

Original Research Article

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Immunity Booster: Curbing the Menace of Covid-19

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ABSTRACT

In the wake of the Covid-19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Herbs and spices which are known to build immunity. Regular consumption of these would help you to stay secured and immune from diseases. Present study was conducted with the objectives to prevent people from the spread of pandemic by developing better immunity against covid-19, to protect people against side effects of chemical based drugs and to promote and motivate people towards natural and herbal ingredients beneficial for health. The study was conducted in the month of Aug. 2020. The Immunity Booster was made in the month of April 2020 as per ingredients and quantity used in making Kadha & recommendation of Ayush Mantralaya, with two more herbs addition namely Ashwagandha and Giloy. The Immunity Booster was prepared at food processing unit of Agriculture University Kota Rajasthan. Powder & tablets of Immunity Booster were prepared with the addition of honey which is also a health promoter & have its own nutritional quality. It was introduced to people in the month of May 2020 & feedback was taken after three months. The stress is bound to increase as covid-19 is neither the first nor the last virus that has affected human lives globally. Our good immune system, maintaining healthy and happy living and awareness about oneself is the need of an hour. Harmony, each individual can achieve by uplifting and maintaining ones immunity by following a traditional methods and consumption of spices of their own kitchen and herbicides is the only measure that will prove to be effective in future. It is high time when we must embrace nature and natural diet with nutraceuticals on a regular basis. Food processing unit of Agriculture University Kota Rajasthan is working constantly towards developing innovative products.

Keywords

Immunity Booster,
Covid-19,
Ashwagandha and
Giloy

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Introduction

Covid-19 an infectious disease caused by a newly discovered corona virus is a pandemic that has affected entire mankind. Its outburst has globally brought so much destruction in term of people life. Till date no medicine & therapy has demonstrated promising results in

either preventing the disease or improving its prognosis to prevent its infection. Individuals in certain pre-existing illnesses like diabetes, hypertension, cardio vascular disease, and respiratory issues are at a higher risk of having Covid-19 complications. It also aggravates with age since the general immunity reduces as we get older. In the

younger generation with no underlying illnesses, Covid-19 can result in a minor infection, provided you have a robust immunity and do not engage in activities like smoking or vaping to combat the onslaught of the virus. The most effective way to fight with this infection is by breaking the chain of infection. This can be achieved by enhancing our immunity and early identification of the disease with timely treatment and medical care. People are over stressed by the compulsion of social distancing and physical barrier methods. They are likely to find comfort and support in some of the deeply rooted traditional practices that may protect them from the infection and give them confidence of better immunity. A healthy immune system protects us by creating a barrier that stops those invaders from entering our body. If one happens to slip by, it starts to produce white blood cells and other chemicals that attack and destroy these foreign substances. If our immune system can't get rid of the invader before it starts to reproduce, it simply revs up even more to destroy the invaders as they multiply. When a foreign germs, viruses, bug and bacteria gets into our body, our body puts up its defence. That defence is our immune system and the army we have inside our body are our white blood cells. We may not be able to prevent all risks of exposure to bugs like COVID-19 and guidance is provided by the Ministry of Health on how to prevent getting the disease. However, a healthy lifestyle can help build up our immune system to make our defence as strong as possible.

Immunity boosters so created is inspired by all the ingredients recommended by Ayush Mantralaya and has promising impact. As per Dr. Parmeshwar Arora, Sir Ganga Ram hospital New Delhi, the spices available in our kitchen are the Pran Rakshak (Life Guard) for us as these species have tremendous capacity to develop immunity against any

virus. This pandemic made human kind realise that traditional system of medicine, traditional food systems and nutraceuticals can provide some protection as they pay more emphasis on building strength of mind and body to cope up with various stressors including infections. Therefore the present study was conducted with following objectives.

The main objectives of this study to prevent people from the spread of pandemic by developing better immunity against covid-19. To protect people against side effects of chemical based drugs. And also to promote and motivate people towards natural and herbal ingredients beneficial for health.

Materials and Methods

The Immunity Booster was made as per ingredients and quantity used in making Kadha & recommendation of Ayush Mantralaya, with two more herbs addition namely Ashwagandha and Giloy. The Immunity Booster was prepared at food processing unit of Agriculture University Kota Rajasthan. Kadha recommended by Ayush Mantralaya was changed into powder, tablets & capsules form and the quantity taken remained unchanged so as to keep the quantity wise composition of ingredients same as that of kadha. Tablets of Immunity Booster were prepared with the addition of honey which is also a health promoter & have its own nutritional quality.

