



Boost Your Immune System



FAQ ON BOOSTING IMMUNITY

Ministry of AYUSH has recommended Ayurveda's immunity boosting measures for self care during COVID 19 crisis. In the wake of the COVID 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Let's understand some basic information and recommended measures.

This small informative FAQ is prepared for reference by our employees at Rourkela Steel Plant.

1. What is meant by immunity? How Can I boost my immunity?

Immunity is our bodies' ability to provide resistance or protection against diseases and infections caused by pathogens such as viruses, bacteria, parasites, and other harmful microorganisms. So, naturally, we can increase the ability of our body to fight against illness by consuming foods, fruits, vegetables, or even artificially designed supplements.

All the parts of our body that help us fight against diseases and help improve our immunity are collectively named as the immune system. Our immune system has the ability to detect harmful bacteria and viruses that enter our body – these cells, also known as antigens, attack them by producing 'antibodies.'

2. What are general measures for enhancing immunity?

- a) Drink warm water throughout the day.
- b) Practice Yogasana, Pranayam and meditation daily for at least 30 minutes as advised by Ministry of AYUSH.
- c) Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

3. What are the Ayurvedic Immunity Promoting Measures for enhancing immunity?

- a) Take Chyavanprash 10gm (1tsp) in the morning. Diabetics patients should take sugar free Chyavanprash.

- b) Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- c) Golden Milk (Haldi Milk) - Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

4. Is there any simple Ayurvedic Procedures for enhancing immunity?

- a) Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- b) Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

5. What should I do if I have dry cough / sore throat?

These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

- a) Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) with haldi (turmeric) powder can be practiced once in a day.
- b) Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

6. Is there any signs / symptoms of weak immune system?

The symptoms of a weak immune system can include the following:

- a) Inflammation of the internal organs.
- b) Digestive issues, including loss of appetite, diarrhea and abdominal cramping.
- c) Blood disorders or abnormalities, such as anemia.
- d) Autoimmune disorders.
- e) Growth and developmental delays in infants and children.

7. How can I boost my immune system quickly?

Following are healthy ways to strengthen our immune system:-

- a) Don't smoke.
- b) Eat a diet high in fruits and vegetables.
- c) Exercise regularly.
- d) Maintain a healthy weight.
- e) Get adequate sleep.
- f) Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.

8. What foods are good for boosting the immune system?

Foods that boost the Immune System includes:-

- a) Citrus fruits.
- b) Red bell peppers.
- c) Broccoli.
- d) Garlic.
- e) Ginger.
- f) Spinach.
- g) Yogurt.
- h) Almonds.

9. What are home remedies to boost our immune system?

Eat more vegetables. Vegetables, as well as fruits, nuts, and seeds, are loaded with nutrients that we need to keep our immune systems in top health. In particular, cruciferous vegetables like cabbage, kale and broccoli help support liver function, a key part of our bodies' natural detoxification process.

10. Does our immune system get weaker as we get older?

As we age, our immune systems develop defenses against antigens. Our immune system starts a rapid decline when we reach 65 years of age. As the immune system weakens the risk for becoming ill increases.

11. Who are the people at a higher risk of having Covid 19 complications? How can we build defenses against it?

Individuals in certain pre-existing illnesses like diabetes, hypertension, cardiovascular disease and respiratory issues are at a higher risk of having Covid 19 complications. However, we can practice a healthy lifestyle to build defenses against infections. These could be done through:-

- a) Dietary food habits:- Certain foods like mushrooms, tomato, bell pepper and green vegetables like broccoli, spinach are also good options to build resilience in the body against infections.
- b) Sleeping well for 7-8 hours:- Lack of sleep prevents the body from resting and this impairs other bodily functions that will have a direct impact on immunity.
- c) Keep body hydrated:- Drinking 8-10 glasses of water every day keeps our body hydrated. Hydration helps flush out the toxins from the body and lower the chances of flu.
- d) Exercise regularly:- Regular exercise improves metabolism, which has a direct correlation with body immunity. Exercise regularly for 30 to 45 minutes, depending on your stamina. Even light exercise helps in releasing the toxins from the body.
- e) De-stress & improve mental well-being:- Stress is known to have an adverse effect on immunity. To relieve stress practice meditation. There are several channels on YouTube that have instructional resources to help you meditate.

(Source: Websites of Ayush Mantralaya/HBR Health/WHO etc)
