



"You start treating your body right and your immune system will become better"

- Aaron Bruno

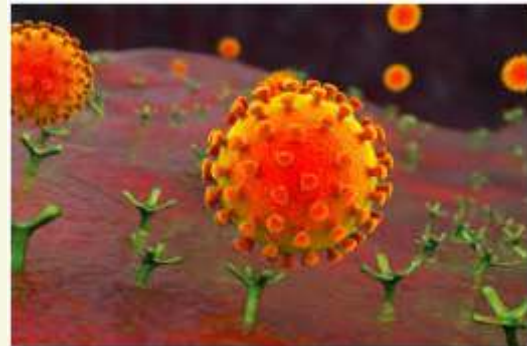
Let's work together to improve Our immune system - Natural Way

ROLE OF NATUROPATHY AND YOGA TO PREVENT AND AS A SUPPORTIVE MEASURE TO MANAGE COVID 19

COVID 19 is a new communicable disease caused by a single-stranded, positive-sense RNA coronavirus called SARS-CoV-2 identified in Wuhan Province, China.

SIGNS AND SYMPTOMS

- * Fever
- * Cough
- * Shortness of breath
- * Runny or stuffy nose
- * Aches and painful conditions
- * Diarrhea
- * Sore throat



Improving the immunity of an individual is very much essential at the present scenario. Naturopathy and Yoga system of Indian Medicine is evidence-based system to improve the immunity of an individual, thereby it acts as a preventive and supportive measure to treat COVID 19.

NATUROPATHY AND YOGA TREATMENT MODALITIES

- ⊙ Naturopathic dietetics, Nutrition and Herbs therapy
- ⊙ Yoga therapy
- ⊙ Heliotherapy
- ⊙ Fasting therapy
- ⊙ Acupuncture/acupressure
- ⊙ Hydrotherapy
- ⊙ Massage therapy
- ⊙ Magneto and chromo therapy
- ⊙ Physiotherapy &
- ⊙ Mud therapy



NATUROPATHIC DIETETICS

Dietary factors that enhance immune function include all essential nutrients, antioxidants, carotenoids and flavonoids, micronutrients and natural probiotics which are present in spices, herbs, fruits, vegetables and green leaves.

SPICES



GARLIC

- ☞ Allicin present in garlic has anti-viral property.
- ☞ It possesses immune-potentiating properties composed of sulphur containing compounds such as allicin, diallyldisulphide, diallyltrisulphide and others.

Join with us, we will nourish you with spices, fruits and vegetables



TURMERIC

- ☞ Curcumin present in turmeric acts as an anti-oxidant which is effective in reducing inflammation and it is antimicrobial in nature.



GINGER

- ☞ Gingerol and its derivatives present in ginger possess antimicrobial activity.

FRUITS RICH IN VITAMIN C



PINEAPPLE

- ☞ Bromelain present in pineapple possesses mucolytic activity.
- ☞ It reduces sputum viscosity and helps to prevent or relieve cough.



OTHER FRUITS RICH IN VITAMIN C

- ☞ Richest sources of vitamin C include lemon, orange, guava, berries mainly Indian gooseberry (amla).
- ☞ These contain higher amounts of citrus bioflavonoids and quercetin. Quercetin inhibits inflammatory processes.

GREEN LEAFY VEGETABLES

- ☞ These are the richest sources of carotenes.
- ☞ Carotenes enhance immune function and provide protection against viral infections.

HERBS



LICORICE

- ☞ Licorice (*Glycyrrhiza glabra*) possesses anti-inflammatory, anti-allergic, anti-viral, expectorant and antitussive properties.
- ☞ Licorice contains glycyrrhizin which induces interferons which cause significant antiviral activity.



TULSI

- ☞ Tulsi has a unique combination of pharmacological actions which help to fight against chemical, physical, infectious and emotional stresses.
- ☞ It can restore physiological and psychological functions.



MEXICAN MINT

- ☞ Mexicanmint (plectranthusamboinicus)leaves have a high content of iron and carotene.
- ☞ Apigenin is the active substance which has antioxidant and anti-cancerous properties of lungs.



PEPPERMINT

- ☞ Peppermint (Mentha piperita) has menthol as medicinal component.
- ☞ It possesses significant antiviral activity.
- ☞ Leaves of peppermint can be crushed and the juice can be applied over chest and the nasal cavity.
- ☞ Also, decoction of the leaves as herbal tea can be used.



