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IMMUNE BOOSTING KADHA AND THEIR USES

Amla :-

Amla has always been popular as a powerful home remedy for treating cold and flu. It is rich in vitamin C, which boosts the production of white blood cells (WBC) in the body that help in fighting several infections and diseases. Alongside, amla is also rich in iron, calcium and several other minerals, which make it a complete nutritional fruit.



Cinnamon :-

Antioxidants protect your body from oxidative damage caused by free radicals. Cinnamon is loaded with powerful antioxidants, such as polyphenols. It helps your body fight infections and repair tissue damage.



Pippali :-

Pippali is a favourite household spice in Indian Kitchens, but lesser known facts are about immunity values of this spice. References have been found which talk about intake of pippali by saints of ancient times.



Turmeric :-

"Curcumin has known immune system modulation properties and it alters immune response so as to avoid hypersensitivity reaction.



turmeric is about 3-5 % of Curcumin; a phyto-derivative, which contains healing properties. Here are some health issues and how turmeric can keep them at bay:

Cough and Cold – Turmeric helps the body naturally cleanse the respiratory tract, Turmeric helps fight the infection and it's anti-inflammatory qualities relieve individuals from the direct impact of cold and flu.

Respiratory Ailments – Curcumin can be helpful in facing such problems and building up the immunity so that there should not be such kind of respiration Problems.

Upper Respiratory Tract Problems – Curcumin inhibits inflammation, relieves congestion and pain and thus improves your breathing.

Viral Replication – Curcumin helps in boosting up the immunity and helps to fight against viral replication of a disease which may have an incubation period ranging from 1 or 2 days to years.

Reduces Inflammation – Curcumin suppresses various inflammatory molecules which are responsible for the causes of the damage caused by viruses. It helps in reduces symptoms and provides relief.

Inhibit Viral Replication – Exhibits all the antiviral properties by reducing the replication of the virus. Curcumin hence reduces the viral load.

Guduchi :-

In Ayurvedic medicine, Guduchi (Giloy) is considered to be one of the three Amrit plants. Amrit means nectar of Gods, such are the qualities of this climber plant that in Sanskrit it named as "Amritavalli". Guduchi is well-documented in Ayurvedic literature. Scientific studies also evaluate and confirm the insight beneficial properties of this medicinal herb like Immunomodulatory, Hepatoprotective, Cardioprotective, Antiinflammatory, Antioxidant, Analgesic effect, confirms the ayurvedic view of Guduchi as a Rasayana (rejuvenator) and an immunity booster.



Ajwain :-

Ajwain is packed with a rich range of antioxidants, which help prevent free radical activity. These chain reactions are responsible for faster ageing, weakened immunity and even cancer. Carom seeds are also packed with antibacterial properties that help shield you against the seasonal infections. The rich anti-inflammatory properties of ajwain helps provide relief from agony and discomfort caused due to cold, clogged nose and chest congestion. Consuming warm ajwainkadha is also effective in thinning mucous and clearing your nasal passage enabling you to breathe easy.



Gokharu :-

Gokshura is an immunity boosting and healing medicinal herb, found in the sub-Himalayan forests of India. Gokshura, which is known as effective rasayana for rejuvenation; is also a widely accepted medicine due to its aphrodisiac nature. Gokshura, also known as gokhru, is known to have both nutritive and cleansing properties and also an excellent anti-inflammatory, anti-arthritic anti-hypertensive and anti-gout and is also an excellent muscle relaxant. This anti-aging, stress relieving herb when consumed along with other herbs can work wonders for stronger immunity, strong nervous system, freedom from kidney infections, healthy glowing skin, improved strength and stamina, higher fitness level etc.



Ashwagandha :-

Ashwagandha improves the body's defense against disease by improving the cell-mediated immunity. It also possesses potent antioxidant properties that help protect against cellular damage caused by free radicals.



Sunthi :-

According to the book Healing Foods by DK Publishing, "Gingerol has analgesic, sedative, antipyretic and antibacterial effects. Another component in ginger-zingerone- is an antioxidant." The antibacterial effects of gingerol help in curing cold and sore throat. Ginger also helps in keeping blood pressure and cholesterol level under control.



Bharangi :-

It is also an excellent dry cough home remedy. It is also used by Ayurveda for relief from fever and hyper-pyrexia.



Jati:-

Strengthens the Immune system Anti-inflammatory and antioxidant properties are the notable jasmine green tea benefits.

