

Five Traditional Ayurvedic Superfoods In Our Kitchen That Can Boost Immunity

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Building strong immunity is not something that requires rocket science but a little discipline in life. With a good diet, regular exercise and proper sleep, one can have a healthy and strong immune system to defeat any infection that enters the human body.

The struggle begins with what comes under a good diet because all the nutritious foods can't be consumed at the same time. For instance, according to Ayurveda, the best time to eat fruit is in the morning. So having fruits like bananas, peaches or pears (fruits which can be consumed empty stomach) at some other time of the day would not be that beneficial for the body as compared to having them in the morning.

Let's discuss a few easily available Ayurvedic solutions that could make your immunity healthier and stronger:

1. Amla (Indian Gooseberry)



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It is considered as a storehouse of Vitamin C. Amla has a very important and frequent role in various formulations and treatments in Ayurveda. This green fruit not only is a source of Vitamin C but Calcium, Potassium, Iron and Vitamin B-Complex.

The anti-oxidants present in it help in fighting free radicals; Vitamin C keeps the hair color black and it acts as a shield against all the infections.

2. Khajoor (Dates)



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Mention of Khajoor in Ayurveda takes place quite frequently. People don't just find it delicious and fleshy but it also carries some beneficial nutrients and immunity-boosting properties.

It is a rich source of Iron, Magnesium, Selenium, Copper, Zinc and Vitamins A & B. Due to the abundance of iron in it; people with anemia are often recommended having dates. They are easy to add to your diet as dessert.

3. Moong Beans (Moong Dal)



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Do you often experience lethargy, tiredness, or irregular bowel movements or notice a thick white coating on the surface of your tongue? Ayurveda suggests moong dal for such conditions because of its rich fibre content along with other essential vitamins, proteins and minerals.

The best way to get its maximum health benefit is by having moong dal khichdi.

4. Ghee



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In Ayurveda, ghee is used for both medicinal and cooking purposes. Rather than just healing or shielding from one particular disease, ghee helps in balancing your complete body function.

One such ghee is Jiva A2 Ghee, which is sourced from the highest quality A2 milk from Gir cows. It has optimum levels of OMEGA 3 & OMEGA 6 fatty-acids which help in making the brain, heart, nervous system and eyes healthier, and boosts immune function naturally from within.

5. Turmeric



Every one of us must have heard from our grandparents to drink turmeric milk when sick or wounded. Turmeric is suggested because of its immunity-boosting power and immense healing properties.

It can be found in everyone's kitchen, is used to enhance the colour and taste of the food. It also protects us from heart diseases and improves blood circulation in the body.

~ With Inputs from Dr Partap Chauhan, Director of Jiva Ayurveda, who is an author, public speaker, TV personality and Ayurvedacharya.