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How old is your body?

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Most parts of the human body are less than 10 years old, as almost every organ undergoes a process of regeneration.

HEART -- UNDER 20 YEARS

Until recently, it was thought the heart could not regenerate itself. However, recent studies have found that the heart can repair some of the damage caused by heart attacks.

NERVOUS SYSTEM -- LIFETIME

While many tissues in the body repair themselves constantly, this is not the case with the nerve cells of the central nervous system (CNS). This is why people with CNS injuries are unlikely to recover.

EYE -- A LIFETIME

Essentially your eye is the same age as you are. The only part of eye undergoing constant regeneration is the cornea. As eye specialist Dr Salil Gadkari puts it, "Eye is the window to a lot of diseases in bod. 40 is the turning point for eye when illnesses start."

BONE -- 10 YEARS

Your skeleton is a continuous construction site which replaces itself every 10 years. Dr Parag Sancheti, orthopaedic surgeon says. "The turning point of bone comes at 45 years especially for women. It is then that the wear and tear starts. The symptoms could be spine and back related problems."

HAIR -- 3--6 YEARS

Hair grows an average of 1.25 cms per month. Eyelashes and eyebrows are renewed every six to eight weeks. Jatin Kapoor, hair specialist suggests, "How old your hair is depends on water, hereditary factors."

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