



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**
'A Bridge Between Laboratory and Reader'

www.ijbpas.com

CONCEPT OF OJAS & AYURVEDA LIFESTYLE TO ENHANCE OJAS

KHOT M¹, RAOLE V², BAGUL A³ AND BANNE S⁴

- 1:** Final Year Post Graduate Scholar, Department of Kriya Sharir, Parul Institute of Ayurved, Parul University, Limda, Vaodara, Gujarat
- 2:** Professor & Guide, Department of Kriya Sharir, Parul Institute of Ayurved, Parul University, Limda, Vaodara, Gujarat
- 3:** Professor, Department of Swasthavritta, Parul Institute of Ayurved, Parul University, Limda, Vaodara, Gujarat
- 4:** Associate Professor & Ph.D, Department of Dravyaguna Vijnana, Parul Institute of Ayurved, Parul University, Limda, Vaodara, Gujarat

***Corresponding Author: Dr. Vaidehi Raole: E Mail: vaidehi.raole@paruluniversity.ac.in**

Received 12th Dec. 2021; Revised 14th Jan. 2022; Accepted 7th Feb. 2022; Available online 5th March 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1095>

ABSTRACT

The essential point of Ayurveda is to prevent illnesses. This counteraction of infections is accomplished by the appropriate keeping up with of the body resistance. Till date for COVID-19, no medication or treatment has exhibited promising outcomes in either forestalling the infection or working on its forecast. The most ideal way of forestalling COVID-19 disease is by improving a one's body resistance or Ojas. Ojas is a living protoplasmic substance that is the premise of the actual immunity of each cell and safeguards the respectability of the person. It is framed from the last (conceptive) tissue of the Shukra/Arthava and contains quintessence of all the seven Dhatus (substantial tissues). It goes through the heart, circles around the body and keeps up with the regular opposition, everything being equal.

As per Ayurveda Ojas is one the most essential things for maintaining a healthy body. It is your splendour, your inner light, your luster, vitality, energy and bodily strength. This vital sap is necessary for a complete and full life. Without it, immune systems weaken, spirits sink and basic abilities falter in the face of adversity. A person with good Ojas is serene, healthy,

creative, energetic, and youthful in appearance. These are the people we come across in our day to day lives that simply shine a light on our routine. A person who is deficient is timid, weak, and anxious, lacks vitality, has a poor complexion, gets sick easily and has a general deficient appearance.

Day today factors like stress, overworking, exhaustion, physical trauma, emotional trauma, poor sleep habits, selfishness, nervousness, anger, excessive orgasms, chronic diseases such as diabetes, asthma, arthritis, and cancer, chronic pain, indigestion, excessive travel and aging can withdraw ojas from your body.

Ayurveda is a system of lifestyle medicine that works improving one's vitality or modulating immunity and can, therefore, be used as a preventive approach. Several measures can be used to improve immunity against infections. This may be useful in this current scenario where we are facing a COVID-19 pandemic.

Keywords: Ojas, Immunity, Ayurved, Shukra Dhatu

INTRODUCTION:

Because of the COVID 19 pandemic, the world is going through a noteworthy yet terrible time. The circumstance is tricky in light of the fact that researchers have given further alerts that everybody should be ready for the second repeat of the illness additionally the World Health Organization have pronounced that main lockdown isn't to the point of managing the unsafe impacts of the pandemic. In such condition alarm is self-evident, which further prompts debilitated Immunity. As it is seen that individuals with great insusceptibility stayed unaffected during the pandemic or has lesser side effects of the infection, invulnerability and related elements are expected to be looked into fundamentally. As indicated by Ayurveda Ojas is one of the principle factors answerable for an

individual's resistance. Consequently, to concentrate on Ojas and Ojovahasrotas is the need of an hour.

An endeavor is made to concentrate on every one of the perspectives connected with Ojas including its arrangement, essential seat, types, view of Ojas as indicated by different Acharyas, side effects of its rise as well as exhaustion and how to survey it basically in the patient, ways of expanding the Ojas to support the insusceptibility and so on Ojas is a Sanskrit expression which signifies "life" or "pith of essentialness." Formation interaction of Ojas is like the way that ghee is delivered from milk¹. Ojas is a finished result refined through numerous normal changes and in this way is a valuable one. An individual with remarkable Ojas seldom ends up being

debilitated. Ojas is considered as the unadulterated pith of the Kaphadosha. Here an endeavor is made to examine all parts of Oja, similar to development of Ojas, its genuine appearance, properties and consequences for the body when the Ojas is expanded or diminished in amount.

