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POTENTIAL OF SPICES AS MEDICINES AND IMMUNITY BOOSTERS

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ABSTRACT

'Let food be thy medicine and medicine be thy food,' as said by Hippocrates. In times of global pandemics and search for safer medicines, remembering the potential of spices and inclusion in daily cuisine can be a savior, to protect humanity from myriad pathogens and viruses, by their immunoprotective properties, and this seems to be need of the hour. Demand for golden milk (inclusion of turmeric in milk) and Indian rasam (spices' concoction) grows as people from diverse expertise, be it scientists, medical practitioners, or traditional healers, all advocate use of spices in enhancing immunity while lowering the risks of viral attacks. The most commonly used herbs and spices that are medicinal and have proven to act against diseases are Black pepper-the king of spices, cardamom-known as the queen of spices, black cumin (kala jeera), caraway, chili, cinnamon, cloves, coriander, dill, fenugreek, nigella, ginger, sage, turmeric, and vanilla-prince of spices, etc. One of the most commonly used spices in Ayurveda, Unani, and Siddha, systems of medicine, is Black pepper. Cardamom has antimicrobial properties. Cumin seeds aid digestion and are incorporated to flavor by the bakers'