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**PUBLISHED PAPER'S TITLE : OJA AND ITS IMPORTANCE IN  
RELATION TO LIFESTYLE DISORDERS**

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## Research Paper

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# OJA AND ITS IMPORTANCE IN RELATION TO LIFESTYLE DISORDERS

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### **Declaration**

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) I Dr.Parmod Tiwari , the author of the research paper entitled Oja And Its Importance In Relation To Lifestyle Disorders declare that ,I take the responsibility of the content and material of my paper as we ourself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish my paper in ajmams , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else.I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the publisher of ajmams to own the copyright of my research paper.

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### **Abstract:**

The culture of modern era has become highly stressed. A number of diseases results due to stress. The lifestyle we follow , the daily routine , the diet pattern , least interest to exercises etc; all of these factors contribute to the beginning of the lifestyle disorders such as hypertension, diabetes, cardiovascular diseases, auto immune disorders etc. and many more to the list. A common factor to all these diseases is the "stress". Sir Hans Selye defined "stress" as non specific response of the body to the demand made upon it. The demand could be related to the external factor or the internal one. Oja in ayurveda has been described as the vital energy. It is the essential part maintaining the immunity of system. When due to stress, depression and other etiological factors, oja gets affected to a level. More the person taking stress upon on him ,will surely lead to the condition of oja kshaya or vyadishametva. The status of oja in the body is important and one can't continue without oja. Physical and mental resistance to diseases is of enormous significance for all living beings, as it prevents and regulates the recovery phase.

**Keywords:** *oja,dhatus, bala, immunity, vyadishamtva, stress,*

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### **Introduction:**

Ayurveda has priority in promotive and preventive care while it may not be of

much help in acute emergency conditions where modern medicine does have an upper hand due to its available life saving



measures and surgical procedures including antibiotics, chemotherapies etc. As the time has evolved to different level, the work pattern has changed, physical work is reduced and mental exercise for each individual has been the major factor for the diseased conditions.

Oja is Sanskrit word, stands for 'vigour' and it is the ultimate saturated part from all *dhatu*s and determinant of our immune status. Oja is the determinant factor of immunity, resistance to diseases and ultimately healthy state of a person.

#### Types:

Oja is of two types "para oja" and "apara oja". Para oja is said to be located in the heart and its loss leads to death. Apara oja is distributed throughout the body. Para oja is said to be of 8 drops in body and apara oja is about *ardhanjali praman*( quantity).

#### Seat of oja:

The two types of oja have their location as stated by the acharyas. The main site for para oja is *hridaya*( heart) and whole body for Apara oja. In the context of *bhela samhita* , 12 different seats for oja has been mentioned as *sapta dhatus* ( *ras, rakta, mansa, medh, asthi, majja, sukra*), *pitta, shleshma, mutra, purish and sweda*.

#### Qualities and functions:

The oja itself is the main determinant of *bala, vyadikshamtva* or resistance against diseases. Oja has its important functioning from the fertilization process to the end of life. Acharya sushruta says that qualities of oja as heavy, cool, soft, smooth, viscous, sweet, clear and cohesive etc. these are similar to the natural balanced kapha in body.

The functions can be summarized in maintenance of health and longevity. Oja is the saturated part of all *dhatu*s, located in the heart circulated by the *dhaminis*( channels).

The ayurvedic texts describe a number of mental diseases and their management. The main cause is *pragya paradh, sadvratapalna*( law of good conduct).The mental diseases which are treatable through ayurveda are *chittodvega*( anxiety), *chittavsad*( depression), *unmade*( psychosis)etc. The major lifestyles disorders which have become serious health issue includes diabetes mellitus, hypertension, cardio-vascular diseases, obesity, auto-immune disorders, arthritis etc.).

#### Discussion:

The *oja vikruti*( emaciation) is also being mentioned in the context.

Acharya sushruta has mentioned 3 types of depletion of oja:

- *Oja vistransa* (displacement)
- *Oja vyapad* (vitiation)
- *Oja kshaya* (diminution)

These are pathology based types. The factors for above 3 conditions can be for sort of diseases and due to trauma, damage to tissues, anger, stress and anxiety.

*Teja of Dhātu* and the living tissues along with normal functioning *Shleshma (Kapha)*, should be comprehended as *Oja*. This possibly indicates about tissue immunity, as *Dhatu*s of Ayurveda appear nothing but basic tissues of the body. The concept of *Jivitashonitmakam* possibly indicates phagocytes. It has been suggested that *Ojas* has definite bearing on the immunological functioning of the body. (Mihaikar, 1997; Misra, 1997).

According to the ayurveda , mind is the highly active component of the body. The entire concept of mind is a state of sensorial, mental, spiritual and intellectual well being. The diseases mentioned in the context are discussed here with some key points.

The cardiovascular diseases include stress, anxiety, obesity, hyper-lipidemia,



atherosclerosis, cardio-myopathy, myocardial infarction. The primary prevention for the heart diseases is ideal goal. Relaxation, appropriate life style, stressfree living and avoiding the risk factors.

Diabetes mellitus is a major disease prevailing in the present era. The disease is described in detail with aetiopathogenesis, symptomatology, complications, prognosis, classification and management of diabetes (*madhumeha*). It is not only a condition of *madhumeha* i.e. sugar loosing disorder but is more importantly a state of *ojomeha* (i.e. oja(immunity) loosing disorder and treated accordingly.

The mental disorders include *cittodvega* where anxiety, nervousness, palpitation, insomnia, lack of concentration. The nadi pariksha reveals vata predominant character.

*Cittavsada* is related to depression. It is also one of the presentation of mental illness. The two types are:

The depression which follows anxiety disorder and is essentially neorotic and not psychotic in nature. It is similar to the *cittodvega*.

The depression which may not necessarily be associated with stress and anxiety and of endogenous psychotic origin. The patients are more difficult to treat.

*Budhi mandya* mental retardation of mild to moderate degree can be advantageously treated by ayurvedic medicines.

### **Conclusion:**

The article represents the effect on oja in an individual by the lifestyle disorders. There cannot be the exact correlation to any of the entity in the body, which could be referred as oja. The comparison can be on functional basis, related to the circulation, immune response etc. Many research work has been done in this regard and a near

about relation to free radicals scavengers, anti oxidants or immunity factors is represented.

Considering all the above mentioned diseases, there is an urgent need to handle the factors which are harmful to the oja of an individual. Oja is the important factor in treating out the life style disorders or other such related health problems. The diet medicines, exercises, yoga regime should be maintained, which further helps in maintaining healthier state of body. All the physical, mental, sensory, motor function are being possible by oja. It is said to be source of energy, power determination and enthusiasm. It refines the speech, complexion and strengthens immunity. In the stressful period, one must include meditation. Yoga, a healthier diet and medication as per required.

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