should choose long-living parents. Although this is not possible, we can recognize the value of hereditary factors that imprint a biological age on the organism which is often in contrast to the chronological age. It is also said that old age is not an illness and this can be true if illness is defined as an abnormal event, which has a causation and which involves organic and functional alterations that can heal or lead to partial impairment of life or, as in cases beyond our control, death.

If old age is not an illness, it is certainly the synthesis of a collection of phenomena that progressively modify the biology of organs and systems that is, the biology of cells and tissues, growth factors, control factors and the control of the proliferation of each single element. Every animal or vegetable organism possesses a preordained genetic constitution able to maintain a programmed biological rhythm, that can undergo modifications in relation to the daily impact of the environment with a varying, individual capacity for adaptation. Selye's old theory of the general syndrome of adaptation comes again to the fore with the new theories about the formation of neuro-hormones that influence the parts and the whole of the organism.

So the theory of the value of psycho-somatic balance, the effects of the contribution of the individual in society, the strength of spirit over matter, the importance of the reactive homo-dynamic response of the organism to the multiple insults that strike it, prevails.

Man is thus once again put in the centre of the Universe for his intellectual qualities that surpass the somatic limits that characterise him externally, and he is set free by the ideals and creativity.

But the "ego" means the consciousness of one's internal personality, which is often frail and more often than not, has few defences. Time deeply impresses its character on our "ego" and because of this old age shows signs, some more marked than others, of the events that have taken place during our life.

The skin is the part that shows most. Beside the damage inflicted by a pathology, there is also the damage caused from the inside. In fact, Carrel affirms: "Unbeknown to us, little by little, our aspect models itself on the state of our conscience and with the passing of the years becomes always a more exact image of the feelings, desires, aspirations of all our being".

For this reason, together with the basic rules of hygiene of physical health, it is necessary to take into consideration the healthy influence of the serenity of the soul. Of course there is the odd angel face with a heart of stone but, as always happens, that is the exception that proves the rule.