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## Some seasonal plants helpful in boosting the immunity in human beings

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### Abstract

Infections have become one of the most common health issues now-a-days due to increase in exposure to various viruses and other kinds of agents. Seasonal plants play role in boosting the immune power naturally with the goodness and magic of Mother Nature. Seasonal plants play a very important role in creation immunity booster. Seasonal plants immunity is the natural or induced capacity of plants to survive or ward off biological attack by pathogens or plants have naturally in built capacity to fight with pathogens and thereby survive in their natural habitat. This happens because seasonal plants have assured chemicals that help reduce your stress levels and this works as a natural boost to your immune system or Seasonal plants contains natural chemicals that helps in the reduction of stress levels in Human Beings, thereby boosting the immunity system naturally by strengthening the mental body.

**Keywords:** Medicinal plants, immunity, immunodeficiency, prevention, antiviral activity

### Introduction

Medicinal plants from traditional medicine are rich source of compounds used for the development of medicines for a wide range of diseases or medicinal Plants are rich source of compounds which are mainly responsible for treating the wide range of disease or strong immune system is the most essential part of our overall well-being. The immune system is our most critical and its main function is to keep us strong and healthy. Consuming vitamins, Enzymes and Minerals from the natural source of plant will ensure stability in stronger immunity forever. The immune system is a complex network of cells and proteins that protect the body from infection. The immune system keeps a record of every microbe. Thus, whenever any microbe enters the body again, our body's immune system quickly responds to it by detecting and attacking it to prevent the body from its ill effects. The stronger the immune system, healthier the body is because it doesn't allow any foreign element to destroy it biologically.

Medicinal plants are main elements of local medicine and are of vital importance in traditional health. Atharvaveda is the oldest literature which contains the knowledge of utilizing the power of nature to treat all kinds of diseases to ensure lifelong healthy Life. Similarly, Ayurveda is also very important for the use of medicinal plants. Similarly, Ayurveda also teaches us the usage of medicinal plants to maintain well-being in our lives. Many interview of Ayurveda and Unani Doctors available in public domain also clearly states that plants helpful in boosting the immune system within Human beings are easily accessible in every season.

Many medicinal plants have been used since ancient times for the treatment of boosting the immune system. Many important plants like Lehsun, Karonda, Methi, Tejpatta, Dalchini, Nimbu, Ilaychi, Anar, Karry leaves and Amla have been used of immunity booster plants.

### Material and Methods

The study has been conducted in the nearby areas of Bhopal. The survey was carried out rigorously to collect information about plants responsible for boosting the immunity. In the survey, we also reached out to local people and Doctors to recognize the seasonal plants containing medicinal properties in their areas and learnt about their importance from them.

### Result and Discussion

In the current study, it was found that plants used in immunity booster can be easily found in the Bhopal area. It is important that the search and discovery of such medicinal plants continuous. These precious efforts should be made for the cultivation and conservation of valuable medicinal plants.

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The names of seasonal plants are like this-

Lehsun, Sweet neem, Karonda, Methi, Tejpatta, Dalchini, Nimbu, Ilaychi, Anar, Amla.

Plants with Common Name, Botanical Name, and parts used in immunity booster.

The names of seasonal plants are like this

S.no.	Common name	Botanical Name	Parts use
1	Lehsun	<i>Allium sativum</i>	Bulb
2	Sweet Neem	<i>Murraya koenigii</i>	Leaves
3	Karonda	<i>Carissa carandas</i>	Fruit
4	Methi	<i>Trigonella foenum graecum</i>	Seed
5	Tejpatta	<i>Cinnamomum tamala</i>	Leaves
6	Dalchini	<i>Cinnamomum verum</i>	Bark
7	Nimbu	<i>Citrus limon</i>	Fruit
8	Ilaychi	<i>Elettaria cardamomum</i>	Fruit
9	Anar	<i>Punica granatum</i>	Seed
10	Amla	<i>Phyllanthus emblica</i>	fruit

### Conclusion

In Conclusion, to maintain a strong immunity, we should use plants in which we can get all the multivitamins and we do not get diseased. In the end, I would like to say that along with the usefulness of these plants, we should make people aware about their conservation so that a healthy society can be built.

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