



Review Article

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CRITICAL CONSIDERATIONS OF *OJA*, W.S.R. TO PHYSIOLOGICAL IMPORTANCE

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Abstract

Ojas is the purest material that permeates every cell in a human person, from the *Rasa* to the *Shukra*. It is the essence found in every tissue, *Ojas* is crucial in establishing coordination between all the elements necessary for maintaining life. *Ojas* has the synonyms *Prana* and *Bala*, which together denote the characteristics of *Para* and *Apara* *Ojas*. The main and most significant role of *Ojas* is to sustain life's vitality and integrity. *Ojas* supply nutrition and boosts body's immune system. It contributes to the stability, healthy development, strength and stamina of *Mamsa dhatu*. *Ojas* prevents obstructions or blockage in circulatory process, *Ojas* contributed towards the voice and complexion. All of the body's senses, including the mind, function normally when there is a healthy *Ojas*. *Ojas* is responsible for sensory functions and perception of knowledge. Present article explores critical considerations of *Oja*, W.S.R. to its physiological importance.

Keywords: *Ayurveda, Ojas, Physiology, Kriya Sharir*

Introduction

Vigor or vital energy of the immune system is referred to as *Ojas*, the supreme essence of all tissues from *Rasa* to *Sukra*. It is claimed that *Kapha*, when it is in a healthy state, encourages *Ojas*, which is a source of strength, lubrication, virility, immunity, and resistance. *Ojas* is one of the most crucial components for preserving and sustaining life, according to Ayurveda. *Ojas* is the life force that sustains all humans and its depletion results in death. *Ojas* is created when sperm and ovum are fertilized. The vessels connected to *Ojas*, located in the *Hridaya* and spreads throughout the body [1-4].

Formation of *Ojas*:

Shukra and *Shonita* of the parents contain *Oja* in a latent state; it appears as the initial part of the body in intrauterine life after fertilization. It is referred to as *Garbha sara* and it is the essential constituent provides nourishment for the embryo. *Oja* is created as essence after birth during each *Dhatu's* metabolism. It is the decadent element of each *Dhatu*, possessing its highest quality and most pure form. Some academics believe it to be the *Sara* of *Shukra dhatu*. It also described as *Upadhatu* of reproductive tissues.

Types of *Ojas*:

The body contains two different types of *Ojas*, the most important one is at *Hridaya*, and it is called *Para ojas*. It is in its most basic form, according to *Chakrapani*, *Para Ojas* is *Alpa Pramana*. As the *Para ojas* controls both life and death, a decrease in its volume will result in serious illness and the person's immediate demise. Its shape hasn't changed at all, thus preservation of *Para ojas* is crucial.

Second one is *Apara ojas* which is described as supportive *Ojas*; it is found in the heart and in arteries. This *Ojas* shares characteristics with *Shleshma*, hence the name *Shleishmika ojas*. *Apara ojas* affects tissues function [4-7]. Various forms of *Apara ojas* is depicted in **Figure 1**.



Figure 1: Various forms of Apra Ojas

Qualities of *Ojas*

Oja possess *Guru, Sheeta, Mridu, Shlakashna, Madhura, Sthira, Prasanna, Snigdha* and *Picchilam*, etc. characteristics. *Ojas* is something that is cool like moon, unctuous or oily, stable or firm, flowing or moving and liquid in nature, clear or transparent, soft in nature and slimy, etc.

All *Dhatus*, from *Rasa* to *Shukra*, are made up solely of the *Ojas*, which offer power. Health, appearance, and *Ojas* are all influenced by food. The *Ojas* is boosted by avoiding excessive fasting and nourishing foods. The molecules in food known as nutrients are vital to life and health because they give us energy and the building blocks for material growth and repair that are required to control chemical reactions. Carbohydrates, lipids, proteins, vitamins, minerals, and water are the six main nutrients which serve to the body and nourish *Ojas*.

The strength of individual depends upon the strength of *Oja* which greatly affected by dietary, environmental, and personality factors as well as physical and psychological characteristics. It also differs from constitution to constitution and does not always occur in the same order [7-9].

