



International Journal of Medicine and Health Profession Research

Journal home page: www.ijmhpr.com

<https://doi.org/10.36673/IJMHPR.2020.v07.i02.A18>



AYURVEDA PERSPECTIVE OF *OJAS* AND IMMUNITY W.S.R. TO PREVENTION OF CURRENT PANDEMIC INFECTIONS

Smita Dutta Paul*¹, Ashutosh Kumar Jain¹, Sarita Singh¹

¹*Department of Rog Nidan Evam Vikriti Vigyan, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, Madhya Pradesh, India.

ABSTRACT

Ayurveda is considered as science of life belongs from traditional therapy of Indian civilization. Ayurveda encompasses various theories related to the health and well based on scientific and logical practices. The concept of *Oja* is one such theory of ayurveda which is considered as fundamental concept of disease prevention and health maintenance. *Ojas* balances nutrients inside the body, boost *Dhatus*, maintain normal physiological functioning of body and imparts power to resist disease pathogenesis. *Oja* gives positive strength to the body and contributes towards *Vyadhikshamatva*. Therefore depletion in *Ojas* leads abandonment of life including infections. The balancing state of *Ojas* reduces susceptibility towards the infectious diseases thus it is important to boost *Ojas* for avoiding prevalence of current pandemic infections. Present article described role of *Ojas* in prevention of pandemic infections.

KEYWORDS

Ayurveda, *Ojas*, *Vyadhikshamatva* and Pandemic infections.

Author for Correspondence:

Smita Dutta Paul,
Department of Rog Nidan Evam Vikriti Vigyan,
Rani Dullaiya Smriti Ayurved P.G. College and
Hospital, Bhopal, Madhya Pradesh, India.

Email: bhadoriyaupendra@yahoo.co.in

INTRODUCTION

The concept of *Ojas* is one the vital theory of ayurveda related to the health restoration and diseases resistance power. As per *Sidhanta* of *Karya-Karna* it can be stated that *Ojas* is *Karana* of *Aahara-Karya*. *Oja* is considered as *Sara* or extract of all *Dhatu's* and balancing state of *Oja* resembles normal physiological state of health while depletion in *Oja* results pathological manifestation. The disease mainly attack when there is deprivation in *Oja* and diminish state of *Oja* enhances susceptibility towards the communicable infectious diseases which sometimes become pandemic if mass destruction

occurs. The current health scenario witnessed health burden of pandemic infections and quality of *Oja* contributes significantly towards the prevalence of pandemic outbreak. The person depriving good state of *Oja* may get infected easily as compared to person possess good state of *Oja*.

Vyadhikshamatva means immunity merely depends upon the balancing state of *Doshas* and *Dhatus*. The vitiation in *Doshas* and *Dhatus* leads diminishes state of *Vyadhikshamatva* resulting enhanced susceptibility towards the diseases. *Ojas* helps to balances *Doshas* and nourishes body therefore helps to prevent disease invasion easily. It resists formation of *Ama*, clears *Srotas* and keeps immune system strong enough.

Importance of *Oja* in Current Pandemic Scenario

As per ancient philosopher of ayurveda *Oja* can be considered as essence of physical, mental and spiritual health of an individual. Therefore not only helps to prevent pandemic invasion but also provide mental strength to fight against psychological fear of current health scenario. It connect body spiritually thus imparts mental peace. It restores internal and external energy and liveliness.

Ojas forms essence of *Rasa* (nutritious part of food) thus boosts internal strength which helps to combat against common infections. It purifies *Rakta* thus helps to prevent spread of vitiated *Rakta* and prevent pathological spread of infections.

The balancing state of *Ojas* maintains compatibility of *Mamsa* and *Meda Dhatus* thus imparts good physical buildup. The physical strength provides pathological and psychological resistance against pandemic shock.

The current state of pandemic diseases observed symptoms of pain and joint pain, the contribution of *Ojas* towards *Majja* and *Asthi Dhātu* restore strength of bone and helps to prevent infections induced joint deterioration.

Ojas possess Snigdha and Somatmaka Shuddha property therefore resist dryness and maintain oily character of body which prevent excessive loss of water in disease since loss of water can cause fatal results during infectious pathogenesis.

Heart is considered as original site of *Ojas* means strength of *Oja* not only restore life energy but also

provides strength to breathing capacity therefore prevent breathing difficulty.

It constitutes the essence of all the *Dhatus* (tissues).

Ojas helps in *Dhatu Pusti*, imparts rejuvenating effects, maintain vitality, regulate supply of *Prana*, synchronizes physical, mental and spiritual power of body, it imparts longevity, restore immune system and provides physical as well as psychological resistance against diseases. Therefore it can be stated that *Oja* offers overall health benefits in various diseases including infectious conditions. Thus Ayurveda recommended boosting *Oja* in a view to enhance resistances against pandemic outbreak.

