

**OJAS - Literary Review**

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**Abstract**

Ayurveda explains unique concept called 'Ojas' .Ojas is essence present in every Dhatu which is Sara of all the seven dhatu's, starting from rasa to shukra and responsible for strength of the body. The purest form of all the dhatu's which has strength to keep the body , sense organ mind and soul together in functional harmony .According to Ayurveda Ojas is one of the most important element for maintenance and sustaining of life . Adverse condition which disturbs homeostasis of living body have to be guarded. This gardening entity is title as Ojas .Though Ojas is located in Hridaya (Heart) ,it pervades all over the body .Ojas is known as Bala(Strength) because it provides strength to the body in terms of physical ,mental ,immunological and resistance to the body numerous authors and saints have mentioned about Ojas , so we have different concepts on Ojas .Hence this review of article is an attempt to create certainty of Ojas understandable in scientific way and its overall effects on human body which will be helpful for scholars in treatment of disease and advice practitioner .

**Keywords:** OJA, Sarva dhatu Sara, Bala, Para Oja, Aparaj OJA.

**Introduction**

Ayurveda is the life science for the healthy life .It guides people to live perfect healthy .Ayurveda aims a holistic health for healthy body, mind and spirit .This is a perfect condition of Ayurveda force called Ojas, which serves the vital functions and maintains all the function of the body energy system. Ayurveda aims to protect and maintain health .Ojas is one of the tool which will help in achievement of this aim.

In Aurvedic literature Bala ,Prakruti and Kapha these types of words are used as synonym of Ojas .Acharya Charak has mentioned that the Kapha in its prakrita avastha (normal State ) then It's promote strength ,lubrication ,virility ,immunity resistance and stability in the Ojas. According to Acharya Sushruta Ojas is the fine essence of all the Dhatu's and excellent part of Shukra dhatu which is responsible for biological strength ,vitality and immunity in the body ,which makes person physically active .our physical mental and spiritual strength is totally depend of Ojas .Ojas is our best safeguard against mental and physical diseases . The first entity which forms in the body of living being is Ojas, which indicates that Ojas established during the time of fertilization of sperm and Ovum. When sperm – ovum –sole unites forms 'Garbha' and excellent part of this is Sara. Ojas remains in this 'sara' .In Morula stage of fetus ojas is present in the

form of Garbha sara .In the eight month of pregnancy , sthira guna of Ojas is not established completely ,hence Ojas is unstable in eight month because exchange of Ojas takes place through blood vessels from mother to fetal heart and from fetal to mothers heart .when Ojas transmitted Garbha to mother ,if fetus born at this time will prone to develop infections disorders due to which delivery in this month is to be considered dangerous. So in this way Ojas remains a chief participating entity in all three principle events of intra-uterine life as well as after the birth Ojas plays and important role for binding the body, soul, mind and sense organs together. Ojas has to be maintain in our body in order to get above things .certain regime and food will help to maintain Ojas.

### **AIM**

To study the concept of Ojas.

### **Objectives**

1. To do a detailed literary review about the concept of Ojas.

### **Material And Method**

- A) Only textual materials have been used for this study, from which various references have been collected.
- B) Related websites have also been searched.

### **Conceptual Study**

Other than Tridosha's, saptadhatu and trimala's, there is a physiological entity which is responsible for maintenance of Health and the supreme essence of all Saptadhatu from Rasa to Shukra is known as Ojas. Ojas is responsible for strength, vitality and immunity against the disease.

### **Synonyms of OJAS**

Sarvadhatusaar , Saar , Sthiransh ,Senhah , Prasadah , Bala ,Jivashonitam , Shleshma , Deepti .

### **Different Meanings of Word OJAS in English**

Bodily strength, Vigor, Energy, Ability, Power, Virility, The generative faculty, Splendor.

### **Definition of OJAS**

**Acharya Charaka** defines: - Ojas as Shuddha/Clear substance having Rakta Varna along with Ishat Peeta Varna and residing inside Hrudaya in Shareera.

-Acharya Chakrapani has commented on this as Shuddha means Shukla i.e., white Raktam Ishat means Kinchit/slightRakta/red, Sapitakam means light Peeta. Thus according to him Ojas has Shweta Varna along with Peeta and Rakta as anugatavarnas.

-Acharya Gangadhara's comments on it as Ojas is Shubhra/white, Ishat Rakta and light Peeta. An elaborate form of style, water, metallic lustre.

