

Immunity Booster: Positive Health Habits

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Abstract:

The purpose of the study is to find out the different positive health habits for boosting the immunity power among the peoples during this Covid-19 pandemic period. This paper also focuses on the seven beneficial habits such as stay hydrated, proper sleep, Jogging, walking, workout physical exercises.

Key Words – Health habits, Immunity booster, Physical exercise

Introduction:

In the recent time COVID-19 pandemic the infectious disease affects entire world. It also caused for the several death and mostly caused to lay down the economy. COVID-19 is a lung disease which firstly affect the lungs and due to lungs infection slowly the body system failure and cause for the death. The higher age persons and those who have weak immunity are the main target of this covid-19. Yet there is no cure for this infectious disease so become a pandemic for all over the world, only the people who are healthy and have the strong immunity are easily get ride from this disease for boosting the immunity mostly the health habits and proper diet is responsible

There are much more Health habits which easily boost the immunity against the various viruses such as Proper Sleep, Workout, Jogging, Walking, Exercise, Yoga and various Outdoors games

Body and mind are being benefited by various physical activity, such as weight control, immunity against chronic diseases, mental stability as well as it helps in reducing the stress and building confidence. Physical activity means not involve in the gym. Instead of gym the various physical activity such as walking, jogging, yoga and many other things that moves your body. Out of this physical activity many more activity we can easily includes in our day to day life, it will cause for strengthening your mind, physical fitness as well as if done with the friends or family it will have a time to interact with them.

For healthy living, physical activity is considered one of the main factors. In addition to the functions related to the prevention of excess body weight, systemic inflammation and chronic non-communicable diseases, a potential benefit of physical exercise in reducing communicable diseases, including viral pathologies, is suggested [1]. The practice of physical exercise, both in its acute form and in its chronic form, significantly alters the immune system [2, 3]. Studies indicate that the modulation of the immune response related to exercise depends on factors such as regularity, intensity, duration and type of effort applied [1, 4].

Moderate-intensity physical exercises stimulate cellular immunity, while prolonged or high-intensity practices without appropriate rest can trigger decreased cellular immunity, increasing the propensity for infectious diseases [2, 3]. According to the International Society for Exercise and Immunology (ISEI), the immunological decrease occurs after the practice of prolonged physical exercise, that is, after 90 min of moderate- to high-intensity physical activity [5].

Some of the Positive health habits are discuss below:

From the Ancient days, Yoga have the main focus for building the immunity against various diseases, use for keeping the body fit and fine it helps for physical strength and stress relief. Some of the Yoga exercise beneficial to get rid of the toxins, negative energy and keeping your vital organs functional as well as some Yoga position supports in balancing and boosting the immune system.

1. Breakfast:

The first diet of the day, which mostly intakes in between 8 to 10 am includes Milk and Milk related product, fruits, Whole cereals grains and breads, this includes more vitamins and minerals with less fat and cholesterol. High in fiber and proteins diet cause for full and energized feeling.

2. Eating periodically

It is much more beneficial to eat after some time gap which causes to sufficient nutrient supplement to the body in which mostly the fruits and vegetables which are rich in minerals, fibres and vitamins with periodically consumed in small portion which helps to keep your diet system good as well as the improvement of immunity power. Mostly the proteins diet with low sugar and fats helps to reduce the threat of heart problems.

3. Stay hydrated

Staying hydrated is one of the most important things to maintain your body temperature as well as the regulation of vital process in the body. the proper amount of water is extremely important as every cell, tissue, and organ in our bodies which always needs water. Mostly doctors suggest to drink water upto 3 to 4 litre daily, to try to drink enough water that you urinate frequently within 2-3 hrs gap, and the urine is light in colour, as the urine is the waste material in the body it involves toxins and others non usable material in the body, that's helps to keep your body clean from the toxic matter.

4. Dental Care

At the beginning and the end of the day, Dental cleaning is important because of the most of the bacteria are entered throughout the mouth in the human body, if the dental cleaning is not proper because the plaque produced by the bacteria are entered in the blood and cause for the inflammation and blocks of blood vessels resulted in heart attack. Blocking of blood vessels cause the disconnect the blood flow to the vital organs and unable to fulfil the oxygen requirement of vital organs which results in reducing the immunity power.

5. Proper Sleep

Body relaxation is as important as the food, if the body does not get the sufficient sleep (relax) it cause to reduce your potential and mental stability is disturb in some what portion as well as drowsiness,

fatigue, lack of focus, and forgetfulness. Sleep helps to clear the debris of the work from the brain, while regulation and restoration nerve networks results in fully function when we wake. One recent study from Italy suggests that the consistent lack of sleep may cause the brain to start destroying itself.

To prohibit this potential threat, must have the habit of as 7-9 hrs. sleep daily at routine time and away from TV, laptop, Cell phone and other device that cause you to awake and make stress on your eyes.

6. Jogging/ Walking

As most of the people have the habit of morning walk or walking after dinner which is crucially beneficial for them because of in the morning session walking/jogging reduces your body fats as well as burning of excess calories in the body helps you to keep active and in the morning session the lack of pollution i.e. fresh air which is inhaled by the body complete the requirement of your oxygen level which is going to reduce in the whole day working.

The walking habit after dinner cause to burn excess of calories in the body as well as helps in proper digestion keep away the various disease [6].

Workout:

Mostly the young generation are get focused on the workout, now a day for maintaining the sugar level and blood pressure regular peoples are preferred for the workout

The benefits

- Workout done must be before 9 a.m., it helps in brain boosting via secretion of endorphins the chemical which keep your brain to feel happy and relax
- Routine exercise with an empty stomach burns about 20 percent more body fat than the work in the whole day.
- Morning exercise also cause for the quality sleep at night, while an evening workout that boost up your system might make sleep more difficult.

Conclusion:

From the above various healthy habit are helpful to keep away various disease by boosting the

immune system keeping the body functions regular, as well as the physical and mental stability and keep you fresh and calm

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