

# Enhancing Immunity through Diet, Herbs and Natural Therapies - A Review

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**Abstract:** *Immunity is a body defence mechanism to fight a various diseases caused by a different microorganism like a bacteria, fungi, viruses and parasites. The impervious system is to much complex. It is a made up of a different types of a cells and proteins that they have a different work to do fighting against foreign object. Make our immunity stronger using different types of immune boosters such as a diet, herbs and some of natural therapies. Herbs or supplement help in a improving a immune system .Vitamin c ,zinc and a glutathione are effective in a boosting a immunity. They are enhance a count of few immune cells as well as it is a reduce stress within cells. Diet, herbs and natural therapies work as many ways. They improve white blood cell in a immune system and shows antioxidant properties .This review article gives an overall view about some natural herbs like Asafoetida (Indian name- Heeng ), Basil ( Ocimum sanctum Linn; Indian name-Tulsi ) ,Garlic (Allium sativum; Indian name -Lahsan), Peppermint (Mentha piperita ;Indian name - Pudina ) ,Ginger (Zingiber officinale Roscoe ) ,Cinnamon (cinnamomum; Indian name -Dalchini ), Turmeric (Curcuma longa ;Indian name -Haldi ) that have been a proven clinically for their strong immune activities.*

**Keywords:** Medicinal Plants, Importance of Immunity, Diet, Herbs

## 1. Introduction

The body defences is one of our more complex biological systems in the body. role of each system is to distinguish self from a non-self . [1]

Immunization occurs in a two way such as a active or passive. Active immunization involves stimulation and passive immunization involves administration.

The immune system is our most important system and its main function is to keep us healthy. If we eat foods which are completely fresh and full of vitamins, enzymes and minerals, our immune system will be able to continue its fights against viruses, bacteria, parasites, virus and detrimental materials. [3] Nature has blessed mankind with many medicinal herbs which provide effective and proper remedies to respective health disorders. The medicinal herbs permit the people to boost their immunity in times of health emergency like n coronavirus. [4] individuals are know the new ideas of isolate and self separation and attempting to utilize therapeutic spices which support invulnerabilities. It is important to follow association among many herbal remedie. In the wake of the Covid-19 breakout, the evolution, preservation and optional functioning of immune cells are dependent on sufficient nutrition. [5]

Traditional medicine has been a rich resource for disclose novel lead molecules for modern drug discovery.natural products derived from manyherbal remedie are conceivableapplicant for immune boosting therapeutic drugs.

In synopsis, take all the above nourishments for keeping a resistance guard just as coming to a solid and take multivitamins and mineral enhancements.

Numerous therapeutic properties used to treat a few problem. Role to play bactericidal, bacteriostatic, organisms static, antifertility, anthelmintic and other restorative properties and furthermore think to help digestion. [6]

### Carom Seeds (Ajwain) Black Pepper

It is a customary Indian flavor used to resistant enhancer for the treatment of hack and cold. Black pepper is likewise utilized in alleviation from sinusitis and nasal blockage .Its assistance to separate the bodily fluid mucus statement in the respiratory tract. [7] Black pepper contain mitigating, cancer prevention agent, against bacterial and fever decreasing activities and furthermore shows insusceptible framework upgrading properties. Dark pepper and cardamom constituents utilized as a possible restorative apparatuses to direct fiery reactions and furthermore forestall carcinogenesis. [8]

### Turmeric

Curcumin is an orange-yellow segment of turmeric. Traditionally is shows calming effects. Polyphenol shows cell reinforcement, antiviral and antifungal properties of curcuminoids. Human preliminaries utilized around the 800 to 2500 mg of curcumin every day for 3 months found no harmfulness from Curcumin has been appeared over the most recent twenty years to be a strong immunomodulatory specialist that can control the initiation of T cells, B cells, macrophages, neutrophils, normal executioner cells, and dendritic cells. [9] Curcumin shows helpful impacts in joint pain, sensitivity, asthma, atherosclerosis, coronary illness, Alzheimer's infection, diabetes, and malignancy. Its shows capacity to control the invulnerable framework.

Contain many important chemical compounds, minerals, vitamins and essential oils like cineol (50%) eugenol, chavicol, acetyl eugenol, methyl eugenol, and  $\beta$ -pinene, phellandrene, linalool, geraniol, and terpineol.

One teaspoon full of turmeric powder mixed in hot milk 2 times a day boosts immunity in a viral infection. [10]

### Ginger

Ginger is a antibiotic, antimicrobial and anti – inflammatory compound. It is effective in sore throat, intestinal gas and dispel nausea.

Its content high antioxidant that help to the enhance immune response system. Ginger tea use for stomach upset and remove nauseousness. It is a Used for the treatment of illnesses and conditions, for example, fiery and respiratory ailments. [11] Helpfull impacts of a ginger concentrate on the resistant framework cells and antibodies, hematology, and thyroid chemicals in male smokers and non-smokers.

### Cinnamon

Cinnamon is a high in immune – boosting antioxidants and antidiabetic effects and help to cut possibility of cardiac infection.

It's work for medicinal properties for thousands of years. It fights agains inflammation, heals damage of tissues. Cinnamon shows antimicrobial, antiviral, antioxidant, antifungal, antiviral, antitumor, antihypertensive, antilipemic, antidiabetic, gastroprotective and immunomodulatory effects. Use of cinnamon treat throat infection. [12]

### Asafoetida

Asafoetida is sulfurous smelling gum resins that's extracted from furula plants. Its conventional floor into a fine particles and work for the medicinal qualities.

Its act as a carminative, antispasmodic, expectorant, sedative, diuretic, anthelmintic, aphrodisiac and emmenagogue. [13]

It is work for care of the chronic obstructive pulmonary disease and pertussis. Fetid odour of asafoetida react as a disincentive to microbe. Roots of asafoetida produce a natural antiviral compounds .[14]

It has antifatulent qualities, therefore it attach to plate consist of more variety of pulses. [15]

### Garlic

Garlic is a superfood, used to treat a many types health related issues. Pungent smelling herbs found in every kitchen. It shows the antimicrobial, antibiotic anti-inflammatory properties. [16]

Garlic contains as a compound which increase white blood cell in the body. Which kill bacteria and virus .increase quantity of garlic in your nourishment to improve your immune system.

Garlic enhances immune system response by stimulating and protecting immune cells which is safeguard against viral infection. [17]

It shows a antiviral activity in case of some variety of microbe as a cytomegalovirus .it is also used to treat fungal and parasitic infections. [18]

Fresh, crushed garlic is act as cardioprotective and also prevent the development of atherosclerosis. Its consumption helps to lowering blood pressure, also lowering blood cholesterol levels. [19, 20]

## 2. Conclusion

There are certain ways to improve the repellent such as healthy diet, physical exercise, sleep. Many study have show that diet and herbs provide nutrients that can boost immune function. Herbs, diet and other plant foodstuff are wealthy in colorant, they help to reduce a oxidative stress .Medicinal plant available as medicine to fight against viral diseases .More population should be covered under the survey to create recognition about the natural products and their health benefits .The present study shows that people are very aware about natural immune booster and the benefits.

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