

---

# Wise Dietary Consideration of Eating Preferences for Anti-Aging Through the Buddha's Principles Synchronized to Medical Science

---

***Pharmacist Prarudee (Brikshavana) Songpaiboon***

*International Buddhist Studies College. Mahachulalongkornrajavidyalaya University*

*Corresponding author email: pru.brikshavana@gmail.com*

*Received 17/02/2025; Revised 30/06/2026; Accepted 31/08/2026*

## **Abstract**

Population aging has intensified interest in approaches that support health span, physiological resilience, and healthy aging across the life course. Among modifiable factors, dietary behavior plays an important role in health and longevity. However, eating behavior is shaped not only by nutritional composition, but also by psychological, social, environmental, and attentional processes that influence what individuals consume, why they consume it, and how they consume it.

This article introduces an alternative pathway to anti-aging by applying the Buddha's principles, aligned with medical science, through wise consideration of eating preferences and the consumption of food and edible substances. Aging is an unavoidable and natural biological process; however, its acceleration may be influenced by lifestyle patterns, environmental conditions, and inappropriate dietary behaviors. From a medical perspective, anti-aging is not merely about outward appearance, but also about slowing progressive physiological and cellular deterioration while preserving physiological balance, resilience, health, and longevity.

Aging may also progress silently through repeated inappropriate eating behaviors, even before visible signs of physical decline become apparent. In this sense, dietary behavior may contribute to internal biological deterioration long before aging becomes externally recognizable.

In contemporary food culture, eating behaviors may be increasingly influenced by convenience, emotional responses, social pressures, trends, and artificial satisfaction rather than genuine physiological needs. Repeated inappropriate consumption may contribute to physical and psychological stress, chronic inflammation, disruption of homeostasis, cellular senescence, and progressive biological deterioration. These interconnected processes are conceptualized in this article through the Aging Loop, a self-reinforcing cycle in

which physiological deterioration may further intensify physical and psychological stress and contribute to continued biological decline.

**Keywords:** Healthy aging; Dietary behavior; Biological aging; Mindful eating; Food and Edible Substances; The Buddha's Principles; Moderation (Sappāye-Mattaññū); Suitability (Sappāya-Kārī); Wise Attention (Yonisomanasikāra); Cellular senescence; Inflammaging; Preventive medicine; Health span

## Introduction

In today's fast-paced world, the way humans eat and live plays an increasingly influential role in the acceleration of aging. Although people may live longer than in previous generations, the rise in chronic conditions, physical degeneration, and emotional distress has become more evident than ever. Longer life expectancy has also shifted attention toward health span, functional well-being, and the quality of aging rather than survival alone. These issues raise an important question: why does premature aging persist despite advancements in medicine and longevity? One major factor is dietary behavior. The act of eating today extends beyond mere consumption of food; it includes one's relationship with food and edible substances, and also with external stimuli such as media and societal influence, all of which can act as accelerators of aging.

Recent studies have shown that poor dietary habits, stress from environmental stimuli, and internal imbalances play a significant role in triggering cellular damage and accelerating biological decline (López-Otín et al., 2013). In modern food culture, convenience and synthetic appeal often outweigh mindfulness and nutritional value. As a result, individuals consume without awareness, driven by artificial satisfaction rather than necessity, contributing to metabolic imbalance and chronic stress. Dietary behavior is shaped not only by nutritional composition, but also by psychological, social, environmental, and attentional processes that influence food choice and consumption.

Medical science has long emphasized evidence-based practices to preserve health and slow biological aging. However, the Buddha's principles offer a unique behavioral framework that aligns with these scientific findings. The principles of suitability (Sappāya-Kārī), moderation (Sappāye-Mattaññū), and wise attention (Yonisomanasikāra) are deeply rooted in mindful awareness of what we eat, why we eat it, and how we eat it. These principles encourage a conscious relationship with food and edible substances, helping individuals to not

only nourish the body and mind appropriately, but also to differentiate true value from artificial value. Such consideration also recognizes that appropriate dietary choices may vary according to individual physical and mental conditions, lifestyle, environment, and context rather than following a single pattern for everyone.

Building upon previous work on anti-aging through the synchronization of the Buddha's principles with medical science [(Brikshavana) Songpaiboon, 2024], this article focuses specifically on eating preferences and wise dietary consideration. It introduces an alternative approach to anti-aging by aligning the Buddha's principles with modern medical insights, focusing particularly on the impact of mindful dietary behavior. It proposes that integrating ethical, conscious consumption with scientific understanding can lead to a more sustainable, health-enhancing lifestyle, in terms of both health span and life span.

## **Fast-Paced Lifestyles and Changing Food Choices**

In today's rapidly changing world, food and edible substances, ranging from traditional meals to functional beverages, nutritional supplements, herbal products, and beauty-enhancing consumables, have become more than sources of nourishment. They now intersect with identity, lifestyle, and social influence. The pressures of modern urban life, with its tight schedules and increasing reliance on technology, have significantly altered the way people eat. Meals once carefully prepared at home are now often replaced by processed foods, ready-to-eat meals, or fast deliveries due to time constraints.

