

NEWS Letter

Healthy Ways to Strengthen the Immune System

The first line of defense is to choose healthy lifestyle. Following general good-health guidelines is the single best step we can take toward naturally keeping the immune system strong and healthy.

In a recent address to the nation, Prime Minister Narendra Modi urged citizens to follow immunity-boosting guidelines issued by the Ayush Ministry to supplement the fight against COVID-19.

How to boost the immune system against the COVID-19

1. Hydration: Drinking about 3-4 litres of water daily boosts metabolism, maintains body temperature, flushes out toxins, and contributes to improving the immunity system.
 2. Antioxidant-rich diet: Consuming home cooked meals and no junk food. A diet rich in antioxidants helps fight against free radicals and curtail the damage. Including amla, guava, green leafy vegetables, spinach, garlic, green tea, peppers, turmeric, etc, in the daily diet shall improve body immune system.
 3. Exercise: Regular exercise is one of the pillars of healthy livings. It improves cardiovascular, lowers blood pressure, helps control body weight, and protects against a variety of diseases.
 4. Yoga: Practice Yogasana, Pranayama and meditation for at least 30 minutes every day.
 5. Healthy foods: Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) while cooking your food to keep your immune system healthy.
 6. Boost immunity with the aurvedic measures: Take 1 tbsp Chyavanprash 10gm every day in the morning. If you are diabetic, then opt for the sugar-free version.
 7. Tea Time: Drink herbal tea twice a day having a combination of Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin). Add jaggery or sugar and fresh lemon juice as per your taste.
 8. Golden Milk: Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day.
 9. Quality sleep: Adequate sleep (7-9hours) ensures balance in hormones, reduced stress levels and modulated immune response system for the body to fight through infections and viruses.
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Sagar Institute of Pharmacy and Technology (SIPTec)

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Prepared By: Ganesh Prasad Patel

Assistant Professor

Department of Pharmaceutical Chemistry

SIPTec, Gandhinagar, Bhopal