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# Immunization in Ancient methods

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### ABSTRACT

In this article the author argues that complete presentation of various Ancient Indian methods can increase the immunization and related mental and physical illnesses, like various disorders know in covid19 also, etc... Life is neither Possible to overcome safely. These methods are increasing and stimulus of human health. This article to mentioned immunization increased natural methods in Yoga, Meditation, Mudra, Diet, Siddha, Ayurveda etc....

**Keywords:** Immunization, Yoga, Mudra, Diet, Siddha, Ayurveda

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**Introduction:**

**Immunization** is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. **Vaccines** stimulate the body's own immune system to protect the person against subsequent infection or disease.

**Immunization** describes the process whereby people are protected against illness caused by infection with micro-organisms (formally called pathogens). The term vaccine refers to the material used for immunisation, while vaccination refers to the act of giving a vaccine to a person.

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**Seven Types of diseases**

The most common and serious vaccine-preventable diseases tracked by the World Health Organization (WHO) are: diphtheria, Haemophilus influenzae serotype b infection, hepatitis B, **measles**, meningitis, mumps, pertussis, poliomyelitis, rubella, tetanus, tuberculosis, and yellow fever.

**14 Childhood diseases**

- Polio. Polio is a crippling and potentially deadly infectious disease that is caused by poliovirus. ...
- Tetanus. ...
- The Flu (Influenza) ...
- Hepatitis B. ...
- Hepatitis A. ...
- Rubella. ...
- Hib. ...
- Measles.
- Whooping Cough (Pertussis)
- Pneumococcal Disease
- Rotavirus
- Mumps
- Chickenpox

- Diphtheria

**Autoimmune Disorders in Adults**

- Rheumatoid arthritis
- Systemic lupus erythematosus (lupus)
- Inflammatory bowel **disease** (IBD)
- Multiple sclerosis (MS)
- Type 1 diabetes mellitus
- Guillain-Barre syndrome
- Chronic inflammatory demyelinating polyneuropathy
- Psoriasis.
- Graves' disease
- Hashimoto's thyroiditis
- Myasthenia gravis
- Vasculitis

**Healthy ways to strengthen your immune system**

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- Stop alcohol
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress

**Types of Methods**

- Yoga
- Meditation
- Mudra
- Diet
- Herbal Remedies
- Ayurveda
- Siddha
- Homeopathy

**Yoga asanas to boost the immune system**

- Understanding low immunity systems: - Seasonal allergies indicate imbalance in the immune system. ...
- Warm up routine: - Perform soft rhythmic jumps 50 times. ...

- Pranayama Routine: - Sit in a comfortable, relaxed position. ...
- Standing **Asanas** Routine:  
Tadasana.  
Urdhva Tadasana.  
Vrikshasana.  
Santulanāsana.  
Sethu bandhasana  
Halaasana  
Sishuasana  
Bhujangaasana  
Dhanurasana  
Matasana

Gede Juanamasta and Ketut Andika Priastana(2017) <sup>[11]</sup> study that the effectiveness of yoga intervention towards enhancing the immune system, Yoga provides benefits complex, including physical postures and body, reduce stress, lower blood pressure, reduce fatigue, reduce asthma, improve circulation and boost the immune system.

Surabhi S. Pathak and Dr. Arti R. Firke (2017) <sup>[27]</sup> presents that the importance of yoga and some asanas which will help to boost the immunity for a healthy life with regular practice. Yoga is not an alternative medicine but a precaution to keep disease away. So, this is the time to beat all health issues and improve the immunity with ease i.e. with regular yoga practice.

Falkenberg et al.(2018) <sup>[8]</sup> finding that the yoga may be implemented as a complementary intervention for populations at risk or already suffering from diseases with an inflammatory component. Beyond this, yoga practice may exert further beneficial effects by enhancing cell-mediated and mucosal immunity.

Sarmad Ghazi Al-Shawi et al.(2019) asked that the Blood plays an important role in immune development due to the presence of certain types of white blood cells in the blood and in some other tissues have the ability to eliminate strange organisms and destroy it as well the blood plasma contains antibodies made by certain immune cells to resist any strange

proteins or any other substances linked to proteins, such proteins that stimulate the body tissues to form antibodies called antigen generators or antigens. Some objects work on precipitation these strange proteins to isolate them, so it called precipitins.

