

Original Research Article

Healthy Life Span & Homoeopathy of AYUSH

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Article History

Received: 03.05.2026

Accepted: 24.06.2026

Published: 27.06.2026

Abstract: The concept of healthy span is gradually taking over the life span. Currently, one has to look at quality living rather than quantity living. Living longer life span sans the quality is actually painful. Hence, the current focus is to develop the background understanding behind quality living. Moving beyond hormones is the new approach where the concept of cellular energy, metabolic function & the antioxidant status of the body are the three pillars. Life style changes, dietary modification, physically & mentally activeness has to be achieved naturally. One may have normal hormonal levels & no deficiency but still suffer from fatigue, metabolic disorders, neuron-degeneration, cardiovascular disease, cancer, weakness, chronic inflammation and early ageing. The obstacle behind all these conditions is the poor mitochondrial health where the signals from the power house of the cells do not reach the cells. The article sees the role of homoeopathy to deal with these issues. As these issues are chronic & needs a holistic & individualized approach it is here that the homoeopathic system of therapeutics will prove to be effective. The holistic & individualized approach is the basic principle of treatment under the domain of homoeopathic therapeutics.

Keywords: Mitochondria, AYUSH, Homoeopathy, Women's Health, Ageing.

INTRODUCTION

The primary focus of medicine is to reduce mortality & even the approach of community medicine is also to reduce mortality as vaccination has proved to be an effective child survival intervention. Hence, treating diseases is the main focus & not preventing it. As a result, decreasing mortality has given rise to increasing morbidity. Living longer means one has to live with fatigue, metabolic disorders, neuron-degeneration, cardiovascular disease, cancer, weakness and early ageing. However, people with such conditions appear stable clinically [1, 2].

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CITATION: Tridibesh Tripathy, Shankar Das, Rakesh Dwivedi, Byomakesh Tripathy, Anjali Tripathy, Sanskriti Tripathy 137 (2026). Healthy Life Span & Homoeopathy of AYUSH. *South Asian Res J Med Sci*, 8(3): 137-140.

The future of healthy & longevity lies not with tertiary care & big pharmacy companies but at the cellular level. The energy at the cellular level is regulated by a tiny & powerful organelle located in the cytoplasm of the cell. It is the mitochondria or the powerhouse of the body [3, 4].

Mitochondria have been described poorly till date. They are often described as the power plants of the cell. Beyond production of Adenosine Tri Phosphate (ATP), the cellular energy the mitochondria regulate cellular metabolism, oxidative stress balance, inflammation signaling, apoptosis (programmed cell death), immune cell function, hormone synthesis & signaling. Hence, the mitochondria are the path to energy, resilience & survival [1-4].

Thus with declining function of the mitochondria, although cells survive their function is poor. The poor function or dysfunction of the cellular stage leads to conditions like Ageing, Insulin Resistance (IR), Muscle Loss, Cognitive Decline, Chronic Inflammation and Poor as well as Lengthy Recovery from Illness & Treatment [5, 6].

Modern medicine focuses on two spans related to health & life. One is life span or the life expectancy that demographic surveys deal upon. This means how long we live in years. The other is health span which deals with how well we live. One of the most consistent findings of the research on ageing is the mitochondrial dysfunction. Just like the screening concept of diseases, this dysfunction appears much before the diagnosis of the clinical condition. Hence, mitochondrial dysfunction is one of the earliest indicators of ageing. Therefore, it is a potential intervention point to preserve the cellular functions [1-6].

The following sections describe the literature on this issue followed by a reflection based on the literature review. Subsequent to the review of literature & reflection sections, the article discusses the role of homoeopathy to deal with the emerging Non Communicable Diseases (NCD) that are related to the mitochondrial functions.

LITERATURE REVIEW

The concept of mitochondrial health is of utmost important in women's health. Mitochondria are linked to regulation of hormones like estrogen & progesterone. These two hormones have role in mitochondrial biogenesis, efficient energy production & antioxidant production in the body that defends us [1-6].

A woman in her 20s & 30s, the mitochondria support fertility, menstrual health & metabolic balance. In her 40s, the mitochondrial efficiency declines. This decline invites hormonal fluctuations, fatigue as well as metabolic shifts in the negative direction [1-6].

Further in her post menopausal stage, the inefficient mitochondrial function invites inflammation, bone loss, cardiovascular risk & changes in the cognition level. One of the key determinants in the cellular energy concept is that the mitochondrial Deoxyribo Nucleic Acid (DNA) is exclusively inherited from the mother. This inheritance makes the maternal mitochondrial health as the foundational determinant of the health of the future generations. In nutshell, healthy mitochondria are not about ageing well but also are about intergenerational health [1-6].