PROBIOTICS

- ☞ Natural probiotics are beneficial to improve immunity in an individual.
- ☞ Cooked rice soaked in water overnight is a natural probiotic.



MICRONUTRIENTS

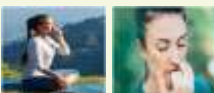
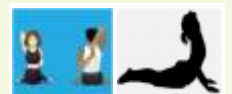
- ☞ Micronutrients like vitamins B and C act as co-factors in various biochemical reactions that help in maintaining the integrity of tissues.
- ☞ Vitamin D is essential to improve immunity and prevent infections.
- ☞ Zinc is essential for the production and function of many enzymes.
- ☞ Manganese and seleniumserve as co-factors in enzyme functions and development of connective tissue.
- ☞ These micronutrients are available in plenty in nuts and whole grains.

YOGA

Yoga has an influence on the immune system through anti-inflammatory mechanism. Yogic practices like Asanas, Pranayama, Mudra, Shatkarma (cleansing procedures) and Meditation are known to improve immunity.



Asanas - Matsyasana, Gomukhasana, ArdhaChakrasana and Bhujangasana are few asanas to improve lung health.



Pranayama - Nadishodhana pranayama, suryabhedana pranayama, bhastrika and bhrumari pranayama can produce beneficial effects on the respiratory system



Mudras - Practice of different mudras improves the psycho-neural circuit



Shatkarma - Jalaneti, vamana, dhauti and kapalbhati are important shatkarma to combat respiratory disorders by improving mucociliary clearance, thinning of mucus and by decreasing inflammation.

Meditation - Mindfulness meditation is associated with reduction in Pro-inflammatory processes, increase in cell-mediated defense mechanism and enzyme activity that guard against cellular aging.



PHYSICAL EXERCISES

- Movements produced in the muscles due to practice of exercises release myokines.
- Regular moderate exercises inhibit the production of pro-inflammatory cytokines, promote anti-inflammatory mechanisms and prevent immune suppression.



CULTIVATION/RE-INFORCING POSITIVE ATTITUDE

- Every part of the immune system is connected to brain either through nervous tissue or through chemical messengers and hormones.
- Positive emotions such as joy, happiness and optimism tend to boost immune system function.
- Negative emotions such as depression, sadness and pessimism tend to suppress it.



HELIO THERAPY

- Sun bath has been shown to improve vitamin D level in the body.
- Vitamin D is helpful to improve immunity by increasing white blood cells (WBC) count.
- It has the property to lower viral replication rates and reduce inflammation in the lining of the lungs.
- Exposure to sunlight with minimal clothing in the morning by 7 am or in the evening by 5 pm for 20 minutes daily will be beneficial.



HYDROTHERAPY

- Steam inhalation, Luke warm salt water gargling and neutral chest packs are beneficial to treat congestion in the respiratory tract.
- Application of moist heat helps to ease respiration.



ACUPUNCTURE/ ACUPRESSURE

- Acupuncture/ acupressure are effective to strengthen the channels related to respiratory organs and improve immunity.
- LI 4, LI 11, CV 6, CV 12, CV 17, Liv 2, ST 21 and ST 36 are some of the acupuncture points which are beneficial.
- However, the treatment must be taken by a qualified Naturopathy and Yoga Medical professional.



MAGNETOTHERAPY

- Magnetic fields increase the health of white blood cells, which are an important part of the immune system.
- Magnetic fields lower acidity in the body, making it difficult for microorganisms to survive.
- Magnetotherapy can function as an antibiotic.

SANITARY AND HYGIENIC MEASURES TO PREVENT COVID 19 INFECTIONS

- Wash hands frequently and carefully for at least 20 to 30 seconds with a soap. If washing hands is not possible, use alcohol based hand sanitizer.
- Avoid touching your face, eyes, nose and mouth and biting nails.
- Avoid touching surfaces like door handles/ knobs. Disinfect such surfaces with alcohol based disinfectant. Clean walls and floors with disinfectant frequently.
- Don't share personal items.
- Maintain social distancing with at least 1 metre distance.
- Use face masks while going out. Make sure to dispose or wash the mask properly.
- While coughing/ sneezing, cover mouth and nose with a kerchief/ tissue and wash or dispose it properly. Also, it is advisable to use elbow instead of palms while coughing/ sneezing.
- Clean vegetables and fruits with hot saline water and ensure to peel the skin before consuming or cooking.
- Drinking hot water in which a slice of lemon is infused can be used frequently.

