

Aging is not a genetic program but a side effect of evolution. This idea is expressed in the book *Why We Die* by Nobel Prize-winning chemist Venkatraman Ramakrishnan, who discovered the structure of the ribosome.

He believes nature selects only traits that help an organism survive until reproduction. Everything that happens after that is of no concern to nature.

The scientist also debunks the popular myth that aging is simply “wear and tear” on the body. In reality, lifespan is the result of a balance between energy spent on growth, survival, and repair—meaning each species has a different biological timeline.

Ramakrishnan warns against believing in anti-aging pseudoscience and promises of “reverse aging,” as they are often just fancy words tied to business interests.

Nevertheless, he acknowledges that humans have dreamed of living longer ever since we became aware of our own mortality. However, a society with extreme longevity and low birth rates may risk becoming sluggish and unproductive