

Ageing Without Tears

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Old age is an inevitable, ubiquitous and universal phenomenon of human-life because ageing is a natural process. It is a part of our life and living.

Literally ageing refers to the effects of age. Commonly speaking it means the various effects or manifestations of old age. In this sense it refers to various deterioration in the organism. While they have been usually perceived as biological, the deterioration in cognitive abilities, social interaction and adaptive capacities is no less important. Ageing has thus four dimensions—social ageing, biological ageing, cognitive ageing and effective ageing because problems of ageing arise due to these factors.