

Before moving forward let us understand what immunity actually is. Our immune system is the body's natural defence system against illness and infections. It works non-stop in saving our body from diseases. A healthy immune system helps us go about daily life as we come into contact with germs and bugs from pets, people and the environment. It helps prevent diseases that could otherwise enter the body very easily and could have an adverse effect.

Ayurvedic texts suggest that prevention is an equally important aspect of disease management as a cure and thus, strengthening the immune system is a natural way to help the body fight against the disease-causing pathogens. Therefore, Ayurveda promotes the use of Rasayana (rejuvenating herbs) to enhance ojas and vyadhikshamatva (immunity). Furthermore, in order to combat infections that may enter the body, it is important to follow a good diet, exercise and sleep routine. Doing that not only helps boost immunity but also keeps our mind and body balanced and healthy.

As per Ayurveda, the below-mentioned foods can help strengthen and improve your immune system from within:

Amla (Indian Gooseberry)

It is considered to be a very rich source of vitamin C. In Ayurveda, amla forms an important part of numerous medicinal formulations. This green fruit contains ascorbic acid, as well as calcium, potassium, iron, and vitamin B-complex. Apart from all this, it is also rich in antioxidants, which aid in the battle against free radicals, helps keep hair colour dark, and acts as a bulwark against pathogens.



Khajoor (Dates)

Khajoor figures high and often in the list of Ayurvedic remedies. Not only does it taste great, but it also has many immunity-enhancing properties. It contains minerals like iron, magnesium, selenium, copper, zinc and vitamins A&B, and is often prescribed to people

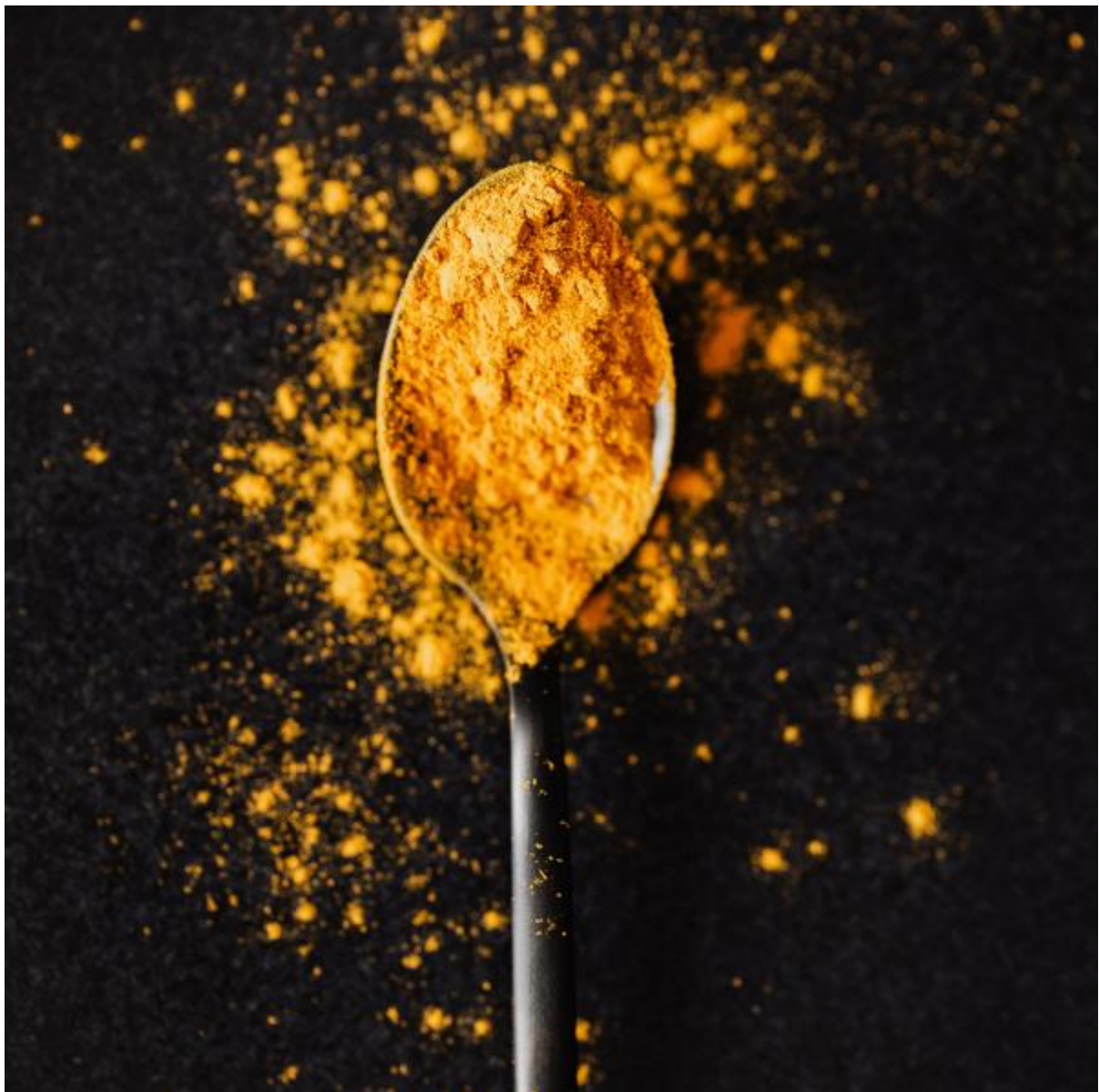
suffering from anaemia due to its high iron content. Further, it can be easily incorporated into our diet as a snack.

Moong Beans (Moong Dal)

Do you sometimes feel drowsy, sleepy, or have erratic bowel movements, or do you have a thick white film on the surface of your tongue? Moong daal is recommended by Ayurveda for such conditions due to its high fibre content as well as other basic vitamins, proteins, and minerals. A staple in Indian households, moong dal khichdi is the most convenient way of making the most of Moong Dal's nutritional benefit.

Turmeric

As children, whenever we would fall ill or sustain some injury, our grandparents would tell us to drink turmeric milk, a common time-tested and trusted home remedy. Turmeric is recommended because of its powerful anti-inflammatory property, which helps fasten the healing process. Besides, it also helps prevent heart diseases and increases blood supply in the body.



Ghee

Ghee is used in Ayurveda for both medicinal and culinary purposes. Ghee nourishes the body internally and rejuvenates the body tissues. Butyric acid found naturally in ghee helps in boosting the immune system.

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