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Importance of Shodhana (Body Purification) for Boosting out the Immunity WSR to Ayurveda

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Abstract:

There are many reasons, why we need to maintain our immunity well or at optimum level. The one of disease the COVID-19; it is pandemic out brake. Till today we are in search of appropriate medicine or vaccine over it. We are trying to prevent by avoiding social contact with particular person (of COVID-19 patient). To avoid going in the contentment zones is another preventive measure. It means preventive measures we are applying.

One of the preventive aspect is that, to improve the immunity; 'by enhancing immune system functions one could be definitely able save him or protect himself from become victim to the all communicable disease like COVID-19 also.

Immunity is defined as it is the capacity of the body to resist the pathogenic agents. It is an ability of the body resists the entry of different types of foreign bodies, like bacteria, virus, toxic substance etc.

There is ancient medicine, called Ayurveda have two principles or objectives; one is to maintain the life healthy & by medicinal management those have disease already.

There are many Ayurvedic formulations or medicine which could enhance the immune system or boost the immune system generally named as immune-modulator. Out many things; the role of the shodhana (body purification method) will be explored over here.

Keywords: Ayurveda, Health, immunity, shodhana (body purification) etc.

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