

Measures to boost Vyādhikṣamatva (Immunity)

- The natural ability of the body to fight diseases or prevent diseases is called Vyādhikṣamatva (immunity).
- In Ayurveda, Svarṇaprāśana (therapeutic administration of gold) is mentioned for increasing immunity in infants & children, which should be done in consultation with Ayurveda physician. Svarṇaprāśana improves the intellect, physical development and immunity in children.
- Regular use of Giloy, Tulasi, Amla, Asparagus, cow milk, cow ghee etc. improves Vyādhikṣamatva.
- Proper following of the instructions given in Ayurveda such as those related to food, sleep, exercise and conduct also helps in improving Vyādhikṣamatva.