***Oja* and Pathogenesis of Infections**

It is believed that when *Ojas* gets vitiated then it causes deplete state of *Prana* and imbalances of *Doshas* due to which *Dhatus* becomes weakened and resistance to diseases reduces. The lack of immunity in such condition enhances susceptibility towards communicable diseases and diminishes state of *Ojas* in mass population leads pandemic situation. The current pandemic infection merely depends upon the strength of individual to resist microbial load and depletion in *Oja* reduces diseases resistance strength, thus Ayurveda suggested boosting immunity through *Oja* enhancing elements so to reduces prevalence of pandemic cases.

As per classical texts of Ayurveda *Ojas*, *Tejas* and *Prana* are considered as subtle substances of immunity. Heart is seat of *Ojas* from where *Prana* originated and *Tejas* also depends upon strength of *Ojas*, hence *Ojas* contributes significantly towards the essences of immunity and balancing state of biological energies, these physiological state of body prevent invasion of diseases causing microbes and if it get loaded inside the body even then also person survive with minimal damages of organs. Therefore infected person recover easily if he persisted good state of *Ojas* and immunity.

Ojas contributes towards the purity of *Kapha Dosha* and maintain elemental status of water inside the body. Therefore pathological conditions related to the respiratory tract get relieved if one possesses good quality *Ojas*. It maintains resistance of tissues towards infections, maintains hormonal balances, balances natural harmony of body, restore internal

energies and relieve stress thus prevent psychological fear of pandemic infections, on the other hand depletion of *Ojas* can enhance susceptibility towards the pandemic outbreak as depicted in Figure No.1.

As depicted in Figure No.1 it is clear that *Ojas* possess relation to the prevalence of diseases moreover reduced *Ojas* also leads symptoms of respiratory infections such as; breathlessness, dehydration, pain and anorexia.

Improving *Ojas* an approach to manage prevalence and severity of infections

The *Ojas* boosting approaches help to balance *Doshas* and potentiate *Dhatus* thus prevent severe prognosis of infectious diseases. *Ojas* represents *Bala* of all *Dhatus* thus maintain normal functioning of organs which damaged due to the infections. Seat of *Ojas* is *Hridaya* thus improvement in *Ojas* through Ayurveda helps to regulate normal functioning of heart and prevent de-oxygenation of blood which is one of the common symptoms of respiratory infections. The normal functioning of *Hridaya* maintain filtration, diffusion and permeation of *Rasa* therefore regulates normal flow of liquids and prevents dryness of body. *Rasayana* drug which enhances *Ojas* also nourishes tissue hence fasten normal healing process of body thus improve recovery rate of pandemic infections.

As per classic description of Ayurveda *Vyadhi Kshamathwa* is considered as resistance to disease while *Ojas* is considered as concept of supreme resilience. Similarly concept of *Bala* specifically represents ability of body to prevent and cure disease manifestations itself.

Ojas contributes to potentiate both *Vyadhi Kshamathwa* and *Bala*, hence *Ojas* not only prevent invasion of infectious microbes but also enhances inherent healing capacity of body thus improves recovery from severe infections.

The current situation of COVID-19 is believed to relate with compromised state of *Ojas* therefore Ayurveda suggested approaches to improve *Ojas* thereby restricting prevalence of such conditions. These approaches are intake of nutritional components, lifestyle modification, uses of herbal drugs, spiritual exercise or meditation; keep away stress and *Shodhna* therapy, etc. Above mentioned approaches not only help in pandemic situations but also helps to maintain normal health status.

Yoga/Exercise to Boost *Ojas*

Yogasanas like; *Uttanasana*, *Matsyasana*, *Ardha Matsyendrasana*, *Dhanurasana* and *Halasana*, etc. help to boost immunity thus enhance disease resistance capacity of body. Breathing techniques like *Pranayama* relieve breathlessness.

Aushadhi to Boost *Ojas*

Rasayana acts as immunity builder; *Amla*, *Chawanprash*, *Ashwagandha* and *Guduchi* impart disease preventing power. *Trikatu* support digestion and boost *Ojas*. *Ginger* and *Turmeric* clear *Ama* hence suppress disease pathogenesis. Similarly *Kalmegh*, *Chirata*, *Tulsi* and *Mulethi* improves physiological functioning of organs and nourishes body thereby potentiates *Ojas* thus restrict diseases invasion inside the body.