This shift in consumption behavior has had profound implications. Overconsumption of ultra-processed foods high in added sugars, refined carbohydrates, and synthetic additives has been associated with adverse metabolic and inflammatory effects that may contribute to processes related to biological aging (Monteiro et al., 2018; López-Otín et al., 2013). Beyond physiological effects, eating habits now reflect social signals. Influencer-endorsed trends and visually appealing meals promoted through social media often lead individuals to choose foods based on image rather than true value, compromising both physical and mental health.

Moreover, it is not only luxurious wellness products that pose risks; even simple, everyday foods can become stressors to the body when consumed without suitability, moderation, or mindful attention. Ingestible substances marketed for

anti-aging, such as functional drinks, beauty supplements, or exotic herbal extracts, are widely advertised on digital platforms, often with dramatic claims. While these products may have certain benefits, if consumed without discernment or critical thinking, they may lead to overuse, metabolic imbalance, and internal disharmony.

Critically, even everyday foods—regardless of how simple or natural—can disrupt internal homeostasis if consumed without suitability, moderation, or the ability to distinguish true from artificial value. The Buddha’s principle of wise attention (*Yonisomanasikāra*) emphasizes the importance of conscious discernment in consumption: asking not only what we eat, but why and how we eat. Without such reflection, individuals may fall into patterns of mindless eating that overburden the body and accelerate aging.

In this context, both extravagant wellness products and ordinary meals can either serve as nourishment or as stressors, depending on the presence or absence of mindfulness and discernment. Encouraging the integration of medical science with behavioral principles from the Buddha’s teachings provides a balanced, comprehensive framework for rethinking food choices in today’s society. This approach underscores the central theme of this article: food and edible substances, when consumed unmindfully, may become silent accelerators of aging—yet when aligned with wisdom, they can become powerful tools for promoting health and longevity.

## **Trend-Based Eating and Celebrity Imitation**

In today’s media-saturated world, food consumption is increasingly shaped by social trends, public figures, and digital platforms. Eating choices are no longer based solely on personal needs or health considerations but are often influenced by popular aesthetics, celebrity endorsements, and the desire to align with aspirational lifestyles portrayed online (Tiggemann & Zaccardo, 2015).

A wide range of modern dietary patterns, such as low-carbohydrate regimens, plant-based eating, or time-restricted feeding, have gained popularity through online communities. While these approaches may offer benefits when practiced with awareness and medical guidance, their promotion through social media can sometimes lead to uncritical adoption. Individuals may follow such trends without mindful reflection or without considering their unique health conditions, which may result in physical or emotional strain (Deliens et al., 2014).

What is often overlooked is that these behaviors can be driven more by external pressure than by inner discernment. Social validation, influencer culture, and the “image” of healthy living can lead to an emphasis on artificial value, what appears beneficial, rather than true value, which supports genuine well-being. This is especially concerning among younger populations who are more vulnerable to idealized body standards and trend-based eating (Tiggemann & Zaccardo, 2015).

The Buddha’s principle of wise attention (*Yonisomanasikāra*) encourages mindful awareness of one’s motivations and the underlying value of what is consumed. Applying this principle helps individuals recognize the difference between choices that nourish the body and those that are shaped by impulse or imitation. Without this discernment, even health-labeled behaviors can turn into patterns that strain both body and mind (Kabat-Zinn, 2003).

In this light, integrating medical understanding with Buddhist ethical perspectives provides a grounded framework for evaluating modern eating behaviors. Rather than rejecting all trends, the aim is to cultivate conscious decision-making, where food choices are guided by personal needs, balance, and sustainability—rather than trends alone.

## **Mindless Eating and the Social Function of Food**

In the context of modern life, food and edible substances no longer serve solely as nourishment but have taken on complex social, emotional, and symbolic roles. Many people consume food not because of physical hunger but in response to social influence, emotional states, or environmental triggers. Digital media, particularly social platforms, have intensified these behaviors by promoting food as part of a lifestyle identity. Sharing meals online, seeking validation through aesthetic food presentations, or consuming what is perceived as trendy has shifted the act of eating from a biological necessity to a form of social performance.

Numerous individuals now eat under the influence of peer behavior, societal expectations, or emotional stress—sometimes without any conscious connection to actual bodily needs. Emotional or stress-induced eating often arises from conditioned habits and internalized coping mechanisms, leading individuals to eat in response to anxiety, sadness, or even boredom rather than hunger (Kristeller & Wolever, 2011). Such patterns contribute to both physical

imbalance and psychological strain, reinforcing cycles of overconsumption or nutritional neglect.

Moreover, the food environment itself fosters impulsivity. Heavily marketed products—ranging from indulgent desserts to wellness items—often emphasize artificial appeal rather than genuine suitability. Without wise attention (*Yonisomanasikāra*), individuals may unconsciously engage in habitual eating or social mimicry, weakening their ability to discern the true value of what they consume. This lack of discernment, combined with overstimulation, can erode internal equilibrium and intensify the aging process through stress and metabolic dysregulation.

