

A Study on Sattvic Diet's Immunity-Boosting Supplements

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Abstract: *In today's world, we're all looking for ways to stay healthy, and what we eat plays a big role in that. One interesting way people have been exploring is the Sattvic diet, an ancient Indian approach that focuses on eating pure, simple, and balanced foods.*

This research is all about digging into this Sattvic diet to see if it really helps boost our immune system. We want to understand how the specific foods in this diet, like fresh fruits, veggies, whole grains, nuts, and dairy, might make our body stronger and better at fighting off sickness.

In a time where health challenges are always changing, it's important to figure out how what we eat can help us stay well. The Sattvic diet seems promising because it's all about eating foods that are good for us, in a way that goes beyond just staying full. It's about finding a balance that's good for our bodies, minds, and even our spirits.

Through this study, we hope to connect the ancient wisdom of the Sattvic diet with what we know from modern science. We're curious to see if the way people have been eating for centuries can actually be a key to staying healthy today. But, of course, we'll keep in mind that everyone is different, and what works for one person might not work the same for another. This research is a step towards figuring out how diets, especially ones like Sattvic and power-packed health supplements, might help us stay strong and healthy.

Keywords: Immunity Boosters, Sattvic Diet, Ayurveda, Health Supplements.

I. INTRODUCTION

Ayurveda considers Sattvic foods as the purest and most harmonious foods for a yogi's body. This category of food derives its name from the Sanskrit word Sattva, which means Purity. Fruits, dairy products, nuts, seeds, whole grains, natural sweeteners like honey, and anything edible that is in its purest form fruits, vegetables, legumes, nuts, seeds, herbal teas, etc. These foods promote a peaceful state of mind, a healthy body, emotional stability and mindfulness, and a longer life. Sattvik food diets are refreshing, soothing, and rejuvenating, Easy to digest, and clean and detoxify our body.

“Sattvik comes from the word 'Sattva', which signifies pure, energy, clean, and strong. Considered to be extremely rich in micronutrients, Sattvik food, derived from the yogic philosophy of living encourages clean eating promotes physical strength, and good health as well and prolongs life. It focuses on eating foods or practicing lifestyle habits that balance our emotions as well as clear out the toxins, keeping you energetic as well. It can also be a way for you to strengthen the body's immunity.”

Sattvic's diet also focuses on eating habits and the art of moderation, which are just as beneficial for a healthy diet as the food you eat. Meat, poultry, or any products that contain traces of egg are a strict no-no in the Sattvic diet. Below are some of the foods that you can consume to boost your immunity and stay safe from diseases during this time.

1.1 Objectives of study

- To understand how a Sattvic diet can help us in boosting our immunity.
- Understand basic remedies for common ailments in a sattvic diet.
- To emphasize the Importance of Nutrient Dense Food

II. RESEARCH METHODOLOGY

The researcher has used exploratory research method using secondary data collection for this study.

III. LITERATURE REVIEW

Immunity and its Importance

“Immunity is the ability to fight diseases and infections. Someone with a weak immune system is at a higher risk of several diseases and common health issues like colds, coughs, or flu. A strong immune system not only keeps infections away but also provides inner strength to your body. There are several ways to boost immunity naturally. A healthy diet can also support your immune system. From citrus fruits to juices you can build a strong immune system with simple modification in your diet.

Sattvik foods to eat for better immunity

- **Indian Gooseberry** - Amla is one of the richest sources of Vitamin C and antioxidants which fight infections in the body and boost your immunity. Have it as a pickle, candy, or just in its natural form regularly to see a difference in your health
- **Multi Grain** - The Sattvic lifestyle lays special emphasis on including whole sprouted grains like barley, amaranth, and quinoa which are high in fiber and pack in a lot of nutrition. A whole grain like barley, in particular, contains immunity-boosting properties, as it supplies helpful nutrients as well as cleanses the body of toxins.
- **Honey** - According to a yogic diet, the molecular composition of honey is almost as pure as blood and extremely helpful in treating anemic problems. It also has disease-fighting properties which keep you protected. Apart from this, honey has anti-inflammatory properties which are helpful when you have an infection in the body. It is extremely vital when you have a bad bout of cough or cold.
- **Desi Ghee** - Ghee or clarified butter is a part of any Indian diet and there's no real reason to shy away from it. In many households, it's churned freshly at home as well and in fact, one of the healthiest fats you can have. Rich in Vitamins A, B, D, and K, ghee also contains good traces of antioxidants, and anti-inflammatory agents that fight toxins, strengthen metabolism, as well as keep you fit and fine from the inside.

Juices to Drink for Better Immunity

There are several ways to boost immunity naturally. A healthy diet can also support your immune system. Here are some immunity-boosting juices that you can prepare at home.

These juices come under the Sattvic diet which is really helpful in increasing immunity.

Beetroot and carrot juice - “Combination of carrot and beetroot is a powerhouse of vitamin A, C, and E with a good dose of iron and calcium. This juice will help you boost immunity and fight inflammation as well. You can add some amount of ginger and turmeric to this to increase the immunity-boosting properties of this juice.”

Tomato Juice - Tomato juice is a great immunity booster. It contains vitamin C and beta-carotene, and it is high in antioxidants. It can also help in controlling the risk of several health issues. Tomato juice also contains potassium which helps control blood pressure.

The green juice - Leafy greens are loaded with nutrients and should be an essential part of your daily diet. These can help in weight loss. You can prepare juice with spinach and lettuce for better immunity. This juice can help you boost immunity as well as provide you with different nutrients. You can also add some amla to this mixture. It will enhance taste as well as add more vitamin C.

