

Ayur Centre

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Building up immune system - Ayurveda approach

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Chief Ayurvedic Physician

What Is the Immune System?

The immune system is an interactive network of organs, cells and proteins that protect the body from viruses and bacteria or any foreign substances. The immune system works to neutralize and remove pathogens like bacteria, viruses, parasites or fungi that enter the body, recognize and neutralize harmful substances from the environment, and fight against the body's own cells that have changes due to an illness.

We are continually exposed to organisms that are inhaled, swallowed or inhabit our skin and mucous membranes. Whether or not these organisms lead to disease is decided by the integrity of our body's defense mechanisms, or immune system. When our immune system is working properly, we don't even notice

it. But when we have an under- or over-active immune system, we are at a greater risk of developing infections and other health conditions.

The amazing thing about the immune system is that it's constantly adapting and learning so that the body can fight against bacteria or viruses that change over time. There are two parts of the immune system — our innate immune system works as a general defense against pathogens and our adaptive immune system targets very specific pathogens that the body has already has contact with. These two immune systems complement each other in any reaction to a pathogen or harmful substance.

For registration and further details:

Date & Time
16th March 2019
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number, 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

For registration, please contact:

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