Importantly, these behaviors, though normalized, may go unnoticed as contributors to biological decline. When food becomes more about image, validation, or emotional compensation than nourishment, the body may silently bear the consequences through systemic inflammation, hormonal disruption, and emotional exhaustion. This article highlights that even seemingly harmless daily eating behaviors **may contribute to premature aging** if not grounded in mindfulness, suitability, and conscious awareness.

## **Distorted Eating Patterns and the Importance of Conscious Food Choices**

In contemporary society, food and edible substances are no longer merely sources of nourishment; they have evolved into complex symbols of lifestyle, emotion, social status, and even personal identity. Unlike previous sections that explored shifting food trends and media influence, this section focuses on distorted eating patterns that disrupt internal balance and silently contribute to premature aging.

### **1. Overeating and the “Buffet Mentality”**

One of the most pervasive forms of distorted eating is overeating, often seen in environments that encourage consumption without reflection, such as all-you-can-eat buffets. The “buffet mentality,” driven by a desire to maximize artificial value for money, compels individuals to eat beyond their actual hunger. Research has shown that people tend to consume more when exposed to a greater variety of foods, a phenomenon known as sensory-specific satiety delay (Rolls et al., 1981; Cunningham et al., 2023). This behavior can lead to obesity, metabolic

disorders, and chronic inflammation, which ultimately disrupt cellular function and hasten aging.

Moreover, social and environmental cues heavily influence overconsumption. People often mimic their peers' eating behavior during group dining experiences, normalizing excessive intake. Food abundance in social contexts reinforces a departure from mindful moderation, contradicting the Buddha's principles of Sappāya-Kārī and Sappāye-Mattaññū, which emphasize suitability and moderation.

## **2. Under-eating and Extreme Dieting**

While overeating is widely recognized, under-eating and extreme dietary restrictions are equally problematic. Many individuals adopt unsupervised regimens such as prolonged fasting, extreme caloric restriction, or low-carbohydrate diets in pursuit of rapid results, often inspired by trends rather than medical guidance. These practices can result in nutrient deficiencies, hormonal imbalances, and long-term metabolic damage (Trepanowski & Bloomer, 2010).

In the digital age, social media reinforces unrealistic body standards, fueling conditions like orthorexia nervosa, an obsessive focus on "clean eating" that paradoxically undermines holistic health. When dietary behaviors are dictated by perfectionism or peer comparison rather than mindful inquiry, both physical and mental health are compromised.

## **3. Eating as a Status Symbol: When Food Becomes Fashion**

Today, food and edible substances often reflect social aspiration rather than nourishment. High-end ingredients, aesthetic superfoods, and luxury dining experiences are frequently consumed not for health value but for symbolic capital. Platforms like Instagram and TikTok normalize this behavior, promoting visually appealing but nutritionally questionable options.

This shift distracts individuals from evaluating the true value of what they consume. Products marketed as "healthy" or "clean" often contain hidden sugars or synthetic additives, giving rise to a false sense of well-being. Such consumption habits demonstrate how artificial value can replace genuine nourishment, clouding discernment and perpetuating imbalance.

## **4. Emotional and Stress-Driven Eating**

Emotional eating is another critical dimension of distorted eating. Stress, sadness, or anxiety often drive individuals to consume comfort foods rich in sugars and fats, temporarily soothing but physiologically damaging. Elevated cortisol levels during stress have been linked to increased cravings for energy-dense food (Epel et al., 2001).

However, not all stress leads to overeating. Some individuals respond to emotional turmoil by skipping meals, consuming nutritionally void items, or intentionally avoiding self-care. This “passive resistance” can manifest as subtle self-sabotage—ignoring hunger, avoiding hydration, or rejecting nourishing foods. These behaviors, often unconscious, initiate a loop of emotional depletion and physical deterioration. Together, they mark the starting point of an aging cycle propelled by both mental and metabolic imbalance.

### **5. The Importance of Conscious Food Choices**

To reverse this degenerative trajectory, individuals must return to mindful inquiry (or *Yonisomanasikāra*) by observing not just what they eat, but why and how they eat it. Conscious food choices require clarity, balance, and self-respect.

- **Balancing Quantity with Quality** – Eating is neither indulgence nor deprivation; it is the thoughtful intake of nutrients that align with the body’s changing needs.
- **Evaluating Trends vs. True Value** – Not all wellness trends are health-promoting. Critical awareness helps consumers distinguish evidence-based practices from manipulative branding.
- **Understanding Social and Emotional Drivers** – Awareness of psychological and cultural triggers allows individuals to restore agency over their choices.

Distorted eating patterns, whether through excess, restriction, or social mimicry, have far-reaching consequences. However, when food and edible substances are approached with conscious attention, even daily consumption becomes a transformative act. It can restore vitality, preserve inner balance, and ultimately support the process of aging wisely.

Ultimately, distorted eating behaviors, whether driven by stress, societal pressures, or status-seeking, represent more than poor dietary choices; they signify a disconnection between the body’s true needs and the mind’s conscious

awareness. Recognizing this disconnection is essential for reclaiming health and preventing the subtle onset of premature aging.