In disease & recovery, future research sees the duo through the mitochondrial & metabolic approach. Dealing with cancer is a classical example. Here, even though the spread of tumors are controlled, the cancer patient goes through profound fatigue, muscle loss & poor recovery. This trio of symptoms is now associated with mitochondrial stress & poor bioenergetics. Similar phenomenon is observed in chronic inflammatory disorders, neuron-degenerative diseases & various metabolic syndromes. The common thread in all these conditions is that the body cells cannot meet their energy demands efficiently [1-6].

Reflections

Here one can envisage that the mitochondria are not passive actors but active actors. Ways to support mitochondrial health will improve cellular resilience, reduce chronic inflammation, enhance recovery, increase functional capacity & delay the onset of age related decline. It is to be noted here that this approach do not replace the conventional approach but it complements the approach. It complements through addressing biology upstream much before irreversible damage or pathology occurs in the body [1-6].

Adding years of life will not lead to healthy ageing. One has to preserve the triad of cellular function, adaptability, energy long before the diseases occur in the body. Mitochondria are the pivot to metabolism, immunity, hormones, ageing thus unifying the tetra into a single biological narrative. Desiring a healthier life span means one must initiate to care for the smallest engines in the cytoplasm that are the mitochondria. This will help to provide power to our lives [1-6].

Homoeopathic Perspective [7-11]

Like all other therapeutics, the homoeopathic therapeutics integrates the case management, life style & dietetic measures for effective dealing with the cases related to mitochondrial dysfunction.

As mentioned above, holistic health & in that women's health requires personalized approach. Here homoeopathy fits the bill as it is not a generalized system of therapeutics but a personalized one. The various conditions that need to be addressed through the mitochondrial approach are Chronic Fatigue Syndrome (CFS), Metabolic Stress Disorders (MSD), Neuron Degenerative Diseases (NDD), Cardio Vascular Diseases (CVD), Cancer Related Fatigue & Weakness (CRFW), Chronic Weakness (CW), Chronic Inflammation (CI) & Early Ageing (EA).

- For CFS, the drugs are 'Alumina', 'Ammon Carb', 'Caladium', 'Calcarea Carb', 'Carcinosin', 'China', 'Conium', 'Ferrum Met', 'Gelsemium', 'Graphites', 'Lachesis', 'Nux Vomica', 'Acid Phos', 'Acid Picric', 'Silicea', 'Sulphuric Acid'.
- For MSD, the drugs are 'Arsenic', 'Bismuth', 'Cadmium Sulph', 'Carbolic Acid', 'Carbo Animalis', 'Conium', 'Cundurango', 'Hydrastis', 'Kali Bi', 'Lyc', 'Orni', 'Phosphorus'.
- For NDD, the drugs are 'Arsenic', 'Aurum', 'Cuprum', 'Flouric Acid', 'Kali Carb', 'Lyc', 'Manganum', 'Merc Sol', 'Phos', 'Plubum Iod', 'Vanadium'.
- For CVD, the drugs are 'Aco', 'Cactus', 'Digitalis', 'Lycopus', 'Phos', 'Pul', 'Spigelia', 'Sulphur'.
- For CRFW, the drugs are 'Arsenic', 'Carbo Animalis', 'Conium', 'Graphites', 'Lyc', 'Nitric Acid'.
- For CW, the drugs 'Ars', 'Carb Veg', 'Gels', 'Phos', 'Ver Alb'.
- For CI, the drugs are 'Prednisolone', 'Cortisone', 'Curcuma Longa', 'Hydrocortisone', 'Aconitinum', 'Argentum Phos', 'Emetine Mur', 'Morgan Co', 'Sanguinarinum', 'Atropine'.
- For EA, 'Ambra G', 'Arg Nit', 'Bar C', 'Berberis V', 'Conium', 'Flouric Acid', 'Kali Carb', 'Lyc', 'Sel', 'Sumbul'.

Hence, it is seen here that homoeopathy has a full range of medicines to deal with the conditions that affect health span & there by the quality of life. A homoeopath can use her/his intuition & experience to choose the potency of the medicines suggested above.

CONCLUSION

The holistic health & especially the health span is currently a matter of concern at all levels of governance. However, the clinical intervention is in the lime light. Thus the issues like gender, ecology, family health, cultural practices, myths & misconceptions & outlook of the society on these issues take a back seat. As a homoeopath with a practice of 40 years till date, the lead author always treated cases of chronic in nature & especially women's health with a holistic approach with success. The person has to adhere & compliance to the diet & regimen for the desired results.

The concept of health span is multi dimensional. The new dimension of mitochondrial health will help the society to move on from the deficiency & hormonal approach. The hormonal approach was directly related to the hormonal blood level in men & emotional angle in women. The new dimension especially in holistic health will lead to better prognosis as well as treatment. Keeping the triggers like metabolic, stress & inflammation in the back ground of health span the clinical & epidemiological stakeholders can deal with the issues of mitochondrial inefficiency effectively.

Acknowledgement: The lead author acknowledges the contribution of all the co-authors.

Conflict of Interest: There is no conflict of interest in this article

Funding: No funds were received towards this article

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