

Emerging Wild Plants to Build up Immunity

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Abstract: *The aim of this document is to study role of wild plants in boosting immunity, fighting diseases and other viruses. It also reveals that the diversity, distribution, parts used and season of availability of wild food plants that can be useful in boosting immunity to fight seasonal infection. Wild vegetables have been an important part of human diets from ancient times. They contain important micronutrients, like vitamins and minerals which maintain health and promote immunity against infections. Wild plants can grow easily, they do not required much care as compared to other traditional cultivated species and are rich source of micronutrients. Hence, they could make an important contribution to fight against micronutrient malnutrition also providing food security. Unfortunately, wild vegetables are currently used less and have been neglected by researchers.*

Keywords: Wild Plant, Boosting Immunity, Micronutrients, Diseases.

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