In essence, distorted eating reflects imbalance, both physiological and psychological. Through the lens of the Buddha's principles, such imbalance underscores the absence of wise attention, including discernment between true and artificial value, suitability, and moderation, key elements that, if overlooked, may silently initiate the aging process.

Therefore, to truly break free from this cycle, the practice of wise attention in choosing food and edible substances is the only starting point—one with no shortcut.

## **Theoretical Explanation of the Aging Loop in Medical Perspectives**

### **1. The Impact of Neglecting Suitability, Moderation, and Wise Discernment Between True and Artificial Value in Food and Edible Substance Consumption**

The Aging Loop is presented in this study as a theoretical explanation of how inappropriate consumption behavior may gradually accelerate biological and psychosomatic aging (Brikshavana) Songpaiboon, P., 2024). In medical perspectives, aging is not merely a chronological process, but a self-reinforcing cycle involving stress, inflammation, disruption of homeostasis, cellular senescence, and progressive physiological deterioration.

This cycle may begin when individuals consume food and edible substances without suitability, moderation, and wise discernment between true and artificial value. Repeated inappropriate consumption behaviors may gradually disturb the body's internal equilibrium and contribute to the acceleration of aging through interconnected biological and psychosomatic mechanisms.

### **2. Physical and Psychological Stress — The Beginning of the Aging Loop**

The Aging Loop may begin when the body and mind are repeatedly exposed to physical and psychological stress caused by inappropriate consumption behavior. Such stress may arise from overeating, under-eating, excessive consumption, restrictive consumption, or the repeated consumption of

food and edible substances chosen without careful consideration of their true value and suitability to the body's condition.

In contemporary society, many individuals consume food and edible substances not solely for nourishment, but in response to emotional distress, social pressure, symbolic value, trend-based influence, or temporary artificial satisfaction. Some individuals consume excessively to seek emotional comfort, while others may intentionally neglect nourishment or hydration due to emotional exhaustion or psychological imbalance. These behaviors reflect a growing disconnection between the body's true needs and the impulses of the mind.

Persistent psychosomatic stress disrupts neuroendocrine regulation and elevates stress hormones such as cortisol, contributing to metabolic imbalance, sleep disturbance, immune suppression, emotional instability, and reduced physiological resilience (Epel et al., 2001; Cannon, 1932). Over time, the body becomes increasingly vulnerable to biological deterioration.

### **3. Chronic Inflammation — Silent Biological Deterioration**

As stress and inappropriate consumption behaviors persist, the body gradually enters a state of chronic low-grade inflammation, commonly referred to as inflammaging (Franceschi et al., 2000). Prolonged inflammatory activity weakens the body's restorative capacity and promotes oxidative stress throughout tissues and organ systems.

This inflammatory environment silently damages cells and accelerates biological deterioration. As the process continues, individuals may begin to experience fatigue, reduced vitality, slower physiological recovery, diminished cognitive clarity, and progressive physical decline—early manifestations of accelerated aging (Harman, 2006).

### **4. Loss of Homeostasis — Disruption of Internal Equilibrium**

Persistent inflammation progressively disrupts homeostasis, the body's intrinsic ability to maintain internal physiological balance. Regulatory systems responsible for metabolic stability, hormonal coordination, immune function, and tissue repair gradually become inefficient.

Mitochondrial activity decreases, physiological recovery slows, and resilience weakens. Both body and mind become increasingly unstable, reducing

the organism's capacity to adapt effectively to continuous stressors. This stage reflects the progressive collapse of systemic equilibrium described in Cannon's concept of "the wisdom of the body" (Cannon, 1932).

### **5. Cellular Senescence — Progressive Cellular Degeneration**

As imbalance continues over prolonged periods, damaged cells gradually enter a state of cellular senescence in which they lose the capacity to divide, regenerate, and function normally (Hayflick, 1965; Campisi, 2013). Senescent cells accumulate within tissues and contribute to further inflammatory signaling, weakening surrounding healthy cells and impairing tissue regeneration.

At this stage, biological aging becomes increasingly visible. Organ function declines, physical resilience weakens, recovery capacity decreases, and physiological degeneration progresses more rapidly. The body progressively loses its ability to restore internal equilibrium effectively.

### **6. Accelerated Aging and Reinforcement of the Aging Loop**

Eventually, the cumulative effects of chronic stress, inflammation, disruption of homeostasis, and cellular senescence manifest as accelerated aging and chronic disease. Conditions such as cardiovascular disease, metabolic disorders, neurodegenerative conditions, and immune dysfunction emerge with increasing severity and earlier onset (López-Otín et al., 2013; Barzilai et al., 2012).

Importantly, this physiological deterioration becomes an additional source of physical and psychological stress. Fatigue, emotional exhaustion, chronic discomfort, declining vitality, and reduced quality of life further intensify psychosomatic imbalance. As a consequence, the body repeatedly re-enters the cycle of stress, inflammation, and degeneration, reinforcing the Aging Loop and continuously accelerating the aging process.

In medical perspectives, the repeated neglect of suitability, moderation, and wise discernment between true and artificial value in food and edible substance consumption may gradually initiate a self-reinforcing Aging Loop. Chronic psychosomatic stress, persistent inflammation, disruption of homeostasis, and cellular senescence collectively contribute to progressive physiological deterioration and accelerated aging.