Moolasthana (Primary Seat) of Ojovaha

Srotas: Acharya Charak in Sutrasthana stated that ten vessels attached to the heart carry Ojas and pulsate it all over the body². Therefore, the primary seat of Ojas is the heart, from where it circulates to the entire body.

Formation of Ojas: Every living thing takes food to be alive, Ojas is considered as the ultimate refined result of digestion, metabolism, absorption and assimilation of that food. According to Samhitas, Ojas is collected from the body's seven tissues which are Rasa (plasma), Rakta (blood), Mamsa (muscle) Meda (fat), Asthi (bone), Majja (bone marrow), and Shukra (semen and ovum) by the influence of Agni (digestive fire). The process of formation of Ojas is similar to how a bee collects honey from the essence of many flowers. According to Acharya Vagbhat, during the process of digestion or paka formation of two things are observed i.e., mala and sara. Mala is the malarupi Ojas and sara is the garbha.

Types of Ojas: There are two types of Ojas: 1) Par and 2) Apar Quantity: The quantity of Par Ojas is eight bindu (drops) and that of Apar Ojas is half anjali. Perception of Ojas according to various Acharyas: According to some Acharyas Ojas is formed in the form of Upadhatu (by product) while according to others it is formed in the form of Mala (waste material)³

Ojas as Upadhatu: According to Acharya Sushruta Oja is the essence of Saptadhatu and it is the seat for strength⁴. According to Sharangdhar Samhita, Ojas is Upadhatu of Shukra Dhatu.

Ojas as Mala: Acharya Vagbhatin Ashtanga Hridayam states that Ojas is the essence of Saptadhatu and formed as the Mala of Shukra^{5,6}.

Ojovaha srotodushtihetu (etiological factors affecting Ojas):

As Ojodushti is one of the main causes of decreased immunity and nidanparivarjan is the foremost treatment of any disease, finding and removing the factors causing ojudushti is important. Ojas undergoes depletion due to Abhighat (injury), Dhatukshaya (tissue depletion), Kop (anger), shoka (grief), dhyan (worry), shram (exertion), Kshudha (hunger) etc. resulting into the flowing out from the dhatus and getting associated with tejas (heat factor from the body) and instigated

by Vata which gives various discomforts to the body.⁷ **Ojovahasrotas dushti**

Lakshana: Dushti means unwanted changes in the functions of the Ojas. There are 3 types of Ojodushti: 1) Ojovisrams 2) Ojovyapatand 3) Ojokshaya. The signs and symptoms of Ojodushti are very important because detecting them early can help reverting the Ojodushti earlier and can prevent the hazardous effects of Ojakshaya. Ojovisransa: Visrams means displacement from its normal place⁸. The symptoms when Ojas is displaced from its place includes: Sandhivishlesh (sagging of Joints), Gatranamsadanam (weakness of the body), Doshachyavanam (displacement of Doshas from their normal seats) and Kriyasannirodha (impairment in the activities)

Ojovyapat: Vyapat means Ojas gets vitiated by dushta Dosha and Dushya⁸. Ojo Vyapat can lead to Stabd hagurugatrata (stiffness and heaviness in the body parts especially limbs), Vata Shopha (swelling due to Vata), Varnabheda (discoloration or loss of complexion), Glani (exhaustion), Tandra (stupor) and Nidra (excess sleep). Ojakshaya: Here Kshaya means decrease in the quantity of Ojas. Ojakshaya can cause Murchha (Fainting), Mamsa Kshaya (wasting of muscles), Moha (unconsciousness), Pralap (delirium) and Maran (death).⁸ According to Charak

Samhita⁹ and Ashtanga Sangraha¹⁰ symptoms of **Ojakshaya includes:** Bibheti (fear complex or full of fear), Durbalo (generalized weakness), Dhyayati (worries a lot), Vyathitendriya (discomfort in sense organs), Dushchhaya (loss of complexion), Durmana (mindset becomes unstable), Ruksha (roughness in the body), Ksham (emaciation) **Prognosis of diseases caused by Ojodushti:** Oja Visrams and Vyapat are curable while Ojakshaya is suggested to be left untreated as it is non curable¹¹ **Ojovruddhi Lakshana:** Like the depletion Ojas also undergoes to elevation. This causes elevation in the properties and functions of Ojas. Increased Ojas is responsible for unique growth, nourishment and promotes strength.¹²

