

Nutraceuticals for Immunity as per Ayurveda : Review

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As per Ayurveda, every living specie is made up of five (Panch) elements (Mahabhuta) i. e. Akash(Space), Vayu(Air), Agni(Fire), Jal(Water) and Prithvi(Earth). Interactions between any two of them will result in a life force called Dosha. There are three Doshas viz. Vata, Pitta and Kapha, based on interactions involving any two of them. Akash and Vayu give Vata, Agni and Jal result in Pitta and Jal and Prithvi create Kapha. Each human has all these three Doshas but one of them is a little more prominent. So humans are divided into three categories as per their dominating Dosha. Any imbalance in Doshas would be the cause of a disease. In other words, bringing Doshas back to original situation of all three balanced would eliminate an ailment. A patient can easily do this merely by following these basic concepts of Doshas. Just like humans, foods also have Doshas in same way. Based on body type, a person must eat food compatible with the given Dosha. All constituents of food will also be governed by the same principle. As per Ayurveda, there are a large number of constituents of food which can help build immunity. What we call them as Nutraceuticals are nothing but the modifiers of Doshas as per Ayurveda. They can manoeuvre Doshas as per their inherent nature, even at very low levels. In fact, nutraceuticals are consumed only in small quantities. For raising immunity, one must choose an appropriate nutraceutical, depending upon the body type. For a desired effect, in other words, one must know as to what nutraceutical will suite better. Ayurveda provides explanations to the cause and effect of use of nutraceuticals. All this will be discussed in detail here with examples. The present paper will deal with the types of nutraceuticals, as per Ayurveda. How one can attain immunity for well-being will be explained while emphasising on the ways to maintain a balance

of Doshas. It will be an attempt to provide answers to all questions regarding immunity necessary to be able to live long without any disease.

Food is the wellspring of life. It further includes that life, yet in addition sustenance of psyche relies upon nourishment. Ayurveda, the Science of Life, recommends that some food articles like ghee and buttermilk go about as medication while others, with the expansion of restorative spices, assume a job of 'sedated nourishments'. A straightforward case of conventional cured food is moong-dal-rice (khichadi) cooked with expansion of trikatu (a blend of dry ginger, dark enthusiasm per and flute player longum) powder and rock salt in explicit extents. It is managed in fever of any kind as a dietary help rather than the ordinary eating regimen of the per-child. Also, water overflowed with cinnamon, coriander and carom seeds is devoured when an individual feels 'unwell' or encounters some stomach related unsettling influence. Over the most recent few decades these customary practices have been lost because of a progress of the well-established dietary propensities to a progressively 'refined', in vogue diet in urban India, a pattern that is permeating to town and urban areas. Prepared to eat pre-prepared food, which was initially made particularly for officers and care staff remaining in antagonistic climatic conditions, is presently advocated and accessible in towns. On one hand, the green insurgency has achievement completely diminished yearning passings and the issue of malnutrition is gradually going under control; on the other, the weight of way of life issues or Non-Communicable Dis-facilitates (NCD, for example, corpulence, diabetes, malignancy, Alzheimer's ailment and so forth) is on the ascent in the Indian populace just as over the globe. Causes of NCDs reveal two things

associated with diet. Agriculture scientists propose that though the society is consuming a sufficient quantity of food, one does not get the desired nutrition due to depletion of nutrients in cereals, legumes and other plant foods. Modern nutritionists point out that consistent consumption of preserved foods, including biscuits that use salt, sugar, trans fats and other preservatives, affects the human biological system in a negative way. Scientists have realized that this problem cannot be tackled just by prescribing digestion corrective medicines or supplements like iron, calcium or other minerals at therapeutic doses once in a year or two. In the search for solutions to these two aspects and prevention of metabolic or lifestyle diseases, modern western scientists have introduced two new categories that create a bridge between medicines and food, that is, nutraceuticals and functional foods. Scientifically, there is a difference between food supplements, nutraceuticals and functional foods. Food supplements are concentrated nutrients like iron and calcium, which are normally available in food and are prescribed upon depletion of those in the body in a disease condition for a specific duration. Nutraceuticals may

not be part of daily diet but are added to daily diet for a longer period of time, for example, probiotics. They have partly nutritional and partly pharmaceutical characteristics and hence possess demonstrable benefits in management of chronic diseases. Functional foods are similar to conventional food in appearance but have measurable physiological benefits, like eggs enriched with omega-3 fatty acid. A new category of phytopharmaceuticals has been approved recently where a pharmaceutical product is prepared from herbs by adopting scientific drug development process with confirmed safety and efficacy. Nutraceuticals and functional foods consist of dietary supplements, energy drinks and bars, sport drinks, smoothies etc. These products have natural, bio-active compounds having health promoting, disease pre-venting effects. They provide us with proximate principles as well as vitamins, minerals, trace elements, pre-hormones and other phytochemicals that have health benefits. Numerous studies listed on PubMed and Medline have demonstrated palliative, preventive and modulatory role of nutraceuticals and functional foods in improving and maintaining a healthy population.