

**OJA KSHAYA IN CONTEXT OF PANDU: A CRITICAL REVIEW****Dr. Jasmeet Kaur Dhillon<sup>\*1</sup>, Dr. Tarun Deoli<sup>2</sup> and Dr. Ruby Rani Agarwal<sup>3</sup>**

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Article Received on  
15 July 2024,

Revised on 05 August 2024,  
Accepted on 26 August 2024

DOI: 10.20959/wjpr202417-33436



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**ABSTRACT**

In *Ayurveda*, *Pandu Roga* and *Oja Kshaya* are intricately connected concepts, each influencing and reflecting the other within the framework of *Ayurvedic* understanding of health and disease. *Oja*, a fundamental concept in *Ayurveda*, represents the essence of vitality, immunity, and overall well-being. It is considered the subtle essence of all bodily tissues (*Dhatus*) and plays a pivotal role in maintaining health and resilience against disease. *Oja Kshaya* refers to the depletion or reduction of *Oja*. This depletion can occur due to various factors such as poor diet, inadequate sleep, stress, illness, or ageing. When *Oja Kshaya* occurs, it is believed to weaken immunity, reduce vitality, and make the body more susceptible to diseases. In the context of "*Pandu roga*", *Ayurveda* would consider the status of *Oja* and its preservation as crucial. Anemia can be considered under the umbrella of *Pandu*. Anemia in *Ayurveda* can be understood as a manifestation of

imbalances in the *Dhatus* and *Doshas*. When there is a depletion or imbalance in *Oja*, it can lead to weakened immunity and vitality, making the body more susceptible to diseases like anemia. *Ayurvedic* treatment strategies for *Pandu Roga* often aim to restore *Oja* through dietary adjustments, lifestyle changes, and herbal formulations that nourish the blood and enhance overall vitality.

**KEYWORDS:** *Oja*, *Oja Kshaya*, *Pandu*, *Ayurveda*.

## INTRODUCTION

Anemia is characterized by reduced hemoglobin levels and a decrease in the number or quality of red blood cells. This condition can lead to symptoms such as fatigue, weakness, pale skin, and shortness of breath. According to *Ayurveda*, *Pandu Roga* is seen as a manifestation of imbalances in the *Dhatus* (body tissues), particularly the *Rasa Dhātu* (plasma) and *Rakta Dhātu* (blood tissue).

*Oja*, a fundamental concept in *Ayurveda*, represents the essence of vitality, immunity, and overall well-being. It is considered the subtle essence of all bodily tissues (*Dhatus*) and plays a pivotal role in maintaining health and resilience against disease. *Oja Kshaya* refers to the reduction or imbalance of *Oja*. When *Oja* becomes depleted, it can weaken the body's immune response, reduce vitality, and impair the nourishment of the blood tissue.

*Ayurveda* attributes *Pandu Roga* to the vitiation of *Pitta Dosha* and the deterioration of *Ojas*, the essence of all tissues which correlates to immunity and overall strength.

Key points include:

### 1. Disease Mechanism

- ***Pitta Predominant Doshas***: When aggravated, these lead to inflammation and weakening of tissues, resulting in symptoms like tissue heaviness, color deterioration, and loss of strength and unctuousness (*Sneha*).
- ***Ojas***: Considered vital for bodily strength and immunity, *Ojas* deteriorates due to the complex interaction between *Doshas* and tissues, leading to reduced blood tissue, less fat, and weakened sense organs.
- ***Oja-Kshaya***: Refers to the depletion of *Ojas*, causing a decline in vitality, vigor, and bodily strength, thus predisposing the body to diseases like *Pandu Roga*.
- ***Dosha Prakopaka Hetus***: Factors that aggravate *Pitta Dosha*, leading to the vitiation of *Rasa Dhātu* (nutritive fluid), resulting in impaired function of successive *Dhatus* (tissues).
- ***Rasa Mala Kapha***: When vitiated, it causes heaviness and looseness in tissues, leading to a decline in *Ojas* quality.
- ***Pandu Roga Pathogenesis***: The properties of *Ojas* are significantly reduced due to *Dosha* vitiation, causing symptoms associated with anemia.

## 2. Clinical Implications

- Early diagnosis of *Oja-Kshaya* is crucial to prevent severe health consequences.
- Management strategies in *Ayurveda* aim to balance *Doshas* and enhance *Ojas* to restore health.

Connection between *Pandu Roga* and *Oja Kshaya*: *Ayurveda* identifies various causes for both *Pandu Roga* and *Oja Kshaya*, such as poor diet, impaired digestion, imbalanced *Doshas* (*Vata*, *Pitta*, *Kapha*), chronic stress, and lifestyle factors. These factors can contribute to both the development of anemia and the depletion of *Oja*.

Understanding these perspectives can provide a comprehensive approach to managing *Pandu Roga*, incorporating both modern medical interventions and traditional *Ayurvedic* practices.

## MATERIAL AND METHODOLOGY

Data are collected from ancient *Ayurvedic* texts:

*Charaka Samhita*

*Susruta Samhita*

*Ashtang Hridaya*

## DISCUSSION

Anemia is not merely a deficiency of iron or hemoglobin but a reflection of deeper imbalances in the body's ability to produce and maintain healthy blood tissue (*Rakta Dhātu*). *Ojo Kshaya* directly affects the nourishment and quality of blood, exacerbating the symptoms and progression of *Pandu Roga*.

### Comparative Analysis

#### • Symptoms and Consequences

- Both perspectives recognize fatigue, weakness, and increased vulnerability to illness as primary symptoms.
- Modern medicine focuses on physiological impacts like low birth weight and developmental delays, while *Ayurveda* emphasizes the holistic decline in body vitality and strength.

#### • Pathophysiology

- Modern medicine attributes anemia to reduced hemoglobin and oxygen transport capacity.

- *Ayurveda* explains it through the imbalance of *Doshas* and depletion of *Ojas*, affecting overall tissue health and immunity.
- **Management Approaches**
  - Modern treatment includes iron supplements, dietary changes, and addressing underlying causes.
  - *Ayurvedic* treatment focuses on balancing *Doshas*, enhancing *Ojas*, and using specific herbs and dietary modifications to improve overall health and immunity.

## CONCLUSION

*Ayurveda* views health holistically, aiming to restore balance in the body-mind complex to promote long-term well-being. By addressing both *Pandu Roga* and *Oja Kshaya* simultaneously, It not only alleviate symptoms but also enhance the body's innate healing mechanisms and resilience against future imbalances.

Understanding the interplay between *Pandu Roga* and *Oja Kshaya* underscores the comprehensive approach of *Ayurveda* in diagnosing, treating, and preventing health conditions by addressing the root causes and restoring harmony within the body's natural systems.

In conclusion, the assessment of *Oja Kshaya* in *Pandu Roga* underscores the intricate relationship between *Dosha* imbalances, nutrient metabolism, and the vitality of *Ojas* in *Ayurvedic* diagnosis and treatment. Addressing these factors holistically can help restore health and vitality in individuals suffering from both conditions.

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