### **Acharya Sushruta** defines:

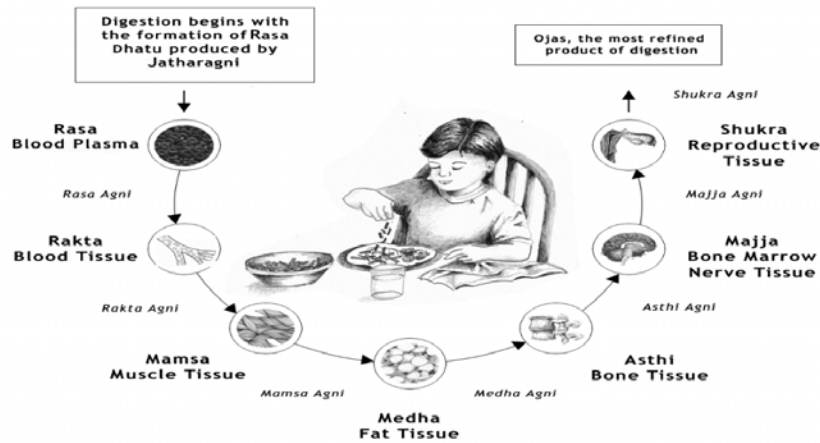
- Ojas as Param/Supreme Tejas of Dhatus from Rasa to Shukra. It is called Bala as per Swashastra Siddhanta.

- Acharya Dalhana clarifies that Param means Utkrushta, Teja means Sneha, as Ghruta is Sneha of whole milk; similarly Ojas is Sneha of all Dhatus in body.

- Acharya Chakrapani comments as Teja means Sara as in context of Ghrita and Madhu.

### Formation of OJAS

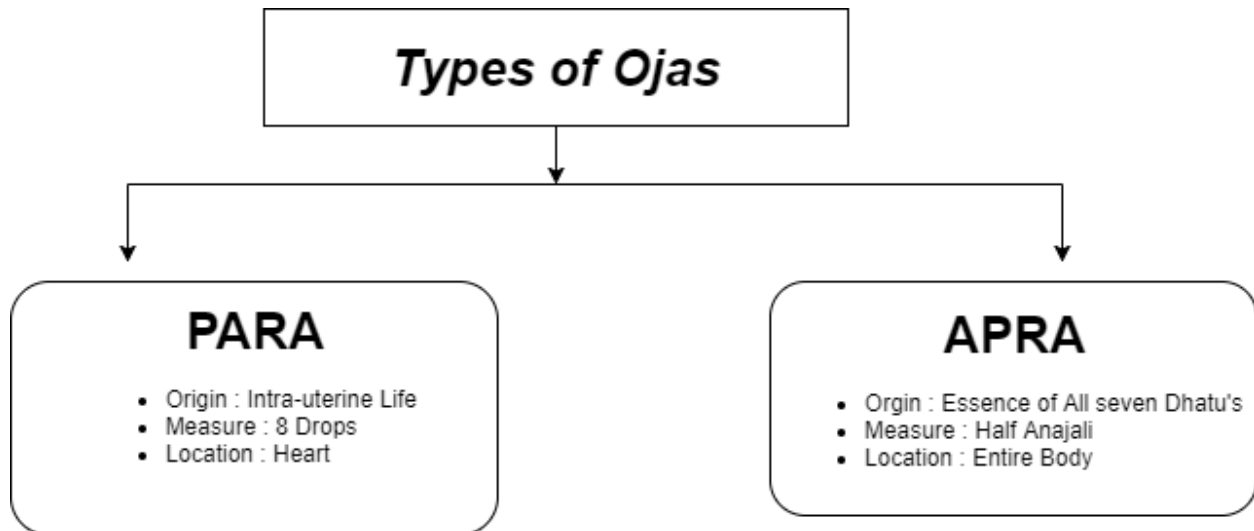
According to Charak, (during embryogenesis) Ojas appeared foremost in the human body. After that Rasaadi Dhatus Sara formed Ojas as the last product of Dhutusarta.



### Characteristics of OJAS

- According to Acharya Chakrapani; Ojas is white (Shuddha), slightly red and yellowish tinged (Raktamishatsapitkam).
- According to Acharya Charka; Color like Ghee (Sarpivarna), Smells like Parched cereal and taste is like honey.
- According to Acharya Susruta; Somatmaka (cool like moon), Snigdha (oily), Shukla (white in color), Sheeta (cool in nature), Sthira (stability), Sara (flowing or moving and liquid in nature), Viviktam (clear or transparent), Mridu (soft in nature), Mritsnam (slimy)

### Types of OJAS



### Function of OJAS

- Most important function of Ojas is to keep body alive. Also to sustain the living body.
- To tune body, Soul, mind and all sense organs with each other.
- As per Susruta

- Due to 'Bala' quality of Ojas all type of movement in living body are smooth and without any obstruction , voice of person and color of person is pleasant ,
- Ojas, and all functions of body as external or internal come from Ojas only.
- From Ojas means Masa Dhatu Pusti i.e. continuation of dhatupusti and maintenance are done, individual shows well-nourished fleshy body with durability, individual's desire for work and passion comes from Ojas.

