

THE SIXTH SENSE FOR HEALTHY AGEING



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Ageing is inevitable and everyone is destined to become old. Healthy ageing is however anyone's dream. Science and countries have interest in this subject.

From the individual's point of view, traditional self-health care often means keeping the body healthy by proper nutrition, physical exercise, weight management, personal hygiene and avoidance of smoking as all of these have scientifically proven benefits.

Traditional Self Health Care



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But much more can be done for health and longevity.

Super agers who remain active well into their 80s and 90s achieve this feat not simply by above mentioned self-care strategies but also by way of their own thinking and by continuing to challenge themselves through different ways.

People living longer in the five popularly identified Blue Zones across the world also enjoy health and longevity through some additional practices and beliefs, including social bonding, family, purpose, religion, and stress busting.

Blue zoners' practices and beliefs



Blue zones are regions of the world where a higher than usual number of people live much longer than average.

Bonding, friendship and socializing behaviors are associated with the hormone oxytocin, often nick named as love hormone, cuddle hormone or bonding hormone. These activities can prevent dementia and impart other benefits.

Specific spiritual practices like forgiveness, gratitude, empathy and ethical living are known to improve mental health and control lifestyle diseases by reducing cortisol, C-reactive protein, interleukin-6 and by improving cardiovascular, neurological, immune and kidney functions.

Endorphin, the natural pain killer hormone, from exercise can help improve mood and reduce body pains.

Stress busting and sleep promoting interventions like yoga, praying and listening to music operate by decreasing the stress hormone, cortisol and by increasing the sleep hormone, melatonin.

Brain challenging activities keep the older person alert and attentive to care for himself and they also augment cognition and creativity.

In sum, physical exercise, meditation, listening to and playing music, watching Mother Nature and anything that gives happiness and challenges us can stimulate secretion of feel good hormones such as dopamine and serotonin and act as cognitive enhancers.



Healthy ageing has many dimensions that need to be identified and practiced much before the old age starts. It is a work of lifetime, but it is never too late to begin. 🌸