Therefore, aging should not be understood solely as the passage of time, but also as the consequence of repeated imbalance in behavioral and physiological processes. The careful consideration of food and edible substances through suitability, moderation, and wise discernment may serve as an important foundation for preserving internal balance, supporting resilience, and reducing the acceleration of biological aging.

## **Synchronizing the Buddha's Principles with Medical Science Through Wise Dietary Consideration**

### **1. Introduction: Integrating the Buddha's Principles and Modern Medical Science for Anti-Aging**

In the pursuit of anti-aging, modern medical science recognizes that the aging process begins not merely with external degeneration but with internal imbalances—particularly those triggered by chronic physical and psychological stress. Such stress is often initiated by inappropriate eating behaviors, including the consumption of food and edible substances that are not aligned with the body's actual physiological and psychological needs. These inappropriate dietary behaviors gradually disturb internal equilibrium and contribute to inflammation, metabolic disruption, cellular deterioration, and accelerated aging.

As discussed in Section 1.5, the Aging Loop describes aging as a self-reinforcing psychosomatic cycle involving stress, chronic inflammation, disruption of homeostasis, cellular senescence, and progressive physiological decline. In this framework, inappropriate consumption behavior acts as an important trigger that continuously reinforces biological deterioration.

While modern medical science explains the biological mechanisms underlying aging, the Buddha's principles provide a behavioral and contemplative framework that may help interrupt this degenerative cycle. Through wise attention (*Yonisomanasikāra*), including the discernment between true and artificial value, suitability (*Sappāya-Kārī*), moderation (*Sappāye-Mattaññū*), individuals are encouraged to carefully consider food and edible substances before consumption. These principles emphasize not only physical nourishment, but also the maintenance of psychological balance and long-term well-being (Payutto, 2021).

Therefore, synchronizing the Buddha's principles with medical science offers an alternative pathway to anti-aging through wise dietary consideration. This integration may help reduce psychosomatic stress, support physiological balance, delay cellular deterioration, and promote sustainable health and longevity.

## **2. The Role of Wise Attention (Yonisomanasikāra) in Dietary Consideration**

At the core of the Buddha's principles is wise attention (Yonisomanasikāra), which refers to careful, reflective, and discerning consideration before action (Payutto, 2021). When applied to food and edible substance consumption, wise attention encourages individuals to examine not only what they consume, but also why and how they consume it. This principle promotes awareness of long-term consequences rather than temporary satisfaction or impulsive desire.

Wise attention also supports discernment between true value and artificial value in food and edible substances. True value refers to consumption that genuinely supports the body's physiological needs, preserves internal balance, and contributes to long-term well-being. Artificial value, by contrast, refers to consumption driven primarily by external appearance, social influence, emotional gratification, excessive advertising, or temporary sensory pleasure rather than genuine biological benefit.

In modern society, many food and edible substances are heavily marketed through wellness trends, social media influence, and image-based advertising. Functional beverages, dietary supplements, beauty-enhancing products, and highly processed consumables are often promoted as symbols of health or social identity. However, without wise attention, individuals may consume these products uncritically despite their questionable nutritional value or potential physiological burden.

From medical perspectives, repeated inappropriate consumption behaviors may contribute to psychosomatic stress, metabolic imbalance, inflammatory responses, and progressive cellular deterioration. Through the application of wise attention, individuals become more capable of selecting food and edible substances that support physiological resilience, reduce unnecessary biological stress, and contribute to healthier aging processes.

### **3. Suitability (Sappāya-Kārī) and Moderation (Sappāye-Mattaññū) in Food and Edible Substance Consumption**

Suitability (Sappāya-Kārī) and moderation (Sappāye-Mattaññū) are important principles in both the Buddha's teachings and modern medical perspectives on health preservation (Payutto, 2021). These principles emphasize that food and edible substance consumption should be balanced, appropriate, and aligned with the body's actual needs rather than driven by excess, deprivation, or external influence.

Suitability, on the other hand, refers to selecting food and edible substances that are appropriate to an individual's age, health condition, mental state, environment, and lifestyle. Appropriate consumption may vary among individuals depending on physiological conditions and psychosomatic vulnerability. Food and edible substances that are suitable for one individual may not necessarily benefit another.

Moderation refers to the consumption of food and edible substances in appropriate quantities—neither excessive nor insufficient. Excessive consumption inevitably places a burden on the body, causing both physical and psychological stress, leading to inflammation, and gradually entering the Aging Loop. Likewise, insufficient consumption also places a burden on the body and contributes to both physical and psychological stress, which may similarly lead to inflammation, loss of internal equilibrium, and cellular senescence. Both conditions therefore disrupt internal balance and contribute to the Aging Loop and the acceleration of biological deterioration.

In contemporary consumption culture, individuals are frequently exposed to social pressures, excessive marketing, and trend-driven dietary behaviors that distort perceptions of quantity and appropriateness. Concepts such as “all-you-can-eat” promotions, excessive supplementation, restrictive dieting, and image-driven consumption may encourage behaviors that contradict suitability and moderation.

