



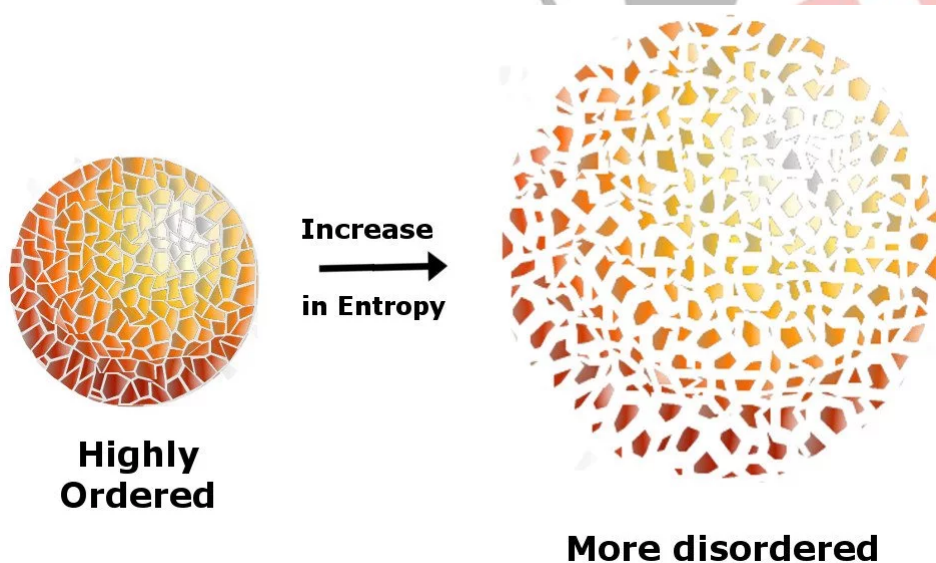
Relationship Between Entropy and Ageing

[Source: HT](#)

A recent study reveals that **travel enhances mental and physical health, potentially slowing the ageing process**. It maintains a **low-entropy state**, boosts immunity, reduces stress, promotes physical activity, and enhances overall wellness and resilience.

- Engaging in travel keeps the body in a **low-entropy state**, indicating healthy and efficient bodily functions.
- **Entropy, is a measure of disorder in the system**, correlates with ageing and health decline. **Increased entropy leads to deteriorating biological systems**, contributing to diseases.
 - A higher entropy generation rate shortens lifespans. Maintaining a low-entropy state is crucial for health, highlighting the importance of order in ageing and wellness.

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Read more: [Ageing in India: State of the Elderly](#)

PDF Reference URL: <https://www.drishtias.com/printpdf/relationship-between-entropy-and-ageing>