WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact Factor 8.453
Volume 13, Issue 20, 1010-1011. Review Article ISSN 2277–7105

A BRIEF REVIEW ON DIFFERENT PLANTS WHICH ARE USED AS AN IMMUNITY BOOSTING AGENTS

Vedshree Padre*

India.

Article Received on
03 September 2024,

Revised on 24 Sept. 2024,
Accepted on 14 October 2024

DOI: 10.20959/wjpr202420-34320

***Corresponding Author**
Vedshree Padre
India.

INTRODUCTION

The immune system is our most valuable ally and its main function is to keep us healthy as well as strong. If we eat foods that are ultimately pure as well as rich in vitamins, enzymes and minerals then our immune system can last to fight off viruses, harmful bacteria, parasites as well as toxins. People should be aware of new approaches of detention and self-isolation when trying immune-boosting herbs. In this article, we are deliberating several plants and herbs that have great medicinal value as blessings in fighting various diseases.[1] When the immune system response is low, weak, or damaged, it becomes an open challenge for infections such as coronavirus as well as other diseases like diabetes, heart disease, or cancer.[3]

IMMUNITY

The immune system safeguards our body from diseases as well as infections (occupying pathogenic microorganisms) and cancer. It's the bodily system that produces the immune response to protect your body from foreign substances, cells, as well as tissues. The immune system covers various parts of the body including the thymus, spleen, lymph nodes, special deposits of lymphoid tissue (like those in the gastrointestinal tract and bone marrow), macrophages, lymphocytes including the B cells and T cells, and antibodies. Immunity, the state of protection from infectious disease has both a less specific or innate and a more specific or adaptive component. Therefore, the immune system has two components: innate and acquired immunity. The innate immunity is present in all metazoans, while the acquired immunity only occurs in vertebrates.[3]

INNATE IMMUNITY

Infection typically leads to inflammation, with early monocytes not activating early monocytes. Natural killer cells, which recognize and produce interferon-γ, play a crucial role in host defense. The innate immune system, found in all plants and animals, includes immediate defenses against infection and barriers to keep viruses, bacteria, and parasites out of the body.[1]

PHYSICAL BARRIERS

For example skin, the respiratory tract, the gastrointestinal tract, the nasopharynx, eyelashes, cilia as well as body hair.[1]

DEFENCE MECHANISM

Like as secretions, mucous, bile, gastric acid, saliva, tears as well as sweat.[1]

ACQURIED IMMUNITY

Acquired immunity depends on the capacity of immune cells to distinguish between the body's own cells and unwanted attackers. The host's cells express "self" antigens. These antigens are different from those on the surface of bacteria or on the surface of virus-infected host cells. Microorganisms that overcome the innate non-specific defense mechanisms or are administered intentionally (active immunization) come up against the host’s second line of defense: acquired immunity.[1]

MECHANISM OF IMMUNITY

The immune system, including antibodies and cytotoxic T cells, can be activated by infection agents or vaccinations. However, certain situations can cause cell or tissue destruction. Macrophages capture and digest antigens, triggering interaction between macrophages and helper T cells. These cells then secrete cytokines, activating cytotoxic T cells.