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Abstract

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Title: A Review on Immune enhancers and weakening

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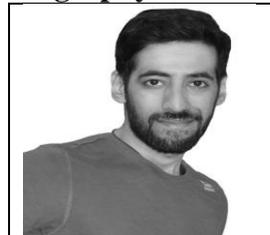
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Introduction: Immune system involves a complex network of cells and biochemical reactions. The main function is to enable the host's defense against infectious agents and thus protecting the body from diseases. Immunity is broadly classified into natural and/or acquired. In the current scenario, immunity draws attention and the focus is on adding immune enhancers, which is the last line of defense. Unfortunately, factors inhibiting immunity were getting ignored during this scenario. This paper provides an over-review of the immune weakening as well as immune-boosting.

Methodology: We performed literature searches using keywords (1) Immunity, (2) Factors boosting immunity, (3) Factors weakening immunity, (4) Immune boosters, lifestyle factors, (5) Immune system. Results were screened for relevance and only human studies were considered.

Conclusion: Immunity plays an important role in disease prevention. When we think about immune boosters, we must also check on immune weakening. The complex system of immunity has to be finely balanced with a focus on making long-term changes and building positive habits in our lifestyle rather than the addition of immune-boosting supplements, especially over the counter. Increasing immunity through physical exercise, consuming balanced nutrition, and taking care of factors like sleep, hydration and stress should be the big picture focus.

Biography:



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