

Dietary Immunomodulators - An Organic Boom in the Management of Chronic Diseases

Anwasha Banerjee¹, Divya Pandya¹, Arpita Maitra¹, Kaushik Dutta¹, Rekha Puttanawar¹

¹Department of Oral Medicine and Radiology, Guru Nanak Institute of Dental Sciences and Research, Kolkata, West Bengal, India

ABSTRACT:

Immunology involves all the defence mechanisms occurring in the body after the invasion of any infectious agent and the ability to resist this infection. The micronutrients like essential proteins, essential amino acids, vitamins (A, B6, B12, C, D, E and folic acid), fatty acids, minerals (iron, selenium, zinc and copper) and certain phytochemicals are of prime importance towards healthy immune system. In addition to these nutritional components, intestinal microflora and certain bacteria (probiotic bacteria) also play an important role in the modulation of healthy immune system. There is an ongoing trend of usage of immunomodulators to combat various chronic diseases like viral diseases, cancers, inflammatory and autoimmune diseases. This review focuses on various immunomodulators available in daily dietary meals, its positive and negative effects on immune system and its role in management of chronic illness as an adjunct to other modalities to achieve positive health benefits with minimal side effects.

KEY WORDS: cancer; immunity; immunomodulator; organic food; probiotics; vitamins