

TIPS TO ENHANCE YOUR IMMUNE SYSTEM NATURALLY

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Introduction:

Natural immune defence relies on a deliberate balance between foundational nutrition and time-tested natural remedies that support the body's innate protective mechanisms. The provided text highlights five potent dietary elements—Tulsi, almonds, honey, spinach, and kiwi—demonstrating how traditional Ayurvedic wisdom and modern nutritional science converge to reinforce overall health, combat seasonal illness, and defend cellular integrity.

1. TULSI

❖ PROPERTIES :-

- **RASA** (Taste) - KATU, TIKTA
- **GUNA** (Quality) - LAGHU, RUKSHA
- **VIRYA** (Potency) - USHNA
- **VIPAKA** - KATU
- **KARMA**-KAPHAVATASHAMAK (कफ वात ↓)



It is very important to understand that “**TULSI**” is considered to be a **HOLY** plant.

Tulsi leaves extract increases the **T- HELPER** cells and natural killer cells activity, boosting the **immune system**.

3-5 Tulsi leaves early morning should be taken empty stomach. According to Ayurveda, morning is the time of kapha dosha. Vitiated “**KAPHA DOSHA**” may cause early morning sneezing or cough. Taking Tulsi leaves clears mouth, throat and stomach of excess mucus

and reduces susceptibility to mouth ulcers, teeth disorders, seasonal flu and respiratory disorders.

This habit is beneficial to all **3 Prakrati**, namely **VATA**, **PITTA** and **KAPHA**. However Kapha prakrati people may especially benefit from it.

Tulsi stands out as a sacred and therapeutically powerful herb that directly stimulates critical immune defences. Consumed in quantities of three to five leaves on an empty stomach each morning, its extract enhances the activity of natural killer cells and T-helper cells. From an Ayurvedic standpoint, its pungent and bitter profile mitigates vitiated Kapha dosha, clearing accumulated mucus from the respiratory tract, throat, and mouth. This morning ritual shields against respiratory disorders, flu, mouth ulcers, and teeth issues across all body constitutions.

2. ALMOND

❖ PROPERTIES:-

- **RASA** (Taste) –Madhura(Sweet)
- **GUNA** (Quality) –Snigdha(slimy),Guru(Heavy)
- **VIRYA** (Potency) –Ushna
- **VIPAKA** – Madhura(Undergoes sweet taste after digestion)
- **KARMA** –VATAHARA(Reduces vata dosha) (**वात** ↓)



It is useful in treating disorders of **VATA**

It contains **VITAMIN E**. is key to a healthy **immune system**. Eating Almonds can help the body to fight off viral infection such as the common cold and flu.

A new study has revealed that naturally occurring chemical found in the skin of the nut boost the immune system's response to such infections.

Almonds provide targeted nourishment through their warm potency and sweet qualities, which pacify the Vata dosha. Rich in Vitamin E, almonds equip the body to counter common viral infections such as colds and seasonal flu. Notably, the naturally occurring compounds retained within almond skins strengthen the immune system's reaction against invading pathogens, making whole almonds a simple yet potent daily inclusion.

3. HONEY

❖ PROPERTIES:-

- **RASA** (Taste) –Madhura (Sweet)
- **ANURASA** (subtaste) –Kashaya (Astringent)
- **GUNA** (Quality) –Rooksha(Dry),Laghu(Light to digest)
- **VEERYA** (Potency) –Sheeta (Coolant)
- **KARMA** –Lekhan(Scraping) , shodhanam and Ropanam (Cleanses and heals), Vatala (increases vata) (**वात** ↑), Balances pitta and kapha.

Honey is a sweet, thick liquid made by “**HONEYBEES**”. It is useful in **obesity**.



Honey is a natural immunity booster and provides other health benefits too. It protects from allergies and contains healing properties thereby making the cells more active and healthy.

it is one of those ingredients, that can be taken on a daily basis (**Charak Samhita Sutrasthana 5/12**)

Honey complements these dry and warm remedies with its unique scraping, cleansing, and healing actions. Acting as a coolant that balances Pitta and Kapha, honey serves as an allergy defense, aids in addressing obesity, and revitalizes cellular activity.

4. SPINACH

- Spinach is a green leafy vegetable, rich in iron. It contains many essential nutrients and antioxidants, including **VITAMIN B6, B9, C, E** and **K**.
- **VITAMIN C**, it helps fight off infection and regenerate other antioxidants in the body.
- Improving blood glucose control in people with diabetes, and improving bone health.
- Spinach is healthiest when it's cooked as little as possible so that it retains its nutrients.
- Spinach is a versatile vegetable and can be eaten raw or cooked.



5. KIWI

Kiwi are naturally full of **vitamin C, Vitamin K, Vitamin E** and **potassium**. It contains fibre and antioxidants.

- **Vitamin C**, boosts white blood cells to fight infection and neutralizes free radicals preventing inflammation and cell damage that can lead to **CANCER**.



One of the most important characteristics of kiwi is its ability to protect against oxidative damage caused by reactive oxygen species, which form as result of certain biochemical processes.

Kiwi serves as another antioxidant powerhouse rich in potassium, fibre, and vitamins C, E, and K. Crucially, kiwi provides specialized defence by shielding cellular DNA against damage induced by reactive oxygen species.

CONCLUSION

Incorporating these five elements creates a comprehensive strategy for natural wellness. By addressing systemic imbalances through Ayurvedic principles—such as pacifying aggravated doshas and clearing mucus—while simultaneously delivering the essential vitamins, minerals, and antioxidants needed for white blood cell production and DNA protection, these dietary choices build a resilient, multi-layered shield against chronic degeneration and everyday seasonal illness.