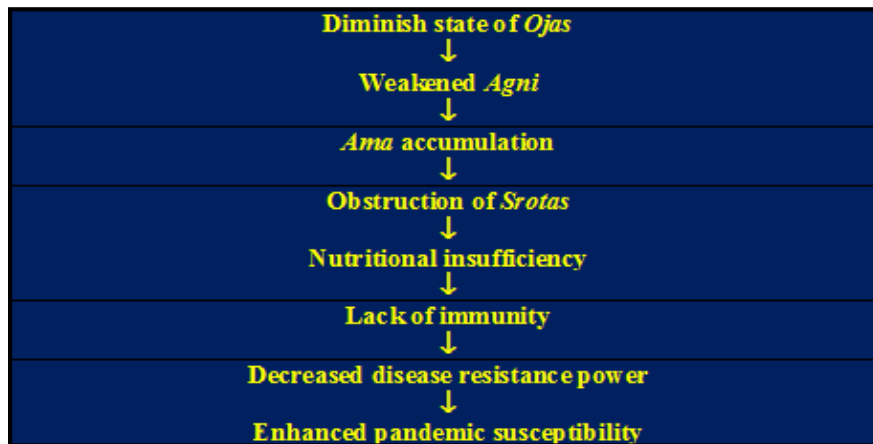


Figure No.1: Role of diminish state of *Ojas* towards the susceptibility of infections

CONCLUSION

Ojas is considered as essence of *Dhatu*s which sustains healthy life, the development of body merely depends upon *Ojas* since it nourishes vital elements and regulates life cycle. Ayurveda principles such as *Ahara* and *Vihara* restore *Ojas* thereby balances immune system and keep away from diseases even resist pandemic infections if one possess good quality of *Ojas*. The current scenario of COVID-19 situation may be due to the compromised state of *Ojas* since stressful and awful conduction of daily regimen in current time really hampers strength of *Ojas* which representing in current pandemic outbreak. Therefore Ayurveda suggested that human community should focuses to strengthen *Ojas* so to acquire immunity against viral infections. Articles suggested that *Ojas* is the key to resist disease prevalence and in current situation we all should follow Ayurveda concept which stated that “prevention is better than cure”.

ACKNOWLEDGEMENT

The authors are sincerely thankful to Department of Rog Nidan Evam Vikriti Vigyan, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, Madhya Pradesh, India for providing the facilities to carry out this research work.

CONFLICT OF INTEREST

We declare that we have no conflict of interest.

BIBLIOGRAPHY

1. Pandey K and Chaturvedi G. Kiyanteshirsiya, Charaka Samhita, *Chaukambha Bharati Academy, Varanasi, Reprint, 2004, 351.*
2. Shashtri Ambikadutta. Vedotpatti, Sushruta Samhita, *Chaukambha Sanskrita Sansthan, Varanasi, Reprint, 2006, 5.*
3. Pandey K and Chaturvedi G. Grahanidoshachikitsa, Charaka Samhita, *Chaukambha Bharati Academy, Varanasi, Reprint, 2004, 452.*
4. Shashtri Ambikadutta. Doshadhatumalachayavridhi, Sushruta Samhita, *Chaukambha Sanskrita Sansthan, Varanasi, Reprint, 2006, 60.*
5. Brahmand Tripathi and Ganga Sahay Pandey. Charak Samhita, with Charak Chandrika Hindi commentary, Sutra Sthana Chapter 17, verse 60, *Chaukhambha Surbharti Prakshan, 2007.*
6. Brahmand Tripathi and Ganga Sahay Pandey. Charak Samhita, with Charak Chandrika Hindi commentary, Sutra Sthana, Chapter 17, verse 76-77, *Chaukhambha Surbharti Prakshan, 2007, 354.*
7. Kaviraj Atrideva Gupta, Sutra Sthana. Ashtanga Hridya, with vidyotini Hindi Commentary, Chapter 11, Verse No. 39, *Chaukhamba Prakashan, Varanasi, 2009, 167.*
8. Atridev Gupta, Sutra Sthana. Ashtanga Hridya, with Vidyotini Hindi commentary, Chapter 11, Verse No. 42, *Chaukhamba Prakashan, Varanasi, 2009, 168.*
9. Acharya Y. Charaka Samhita, Chaukhamba Surbharati, *Varanasi, India, 1992.*
10. Ministry of AYUSH. Ayurveda's immunity boosting measures for self-care during COVID-19 Crisis, Government of India, 2020.

Please cite this article in press as: Smita Dutta Paul et al. Ayurveda perspective of *Ojas* and immunity W.S.R. to prevention of current pandemic infections, *International Journal of Medicine and Health Profession Research*, 7(2), 2020, 83-86.