

Development of immune boosters

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Abstract –

Immune system havean vital role in defencing behaviour in our body system. Food enriched with different type of phytochemical and vitamin rich is to be ingested so as for maintanceof our immune system. I have summarized some of the basic things which is a primary knowledge and these are easy to access and can be found easily. I have mainly focused on plant extract such as fruits and also physical activity. Immunity is boosted so good enough if we take care of our diet. As far as the food intaking in our daily life is on balance or enhancive then immune system is balanced accordingly. Many researchers are trying to identify those particular antioxidants, vitamins, and other therapeutic agents which is useful in treatment as also replace vaccines etc .

Plant extracts are considered as best for therapeutic agents. Milk and its product are also best benefits for our immune system. We should maintain our sleeping pattern and maintain a regular diet so as it will keep awake our immunity always alert.

Regular Yoga and Exercise can cause our immunity to strengthen up so as we are exposed to different pathogens every day. Even if we are taking good diet but exercise are necessary. The fighting cell such as macrophages ,neutrophills, natural killer cells are the main barrier to antigens . Development of immune boosters simply confers to that the food which are beneficial to our health as so long it have the ability to treat diseases .

So we can simply say as healthy diet creates a healthy mind and healthy mind creates a healthy day.

Key features includes here is vitamins , minerals , fruits , dairy product , healthy life style.

Introduction-

Immune system is an excellence system working in our body which enables safe from various foreign antigens including virus, bacteria, parasites and allergens by fighting against them. but in order to maintain our health issue of our body system we have to emphasize on quantity and quality of food we intake . But now a days it is very important to focus on our immune system , and we have to boost in a such a manner that we can resist to different types of antigen.

Summary-

when we are supposed to protect ourselves from the virus from outside , we need to protect ourselves beginning right from within our body by strengthening the immune system . there are many factors that affect our functioning of the immune system. The healthy lifestyle involves eating nutritious food , practising hygienic habits, walking and exercising regularly ,maintaining good health and having adequate sleep .

A healthy body has a healthy gut. It is important to maintain a healthy gut which helps to prevent impaired digestion that can damage the vital organs like lungs causing respiratory failure. Recent research has proved that the gut microbes can be controlled with a good food regime and a healthy diet. Instead of following uncertified and unverified supplements , which don't have any scientific evidence , we should eating time tested foods routinely consumed by us .

Recommended foods rich in antioxidants and minerals to improve immunity-

Rich in vitamin A- cereals , legumes, green leafy vegetables .

Rich in vitamins B(B6 ,B9, B12)- cereals, legumes, fruit , nuts soy milks, dairy products fish , chicken and egg

Rich in vitamin C – orange , lemon , guava , kiwi , gooseberry , cauliflower tomatos

Rich in vitamin E – nuts , green leafy vegetables and vegetables oil

Rich in vitamin D – egg ,fatty fish, milk and its products exposure to sun light