

## ESSENCE OF LIFE – OJA

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**ABSTRACT**

According to Ayurveda, *Oja* is essential for maintains and sustaining of life. *Oja* is present in every *Dhatu* (tissue) and it considered *Sara* of all seven *Dhatus* from *Rasa Dhatu* to *Shukradhatu*. It gives strength & stability to the body. It is the purest substance in the human body which is responsible for health, positivity, better immunity, memory & intelligence. *Oja* controls or regulates the whole working system of the body. It decreased leads to the cessation of life. It is spread through all over the body but mainly located in *Hriday*. Because provided strength to the *Hridya*. Because it provides strength to the body but in term of physical as well as mental is also known as *Bala* (Strength). The Essence of life *Oja* ayurveda is such a concept which gives strength, good health and help body to fight the disease causing factors thus preventing manifestation of diseases. It is also termed as "Vyadhikshamatva' Or 'Ojabala' of an individual. The present review article explores article some more information about the essence of life *Oja*.

**KEYWORDS:** *Oja, Sarva dhatu saar, Bala, Para Oja, Aparaj Oja.*

**INTRODUCTION**

*Oja* is the essence of all the bodily tissues and related to our immunity & vitality (Just like as bees gather molecules of pollen from thousands of flowers and & return it to the honeycomb. *Oja* is created by the body.<sup>[1]</sup>

Through the proper digestion of food, it is the concentrated essence of all the *Dhatus*. Similarly, ghee is the essence of milk, after milk is churned into butter and then heated, it becomes ghee, the pure essence of milk.<sup>[2]</sup>

*Oja* is the *Sara* of *Rasadi Saptadhatu*. It has been also known as entity which provides *Bala* to the body. It is the *Sneha* present in all *Dhatu* or *Sneha* of body where *Prana* resides. It is prime production of intrauterine life following generation of *Prakrut Dosha*. It is for survival of human.

*Apar Ojas* undergoes variation *Para Oja* remains constant. Understanding of *Kapha* is incomplete without discussion of *Ojas*. They are similar in relationship, as that of *Pitta & Agni* when *Kapha* is in its normal state it act as *Oja* another name of is called *Bala* (Shrength to fight against diseases). So. *Bala & Oja* are also an equivalent term. They can be correlated as follow :

*Sahaj Bala* - Innate immunity

*Kalaj Bala*- Acquired Immunity

*Yuktiikrutt Bala*.-Artificial immunity.

*Vyadhishimatva & Bala*.<sup>[3]</sup>

1. The fraction or form of *Oja* circulating all over the body through CVS along with *Rasadhatu* so called as *Rasatmak Oja*. (We can see it as WBC the defence system.)
2. That fraction of *Oja* present in all tissue at the level of immune mechanism can be said as *Dhatutejrupi Oja*.
- 3 That fraction of *Oja* enters the fetus to provide protection to the fetus during intrauterine life can be said as *Shukramalarupi Ojas*.
4. Immunoglobulin which cross the placenta barrier which enters circulation can be included under this *Oja* described as *Jeevshronit*.

**Aim** - To study the essence of life *Oja*.

## MATERIAL AND METHOD

Material used are ayurvedic text like *Charaka Samhita*, *Sushrut samhita*, *Ashtang sangraha* and *Ashtang hriday*. etc.

**Objective** = To know the essence essence of life *Oja*.

To evaluate the essence of life *Oja*.

## Review of literature

*Oja* is interlinked with *Tejas* and *Prana*. *Tejas* is the subtle essence of fire, *Prana* is the subtle essence of air and *Oja* is subtle essence of water. *Tejas* creates *Oja* & *Oja* protects *Prana* which is the vital force of life. *Oja* is the seat of *Prana*.

## Types of *Oja*.<sup>[4]</sup>

There are two kinds of *Oja* in the body.

### 1. *Para Oja*

- It is also known as Superior *Oja*.
- Praman - 8 drops.
- Arundatta- 6 drops.
- Location - Heart.<sup>[5]</sup>
- It is stable.
- It is not affected by easily by simple deviation from physiology.

### 2. *Apar Ojas*

- It is also known as Inferior *Oja*.
- Praman - Ardhanjali.
- It is also called. "*Shleshmic Oja*".
- Disease & other etiological factors affect most in this type of *Oja*.
- Location - All over the body.
- It is mobile.

## Praman

1. *1Prasut* - 8-8 Tola.<sup>[6]</sup>
2. *Ardhanjali Praman*.<sup>[7]</sup>
3. *Ashtabinduk*.<sup>[8]</sup>

*Apar Ojas Praman* - *Bhel* - 1 Anjali

*Vagbhat-1 Prasrut*

*Kashap* - 6 Anjali.