Nutritional Factors & Herbal Medicinal Roles in Improving Ojas:¹³

1. Good nutrition and digestion:

Ojas is the final by-product of good nutrition and digestion. So, the first step is to ensure you are eating good quality, fresh, in season whole food. The second is to ensure digestion is strong with minimal indigestion. Foods that are highest in Ojas building qualities include dates, almonds, ghee, saffron, raw cow's milk, honey, whole grains such as basmati rice and mug beans. Foods to avoid that deplete Ojas include excessive dry, raw, and undercooked foods; canned, frozen, fried,

or old foods, alcohol, refined sugar; refined flour and heavily processed foods.

2. Prioritize balanced sleep

An important function of sleep is enhancement of Ojas or energy – the master coordinator between mind, body and soul. Ojas, being the fine product of digestion and life-supporting element, helps to insulate the mind from daily stress and exertion.

3. Minimize stress

Managing stress is extremely detrimental to our immune response because stress hormones very effectively suppress the immune system. Reducing exposure to stressful situations will undoubtedly preserve Ojas and bolster the immune system.

4. Perform daily exercise

Exercises help to release accumulated toxins through sweating, move stagnant mental and emotional energy, and improve circulation. It also kindles Agni, improves digestion, bolsters the body's detoxification mechanisms, encourages proper elimination, promotes relaxation in the body, and supports sound sleep - all of which serve to protect Ojas and support the immune system

5. Practice Yoga and meditation

Yoga is another Ojas stimulating practice. It helps to dissipate tension, clears stagnation, and encourages fluidity

throughout the tissues. Certain Kundalini Yoga exercises create a connection between the pineal and pituitary gland, turning on the brain's potential. The spine becomes relaxed and tension blocking any energy is removed. Stimulating ojas in this way benefits all systems in the body. Meditation helps in cultivating a passive awareness and thus, calms our nerves, lowers stress and prepares us for a healthier response to stressful situations.

6. Self-Massage/Abhyanga

Abhyanga is one of the best practices for balancing the nervous system and reducing stress, which in turn strengthens the immune system. Regular self-massage increases ojas and nourishes the tissues, while relieving insomnia and pain. The massaging oil creates a protective layer that shields the body from both physical and energetic toxins. A sesame or coconut oil is ideal for its warm and nourishing qualities. Before bathing spend about 10-15 minutes massaging the warm oil all over your body.

7. Avoid Excessive Sex

Ojas is a strong factor in our sexual potency. Abusing, misusing, or exhausting our vital sexual energy is a common way of depleting the Ojas in the system. Instead, keeping control over this sacred energy and using it in a healthy manner will preserve our Ojas and preserve our vitality.

8. Promote Positivity in Your Life

Increase the positive energy in your life and increase your Ojas. Some simple ways to increase positive energy are by keeping good company and surrounding yourself with positive, loving, compassionate people. Keep positive thoughts, even when times are hard. Positive energy promotes positive energy, and this promotes healthy Ojas.

9. Herbal Medicine

Ayurveda also prizes certain herbs as great Ojas builder. In Ayurveda, Ojas has a direct link to rejuvenation (Rasayana). The first step to restore lost Ojas or energy reserves is to use Rasayana or restorative herbs. These are health-promoting and rejuvenating herbs which help your body build resistance against diseases. Ojas is responsible for good health and strong immunity and Rasayana are highly regarded as Ojas promoting herbs in Ayurveda and are also used to address immunological regulations and immunodeficiency disorders. Rasayana promotes the optimal strength and vitality, not of one isolated tissue or system, but of the entire organism. Thus, Rasayana ensure stable Ojas. Rasayana herbs are employed in Ayurveda to enhance the quality of life, promote ojas and eventually boost your immunity. To mention a few from the extensive list of Rasayana, Ayurveda holds Guduchi, Ashwagandha, Amla, Gokshura,

Shatavari, Pippali and Bala. Their blend armors your body to stabilize Ojas and boost your immunity.

