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Experts highlight natural diet, gut health, balanced nutrition as key to longevity, healthy ageing

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By **Sanjiv Das** | March 18, 2026



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The Illness to Wellness Foundation in association of Celiac Society of India organised a programme titled 'The Longevity Blueprint – Gut Health and InflammAgeing' in New Delhi. The session brought together leading experts to highlight the critical role of natural diets, balanced nutrition and gut health in promoting longevity and healthy ageing, emphasising that everyday food choices and lifestyle habits play a fundamental role in preventing chronic inflammation and supporting long-term wellbeing.

The session, moderated by Dr Arjun Dang, CEO and Partner, Dr Dang’s Lab, brought together leading experts from geriatrics, psychiatry, nutrition, integrated medicine and Ayurveda to discuss the emerging link between gut health, chronic inflammation and longevity.

Speakers also explored the concept of inflammageing, a form of persistent low-grade inflammation that gradually accelerates ageing and contributes to several lifestyle-related health challenges.

Ishi Khosla, Clinical Nutritionist and Founder, Celiac Society of India, spoke about the growing impact of modern dietary habits on gut health and overall wellbeing. “Most of the nutrients our body requires are already present in our kitchens. What we put in our mouth is in our control. By focusing on wholesome, balanced meals, we can significantly improve gut health and reduce inflammation. Small, mindful changes in our daily food choices can go a long way in supporting digestive health, strengthening overall wellbeing and promoting healthier ageing over time.”

Dr Prasun Chatterjee, Chief of Geriatric Medicine, explained that longevity today should be understood not merely as living longer but as living healthier and more active lives. He said, “Longevity is no longer just about living longer; it is about living healthier for longer. I often compare the human body to a car—if it is maintained well, it performs efficiently for years. The gut plays a central role in this process and is often referred to as our second brain. Many people believe they must rely on supplements or protein powders to meet their nutritional needs, but that is not necessarily the case. Our traditional Indian diet, when consumed properly and in the right balance, can provide the nutrition the body needs.”

Dr Aarti Midha, Integrative Psychiatrist and Functional Medicine Practitioner, highlighted the strong connection between gut health and mental wellbeing. She said, “The brain is not an isolated organ. It constantly communicates with the gut through what we call the gut–brain axis. What we eat and how well our gut functions directly influence our mood, emotions and cognitive health. Food, digestion and mental wellbeing are deeply interconnected, and disturbances in gut health can contribute to conditions such as anxiety and depression.”

Providing an Ayurvedic perspective, Dr Partap Chauhan, Founder and Director of Jiva Ayurveda, explained, “Ayurveda literally means the science of life. It teaches us that true health comes from balance—between the body, the senses, the mind and the soul. When digestion is strong and the body is in balance, vitality and longevity follow naturally. Ayurveda therefore focuses on improving digestion, lifestyle balance and harmony with natural rhythms to sustain long-term health.”

Dr Pankaj Verma, Medical Director at Antara Integrated Wellness Centre, Gurugram said, “Chronological age simply reflects the number of years a person has lived, but biological age reflects how the body is actually functioning internally. Factors such as inflammation, lifestyle habits, stress and metabolic health influence how quickly the body ages. By addressing these factors early, we can slow down biological ageing and improve long-term health outcomes.”

Read online: https://nuffoodsspectrum.in/news/10/23254/experts-highlight-natural-diet-gut-health-balanced-nutrition-as-key-to-longevity-healthy-ageing.html

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