

IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (A1)
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REAL HEROES THAT EXIST IN OUR WORLD

Abstract

Astronauts are a group of people who put their lives in danger, despite being equipped with a high level of safety. They undergo rigorous training before performing their duties. They lose 1-2% of the intake of vitamins required by the body? In a normal human day, vitamin D is synthesised from the skin by spending a few minutes per hour in which the sun's rays fall at a right angle. Astronauts are equipped with special clothes to protect them from ultraviolet and other harmful rays and radiation. Vitamin D that is lacking in the body can be taken from additional foods. The real interesting part is the payback time. Physiotherapists play a big role here. Is it fully recovered after treatment? One has a partial full recovery within 12 months, while the other has an incomplete recovery. It is maintained that is related to age. Let's explore the process of faster human aging in space. Do they live longer during their stay? There are differences of opinion on this question. Einstein's Theory of Relativity suggests that people will age more slowly because they live longer. This idea is quite the opposite. The stress of living in space is ages them. I came across this post while researching. Many people do not agree with this idea. Radiation, like the rays in space, can affect it quite a bit. But it is so weak that they do not even feel it. They agree with their opinion on continuing from where they normally left off. But staying for a long time can seriously damage health.