Scientific Evidence suggest that Naturopathy and Yoga treatment modalities improve immunity of an individual to prevent viral infections



JSS Institute of Naturopathy & Yogic Sciences



JSS Nature Cure and Yoga Hospital

You may Protect yourself from COVID - 19 by following Naturopathy & Yoga Treatment for 21 days by improving your own immunity

“The doctor of the future will give no medicine,
But will interest patient in the maintenance of the human frame, Diet and in prevention of disease”

-Thomas Alva Edison

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possible!!!**

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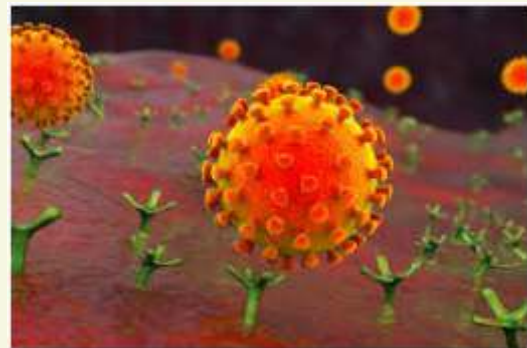
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RECIPE TO BOOST IMMUNITY AGAINST COVID - 19

1. Herbal Decoction:

Ingredients:

- ⊙ Tulsi leaves -100 gms
- ⊙ Liquorice powder - 5gms
- ⊙ Ginger powder - 2.5 gms
- ⊙ Black pepper powder - 1 gm
- ⊙ Lemon juice - ½ lemon
- ⊙ Turmeric powder - 1 gm



Method:

- ⊙ Dissolve the above ingredients in 250ml of boiled water and reduce it to 1/4th
- ⊙ You can add jaggery/honey to the decoction

Benefits:

- ⊙ Beneficial in respiratory ailments and also associated symptoms like cough, cold and congestion.
- ⊙ Acts as potent expectorant
- ⊙ Strengthens the immune system against germs that cause flu.

2. Immune Booster Juice:

Ingredients:

- ⊙ Indian Gooseberry - 50 gms
- ⊙ Water - 300 ml
- ⊙ Rock salt - 0.5gms
- ⊙ Pepper - 0.5gms
- ⊙ Honey - 25 ml

Method:

- ⊙ Blend chopped gooseberry with water.
- ⊙ Filter and discard the fiber.
- ⊙ Add rock salt, pepper and honey to taste.
- ⊙ Gooseberry juice is ready to drink



Nutrition Information: Serve: 1 cup - 250 ml

Calories	Carbohydrates	Sodium	Vitamin C	Calcium
64 kcal	17 gm	29 mg	9 mg	6 mg

3. Immune Booster Salad:

Ingredients

- ⊙ Baby spinach - 250 gms
- ⊙ Finely chopped red small onion - 10 gms
- ⊙ Sliced strawberries - 50 gms
- ⊙ Purple cabbage - 30 gms
- ⊙ Avocado, diced - 20 gms
- ⊙ Roasted walnut pieces - 10 gms



Method:

- ⊙ Combine spinach, onion, purple cabbage and strawberries in a medium bowl.
- ⊙ Drizzle with lemon juice, toss to coat.
- ⊙ Top with avocado and walnuts.

Nutrition Facts: Serving Size: About 300 gms

Per Serving:

Calories	Total Fat	Sat. Fat	Carbohydrates	Protein	Fiber	Sodium	Potassium
296kcal	18gm	2gm	27.1gm	8.2gm	10.3gm	195mg	385mg

Vitamin C	Calcium	Magnesium	Iron	Folate
103 mg	192 mg	146 mg	7 mg	63 µgm

4. Date and Walnut Balls

Ingredients:

- ⊙ 200 gm (1 cup) dates, chopped
- ⊙ 100 gm cashew nut, chopped
- ⊙ 100 gm groundnut, chopped
- ⊙ 100 gm almond, chopped
- ⊙ 50 gm fig, chopped
- ⊙ 50 gm walnut, chopped



Method:

- ⊙ All the nuts are grinded together.
- ⊙ Grind the dates and figs separately.
- ⊙ Mix all the ingredients together.
- ⊙ Apply butter or coconut oil to the plate and spread the ingredients into it.
- ⊙ Make 25 balls.

Nutritional information for 1 cookie :

Calories	Fat	Sat. Fat	Carbohydrates	Fiber	Protein	Sodium
105.08 kcal	7.07 gm	0.8 gm	9.38 gm	2.28 gm	3.1 gm	1.46 gm

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