

IMMUNITY BOOSTING THROUGH TRADITIONAL PLANTS OR HERBS

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For thousands of years, biological components of plants and animals have been employed in pure forms or raw extracts for numerous ailments by humans. Herbs are employed in people's lives as a basis for medicine in different ways. A variety of herbs with immune-boosting characteristics have been the focuses of the research attention to assist reduce the health risk. Diverse herbs, including flavonoids, lignans, terpenoids, polyphenolics, sulfides, saponins, carotenoids, plant sterols, and phthalides, have been detected in a wide range of plant compounds. Many plants have powerful antioxidant properties that protect them against chronic illnesses. The chemicals can protect against oxidation of LDL cholesterol, block cyclooxygenase and lipoxygenase enzymes, prevent fat peroxidation, or have a high immune system anticancer activity. This ancient medicinal discipline has long said that extracts from plants may do a lot to consolidate the body. According to Ayurveda, only when the seven layers (Rasa, Mamsa, Rakta, Medha, Majja, Asthi, and Shukra) of our body are strong are our body resistant to illness. Plant-based nutrients have raised the useful intestinal bacteria to form 85% of the immune system. Users with enough water can encourage health and conquer this infection by using minerals like magnesia and zinc, micronutrients, herbs, high-vitamin C and D and E, and healthier living. Our immunity will increase if the seven layers operate together. It's your body's delicate and undetectable nature that keeps you healthy. Ayurveda says that some herbs and plants might produce ojas to enhance our immunity.

Here are a few herbs that will help your body produce more immunity and keep your body immune during this deadly prevailing coronavirus (covid -19) at bay.

Moringa (*Moringa oleifera*):

Moringa is a plant that prevents numerous issues of health. And it should be your go-to herb to improve your immunity throughout the COVID-19 outbreak. It has 7 times as much vitamin C as oranges. The main ingredient to establish robust immunity for our bodies is vitamin C. Not all of this; moringa also includes several other essential nutrients that build and mend your cells, muscles, tissues. Consume moringa due to its rich potassium, iron, calcium, and amino acid content.

**Neem (*Azadirachta indica*):**

Neem has been widely utilized as a booster of immunity from time immemorial. Thanks to its anti-viral, antibacterial and anti-fungal characteristics, it is particularly useful in keeping the body secure from assault by hazardous organisms. Your blood can be also cleaned by Neem. It cleanses the blood and can reinforce the immunity of pollutants.



Tulsi (*Ocimum tenuiflorum*):

Tulsi is another plant of wonder that Ayurveda favors a lot. The main defense against COVID-19 might be this fragrant leaf. A strong germicide is Tulsi or basil. It can effectively find germs, viruses and bacteria when they enter and kill your body, because of its phytochemicals and antioxidants. Just chew in the morning a few leaves. You can add a few



drops of heated water to your meals with tulsi leaves.

Ashwagandha (*Withania somnifera*):

Ashwagandha is an adaptogen that can reduce stress. Stress reduces your immune response to viral infections and leaves the body susceptible. Use ashwagandha to lower the risk of coronavirus infection during this pandemic. The brain function can be boosted, blood sugar and cortisol are reduced and the symptoms of anxiety and sadness can be combated. It may improve body composition and increase strength. Ashwagandha has shown that natural cell killer activity increases and inflammatory marks reduce



Triphala (myrobalans):

Three fruits, haritaki, bibhitaki, and amla, have antioxidant capabilities in the Triphala. Vitamin C and vitamin A are loaded - they enhance your immunity. better start your day with Triphala. Triphala is usually utilized in favor of digestion as a gentle cleanser for bowels. The synergistic effects of the three components are unique in the detoxification and rejuvenation



of the body.

Ginger (Zingiber officinale):

Ginger was an old flu and common cold treatment. It can work with COVID-19 as well. It is made of gingerol – an antioxidant that enhances and kills viruses in our immune system. Ginger is very effective for avoiding infection in the respiratory tract. Fill your food with ginger, or you may consume it raw. It also has Anti-oxidative stress effects, Anti-inflammatory effects, Anti-diabetic effects, and also anti-cancer effects.

**Garlic (Allium sativum):**

Just like ginger, garlic too will protect you from coronavirus by stimulating your immunity. It includes a vegetable chemical allicin which functions as a germicide. But note, eat it raw or

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partly cooked to make the most of garlic. Chronic inflammation comes from extended immunity activation or inability to resolve immune response and is linked to several ill-health conditions including metabolic syndrome, high blood pressure, atherosclerosis, diabetes, and arthritis. Tissue damage due to an overactive immune system causes a loop in which an



immune system tries to remediate the damage, causing more inflammation and perhaps harm

Turmeric (*Curcuma longa*):

Whenever elders say you ought to drink turmeric, they are right. Curcumin is a phytochemical substance that may eliminate toxins in the body and enhance the immune system to combat bacteria and germs. Add a dash of turmeric or drink it with milk for your meals. It helps in Respiratory Ailments, Upper Respiratory Tract Problems, Reduces Inflammation, and Inhibit Viral Replication. It is a Powerful Anti-Oxidant, Delays Diabetes, Reduces the Risk of Heart Diseases and cancer also helps in the Treatment of Alzheimer's Disease.



Lemon (*Citrus limon*):

Lemons are a good source of antioxidants, vitamin C, and flavonoids. Antioxidants help to remove free radicals from your body which may damage cells. Such nutrients can prevent illness and improve health and wellbeing. One 58 gram (g) lemon can provide over 30 milligrams of vitamin C. It helps in lowering blood pressure, lowering stroke risk, maintaining a healthy complexion, preventing asthma, and Boosting the immune system.



Mulethi (*Glycyrrhiza glabra*):

Liquorice or Yashtimadhu is an effective home cure to a range of conditions including toxins and colds, also often known as mulethi. Mulethi is delicious to taste, it's thin and heavy and effective in the treatment of Vata diseases, according to Ayurveda. Glycyrrhizine – a mulethi-

contaminated saponin is recognized for its anti-microbial effect. The root is polished and had to increase immunity with sweetness and ghee. It is supposed to be an anti-aging and natural revitalizing agent. Some studies also showed that mulethi has a good influence on brain function.



Amla (Emblica Officinalis):

It may be one of vitamin C's greatest sources and is ideal for total immunity since it may restore and revitalize the body's systems. Amla is in nature refreshing and can contribute to removing excess body heat. In the gastrointestinal tract, it is also useful. Amla is also supposed to boost red blood cell renewal and enhance the body's hemoglobin level. It can assist to alleviate joint problems due to its anti-inflammatory qualities. Amla is frequently used in powder, but also as pills and liquid extracts. Amla in raw form is finest consumed. Amla powder may be ingested twice a day by combining it with honey, an ayurvedic combination that reduces physical and mental weariness and boosts immunity.



Conclusion:

The worldwide pandemic called COVID-19 is more likely for those with inadequate immunity. To aid or increase the immunity of plant-based diets, beneficial microorganisms in the body are promoted. Different vitamins such as C, D, and E are explored to produce key immune improvement elements. Many chemical compounds in the form of alkaloids, flavonoids, terpenoids, polysaccharides, lactones, and glycoside compounds produce immunomodulation changes. However, these investigations are usually needed to acquire adequate dosage and formulations for the discovery of medications or vaccines. Scientists should be made accessible for the design of clinical studies for this goal to provide scientific proof and thorough pharmacodynamic knowledge connected to medicinal plants. Integration of this notion undoubtedly would soon generate medication treatments.

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