Physiological Importance of *Ojas*:

Ojas contributed towards the immunity as well as the body's resilience to decay and degeneration by stopping the progression of illnesses. *Vyadhikshamatwa* and *Ojas* have similar roles in the body. *Vyadhikshamatwa* is not in the same order in all constitutions; rather, it varies from person to person depending on their unique combination of physical, physiological, psychological, dietary, environmental, and personality elements. In a similar vein, *Ojas*, the component that prevents sickness, varies from person to person based on constitution, *Agni*, *Satva*, and other factors.

The health of the body over the course of life is the responsibility of *Ojas*. *Acharya Charaka* asserts that *Ojas* is the best of the *Pranayatana*s. *Ojas* is crucial for preserving *Dhatu*s quality. It enhances abilities of all body tissues; *Ojas* boosts both the body and the intellect. The quality and quantity of *Ojas* affect both physical and mental strength. *Ojas* helps to maintain *Vyadhikshamatwa*. It prevents sickness and disease's pathogens, without *Ojas*, *Doshas* are unable to carry out their tasks.

The most refined outcome of digestion, metabolism, absorption, and assimilation is regarded as *Ojas*. It governs life energy; when it is sufficient, it is equated with immunity; when it is insufficient, it causes a person to feel weak, exhausted, and eventually ill. *Ojas* is crucial for maintaining a healthy existence and also responsible for normal physiology of human body.

The main and most significant role of *Ojas* is to sustain life's vitality and integrity. *Ojas* must be consumed in its normal quantity and quality to avoid major health problems and even death. It contributes to the stability, healthy development, strength and stamina of muscle tissue. *Ojas* provides excellent voice and complexion, it control physiology of sense organs and responsible for sensory functions and perception of knowledge.

- ✓ *Oja* regulates body's energy throughout life period and governs superior functions of all body tissues.
- ✓ *Oja* offers both the body and the intellect power; hence, *Oja* affects both physical and mental power.

- ✓ The body's immune system and the function of *Oja* are closely intertwined, without which the body is vulnerable to various illnesses.
- ✓ *Oja* preserve the body's robust immune system.
- ✓ *Ojas* two main functions are to give the organism energy and nutrition.
- ✓ *Ojas* also alludes to *Kaphadosha*, *Raktadhatu* and essence of the seven *Dhatus*.
- ✓ *Ojas* stored in the body and used as energy to carry out daily tasks.

Pathophysiology

Psychological elements, trauma, malnutrition, *Kopa*, *Shoka*, *Shrama* and *Kshudha*, etc. causes vitiation of *Vata* and *Pitta doshas*, which ultimately leads depletion of *Oja* in both terms quantitatively as well as qualitatively. These all induces fear or phobia, weakness, fatigue, improper functioning of sense and motor organs, alteration in skin tone, loss of confidence, dry and rough skin and physical emaciation [8-12]. Pathophysiologically depletion of *Ojas* is associated with following conditions:

1. *Oja's* removal from its original location (*Oja vistramsa*)
2. Decline in quality (*Oja vyapat*)
3. Quality and quantity decline (*Oja kshaya*)

These three stages are destructive and cause physical and mental abnormalities. *Oja-vyapat* refers to immune-aberrations and allergies; *Oja-visramsas* refers to a condition of disturbed immunity and autoimmune disorders; and *Oja-kshaya*, refers to an immunodeficiency. Thus depletion of *Oja* may become responsible for immunological disorders. The disturbance in *Oja* leads improper development and affects physical as well as mental traits of individual.

Conclusion

Ojas is a person's life force; when it is normal and sufficient, it strengthens immunity; when it is insufficient, it causes weakness, exhaustion, and eventually disease. *Oja* contributed to the stability, strength and development of *Dhatu*. *Ojas* is responsible for voice, complexion, sensory and motor functions, etc. *Ojas* is also responsible for the

perception of knowledge and senses. *Shukra* and *Shonita* of the parents contain *Oja*; referred to as *Garbha sara*, provides nourishment for the embryo. *Oja* is created after the *Dhatu's* metabolism and considered as decadent element of each *Dhatu*. *Oja* also described as *Upadhatu* of reproductive tissues. Physiologically the health and strength merely depends upon the state of *Oja*. It preserves *Dhatu's* quality, enhances abilities of body tissues, boosts intellect, affects physical and mental strength and helps to maintain *Vyadhikshamatwa*. *Ojas* play remarkable role in the physiological activities of *Dhatu's* and *Doshas*.

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