Bel Fruit-Based Drinks - “Bel fruit drinks can be sweet and tangy by turns. In Bengal, the belshorbot combines ripe bel pulp with milk, sugar, and ice, while Odisha's belapana is a tangy drink where the pulp is mixed with lemon juice, black pepper, mint leaves, ice, and water. The options are many and modern renditions with yogurt or almond milk or even as an ice cream or sorbet could well find their way into hipster smoothies and salad bars. Added to this is Bel's purported health benefits which are multifaceted and work as a tonic, laxative, and digestive rolled into one. Building immunity is important because our immune system is the first line of defense. It plays a vital role in keeping the foreign disease-causing pathogens away from us.

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Some Ayurvedic remedies that you must try to boost your immunity

To keep your immune system healthy, it is important to eat clean, nutritious foods and follow healthy lifestyle habits. Add an herbal concoction to boost immunity. Apart from that including some herbs and spices can also help to give a little boost to your immunity.

Some Ayurvedic remedies that you must try to boost your immunity.

- Grated Ginger - Have 1/2 inch of freshly peeled

Ginger before your meal. Ginger has anti-inflammatory and antioxidant properties that stimulate your metabolism.

- Ghee and jaggery - Mix some jaggery in a tablespoon of ghee and have it post-lunch for maximum health benefits. The combination can help to boost immunity and restore hormonal imbalance.

- Giloy juice - Take 1 inch of Giloy stem and boil it in 1 glass of water for 5 Ayurvedic concoction can boost minutes. Drinking this your immunity and memory power.

“Ayurveda drinks can prove to be immensely helpful to bolster your immunity, without causing any side effects. Here, we bring you a list of powerful nutrient-packed drinks that can bolster your immunity and shield your body from disease-causing agents.”

Immunity-boosting Ayurveda drinks work remarkably well in providing essential nutrients to your body. Such Ayurveda herbal drinks also help in maintaining the balance of acid-alkaline levels in your blood and body tissues.

Along with natural medicinal properties, the ingredients provide various vitamins, minerals, and enzymes that aid your body in natural anti-oxidation and detoxification, thus boosting your immunity. Such drinks are metabolized and absorbed by your digestive system easily and can boost your immune strength naturally.

Nutrient-dense foods Recommended in Ayurveda

Ayurveda emphasizes the importance of consuming nutrient-dense foods that provide essential nutrients, promote balance, and support overall health and well-being. Nutrient-dense foods are those that are rich in vitamins, minerals, antioxidants, and other beneficial compounds while being relatively low in calories. Here are some nutrient-dense foods that are commonly recommended in Ayurveda:

Fresh Fruits: - Amla (Indian gooseberry): Rich in vitamin C and antioxidants.

Mangoes: Provide vitamins A and C, as well as dietary fiber.

Pomegranates: Packed with antioxidants and beneficial compounds.

Berries (such as blueberries, raspberries, and strawberries): Rich in antioxidants and vitamins.

Leafy Greens: - Spinach, kale, collard greens, and other leafy greens are high in vitamins, minerals, and fiber.

Dandelion greens: Known for their detoxifying properties.

Mustard greens, provide essential nutrients and phytonutrients.

Whole Grains: - Quinoa: A complete protein source and rich in fiber.

Brown rice: A good source of complex carbohydrates and minerals.

Oats: Provide soluble fiber and nutrients.

Legumes: - Lentils, mung beans, and chickpeas: High in protein, fiber, and essential nutrients.

Split peas: Rich in protein and vitamins.

Nuts and Seeds: - Almonds, walnuts, and pistachios: Provide healthy fats, protein, and antioxidants.

Chia seeds and flaxseeds: Rich in omega-3 fatty acids and fiber.

Healthy Fats: - Ghee (clarified butter): Rich in healthy fats and nutrients.

Coconut oil: Contains medium-chain triglycerides (MCTs) and supports digestion.

Avocado provides healthy monounsaturated fats and vitamins.

Spices and Herbs: - Turmeric: Contains curcumin, known for its anti-inflammatory properties.

Cumin, coriander, and fennel: Aid digestion and enhance flavor.

Holy basil (Tulsi): Supports stress management and overall well-being.

Dairy and Dairy Alternatives: - Paneer (Indian cottage cheese): Rich in protein and calcium.

Nut milk (almond milk, coconut milk): Provides nutrients and is suitable for dairy-free diets.

Sea Vegetables: - Nori, kelp, and seaweed varieties: Rich in minerals, including iodine.

Colourful Vegetables: - Carrots, bell peppers, sweet potatoes, and other colourful vegetables: Provide a range of vitamins and antioxidants.

It's important to consume a variety of nutrient-dense foods to ensure a well-rounded and balanced diet. Ayurveda also emphasizes mindful eating, proper food combinations, and cooking methods that enhance nutrient absorption. Additionally, individual dietary recommendations may vary based on an individual's constitution (Prakriti), current imbalances (Vikriti), and specific health needs. Consulting with a qualified Ayurvedic practitioner can provide personalized guidance on creating a nutrient-dense diet that supports your unique well-being.

IV. CONCLUSION

In summary, our research on "Boosting Immunity with Sattvic Diet" demonstrates that adhering to a Sattvic diet can really strengthen our immune system. Fresh fruits and vegetables, whole grains, nuts, and dairy products are just a few of the items in this diet that have been shown to be high in vitamins and antioxidants. Our findings also suggest that following a Sattvic diet could be a smart way to prevent illnesses and support our health. However, it's essential to remember that more studies are needed to be sure about these benefits. Everyone is different, and factors like culture and lifestyle matter too.

In the end, our study adds to what we know about how the food we eat affects our immune system. It encourages us to think about how traditional diets, like Sattvic, might play a role in keeping us healthy. As we move forward, we need more research to make sure these ideas really work and to help people make choices that keep them strong and healthy.

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