

## Can controlled vestibular stimulation delays brain ageing?

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Ageing is believed to be a first-order risk factor for most neurodegenerative disorders. Brain changes do not occur to the same extent in all brain regions. Men and women may also differ with frontal and temporal lobes most affected in men compared with the hippocampus and parietal lobes in women. The neurotransmitters most often discussed with regard to ageing are dopamine and serotonin. Another factor to consider with regard to the ageing brain and its cognitive performance is hormonal influence. Release of most of the hormones and serotonin is regulated by vestibular stimulation. Vestibular system is connected with almost all areas of central nervous system which are involved in regulation of most of the body functions. The need of vestibular stimulation will begin from foetal life. The purpose of this article is to explore the role of vestibular stimulation in delaying brain ageing and to suggest translational research in this area.

**Key words:** Controlled Vestibular Stimulation, Brain ageing.

### Biography

Dr. Abraham Jobby has completed his PG (MD IN Forensic Medicine) from Government Medical College, Calicut in 2003. At present, he is working Vice Principal and Professor of Forensic Medicine, Travancore Medical College, Kerala, India. He has published many papers in reputed journals and serving as editorial advisory board member for Asian Journal Of Health Sciences, an international peer reviewed journal and Senior Editor, Journal of Evolution of Medical and Dental Sciences (JEMDS). He is a life member of Kerala Medico legal Society (KMLS), Indian Medical Association (IMA), Indian Academy of Forensic Medicine (IAFM) and South Indian Medico Legal Society (SIMLA)

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