

NIPER-Immune Booster Herbal Tea

Low or weak immunity makes person more vulnerable to viral/bacterial infections, like the one Covid-19 that is being faced by us globally. As no new effective drugs and vaccine available yet to treat Covid-19 disease, it is important to strengthen immunity of people. Keeping this in mind, we at the Department of Natural Products, NIPER-SAS Nagar thought of developing immune boosting herbal tea. NIPER-SAS Nagar is the first level national institute in the field of pharmaceutical sciences established in 1994 under the aegis of Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, Govt. of India. The institute obtained a status of 'Institute of National Importance' by an Act of Parliament in 1998. NIPER imparts higher education and research training and offers Masters, Ph.D. and post-doctoral programs. Dr. Sanjay Jachak is working with NIPER-SAS Nagar, Punjab since last 21 years and currently he is Professor and In-charge HoD, Department of Natural Products, NIPER.

A strong immune system protects individuals and has the ability to neutralize and eliminate pathogenic micro-organisms such as bacteria, viruses and their toxic products. Modulation of immune response could provide a substitute for anti-viral/anti-microbial drugs. Herbs are known to possess immunomodulatory properties which mean that they produce both specific and nonspecific immune responses.

There are several medicinal plants which are employed in different traditional system of medicine throughout the world to improve the immunological response of the body. The present Immune Booster Herbal Tea product is aimed at modulating immune response in body so that the said herbal tea may be used as preventive remedy to tackle ongoing crisis of corona virus infection. We have prepared a combination of 6 locally available herbs that are mixed in carefully selected proportions keeping in mind their action as immunity enhancer, sensory appeal, ease of preparation and acceptable palatability. The selection of herbs was based on 'Rasayana' concept described in Ayurveda. Rasayana means rejuvenation and the rasayana herbs described in Ayurveda help to increase the immunity of a person to keep him away from disease. Thus, the selected herbs have long been used in various Ayurvedic formulations and are known for their immunomodulatory effects. These herbs act at the cellular immunity level and boost the immune response generated by our body to fight viral/bacterial diseases.

The formula has been designed in such a way to achieve maximum immune boosting effect. The six potential immune booster herbs that shall be employed in the form of herbal tea bags are listed below:

1. Ashwagandha (*Withania somnifera*)
2. Giloe (*Tinospora cordifolia*)
3. Mulethi (*Glycyrrhiza glabra*)
4. Tulsi (*Ocimum species*)
5. Green Tea (*Camellia sinensis*)

One can take the tea 3 times a day. The children and aged persons in the family can consume the tea without any problem. It is soothing on throat and can help the body to fight seasonal flu problems also. It is an in-house preparation with all the herbs collected/procured from within the NIPER medicinal plant garden on the campus.