



HEB

Journal of Hospital Pharmacy
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled As Health-Education, Bureau)

JOHP

Immunity Boosters Need for a Healthy Body in Infective Diseases: A Review

Gade Mukund M.¹, Bhanwase Anil. S.¹

¹Shikshan Prasarak Mandal's College of Pharmacy Malewadi-Akluj, Tal-Malshiras, Dist- Solapur 413401

Address for Correspondence: editorjohp@gmail.com

Abstract:

The immune system is playing critical role for individual survival. The immune system must be alert, as soldiers it should monitor, defend the host from infective agents. Cells of the immune system must be able to identify the pathogenic and non-pathogenic moieties, which causes damage to hosts. Therefore, to make awareness, this article will highlight the different sources or available food material to boost immunity. It is focused that the how these different immune boosters, macronutrients and micronutrients are helpful to built up effective /alert immune system. Better, the immune function of an individual greater will be the survival from infective agents. By highlighting or discussing this issue it will facilitate the human being to manage their lives in pandemic situations like Covid-19.