From medical perspectives, maintaining suitability and moderation in dietary behavior may help reduce psychosomatic stress, preserve homeostasis, support metabolic balance, and reduce the progression of chronic inflammation associated with accelerated aging. These principles therefore function as

important behavioral mechanisms that may help interrupt the Aging Loop described in Section 1.5.

#### **4. True Value and Artificial Value in Food and Edible Substance Consumption Through Wise Attention (Yonisomanasikāra)**

The discernment between true value and artificial value in food and edible substance consumption is closely associated with the practice of wise attention (Yonisomanasikāra) (Payutto, 2021). This perspective emphasizes that consumption should not be guided merely by temporary desire, social image, convenience, or marketing influence, but by careful consideration of whether the consumed substance genuinely supports physiological and psychological well-being.

True value refers to food and edible substances that genuinely nourish the body, maintain internal balance, support cellular function, and contribute to long-term health. Such substances may include nutritious meals, appropriately formulated supplements, functional foods, or health-supportive consumables that are beneficial to the body when consumed appropriately and suitably.

Artificial value, by contrast, refers to food and edible substances consumed primarily because of social trends, emotional gratification, external appearance, symbolic status, exaggerated advertising, or temporary sensory pleasure despite limited physiological benefit. These may include excessively processed products, highly marketed wellness consumables, sugar-dense beverages, or image-driven dietary products that create the illusion of health without genuinely supporting physiological resilience.

Modern medical science increasingly recognizes that repeated consumption behaviors lacking careful discernment may contribute to metabolic imbalance, oxidative stress, chronic inflammation, and progressive biological deterioration (Franceschi et al., 2000; López-Otín et al., 2013). Over time, these physiological disturbances may accelerate cellular senescence and reinforce the Aging Loop.

Through wise attention, individuals become more capable of critically evaluating food and edible substances beyond surface-level attraction. This mindful discernment may reduce unnecessary physiological burden, preserve internal equilibrium, and support healthier, more sustainable aging.

## **5. Alternative Pathways to Anti-Aging Through Wise Dietary Consideration:**

### *The Synchronization of the Buddha's Principles and Medical Science*

The synchronization of the Buddha's principles with medical science offers an alternative framework for understanding anti-aging beyond external appearance or temporary intervention. Rather than focusing solely on cosmetic outcomes, this perspective emphasizes the relationship between dietary behavior, psychosomatic balance, physiological resilience, and long-term health.

Medical science explains aging through mechanisms such as chronic stress, inflammation, disruption of homeostasis, and cellular senescence. The Buddha's principles complement these mechanisms by addressing the behavioral and psychological conditions that contribute to physiological deterioration. Through wise attention (*Yonisomanasikāra*), suitability (*Sappāya-Kārī*), moderation (*Sappāye-Mattaññū*), and discernment between true and artificial value, individuals may reduce inappropriate consumption behaviors that accelerate biological decline.

This integrative framework highlights that food and edible substances are not merely sources of temporary pleasure or symbolic identity, but important factors capable of influencing psychosomatic balance, metabolic regulation, inflammatory responses, and cellular health. The repeated practice of wise dietary consideration may therefore help interrupt the Aging Loop by reducing unnecessary stress, preserving homeostasis, supporting physiological recovery, and reducing progressive degeneration.

Consequently, anti-aging should not be understood solely as resistance to chronological aging, but as the continuous cultivation of balance between body, mind, behavior, and consumption. Through the synchronization of the Buddha's principles and medical science, wise dietary consideration may serve as an alternative pathway toward sustainable health, resilience, and longevity.

### *The Wise Dietary Consideration Model for Anti-Aging Through the Buddha's Principles Synchronized to Medical Science*

The proposed conceptual model illustrates Wise Dietary Consideration as a pre-decision process that connects the Buddha's principles with medical science in the context of anti-aging. The model is guided by wise attention

(Yonisomanasikāra), suitability (Sappāya-Kārī), and moderation (Sappāye-Mattaññū), with wise attention including discernment between true and artificial value.

From this pre-decision process, dietary choices may lead toward appropriate or inappropriate consumption. Appropriate consumption is associated with Healthy Aging, whereas inappropriate consumption may be associated with the Aging Loop and Aging. The model therefore presents a conceptual pathway linking wise dietary consideration with different aging-related outcomes without detailing the underlying physiological mechanisms.

