# **Best immunity booster ayurvedic medicine**



Ayurveda is a traditional Indian medical system. It sustains health and wellness by balancing the mind, body, and spirit. Ayurveda prevents instead of curing disease.

It's based on ancient scriptures that advise a "natural" and comprehensive approach to bodily and mental well-being. The Indian traditional medical system of Ayurveda is one of the oldest. The ayurvedic system includes products derived from plants and animals, metals, minerals, along with food and exercise. It is well known that herbs contain medicinal properties. Antioxidants, immunomodulators, antimicrobials, anti-inflammatory agents, digestive aids, etc. On the other hand, Herbs have a vital purpose in that they aid in detoxifying pollutants, which helps to enhance our immune.

Due to the overall rapid increase in Coronavirus infections throughout the world, it is now crucial to take preventative steps to limit the risk of infection. This is why having a healthy and robust immune system is so important.

## **Benefits of Ayurveda**

Ayurveda encourages you to recognize that being healthy is your body's natural condition. It is claimed to be "optimum health" when individuals and their surroundings are in harmony. The body is considered out of balance when suffering from worry or illness. Experts believe that because imbalance does not happen overnight, everyone has the opportunity to slow down or perhaps avoid it entirely. A thorough diagnosis may determine the core cause of an ailment or condition, and a treatment plan can be devised. When you know what's causing the imbalance, you may address it with the recommended treatments or eat a balanced diet. Western medicine tends to focus on treating illnesses. Western medicine has been trying to catch up to ancient knowledge about preventative health. In contrast, Ayurvedic medicine has given practitioners several tools to preserve health and avoid disease for thousands of years.

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### **Himalaya Wellness Brahmi**

Brahmi is acclaimed for its mind-enhancing powers, and this mixture is often praised as a potent mental tonic. It helps brain chemicals involved in concentration, learning, mental stability, and memory work correctly. Relaxes the mind while also acting as a powerful antioxidant, scavenging reactive brain species and preventing unnatural age-related brain deterioration.

* **Description of the Himalaya Wellness Brahmi:** Brahmi means 'something which promotes intelligence,' It is often regarded as a powerful brain tonic (nootropic). Enhances cognitive capacities by improving particular brain chemicals related to thinking, learning, and remembering. Calms the mind, improves thinking clarity, and aids memory consolidation. It provides robust antioxidant neuroprotection by regulating critical enzymes involved in the brain's formation and scavenging of reactive oxygen species. This aids in the reduction of age-related brain deterioration. Brahmi (Bacopa monnieri) whole plant extract - 250 mg each pill.
* **A vital benefit of the tablet:** Brahmi enhances cognitive capacities by improving specific brain chemicals involved in thinking, learning, and remembering. Ideal for young adults and working professionals who need to boost mental agility, memory, and learning.
* **Direction for Use:** Take 1-2 pills twice a day or as prescribed by your doctor.
* **Safety Information:** The material on this page is provided for educational purposes only and is not meant to diagnose, treat, or prevent any illness or health condition. Netmeds.com can not vouch for the accuracy or trustworthiness of this information.
* **Disclaimer:** It's Important to Know This product is entirely vegetarian. Sugar, artificial colors, artificial tastes, preservatives, and gelatin are all eliminated. Special Requirements: Please notify your physician.

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### **Planet Ayurveda Immune Booster Capsules**

This immune booster is a powerful herbal remedy that strengthens the immune system while also treating a variety of other diseases. It's frequently given to kids who have a lot of sinus infections, throat infections, colds, and coughs. In children, adults, and the elderly, it prevents respiratory tract infections, flushes out toxins, cleanses the body, and creates long-lasting immunity.

* **Description of the Ayurveda Immune Booster Capsules**: The traditional composition of Planet Ayurveda Immune Booster pills aids in the maintenance of a healthy immune system. Grapeseed, Go-Piyush, Bhumi Amla, and Amalaki are used to make it.
* **A vital benefit of the tablet**: Immune Booster pills are effective against respiratory infections and help to improve long-term immunity. It cleanses the body by removing poisons from it.
* **Direction for Use**: Take 1-2 capsules twice a day with pure water after meals or as prescribed by the doctor.
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### **Sri Sri Tattva Amla**

This high in amla, this formulation has potent antioxidant effects that protect the body from infections and strengthen the immune system. It also cleanses the blood and removes toxins and other waste from the body. Amla pills also rejuvenate the skin, heal acne, minimize hair loss and premature greying, strengthen the immune system, and keep infections at bay.

* **Description of the Sri Sri Tattva Amla:** Amlaki, also known as Indian Gooseberry, is a powerful hydrating lotion. It aids in the relief of all three doshas. It can treat eye problems, hair loss, and diabetes. It has anti-aging properties and is an excellent aphrodisiac. It also has anti-oxidant properties.
* **A vital benefit of the tablet**:

1. Acts as a potent antioxidant and improves physical and mental health
2. Increases immunity and helps in digestion
3. Improves memory and increases hemoglobin
4. Helps to fight against aging effects
5. Improves eyesight
6. Reduces pigmentation
7. Gives strength to the liver, kidneys, and heart
8. Has rejuvenating properties
9. Promotes the health of skin, bones, blood, and brain

* **Direction for Use**:1-2 pills twice a day, or as directed by your doctor.
* **Safety Information**

1. Before using, carefully read the label.
2. Do not take more than the suggested amount.
3. Avoid reaching children with this product.
4. Place in a cold, dry, and dark location.
5. Keep out of direct sunlight.

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## **Conclusion**

Our body is our first line of defense, and it is responsible for keeping disease-causing germs away from us, lowering our chances of being ill. There are several strategies to improve your immune system, and Ayurveda is one of the most popular. Several plants have been utilized for centuries to make Ayurvedic medicine, aiding with immunological health. Your immunity determines the protection of your body and mind from environmental hazards. Ayurveda emphasizes good preventive care by improving your immunity, in addition to treating ailments naturally by bringing your raised doshas to a balanced condition.