

Emerging Wild Plants to Build up Immunity

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Abstract: *The aim of this document is to study role of wild plants in boosting immunity, fighting diseases and other viruses. It also reveals that the diversity, distribution, parts used and season of availability of wild food plants that can be useful in boosting immunity to fight seasonal infection. Wild vegetables have been an important part of human diets from ancient times. They contain important micronutrients, like vitamins and minerals which maintain health and promote immunity against infections. Wild plants can grow easily, they do not required much care as compared to other traditional cultivated species and are rich source of micronutrients. Hence, they could make an important contribution to fight against micronutrient malnutrition also providing food security. Unfortunately, wild vegetables are currently used less and have been neglected by researchers.*

Keywords: Wild Plant, Boosting Immunity, Micronutrients, Diseases.

I. INTRODUCTION

The immune system is built on beneficial live bacteria that lives in the gut which protect the human body from various diseases. When the immune system response is low, weak, or damaged, it becomes an open invitation for infections such as coronavirus or other diseases like diabetes, heart disease, or cancer.

Biodiversity is important for the planet as well as it's important for human health too. Eating a variety of fresh fruits, vegetables and while grains can help to immune systems by providing the full range of nutrients, different vitamins from vitamin C to vitamin D to zinc and iron. Recently COVID-19 is revelling the urgency of improving immunity and the power of food to protect us.

There is a variety of vitamins, flavonols, minerals that have been looked at that we know to improve immune system. Wild foods mainly wild plants, wild vegetables, wild fruits, wild mushrooms, flowers and wine berries now emerging to improve the immunity.

II. RESEARCH DESIGN AND METHOD/RESEARCH METHODOLOGY

The present study will be mainly based on primary sources of data. Primary data will be field based study and survey method where data will be collected through structured questionnaire. The study was conducted by survey and interviewing the knowledgeable peoples through questionnaires for plants which are traditionally used as medicine and tonic to cure cough, cold and fever. Plants are rich in antioxidant, vitamin A, vitamin C, and Zn were documented for their ability to boost immunity.

2.1 Preliminary Work/Survey

There was discussion with the knowledgeable peoples about wild plants which are traditionally used as tonic and boost up immunity. Their answers inspired to choose this topic for research work.

III. LITERATURE REVIEW

Approximately, twenty-five thousand plant based formulations and extracts have been used in folk medication in the south Asian subcontinents (Pundarikakshudu and Kanaki, 2019). In the past three decades the use of these traditional medicinal plants in Romania has been scarce (Pieroni et al., 2015; Papp et al., 2011, 2014; Gilca et al., 2018). Wild edible plants like *Angelica glauca*, *Berberislycium*, *Terminalia chebula*, and *Ziziphusmauritiana* are used in the preparation of alcoholic drinks for local personal uses (Thakur, 2020). Wild plants are important ingredients of many traditional and

modern medicine, which are used to cure a variety of ailments from time immortal. Almost comparable findings were reported by other workers. (Dutt, 2013; Sharma, et al., 2017; Patil & Kakde, 2020) and Babich, et al., 2020).

IV. RESULT AND DISCUSSION

List of wild food plants useful in boosting immunity is as below:

Sr. No.	Botanical Name and Common Name	Uses
1	<i>Achyranthesaspera</i> / Agada	The whole plant is useful in the treatment of dropsy, piles, boils, toothache and skin problems. Root&stem are useful in toothache & used as a toothbrush.
2	<i>Centellaasiatica</i> / Bramhi	Used as memory booster, tonic and to manage diabetes and nervous disorder.
3	<i>Cyclospermumleptophyllum</i>	Powered seed are used to cure cough while fresh are used to cure cough.
4	<i>Foeniculumvulgare</i> /	Local people use fruits decoction to cure indigestion, cough and cold.
5	<i>Mangiferaindica</i> /Mango	Root, leaf&bark are astringent, acrid, refrigerant & useful in vitiated conditions of pitta,
6	<i>Asparagus adscendens</i>	Powdered Rt is used as tonic.
7	<i>Terminalia bellirica</i> /Behada	The bark is mildly diuretic and useful in anaemia and leucoderma.
8	<i>Ficusracemosa</i>	Fruit used for its antidiuretic effect.
9	<i>Syzygiumcumini</i>	Local people use seed, tender leaf are used in diabetes, diarrhea.
10	<i>Murrayakoenigii</i> /Curry Leaf	The leaf, bark & root are used as a tonic & Stomachic.

Due to changes in our life style and food habits we are less resident towards the disease as compare to our ancestors. By using medicinal wild food plants we can conserve our traditional health care and it will helpful in boosting immunity. Therefore, there is a need to assimilate the wild plants which are havingnutritional valuein our daily diet. .Addition of wild food plants as food and food supplements with some modern twist to our food plate. Plants which will available in future will support the human health is dependent on the conservation and sustainable use of their source species in the long term. Maintaining biodiversity will help to promote the tourism. Medicinal plants and herbs are better alternatives to treat several diseases.

V. CONCLUSION

Lack of attention to ensuring the sustainability of herbal ingredients, in particular those sourced from the wild. The wild plants key to ensuring the long-term survival of medicinal and aromatic plant species, which could form the basis of the medicinal formulations. Addition of wild food plants as food and food supplements with some modern twist to our food plate. Modern twist such as maggi, poha, sandwich, momos which are very popular in young generation. By including these wild plants in our food habit we can make our present and future generations healthy, happy and strong. Lack of knowledge among the people regarding benefits of wild plants.

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