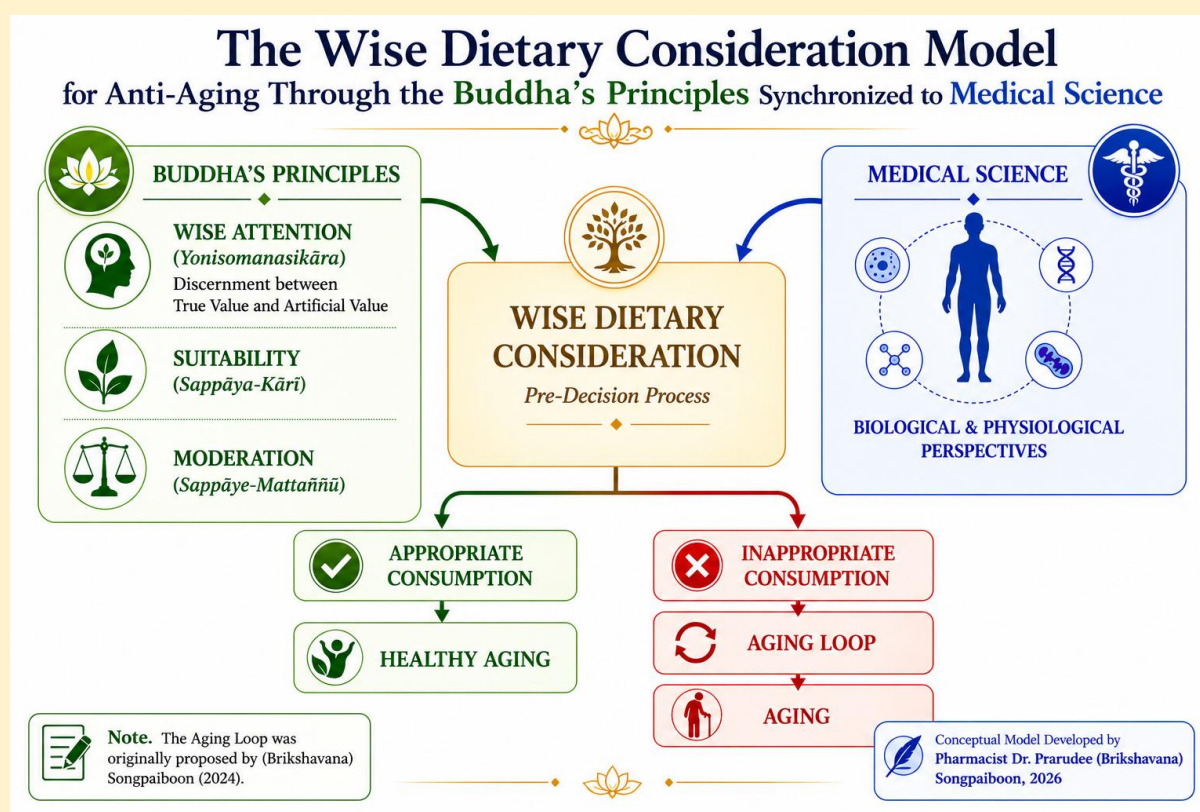


**Figure 1.** The Wise Dietary Consideration Model for Anti-Aging Through the Buddha's Principles Synchronized to Medical Science.

**Note.** The Aging Loop was originally proposed by (Brikshavana) Songpaiboon (2024).

## Implications for Preventive Medicine and Behavioral Health

The Wise Dietary Consideration Model may provide a practical framework for preventive medicine, dietary counseling, and health education by encouraging individuals to consider their consumption before making dietary

choices. Rather than focusing only on what is consumed, the model emphasizes consideration of what, why, how, when, and how much individuals consume. Through Wise Attention (Yonisomanasikāra), individuals may discern between true and artificial value, while Suitability (Sappāya-Kārī) and Moderation (Sappāye-Mattaññū) help align consumption with individual physical and mental conditions and appropriate amounts.

In practical settings, these principles may complement conventional nutritional assessment by helping health professionals and individuals consider the behavioral and psychosomatic dimensions of dietary choices, including physiological needs and the influence of emotional, social, environmental, and marketing factors.

### **Limitations**

This article focuses specifically on dietary behavior and wise dietary consideration in relation to anti-aging, building upon previous research on anti-aging through the synchronization of the Buddha's principles with medical science [(Brikshavana) Songpaiboon, 2024].

Aging is a complex and multidimensional process influenced by numerous biological, behavioral, psychological, social, and environmental factors beyond dietary consumption. Accordingly, the proposed model should be interpreted within the specific scope of this article rather than as a comprehensive explanation of all determinants of aging.

### **Conclusion**

The aging process should not be understood solely as a chronological phenomenon, but also as a self-reinforcing psychosomatic cycle influenced by behavioral, physiological, and psychological imbalances. This article proposes that inappropriate consumption behaviors, particularly the consumption of food and edible substances without wise attention, suitability, and moderation, may contribute to chronic stress, inflammation, disruption of homeostasis, cellular senescence, and the acceleration of biological aging through the Aging Loop.

Modern medical science explains the mechanisms underlying aging through physiological deterioration, chronic inflammation, oxidative stress, and progressive cellular degeneration. At the same time, the Buddha's principles provide a contemplative and behavioral framework that encourages careful

consideration of food and edible substance consumption through wise attention (Yonisomanasikāra), suitability (Sappāya-Kārī), and moderation (Sappāye-Mattaññū). Through the synchronization of these principles with medical science, individuals may become more capable of reducing psychosomatic stress, preserving internal equilibrium, and supporting healthier aging processes.

This integrative perspective highlights that food and edible substances are not merely matters of temporary pleasure, consumption trends, or symbolic value, but important factors capable of influencing long-term physiological and psychological well-being. The careful consideration of consumption behaviors may therefore serve as an important foundation for slowing the acceleration of biological deterioration and promoting sustainable health, resilience, Health Span, and Life Span.

