

## POST PANDEMIC ERA: THE RELEVANCE OF INDIAN TRADITIONAL SYSTEM OF MEDICINE AS A PROSPECTIVE ALTERNATIVE IN BUILDING THE IMMUNE SYSTEM

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*Healing from infectious diseases requires strong immunity. So, an immunocompromised host is unable to respond to the infection. The World Health Organization recognizes the traditional and alternative medicine of proven quality and safety, for health care. The Indian Traditional Medicine System is a pathfinder for several natural sources, which protects us from illnesses and strengthens our immunity. Among several medicinal plants, we have discussed here the relevancy of Amlaki, Ashwagandha, Guduci, Haldi and Neem as immune boosting agent for post-COVID complications.*

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