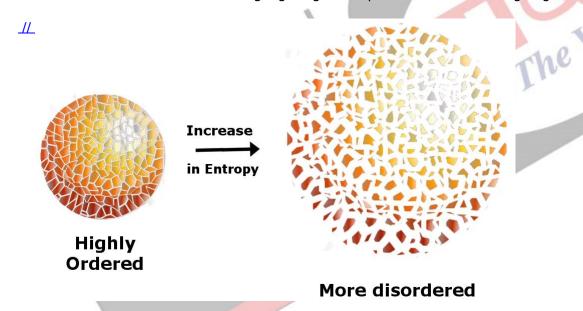


## **Relationship Between Entropy and Ageing**

## **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.



Read more: Ageing in India: State of the Elderly

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