



## Discovery of Aging Studies on Treatments for Healthy Aging

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### ABOUT THE STUDY

Biomedical research in India is primarily focused on understanding the etiology and treatment of infectious diseases that cause high mortality. Also, at centers and universities in India, the most important research programs are primarily focused on treating individual diseases such as cancer, infectious diseases, neurological disorders and eye diseases. In contrast, few laboratories focus on researching the aging process and preventing or delaying age-related diseases. Life expectancy is increasing due to improved human health, improved medical care, and advances in biological research, while an increasing number of older people are suffering from multiple morbidities as they age. By 2050, it is estimated that about 20% (300 million) of India's population will be over 60 years old.

This demographic transition presents both social and economic challenges, as extended lifespan has nothing to do with improving the quality of life of the elderly and families must invest heavily in caring for the elderly. As a result, the increasing share of the country's economy must focus on providing medical care to the aging population. The Government of India is aware of this demographic shift, as evidenced by policies and programs initiated to ensure a safe future for the elderly in India, but R & D interventions that can promote healthy life span.

Historically, the study on human aging in India dates back to 3000-1500 BC. The ancient medical system "Ayurveda" emerged. This traditional healthcare system has been used to prevent the effects of human aging, but the molecular aspects underlying aging have been evaluated by a relatively small number of research groups working alone. As a result, India is lagging behind in discovering interventions that are aimed at aging and may promote the health of older people.

Advances in the field of aging in developed countries have shown that the rate of aging can be regulated in laboratory model organisms, and these countries will further study in this field, given the need for strategies to delay aging. At the same time, we have started a joint research program to advance the disease, which slows down the progression of aging-related diseases. Over the last decade, several studies have elucidated the major mechanisms that regulate aging. These studies also identified intervention strategies that can regulate the rate of aging and prolong healthy lifespan in laboratory models.

One of the most reproducible interventions that have been shown to extend life span and health in laboratory models is Dietary Restriction (DR). This powerful intervention has also been shown to be associated with improved metabolic fitness and reduced risk factors for illness. Research in the field of dietary restrictions has further evolved into the search for DR mimics that may provide health benefits without reducing food intake. DR Mimetics with promising translation potential to improve quality of life include mTOR inhibitors such as Rapamycin, Metformin, Acarbose, NAD precursors, and sirtuin activators.

India still has a long way to go to develop pharmacological interventions to combat age-related disorders, but there is still much to be explored in the fields of natural medicine and alternative medicine in India. However, in order to design and discover new interventions for quality of life, Indian researchers and clinicians are working together to determine the molecular and cellular mechanisms that underlie the beneficial effects of these pharmacological interventions. It needs to be clarified and tested for their effectiveness in improving quality of life.

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