The contribution of this article lies in positioning wise dietary consideration as a pre-decision process that guides consumption choices before they are made. Rather than addressing dietary behavior only after choices have been made, the proposed model emphasizes the importance of considering physiological and psychological needs, suitability, moderation, and the true value of food and edible substances before consumption occurs. By bringing this reflective process into the decision stage, the model offers a practical conceptual bridge between behavioral regulation and the physiological processes associated with healthy aging.

Ultimately, food and edible substances may either preserve internal balance or silently intensify degeneration. The acceleration of aging may therefore be influenced not only by what is consumed, but also by how wisely consumption is considered.

## References

- (Brikshavana) Songpaiboon, P. (2024). *The alternative ways of anti-aging through the Buddha's principles synchronized to the medical science* [Doctoral dissertation, International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University].
- Barzilai, N., Huffman, D. M., Muzumdar, R. H., & Bartke, A. (2012). The critical role of metabolic pathways in aging. *Diabetes*, 61(6), 1315–1322. <https://doi.org/10.2337/db11-1300>

- Campisi, J. (2013). Aging, cellular senescence, and cancer. *Annual Review of Physiology*, 75, 685–705. <https://doi.org/10.1146/annurev-physiol-030212-183653>
- Cannon, W. B. (1932). *The wisdom of the body*. W. W. Norton & Company.
- Cunningham, P. M., Roe, L. S., Keller, K. L., & Rolls, B. J. (2023). Variety and portion size combine to increase food intake at single-course and multi-course meals. *Appetite*, 191, 107089. <https://doi.org/10.1016/j.appet.2023.107089>
- Deliens, T., Clarys, P., De Bourdeaudhuij, I., & Deforche, B. (2014). Determinants of eating behaviour in university students: A qualitative study using focus group discussions. *BMC Public Health*, 14, 53. <https://doi.org/10.1186/1471-2458-14-53>
- Epel, E., Lapidus, R., McEwen, B., & Brownell, K. (2001). Stress may add bite to appetite in women: A laboratory study of stress-induced cortisol and eating behavior. *Psychoneuroendocrinology*, 26(1), 37–49. [https://doi.org/10.1016/S0306-4530\(00\)00035-4](https://doi.org/10.1016/S0306-4530(00)00035-4)
- Franceschi, C., Bonafè, M., Valensin, S., Olivieri, F., De Luca, M., Ottaviani, E., & De Benedictis, G. (2000). Inflamm-aging: An evolutionary perspective on immunosenescence. *Annals of the New York Academy of Sciences*, 908, 244–254. <https://doi.org/10.1111/j.1749-6632.2000.tb06651.x>
- Harman, D. (2006). Free radical theory of aging: An update: Increasing the functional life span. *Annals of the New York Academy of Sciences*, 1067, 10–21. <https://doi.org/10.1196/annals.1354.003>
- Hayflick, L. (1965). The limited in vitro lifetime of human diploid cell strains. *Experimental Cell Research*, 37(3), 614–636. [https://doi.org/10.1016/0014-4827\(65\)90211-9](https://doi.org/10.1016/0014-4827(65)90211-9)
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144–156. <https://doi.org/10.1093/clipsy.bpg016>
- Kristeller, J. L., & Wolever, R. Q. (2011). Mindfulness-based eating awareness training for treating binge eating disorder: The conceptual foundation. *Eating Disorders*, 19(1), 49–61. <https://doi.org/10.1080/10640266.2011.533605>
- López-Otín, C., Blasco, M. A., Partridge, L., Serrano, M., & Kroemer, G. (2013). The hallmarks of aging. *Cell*, 153(6), 1194–1217. <https://doi.org/10.1016/j.cell.2013.05.039>

- Monteiro, C. A., Cannon, G., Moubarac, J.-C., Levy, R. B., Louzada, M. L. C., & Jaime, P. C. (2018). The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing. *Public Health Nutrition*, 21(1), 5–17. <https://doi.org/10.1017/S1368980017000234>
- Payutto, P. A. (2021). *Buddhadhamma: The laws of nature and their benefits to life* (R. P. Moore, Trans.). Buddhadhamma Foundation.
- Rolls, B. J., Rowe, E. A., Rolls, E. T., Kingston, B., Megson, A., & Gunary, R. (1981). Variety in a meal enhances food intake in man. *Physiology & Behavior*, 26(2), 215–221. [https://doi.org/10.1016/0031-9384\(81\)90014-7](https://doi.org/10.1016/0031-9384(81)90014-7)
- Tiggemann, M., & Zaccardo, M. (2015). “Exercise to be fit, not skinny”: The effect of fitspiration imagery on women’s body image. *Body Image*, 15, 61–67. <https://doi.org/10.1016/j.bodyim.2015.06.003>
- Trepanowski, J. F., & Bloomer, R. J. (2010). The impact of religious fasting on human health. *Nutrition Journal*, 9, 57. <https://doi.org/10.1186/1475-2891-9-57>