

KUNDALINI RISING**SHAZIA OMAR**Writer, activist and yogini
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The power of Ayurveda: Fortify your immunity with natural remedies

Have you noticed a spike in dengue and viral fever? It seems everyone is falling sick. This makes me wonder what we can do to fortify ourselves. Our immunity seems to be at an all-time low.

It's not enough to rely on pharmaceuticals to save us when we are sick. We need to make our constitutions strong through yoga and herbal supplements that have been known to help humans for centuries.

When colonisers told us yoga, ayurvedic nutrition and herbal powders were inferior practices, we believed them and shifted our focus to Western science, but now, in the West, yoga and herbal alternatives to big pharma are hot and trending.

Now, western science is proving all our ancient knowledge to be true. So, let's embrace our heritage and revive ancient practices that were good then and are good now.

Several herbal powders have immune-boosting properties and are used to fortify the immune system. Here are some herbal powders that are often used to fortify immunity:

Echinacea powder: Echinacea is a well-known herb used to stimulate the immune system. It's often taken in powder form or as a supplement to help prevent or reduce the severity of common colds and respiratory infections.

Ashwagandha powder: Ashwagandha is an herb that is thought to help the body adapt to stress and strengthen the immune system. It's commonly used in Ayurvedic medicine.

Astragalus root powder: Astragalus is used in traditional Chinese medicine to support immune function and increase resistance to infections. The powdered form can be added to soups or beverages.



Turmeric powder: Turmeric contains curcumin, which has anti-inflammatory and antioxidant properties. It may help support the immune system by reducing inflammation in the body.

Ginger powder: Ginger is known for its anti-inflammatory and immune-boosting properties. Ginger powder can be added to teas, smoothies, or used in cooking.

Moringa leaf powder: Moringa is a nutrient-rich plant known for its potential immune-boosting effects. It is rich in vitamins and minerals, including vitamin C and zinc, which are essential for a healthy immune system.

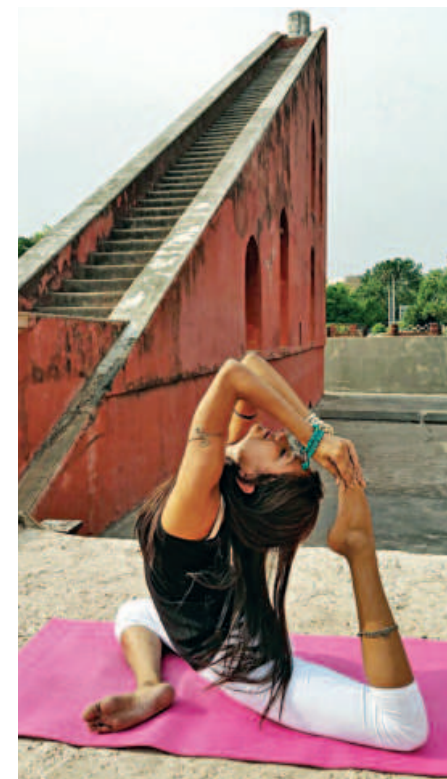
Spirulina powder: Spirulina is a type

of blue-green algae that is packed with nutrients. It contains vitamins, minerals, and antioxidants that can support overall health and immunity.

Reishi mushroom powder: Reishi mushrooms are known for their immune-enhancing properties. The powdered form can be added to hot water or used in cooking.

Chlorella powder: Chlorella is another type of algae that is rich in nutrients, including vitamins, minerals, and antioxidants. It's often used to support immune health and detoxification.

Amla (Indian gooseberry) powder: Amla is a rich source of vitamin C, which



is essential for immune function. It can be consumed as a powder or added to juices and smoothies.

Garlic powder: Garlic has been used for its immune-boosting properties for centuries. Garlic powder can be added to various dishes for flavour and potential health benefits.

Additionally, a balanced diet, regular exercise, and good hygiene practices are fundamental for maintaining a strong immune system. Stay well!

Shazia Omar is a writer and a yogini. You can follow her on Instagram or YouTube: Shazzy Om. For more information, please email her atshaziaomar@gmail.com.



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