

biogerontological interface and behavioural implications in fading memory in late age. M. K. Thakur (BHU) presented an overview of the experimental findings on brain ageing reported by the research team from the Brain Research Centre at BHU.

Above all, the symposium successfully highlighted the recent advances in brain ageing and dementia, and discussed how the basic findings can be translated into therapeutic interventions with a focus on

ayurvedic approaches. As an outcome of the symposium, it was emphasized that the research on brain ageing is of great relevance in India. With a rise in the ageing population and cases of neurodegenerative diseases, it is necessary to search for novel interventions which can prevent the onset or slow down the progression of cognitive decline and dementia in elderly people. In this context, the Indian traditional medicine system, ayurveda, provides a unique holistic approach to

promote rejuvenation and healthy brain ageing. Therefore, basic and clinical research should be encouraged so as to develop therapeutic and interventional strategies.

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### Smile with Science

By - Sumanta Baruah