• **As per Charaka**

- Ojas called as Prana means like oxygen for body that is essential for living, our physical, mental and spiritual strength is totally dependent on Ojas.
- **Intra – Uterine Life:** - Ojas gets formed first in the body of living being, this purely insures that Ojas is confirmed during the time of fertilization of gametes. It clearly puts that Ojas is present in sperm and ova in the Sara form. When gametes combine with soul Garbha is formed. In Morula stage Ojas is present in the form of Garbha Sara.
- Ojas shows their symptoms slowly as stage by stage of life. Ojas grows life longevity but Ojas gets vitiated or destroys life. When life destroys with this Ojas also deplete as it is Prana for living being. In Ayurveda it is established point by all the great scholars.

**Abnormalities of OJAS**

In Ayurveda the basic cause of all the disorders or disease are all due to poor digestion or metabolism of food and it is proven factor of all abnormalities of body. Vitiation of Oja is also due to poor process and the symptoms of abnormal Oja are-

- Ojas Visramsa
- Ojas Vyapada
- Ojas Kshaya
- Symptoms of Ojas Visramsa – [ 1<sup>st</sup> Stage ]

SandhiVishlesh	Displacement of Joints of the body
GatraSada	Body ache
DoshaChyavanam	Displacement of Doshas from their domicile location
KriyaSannirodha	Inability to perform normal functions
AprachuryamKriyanam	Impairment of Kayik (physical), Vachik (vocal), Mansik (mental) functions of the body.

- Symptoms of Ojas Vyapada – [ 2<sup>nd</sup> stage ]

StabhaGurugatrata	Stiffness and feeling heaviness in the body
VataShopha	Swelling caused by Vata Dosha impairment.
VarnaBheda	Changes in complexion or discoloration.
Glani	Exhaustion
Tandra	Drowsiness or stupor

Nidra	Sleep.
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➤ Symptoms of Ojas Kshaya - [ 3<sup>rd</sup> Stage ]

As per SushrutaSamhita	
Murcha	Unconscious or fainting.
Mansakshaya	Decrease of muscles
Moha	Mental disturbance especially in judgment
Agyan	loss of sense
Pralap	Delirium
Mritya	Death
As per CharakSamhita	
Bibheti	Person is constantly suffer from fear complex
Durbaloabhikshanam	<ul style="list-style-type: none"> <li>• Physical and mental debility</li> <li>• Worries always without apparent reason</li> </ul>
VyathitaIndriya	feels discomfort in the sense organs
Duschhaya	Developed impaired or loss of complexion of body.

➤ Factors responsible for reduction of OJAS

Factors	Details
Ativyayama	Excessive physical exercise.
Chinta	Constant worry.
Pramitashana	Consuming very less quantity of food.
Vata-atapa	Seven – excessive exposure to heavy blows of wind and sun heat
Bhaya	Grief and sorrow
Rukshapan	Drinking strong wines
Prajagar	keeping awake at nights , Excessive elimination of Kapha
Shukraandmala	Due to old age.
Abhigata	Mental or physical Trayma or injury to Marma or vital parts of the body
Kopa	Anger
Ativyavaya	Excessive sex

➤ Factor that are alimental (Enhance) for OJAS

Factors	Details
Food	<ul style="list-style-type: none"> <li>• Food which are fried and drinks that are seductive are all avoided.</li> <li>• Spicy food should be avoided.</li> <li>• Bitter, sour, pungent and hot food should</li> </ul>

	<p>be avoided.</p> <ul style="list-style-type: none"> <li>• Sativika Ahara should be taken.</li> </ul>
Drugs	<ul style="list-style-type: none"> <li>• Jeevaniyaguna drugs are consumed for better life.</li> </ul>
Unhappiness	<ul style="list-style-type: none"> <li>• Activities which cause unhappiness of the mind.</li> </ul>

### Discussion

Ayurveda deals with fundamental entities like Tridoshas, Trimala, Saptadhatu to maintain a healthy state of body; these three entities should be in a balance state. Ojas is a unique concept derived in Ayurveda by different Acharya's. As Acharya Susruta said, "Ojas is supreme Tejas of Dhatus from Rasa to Shukra. It is called Bala as per Swashastra Siddhanta and Acharya Charak said, "Ojas as Shuddha/Clear substance having Rakta Varna along with Ishat Peeta Varna, residing inside Hrudaya in Shareera and in *Intra – Uterine Life* Ojas gets formed first in the body of living being".

Ojas can be nourished only if Tridoshas and Saptadhatu are in a balance state which will help to achieve a healthy body, mind and spirit. In conditions like HIV infection, diabetes mellitus, and malnutrition, where loss of ojas is a leading characteristic, people are established to be non-resistant and capable to various other degenerative diseases or recurrent infections. Ayurveda offers multifaceted and profound explanations for this phenomenon. Ojas have been a vital force and safeguard in maintaining internal and external acts of the human body.

### Conclusion

Ojas is an essence present in all Dhatus and put forward as Dhatu-Sarata. It is called as pure compare as nectar of individual's. And responsible for grace, intelligence, power, and all ponder of human being. All individual on this earth are totally dependent on Ojas due to its nourishment power and if it destroys life goes to cessation. In this article I tried to collect all important references regarding Ojas. One should always focus on enhancing Ojas for a happy and healthy life.

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