

Essay on evolution of the human skin

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Throughout the entire world the human skin has undergone evolution from a very simple organ to a very complicated structure; this has been attributed to the ever changing environments. Human skin color has evolved from a light shade to a more dark shade to prevent destruction of nutrient folate but maintained a light shade to foster production of vitamin D. Dark skins contains melanin which hinders disastrous UVB radiation from penetrating the skin.

According to the authors, after human beings lost their hair as an adaptation to keeping cool, ancient hominids gained pigmented skins for protection against skin cancer which rises after reproductive age. Dark skins blocks sunlight which is critical in catalyzing vitamin D production what is essential in formation of fetal and maternal bones . Amazingly humans have evolved to maintain a light skin for vitamin D synthesis but still maintaining a dark nature to maintain folate levels. Nevertheless, most of the knowledge on evolution as depicted on this article is based on old scientific mistakes that should be erased and replaced by better theories of human origin and also diversity since at times this knowledge is misleading.

The article critically examines skin color and foliate connection, a history of how human skin has evolved, how culture and biology have intertwined together, an analysis of which population makes enough vitamin D, and the perils of recent migration.

The ability of skin color to adapt to long periods in various environments which human beings have currently inhabited reflects the importance of skin color to our survival . Current knowledge on human skin evolution shows that variations in skill color can be elaborated by adaptation via natural selection.