DISCUSSION: In the recent COVID pandemic, immunity was the only hope of all the human beings. So, one can say that many such pandemics happened in the past and many more will come in future. But only those with good immunity will remain unaffected. Also, Ayurveda concepts of immunity are not only disease based but includes the wholesome approach and thus can help to boost overall generalized immunity and health. So, it is very much important to study them in details. As Ojas is an important factor related to immunity its importance increases many times. Ojas can be considered as the living protoplasmic substance and is the basis of the physical immunity of every cell.

Boosting immunity is the new requirement of today's world. Ojas is one of the key factors responsible for immunity. Ojas connects the mind to the body and consciousness. It nourishes all body tissues and influences the physical, psychological and emotional life of a person directly. It's no surprise that our diet and lifestyle choices are directly connected to our sense of vitality. Ayurveda instructs us that Ojas and strong immunity are the common results of good wellbeing, which relies

upon a sound eating regimen, a strong way of life, and a fair sensory system.

CONCLUSION:

Even though the cure of an illness matters much more but prevention is always better than cure. To prevent the manifestation of diseases Ayurveda has described the concept of Vyadhikshamatwa which can be correlated with the modern immunology as both these concepts have similar roles in prevention of diseases. After analysing the various references quoted by different scholars in relation to Vyadhikshamatwa it became evident that there is an internal entity known as Ojas which is responsible for providing the resistive power against manifestation of diseases. Ojas is considered as vital essence of all the tissues which when sufficient in quantity, there is health whereas its deficiency leads to diseases. Ojas represents the Bala (strength) of all Dhatus, thus in Ayurveda Ojas is also known as Bala because it provides strength to the body in terms of physical, mental and immunological resistance against the diseases.

REFERENCES

- [1] Dr. Tripathi Brhmananda, Charaksamhita, Sutrasthan, chapter 30, Verse no.10, Varanasi: Chukhambha Surbharati Prakashan, 2005, page no.560
- [2] Dr. Tripathi Brhmananda, Charaksamhita, Sutrasthan, chapter 30, Verse no.7 and 8, Varanasi: Chukhambha Surbharati Prakashan, 2005, page no.560
- [3] Dr. Tripathi Brhmananda, Ashtanga Hridayam, Sutrasthan, chapter 11, Verse no.37 and 38, NewDelhi: Chukhambha Sanskrit Prakashan, 2009, page no.167
- [4] Dr. Sharma Anantram, Sushrut Samhita, Sutrasthan, Vol I, Chapter 15, verse no 23, Varanasi: Chukhambha Surbharati Prakashan, 2008, page no.124
- [5] EL MADIDI, S. “ Major Factors Associated with Congenital Malformations in the Agadir
- [6] Region of Morocco. Journal of Medical Research and Health Sciences, 3(8) (2020). <https://doi.org/10.15520/jmrhs.v3i8.238>
- [7] Dr. Tripathi Brhmananda, Sharangdhara Samhita, Purvakhanda, Chapter 5, Verse no. 29.
- [8] Varanasi: Chukhambha Surbharati Prakashan, 2015, Page no. 41
- [9] Dr. Tripathi Brhmananda, Ashtanga Hridayam, Sharirasthan, chapter 3, Verse no.63, New Delhi: Chukhambha Sanskrit Prakashan, 2009, page no.378

-
- [10] Dr. Sharma Anantram, Sushrut Samhita, Sutrasthan, Vol I, Chapter 15, verse no 27, Varanasi: Chukhambha Surbharati Prakashan, 2008, page no.125
- [11] Dr. Sharma Anantram, Sushrut Samhita, Sutrasthan, Vol I, Chapter 15, verse no 29, Varanasi: Chukhambha Surbharati Prakashan, 2008, page no.125
- [12] Dr. Tripathi Brhmananda, Charaksamhita, Sutrasthan, chapter 17, Verse no.73, Varanasi: Chukhambha Surbharati Prakashan, 2005, page no.352
- [13] Vd. Athavale P.G., Ashtang Sangraha, Sutrasthana, Chapter 19, Verse no. 42, Nagpur: Godavari publishers, 2003, page no.16612.
- [14] Mzezewa, S., &Mzezewa, S. "Effect of gigantomastia on School attendance. Journal of Medical Research and Health Sciences, 3(8) (2020). <https://doi.org/10.15520/jmrhs.v3i8.243>
- [15] <https://millenniumherbal.com/blog/s/blog/ayurvedic-lifestyle-tips-to-enhance-ojas>