Guptha (2020) <sup>[10]</sup> suggested that the Dhanurasana(bow pose),Paschimottanasana(sitting crane pose),Padangusthanasana(standing crane pose),Bhujangasana (serpent pose),Sarvangasan(shoulder stand),Ardhamatsyaendrasana(spiral –twist pose),Halasana(plough pose),Yoga mudrasana(yogic symbol pose),Suptavajrasana(sitting pose of firmness),Chakarasana(Wheel pose),Shalabhasana(gross hopper pose).Yogic practices produce an increase in the lean body mass and decrease in the body fat percentage.

Nagarathna et al.(2020) <sup>[17]</sup> suggested that the The current COVID-19 emergency calls for rapid development of potential prevention and management strategies against this virus-mediated disease. There is a plethora of evidence that supports the add-on benefits of yoga in stress management, as well as prevention and management of chronic noncommunicable diseases.

Aniket Ambekar(2020) <sup>[1]</sup> finding that the improve immune system and inactive stress and anxiety level. This “Surya Namaskar”, strategy for healthy living will proves positive mental and physical health to fight against the COVID-19 virus spread.

### **Meditation & Pranayama Routine:**

- Sit in a comfortable, relaxed position. Calm your mind and observe your thoughts.
- Perform Ujjayee for 5 minutes.
- Perform Ujjayee with Antara Kumbhaka 9(holding breath after inhaling) for 5 minutes.
- Perform Anuloma Viloma for 10 minutes.

- Perform Kapalabhati (150 blows) with adequate rest in between.
- Bramari

demonstrable effects on brain and immune funct

Richard et al.(2003) finding that the mindfulness meditation produces demonstrable effects on brain and immune function. These findings suggest that meditation may change brain and immune function in positive ways

Pallav Sengupta(2016) <sup>[18]</sup> reported that the to reduce stress and anxiety, improves autonomic functions by triggering neurohormonal mechanisms by the suppression of sympathetic activity, and even, now-a-days, several reports suggested yoga is beneficial for physical health of cancer patients.

David S. Black and George M. Slavich(2017) <sup>[6]</sup> finding that the meditation to stimulate and improve immunization levels of body.

Taneja (2020) <sup>[30]</sup> studied that the Bhramari pranayam enhancing the expression of Nitric Oxide and increased Carbon dioxide by extended exhalation and alkaline pH prevents coagulopathies and morbidities.

#### **Mudras:**

- Pruthvi
- Sakthi
- PranaMudra
- Linga Mudra

Saravanan et al.(2019) <sup>[24]</sup> study that the Lung-specific linga mudra & Jalodhara nasaka mudra etc...improved the respiratory efficiency in asthmatic patients after 6 weeks of mudra practice.

#### **Here are few herbs, spices and other foods that support the immune system:**

- Black Pepper: Available whole, crushed or ground into powder, most Indian homes use black pepper for a reason.
- Ginger Garlic Shots. Ginger and garlic are like an elixir for our body
- Tulsi.
- Turmeric and Honey
- Jeera (Cumin)

- Dhaniya (Coriander)
- Lavanga (clove)
- Dalchini (Cinnamon)
- Avocados
- dates, figs, and raisins
- bananas, and juicy, in-season fruit like grapes, mangos, and peaches
- coconut and honey
- cow's milk and ghee
- cardamom and saffron
- nuts, especially almonds, cashews
- root vegetables, like sweet potatoes, yams, and turnips
- green vegetables, like leafy greens and zucchini
- protein sources, like mung beans and tofu
- whole grains, such as basmati rice
- oils, like sesame, olive oil, almond oil

#### **The following foods may help to boost the immune system**

- Blueberries.
- Dark chocolate.
- Turmeric.
- Oily fish.
- Broccoli.
- Sweet potatoes.
- Spinach.
- Ginger
- Sunflower seeds
- Green leaves
- Garlic.
- Yogurt.
- Almonds.
- kiwis
- Dry fruits

#### **Popular citrus fruits include:**

- grapefruit
- oranges
- clementines
- tangerines
- lemons
- limes
- Papaya

Sedigheh Farhadi, and Roman S Ovchinnikov (2018) <sup>[25]</sup> review that the factors include anorexia, traditional behaviors, reduction of intestinal absorption, metabolic damage, disorder metabolism of lipids and carbohydrates, reduction of vitamins, iron, zinc, and copper. In the case of the relationship between malnutrition and infection, a large number of studies have illustrated a bidirectional interaction of malnutrition and infection. In this aspect, to treat serious acute malnutrition and limit the rate of death, some preventive studies applied antibiotics, probiotic bacteria, and prebiotic foods. In the future, studies may be conducted on intestinal or systematic immunomodulation.

Meghit Boumediene K and Nada (2020) <sup>[16]</sup> asked that the appropriate and continuous hygiene practice and limit contact with people remains the best means of avoiding infection.