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Results and Discussion

The respondents who were introduced Performa was from 18-60 years of age with equal no. of male and female. Things that diminish an efficient immune system are emotional or physical stress and these should be actively managed. Signs and symptoms of a weakened immune system are stomach complaints like diarrhoea, constipation, flatulence, Slow-healing of wounds, frequent infections etc. Our immune system is an intricate network of cells, tissues, and organs that band together to defend our body against foreign invaders like germs, viruses and bacteria.

Table 1 showed that only 7 % & 10.7 % people were suffering with high blood pressure and diabetes, they have also not faced any irregularity in their health status.

Similarly regular consumption of this Immunity Booster has negligible effect on allergy they faced many times, rather several individuals reported during conversation that their immunity has tremendously improved irrespective of several types of allergies. People who were asthmatic shared their experience of less asthmatic attacks after daily consumption of immunity booster. People who were formerly allergic to mould, fungus and pollen were observed to develop resistance towards all these allergies. Only 6.1 % people felt diarrhoea that might be due to other food they consumed during the day as narrated by them.

As per Table 2 only 6.1 % people showed dizziness, 3.6% showed nausea whereas diarrhoea, headache, giddiness and indigestion was reported only by 4%, 7.6%, 4.6, 7.1% of people respectively. It was found that the above symptoms were found due to their own food patterns and other reasons. As far as effect of booster is concerned regarding symptoms of fever, constipation, any other allergic reaction or complications, no one has showed any such complaints.

Table.1 Previous Medical History of the respondents before intake of immunity booster

N= 196

S. No.	Health Status	Frequency	Percentage
1.	Blood pressure	14	7.1
2.	Diabetes	21	10.7
3.	Asthma	13	6.6
4.	Allergy (Sneezing, Burning eyes, Running nose, Etching, Rashes)	8	4.0
5.	Food allergy (Vomiting, Diarrhoea, Stomach ache)	12	6.1

Table.2 Effects on the body after intake of immunity booster

N= 196

S. No.	Medical Aspects	Frequency	Percentage
1	Dizziness	12	6.1
2	Nausea	7	3.6
3	Diarrhoea	8	4.0
4	Headache	15	7.6
5	Giddiness	9	4.6
6	Indigestion	14	7.1
7	Fever	0	0
8	Constipation	0	0
9	Any other allergic reaction	0	0
10	Any other complication	0	0

Table.3 Psychological change after intake of immunity booster

N= 196

S. No.	Psychological Aspects	Frequency	Percentage
1.	Confidence	182	92.8
2.	Energetic	175	89.2
3.	Positivity in attitude	188	96.0
4.	Immunity Booster recommendation for intake	165	84.1
5.	Immunity Booster in fighting against Covid-19	99	50.5

Fig.1



Table 3 indicates 92% people experienced that there was elevation in their confidence level to fight against the virus. As far as energy level is concerned 89.2% people reported that they felt energetic and 96% people showed positivity in their attitude. More than 84 % of people were ready to recommend this Immunity Booster to others, whereas 50.5% people claimed that this booster is fighting against the virus and is very helpful in improving immunity. It was also observed that daily intake of this booster created confidence and positivity among people. The stress elevated due to fear of pandemic was greatly reduced as people realise that all these natural remedies and all these ingredients showed promising effects after consumption and enhanced the immunity.

In conclusion, the covid-19 crisis has led to high level of psychological distress and significant impact on mental health. The stress is bound to increase as covid-19 is neither the first nor the last virus that has affected human lives globally. Our good immune system, maintaining healthy and happy living and awareness about oneself is the need of an hour. Harmony, each individual can achieve by uplifting and maintaining ones immunity by following a traditional methods and consumption of spices of their own kitchen and herbicides is

the only measure that will prove to be effective in future. It is high time when we must embrace nature and natural diet with nutraceuticals on a regular basis. Food processing unit of Agriculture University Kota Rajasthan is working constantly towards developing innovative products. To serve this purpose the immunity booster so created is also one of the steps towards healthy India.

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