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"Making longevity healthcare more widely adopted will require greater awareness, and accessible diagnostic services"

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India's healthcare landscape is gradually shifting from reactive treatment towards preventive, predictive and personalised care. Longevity healthcare is emerging as an approach that goes beyond routine health check-ups to assess biological ageing, metabolic function and overall physiological health. In this context,Â BioSpectrum interacted with Dr Chirantan Bose, Co-founder, Vytalyou, to understand how the company is advancing predictive longevity healthcare through AI-powered diagnostics, personalised health assessments and regenerative medicine.



What are the key areas of healthcare that Vytalyou focuses on, and what services does the company offer?

The vision of Vytalyou is to add healthy years to life. At Vytalyou, we deliver personalised preventive health programs to counter the rising incidence of chronic non-communicable diseases in India like diabetes, heart diseases, metabolic syndrome, fatty liver and neuro-muscular degenerative conditions. Vytalyou combines medical diagnostics with AI-based health prediction and regenerative medicine under one roof. Our offerings include in-house pathology, radiology, cardio-respiratory assessments, genomics, cancer screening, gut microbiome and body composition evaluation. These are coupled to generate the 'Vytalyou Predictive Longevity Report' which is then complemented by physician-supervised interventions encompassing IV therapies, hyperbaric oxygen therapy (HBOT), photobiomodulation, cryotherapy and specialised pain-management therapies. Our approach is to predict impending health issues much early and improve their quality of life.

How is the concept of longevity healthcare different from conventional preventive healthcare and routine health check-ups?

Routine health checks label results as normal or abnormal. A normal report is not always optimal. That's where Vytalyou's Longevity science goes beyond identifying disease to understanding how the body is ageing and implement an action plan in the pre-symptomatic phase, thus shielding one from hospital visits. At Vytalyou, our objective is to compress morbidity—to add healthy years, not merely years of life. By examining cellular health, metabolic function, inflammation and organ-system ageing, we aim to identify early changes and support interventions that help preserve physiological function over time.

How are advanced diagnostics and emerging technologies helping improve early health risk identification and personalised healthcare?

What if you were to know your major health risks in advance and get access to technologies that could possibly reverse some of those pathologic mechanisms so that you could add healthier years. Yes that would be an intelligent investment on yourself. Vytalyou's predictive longevity evaluation combines in-house laboratory investigations, radiological imaging, cardio respiratory assessments and genomics to generate over 2,400 data points for an individual. These provide insights into metabolic, cardiovascular, inflammatory and organ-specific health indicators. The ability to examine multiple parameters together helps identify risks that may remain undetected during routine assessments. A detailed clinical consultation thereafter opens doors to a range of personalized biophysical and biochemical interventions that are aimed at enhancing cellular function and biological age.

What role do AI-powered assessments and data-driven insights play in understanding an individual's health and developing personalised care plans?

Our Predictive Longevity Evaluation uses an AI algorithm co-developed with IIT Bombay, incorporating more than 200 risk-scoring formulae to interpret an individual's health profile. The Predictive Longevity Report provides insights into biological age, organ-system ageing, a composite Longevity Score and potential health risks over a 5–10-year horizon. However, technology alone does not determine treatment. Our specialist doctors interpret these findings alongside individual physiological parameters and health goals to develop personalised longevity programmes. Repeat diagnostics subsequently help evaluate changes and monitor progress.

What are the major challenges in making preventive and longevity-focused healthcare more accessible and widely adopted in India?

One of the biggest challenges is India's predominantly symptom-led approach to healthcare, where medical attention often begins after a disease has become established. Preventive healthcare also receives a relatively small share of healthcare expenditure, while awareness towards assessing health risks early remain limited. Accessibility and affordability of comprehensive diagnostics and specialist-led interventions are additional considerations. Making longevity healthcare more widely adopted will require greater awareness, accessible diagnostic services and medically supervised programmes that translate early risk identification into meaningful preventive action.

How is the demand for personalised and preventive healthcare evolving in India, and what opportunities does this present for the longevity healthcare sector?

India faces a substantial burden of cardiovascular disease, cancer, respiratory disease and metabolic disorders, many of which have detectable pre-clinical phases. This creates an opportunity to shift healthcare towards earlier risk identification and personalised intervention. We are seeing the importance of moving beyond reactive medicine and aesthetics-led wellness towards clinically grounded longevity care. Integrating diagnostics, predictive assessments and medically supervised interventions can help address this gap and make preventive healthcare a more continuous, measurable process.

What are Vytalyou's future plans in terms of service development, clinical capabilities and expansion across India?

Our immediate focus is to expand our Mumbai network to three centres, including our existing Powai facility, with the longer-term ambition of reaching 10 locations across India. Alongside geographical expansion, we aim to strengthen our diagnostics-led clinical model and expand our capabilities across predictive assessments, preventive and regenerative therapies, physiological enhancement and recovery. Our focus remains on building a medically supervised longevity network where interventions are personalised, outcomes are measured and healthcare is directed towards improving healthy years of life.

Vrushti Kothari

(vrushti.kothari@mmactiv.com)