

The Function and Anti-Aging Mechanism of Polysaccharides

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Description

The aging population is steadily increasing, putting a significant strain on society, the economy, and medical care. Because aging is a physiological process that involves numerous reactions and multiple organs, it is difficult to explain or define. A growing number of studies are currently focusing on aging's mechanisms and possible strategies for delaying it. It has been demonstrated that some clinical drugs have anti-aging effects. However, many still lack in terms of long-term use and safety. Polysaccharides are biological macromolecules that have antioxidant, anti-inflammatory, and immune-regulating properties and are found naturally. As anyone might expect, these atoms stand out for their possible use in enemy of maturing treatments. In fact, mice caner habits elegant, and multiple polysaccharides were found to have excellent anti-aging effects in a variety of animal models. Polysaccharides' anti-aging properties have been linked to a number of mechanisms, including improved immune function, increased antioxidant capacity, and regulation of age-related gene expression. Based on a variety of models, we present a summary of the most recent findings from research on anti-aging polysaccharides. We focus on the main anti-aging mechanisms oxidative damage, age-related genes and pathways, immune modulation, and telomere attrition in this section. This survey means to give a reference to additional exploration on enemy of maturing polysaccharides. Structural and functional degeneration are manifestations of aging, a complex natural phenomenon. It is the inevitable outcome of a combination of processes that are influenced by numerous physiological and psychological factors, including environment, immunity, and heredity. The world's life expectancy reached 71 in 2021 as a result of advancements in both economics and medicine in recent years. However, the proportion of the population who are elderly continues to rise. From 9.9% of the population in 2000 to 13.7% in 2021, the proportion of people over 60 has increased worldwide, reaching 17.4% in Eastern and Southeast Asia, 25.1% in Europe, and 9.9% in North America. More than 1.5 billion people will be over, according to estimates. Diabetes, cardiovascular and cerebrovascular diseases, and other chronic diseases are frequently associated with aging, which is a significant strain on society, the economy, and health care. Data that has been published indicates that issues related to an aging population are becoming increasingly serious and will continue to get worse unless something is done. One way to extend a healthy lifespan is to develop drugs that fight aging.

A number of physiological processes, including a decline in immunity, a slowed rate of basal metabolism, and a decrease in the activity of antioxidant-related enzymes, accompany aging. Therefore, substances with inhibitory effects on these processes can be excluded from potential anti-aging drugs. Numerous anti-aging theories, such as damage and programmed theories have been proposed based on the various modes of action. Modified speculations include purposeful disintegration with age, and are probable

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the most applicable to maturing qualities as well as the endocrine framework. The accumulation of damage, such as oxidative damage, mitochondrial DNA damage, and genome damage, is what causes aging, according to some scientists. Aging is not programmed. These two hypotheses have been completely investigated in past distributions. Current anti-aging medications like metformin have shown promising results in preliminary clinical trials as well as strong anti-aging effects in a variety of model organisms via various pathways like mTOR and AMPK. Zhang and co. reviewed research on rapamycin's ability to slow down aging in a variety of animal models and organ systems. Rapamycin prevents aging primarily by inhibiting mTOR, which is necessary for stem cell maintenance, metabolism, and mitochondrial function. As indicated by the writing, metformin postpones maturing through different systems, like controlling the amalgamation and debasement old enough related proteins, keeping up with telomere length, and diminishing DNA harm. However, the aforementioned drugs still lack in safety and long-term use due to the absence of large-scale and long-term clinical trials. For instance, it has been demonstrated that while rapamycin increased the lifespan of mice, it did not alter age-related characteristics; besides, rapamycin may cause thrombocytopenia, nephrotoxicity, and opposite aftereffects. Metformin overuse can result in lactic acid accumulation, lactic acid poisoning, and vitamin B12 deficiency. The current anti-aging drug research is still in its relatively infancy as a whole. In addition, it is necessary to create naturally effective anti-aging medications with fewer side effects that can be used for a long time [1-3].

Several studies have shown that natural polysaccharides have a wide range of pharmacological effects, including anti-inflammatory, anti-oxidative, and immune modulating effects. Due to their low cytotoxicity, polysaccharides may also have unique advantages in terms of side effects and long-term use, and they are anticipated to contribute to the creation of novel anti-aging supplements or drugs. Particularly noteworthy is the use of some polysaccharides in clinical settings. Heparin, for instance, is an anticoagulant medication. Poriacocos polysaccharide oral fluid has been endorsed for the therapy of numerous sicknesses, like malignant growth and hepatitis. Although there is no polysaccharide anti-aging medication that can be used in clinical settings, numerous polysaccharides have been shown to be effective in a variety of animal models, including mice, *Drosophila melanogaster*, and *Caen* or habits elegant. For instance, it has been demonstrated that angelica sinensis polysaccharide (ASP) and astragals polysaccharide (APS) have protective effects on the liver, kidney, brain, and other important organs in mice, in addition to significantly prolonging the lives of *C. elegant* and *D. melanogaster*, indicating a great deal of potential for anti-aging therapy. Based on various animal models and relevant mechanisms, this article examines the progress that polysaccharides have made in the field of anti-aging and aims to support the creation of novel polysaccharide anti-aging drugs. Senescent cells with complex senescence-related secretory phenotypes (SASPs) benefit tissue repair and short-term cancer development at the cellular level. However, over time, these cells may exacerbate a variety of diseases. SASP factors may recruit T cells, macrophages, NK cells, and other immune cells to eliminate senescent cells and maintain homeostasis. Immune cells' surface receptors are bound by polysaccharides; For instance, the polysaccharides of *ganoderma lucidum* stimulate the immune system by binding to dectin-1, the mannose receptor and receptor. However, more research is needed to determine how various immune cells interact with various polysaccharides [4,5].

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Conflict of interest

No potential conflict of interest was reported by the authors.

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