## Qualities of *Oja*

*Acharya Charak* has explained ten qualities of *Oja* which are similar to milk & ghee and totally opposite to *Madya* (alcohol) & *Visha* (poison).<sup>[9]</sup>

- 1) *Guru* (Heavy)
- 2) *Sheeta* (Cold)
- 3) *Mrudu* (Soft in nature)
- 4) *Shlakashn* (Smooth)
- 5) *Bahalam* (Spreads into the minute channels)
- 6) *Madhura* (sweet).
- 7) *Sthira* (Stable or fixed)
- 8) *Prasanna* (pleasant)
- 9) *Picchilam* (Sticky)
- 10) *Snigdha* (Unctuous or oily)

According to *Charak*, colour of *Oja* -slightly reddish for yellow resembling to the *Sarpi Varna*. taste - *Madhu*, smell- *laja*.

### **Abnormalities of *Oja*.<sup>[10]</sup>**

There are 3 types of *Oja* abnormalities is there-

#### **1) *Ojas Visransa* -**

*Visransa* means Displacement from its own position.

- 1) *Sandhivishlesh* - It means looseness of joints.
- 2) *Gatrasadan* - Weakness of body.
- 3) *Doshachyavanam* - Displacement of *Doshas* from their normal place.
- 4) *Kriyasannirodha* - Impairment in the activities.

#### **2) *Ojovyapat***

*Vyapat Ojas* gets vitiated by *Dushta. Dosha* and *Dushya*.

- 1) *Stabdha* *gaurugatrata* - Stiffness & Heaviness in body parts especially limbs.
- 2) *Vata shopha* (Swelling due to *Vata*)
- 3) *Vamathida* (Discolouration or loss of complexion)
- 4) *Glani* (Exhaustion)
- 5) *Tandra* (Stupor)
- 6) *Nidra* (Excess sleep)

#### ***Ojakshaya***

Decrease in the quantity of *Oja*.

- 1) *Murccha* -Fainting.
- 2) *Mansa Kshaya* - Wasting of muscles.
- 3) *Moha*- Unconsciousness.
- 4) *Pralap* - Delirium.
- 5) *Maran* - Death.

According to *Charak and Ashatanga sangraha*:-

- 1) *Bibheti* - Fear complex or full of fear.
- 2) *Durbala* - Weakness.
- 3) *Dhyayati* -Worries a lot.
- 4) *Vyathitendriya*- Discomfort in sense organs.
- 5) *Dushchhaya* - loss of complexion.
- 6) *Durmana* -Mindset become unstable.
- 7) *Ruksha*- Roughness in the body.
- 8) *Ksham* - Emaciation.

### ***Ojodushiti***

*Oja visransa* and *Vyapat* are curable while *Ojokshay* is suggested to be left untreated as it is non curable.

### ***Ojo dosha chikitsa***

*Rasayan chikitsa* is unique branch of Ayurveda for attaining the excellent *Rasadi dhatus*. As *Oja* is the essence of all seven tissues. For the *Oja dosha* it could be the proper treatment. So that one should give up all the unwholesome diet & regimens to enjoy the full span of his life.

Milk of cow has 10 qualities which are similar to *Oja*. If it is consumed, *Oja* quality increases.<sup>[11]</sup>

Bath facilitates *Oja* (ch. su. 5)<sup>[12]</sup>

Keeping body well presenting also facilitated *Oja*.(Ch.Su.5) Wearing of gems and ornaments promotes wealth, auspiciousness, longevity & prosperity, calamity produces happiness & charm.

*Rasayan Aushadhas* given by *Charaka*.<sup>[13]</sup>

*Rasayan* include- 1) *Ahara* - Good Dietary habit.

- 2) *Vihar* - Proper daily routine.
- 3) *Achar* - Good conduct.
- 4) *Aushad* -Drug.

### ***Aahar***

Nutritional diet. Have milk & ghee in diet as well as timely eating. Not less, not excess. Avoid preservations refined food, fried foods.

### ***Vihar***

Timely work, rest and sleeping habits proper care of the body, Regular exercise no addictions.

### ***Achar Rasayan***

Peaceful mind, free from anger & ego. Good interpersonal relationship regular meditation.

### **Drugs**

Brahmni (*Bacopa monnieri*), It is Effective medicine for wanning oja.

The unctuous enema provides strength to these wasted due to diseases physical exercises evacuative measures & way faring, dibiliated devoid of oja & having diminish semen.<sup>[14]</sup>

### **CONCLUSION**

From above verses following conclusion are drawn:-

- 1) *Oja* is omnipresent essence of all the *Dhatus* which is responsible for *Bala*, immunity in body.
- 2) Immunology has its roots in Ayurved science also which are referred through this *Oja* and immune disorders as *Oja Vishramsa*, *Oja Vyapat* and *Ojakshay*.
- 3) Day to day life there are some factors which are responsible for depletion of *Oja* and nourishment of the same in body as like *Ativyayama*, *Ativyavay*, excessive thinking, depression, satisfaction, sweet & desirable food, happiness. There are many synonyms of *Oja* but *Kapha* proves to be most suitable one. As the diet & medicines enhancing to *Kapha Dosha* are same improving quality status of *Oja*.
- 4) The existence of an *Oja* has been accepted during intrauterine life. It has also been accepted by ayurveda that during intrauterine life *Oja* is unstable especially in the eight month of fetus. This is a reason, that due to unstable of *Oja* eight month pregnancy is very complicated.

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