

Immunity Is Your Weapon

Prevention is always better than a cure. The importance of immunity is realized when COVID struck the entire world. Immunity helps you to stay protected from infectious agents, strengthen your resistance to catching cold or acute illness, reduce the chances of becoming a victim to chronic illness

Dr. Subhashri, our renowned Ayurveda doctor has the 3-step immunity plan through which anybody can set up their own routine that focuses on having a strong immunity.

They are,

- 1. Building immunity*
- 2. Strengthening immunity*
- 3. Boosting immunity.*



■ ***BUILDING THE IMMUNITY***

It prevents you from getting infected. The focus is to regulate the intake that helps produce more immunity cells (WBC) and also remove the toxins regularly from the body.



■ Immunity Boosting Foods

Rich in Vitamin - C

Vitamin - C helps in stimulating the immune system by producing more antibodies. Adding them in our daily diet can build immunity at a constant rate.



Remove Toxins From Body

One more way to develop immunity is by reducing the oxidative stress in your body. The natural way to flush out them is by regularly intaking food that supports in eliminating the toxins obtained from nature or man-made sources.



Increase WBC count

WBC cells are the primary element of the immune system. They travel in your bloodstream to fight viruses, infections and bacteria. When you have the correct amount of WBC in your body, they defend you from any disease spreading across



A person is shown from the back, performing a yoga pose on a wooden deck. Their arms are raised in the air, and they are standing on one leg. The background features a scenic view of mountains and a body of water under a soft, hazy sky.

■ Practice Dinacharya

Dinacharya is the daily ritual that can help to build immunity. The hardest part of building immunity is practicing it everyday, and this can be overcome with help of Dinacharya. A regular practice of the Dinacharya daily it Improves the natural defense mechanism of the body.

Benefits of Dinacharya to Immune System

- ◆ *It sets your biological clock*
- ◆ *It removes toxins from your body*
- ◆ *It improves liver & kidney function*
- ◆ *Improves the lung functioning*
- ◆ *It regulates your sleep to increase your mental health*

■ *STRENGTHENING THE IMMUNITY*

Fight your infections by strengthening the immune system. Especially during pandemic times, it is essential to curb any early symptoms and its effects through a natural, non-processed diet.



■ Home Remedies

1. Lemon Tea

Kills the sore throat removes the infection from the passageway



2. Ginger Tea



Eases your headaches caused by the respiratory infections

3. Lemon Honey Tea

Soothes your airway passage and softens your rough coughs



4. Mint Tea



Stops the runny nose and helps in easy breathing

■ ***BOOSTING THE IMMUNITY***

Reduce the risk and chances through enhancing your immune system function. An added boost to your immune system will help you to decrease any chances of becoming sick to acute illness or fatality.

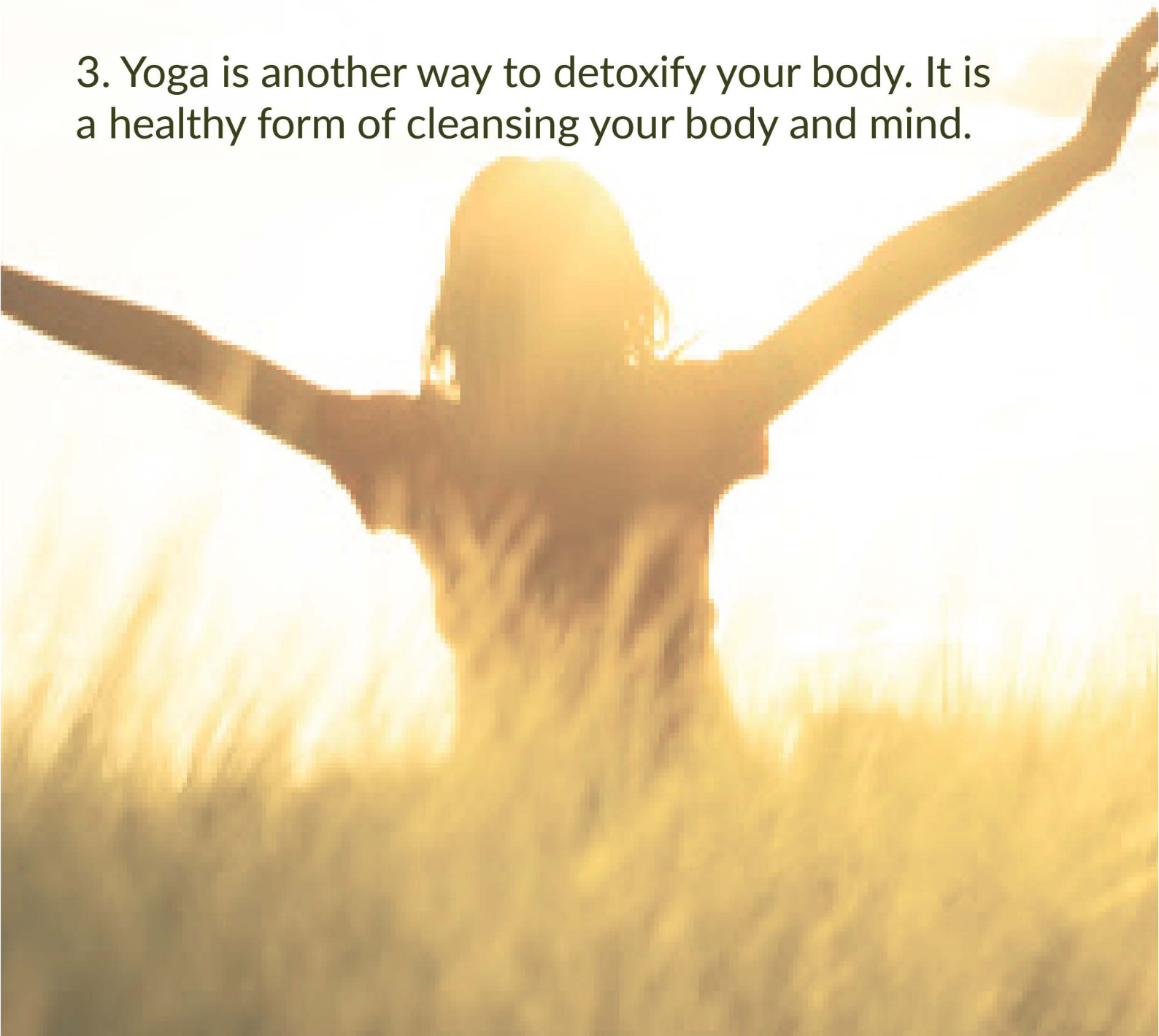


■ Detox To Boost

1. Dissolve 1-2 tsp of honey in 1 cup of herbal tea (Herbs like madhuyashti, basil, peppermint, vasa)

2. Prepare salads using detoxifying foods such as beetroot, radishes, cabbage, broccoli. Boil and mix them gently, if you wish for a cooked meal.

3. Yoga is another way to detoxify your body. It is a healthy form of cleansing your body and mind.



■ Ayurvedic Remedies To Boost Your Immunity

1. Intake herbal drinking water like Shadanga Paniyam. Add 5g of the Shadanga Paniya Kwatha Churna to the 1.5 litres of rolled boiled water. Let it cool down and use them as your normal drinking water.
2. Personal Hygiene is a must. Don't overlook this. Wear masks if you have to visit some crowded streets. If you find people with common cold or fever maintain a 3ft of distance from them.
3. If you are sitting in the AC room all day, sip hot tea prepared out of lemon, honey, ginger and water. Lemon is a rich antioxidant which acts as anti-inflammatory and helps your respiratory organs to have high immunity.





+91 78258 99001