Aslan Therapy (Institute): The First Anti-Aging Treatment as a Model in the World

Aslan Terapi (Enstitü): Dünyada ilk Anti-Aging Tedavi Modeli

Daniela GRADINARU[a]

[a]Anna Aslan-,
National Institute of Gerontology and Geriatrics,
Bucharest, ROMANIA

Yazışma Adresi/*Correspondence:*
Daniela GRADINARU
Anna Aslan-,
National Institute of Gerontology and Geriatrics,
Bucharest, ROMANIA
danielagrdnr@yahoo.com

ABSTRACT The first Institute of Geriatrics in the world was founded by Professor Ana Aslan in Bucharest, Romania in 1952 and the World Health Organization acknowledged the idea of an institute entirely dedicated to the study of medical, biological and social aspects of aging. The institute is coordinated by the Ministry of Health and Family and the University of Medicine and Pharmacy "Carol Davila", Bucharest. The main research areas are: age-related disorders, biology of aging, biomarkers of aging, geriatric assessment, nutritional studies, and geronto-prophylaxis. The institute also provides healthcare and psycho-social assistance for older people.

Professor Ana Aslan and the school she created introduced the concept of geronto-prophylaxis and developed the original Gerovital H3 and Aslavital- anti – aging "Aslan therapy". In the sixties and seventies Ana Aslan launched a large prophylaxis campaign with Gerovital H3 (GH3) and Aslavital as procaine-based medication. Ana Aslan envisaged and discovered procaine therapeutic actions subsequent to long term treatment in low doses with curative and preventive roles. At cellular and molecular levels, procaine and its metabolites action sites are multiple. Procaine binds to membrane constituents and interacts in a series of ion channels. The compound has influence on metabolic pathways involving intracellular signal molecules. Primary and secondary metabolites of procaine participate as precursors in synthesis of essential molecules for cellular metabolism. Procaine, GH3 and Aslavital have antioxidant action: inhibit reactive oxygen species generation and lipid peroxidation in enzymatic and nonenzymatic systems associated with a modulating effect on antioxidant enzymes. GH3 and Aslavital exert their action on the atherogenesis process by lipid and lipoproteins- lowering effects. GH3 and Aslavital could be included in the category of reversible and competitive MAO inhibitors. Their clinical use was warranted in studies of depression carried out in late eighties. GH3 and Aslavital modulate mechanisms of aging at cellular and molecular levels, as well as common mechanisms of chronic degenerative age related diseases. These two Romanian drugs may be considered underlining the beginning of the new era of geronto-prophylaxis.

Key Words: Antiaging treatment, geriatrics

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