

Immunity Boosting Herbs

**Harshita Jain^{1*},
Nitin Nama¹ and
Peehu Kaushik²**

¹Career Point School of
Pharmacy, Career Point
University, Kota

²Kota College of Pharmacy,
Kota



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*Corresponding Author

Harshita Jain^{*1}

E-mail: harshita13jain@gmail.com

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INTRODUCTION

In traditional system of medicines, immunity means ojas which suggests “resilience of body against the disease”. Your ojas become strong when your body gets enough nutrition. From past, to reinforce the Ojas, acharya or siddhas promoted the utilization of Rasayana (Rejuvenation). Rasayanas are the agents which produce resistance against the diseases, both physically and mentally, for improving overall health. The uses of various sorts of Medicinal Plants are described in Ayurvedic system of medicine for improving overall immunity. The more important function of herbs is that they help to cleanse toxins and help to spice up our immunity.

BEST IMMUNITY BOOSTING HERBS

Garlic (*Allium sativum*)

It is also known as Lehsun which contains allicin, arginine, selenium and flavonoids. The ultimate ingredient for delicious spicy recipes. It is recommended to regulate blood pressure, lower cholesterol levels, build immunity against germs and to purify blood. Garlic is rich in sulphur which makes it stinky and strongly aromatic.



Giloy (*Tinospora cordifolia*)

Giloy is also called "root of immortality" which is a power house of antioxidants and it is one of the most popular ayurvedic herbs to boost immunity. It is having the property to removes toxins from the body, purifies the blood and fights bacteria. It is beneficial for people with liver disease. And it is also used to treat different types of fevers.



Ginseng (*Panax ginseng*)

Normally two main types of ginseng: Asian or Korean ginseng (*Panax ginseng*) and American ginseng (*Panax quinquefolius*) which have different benefits. It contains ginsenosides which is responsible for improve the immunity at to regulate blood sugar. They also reduce inflammation as they having anti-inflammatory activity.



Ginger (*Zingiber officinalis*)

It is also known as Aadrak or Shunti, it contains an antioxidant which is gingerol that increase our immune system and helps to kill viruses. It is also recommended for treat different diseases like cold, cough, pneumonia, asthma and bronchitis.



Ashwagandha (*Withania somnifera*)

It is the more powerful immune-boosting herbs, which helps the body to adapt and fight stress. It is known as Adaptogens which means they decreases stress level. It is useful when you get sick or under excessive exposure to pathogens.



Amla (*Emblica officinalis*)

It is the main source of vitamin C which have properties that enhance the immune system. Drinking Amla juice on an empty stomach in the morning which helps in boosting our immunity. After sunset amla is not recommended.



Turmeric (*Curcuma Longa*)

The curcumin is the main chemical constituent which is present in turmeric having properties that improves immune system. It also helps the people with chronic conditions like diabetes, arthritis, asthma, etc. Drink turmeric milk. You can add turmeric in your food and milk to increase immunity.

CONCLUSION

There are various ways to boosting our immune system like exercise, diet, lifestyle, relaxation and good sleep. But practically the medicinal herbs play an important role for boosting the immunity system. The herbs which is discussed above have various chemicals constituents which boost the



immune system in many ways like they Strengthens the immune system, Stimulates body's natural defences to kill microorganisms, viruses, bacteria, allergens, moulds and parasites, Acts as an antioxidant. In this way, natures immunity booster will strengthen the whole body helping to enjoy a better quality of life.