Philip C Calder(2020) <sup>[19]</sup> review that the A number of vitamins (A, B<sub>6</sub>, B<sub>12</sub>, folate, C, D and E) and trace elements (zinc, copper, selenium, iron) have been demonstrated to have key roles in supporting the human immune system and reducing risk of infections. Other essential nutrients including other vitamins and trace elements, amino acids and fatty acids are also important. Each of the nutrients named above has roles in supporting antibacterial and antiviral defence, but zinc and selenium seem to be particularly important for the latter

### **Ayurvedic drugs for Immunity**

- Chyavanaprasha
- Ratnaprash
- Amla Caps
- Ashwagandha Caps / Powder
- Giloy Sat Powder
- Ayurveda Immune Booster Cap
- Brahmi Cap
- Drink herbal tea
- Pudina (Mint)
- Ajwain (Caraway seeds)
- ojas milk
- Swarnaprasha

Bali Yogitha(2013) <sup>[4]</sup> explain that the Swarnaprashana is one such rasayana mentioned in Ayurveda to promote immunity and memory of children.

Tanmay P. Bangar and Sudha Singh(2018) <sup>[28]</sup> suggested that the effective and Harmless. Ayurveda, the traditional system of medicine provides lots of Lehana drugs which are supposed to built up the immunity and strength in children.

Rajkumar RP (2020) <sup>[21]</sup> explain that the positively influence immunity either by direct effects on symptoms of depression or anxiety, or through their symbolic significance. Therefore, it is possible that such traditional practices could be beneficial both in terms of psychological quality of life, and in terms of moderating the risk of infection.

### **Siddha**

Thangadurai K et al.(2020) <sup>[31]</sup> suggested that the Siddha formulation Deva chooranam (DC) with proven preclinical safety and efficacy against HIV to have possible beneficial effects for the prevention and management of 2019-nCoV infection.

Dhastagir Sheriff(2020) <sup>[7]</sup> explain that the Siddha Medicine, as a possible alternative field of Medicine in the service of COVID-19

Kiran G et al. (2020) suggested that the Silico computational studies of phytoconstituents of Siddha official formulation Kabasura Kudineer and novel herbal preparation - JACOM which are commonly used in treating viral fever and respiratory infectious diseases and could be affective against the ongoing pandemic novel corona virus disease SARS-CoV-2.

### **Homeopathy**

hygiene practice and limit contact with people remains the best means of avoiding infection

- Allium cepa- improving immunity against cold and influenza.
- Gelsemium- immunity against body aches and fever get reduced.

- Oscillococcinum- It strengthens your immune system against germs, which cause cold and related conditions.
- Echinacea- helps to build immunity.
- Nux vomica- To build gut immunity treated with a lot of antibiotics.
- Silica - For poor digestion.
- Ars Alb
- Thymolium

Leoni Villano Bonamin et al.(2013) <sup>[15]</sup> shows that the thymulin 5CH treatment is able to improve the granuloma inflammatory process and the infection remission,

Raj kumar Manchanda(2016) <sup>[20]</sup> homoeopathic medicine Rhus toxicodendron 6C (ultra-dilution of 10 – 12) on primary cell culture from Aedes albopictus mosquito midgut was observed for any possible role of homoeopathic medicines, in preventing or reducing dengue virus type 2.

Guptha and Mathur (2018) <sup>[9]</sup> shows that homoeopathic medicines produced modulation of immune function at multiple levels such as modulation of expression of genes, stimulation of macrophage and polymorph nuclear cells, changes in expression of surface receptors and induction of cytokines. Extensive studies are required to explore the immunomodulatory effects of vast number of homoeopathic medicines.

Laura Buehning and Isaac Golden (2019) <sup>[14]</sup> finding that the homeoprophylaxis in both epidemics and as well long-term endemic disease control with a particular emphasis on the prevention and management of influenza-like illnesses.

Balaji Deekshitulu P V(2020) <sup>[3]</sup> studied that the homeopathy medicines like Ars alb, Influenzum, Bell, Baptisia Dilutions and Aconit Q, Ocimum SancQ, Eup perf Q, Bapti Q, Bryoni Q, Renaculus B with some special patent medicines. The three survived the covid disease within a week observing best results from covid 19 symptoms.

## Conclusion

The review article shows that ancient medical methods work wonderfully in boosting the immune system, this article covers Yoga, Meditation, Mudra, Nutrition & Diet, Ayurveda, Siddha and Homeopathy, and these ancient health practices provide us with mental and physical health. It is true that they protect against all kinds of bacteria and viruses that occur at all times.

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