

# Big size, big life: A myth!!- Longevity?

Divya R<sup>1</sup>, Ashok V<sup>2</sup> and Rajajeyakumar M<sup>3\*</sup>

<sup>1</sup>Assistant professor, Department of Physiology, Coimbatore, India

<sup>2</sup>Biochemistry, Karpagam Faculty of Medical Sciences and Research, Coimbatore, India

<sup>3</sup>Assistant Professor, Department of Physiology, Trichy SRM Medical College Hospital and Research Centre, Trichy, India

## Introduction

### Size doesn't matter!

The Anthropologists and researchers in the field of evolution and human behaviour, was under the postulation that uniqueness of the human species is having a remarkably lengthy childhood and adolescence that allows improved learning and better social communications. If longevity is based on body size, then bigger animals may live longer. If so, the gorillas should have a longer life than human beings. but the humans live longer than gorillas. For human beings, the life expectancy is longer, when equated with rest of the species –including gorillas. The reason behind the longer life expectancy is that humans possess the maximum number of neurons in the cerebral cortex. Thus, with respect to longevity, size of the body is irrelevant [1].

### Cortical neurons: The key to longevity

Human beings take longer period to attain sexual maturity. They live as long as anticipated by the number of neurons in their cortex. The physiological maturity and sexually maturity depend upon the number of neurons in the cerebral cortex. more the number of neurons in the cortex, the longer it should take a species to reach sexual maturity. The species with more cortical neurons gets further time to learn from their experiences due to their increased interaction with the environment. In species where longer life expectancy goes together with increased

number of cortical neurons, there will be a better intersection amid generations as more prospects can be passed along.

### Role of cerebral cortex

It is the part of the brain proficient in creating the complex behaviours and flexibility. It is also responsible for cognition, mental maths and logic reasoning. The cerebral cortex also predicts stresses and learns how to react to them. It provides adaptability to the body. Smooth functioning of physiological processes, maintaining the vital functions like regulation of body metabolism, respiratory rate and heart rate, which are the key factors that impacts longevity [2].

## Conclusion

Longevity is directly proportional to the number of cortical neurons independent of specific metabolic rate. This theory has led to new-fangled slants to healthy aging. Instead of focusing on metabolic pathways, we should start focusing on endorsing the cortical function. predominantly exertions to monitor and endorse the brain's capability to preserve physiological homeostasis and adaptableness all over one's lifetime [1].

## References

1. Suzana H (2018) Longevity and sexual maturity vary across species with number of cortical neurons, and humans are no exception. *J Comp Neurol* 1-17. [[Crossref](#)]
2. Herculano-Houzel (2017) Numbers of neurons as biological correlates of cognitive capability. *Current Opinion in Behavioral Sciences* 16: 1-7.

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**\*Correspondence to:** Rajajeyakumar M, Assistant Professor, Department of Physiology, SRM Medical College Hospital and Research Centre, Trichy, MGR Medical University, Chennai, Tamil Nadu, India, E-mail: rajakumar60@gmail.com

**Received:** February 01, 2019; **Accepted:** February 14, 2019; **Published:** February 19, 2019