

## ROLE OF OJA IN THE MANAGEMENT OF PERFECT HEALTH W.S.R TO IMMUNITY

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### ABSTRACT

**Background-** *Oja* has been described in *Ayurvedic* literature in *Brihat-trayi* as well as *laghu-trayi*, its importance has been accepted and realized. Basically *Oja* is a hidden material which we cannot see from naked eyes. Although in modern science there is no description but its importance for the survival of the life cannot be ignored. In the eighth month of pregnancy its importance is very remarkable. **Aim And Objectives-** The aim and objectives of this study is to evaluate the role of *Oja* in sense of perfect health. **Material & Methods-** Materials used are *Ayurvedic* text like *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Sangraha* and *Ashtang Hridaya*.etc. **Discussion-** *Oja* as described in the different literature of *Ayurveda* has been discussed in detail, although there is no anatomical existence of *Oja* but physiologically its significance cannot be ignored. *Ayurveda* being a science of life gave the importance to the *Oja* and has described its description, significance in all the *Ayurvedic Samhita*. Basically *Oja* is the essence of all the *Sapta Dhatu* which is very essential for survival of life. **Conclusion-** *Oja*, the essence of all the *Sapta Dhatu* is very essential for prevention of disease as well as survival of healthy life. Its loss in the body is the reason of loss of immunity in the body as a result when the acquired immunity in the body is at loss it may be the cause of death either at once or after a long gap.

**Keywords:** *Ayurveda*, *Oja*, immunity, pregnancy

### INTRODUCTION

The importance of *Oja* has been described in *Ayurvedic* literature in *Brihat-trayi* as well as *laghu-trayi*, its importance has been accepted and realized. Basically *Oja* is a hidden material which we cannot see from naked eyes. Although in modern science there is nowhere any description but its importance for the survival of the life cannot be ignored. In the eighth month of pregnancy its importance is very remarka-

ble. In *Ayurveda*, the significance of *Oja* has been accepted but in modern science there is nothing any description regarding *Oja*. On the basis of clinical science and symptom *Oja* has been described in *Ayurvedic literature* in detail. Basically some person compares the *Oja* is different material and another also compares with another material. In brief we may say that there is a great confusion about *Oja* in differ-

ent *Ayurvedic Acharyas*. Every *Ayurvedic Acharyas* has accepted the importance of *Oja* in daily practical life. Basically it is the essence of all the *Sapta Dhatus*.<sup>1</sup> As for as its location is concerned, it is situated in the heart and Circulates in the whole body.

### AIMS AND OBJECTIVES

This study has been carried out to fulfill the following aims and objectives:

- The aim of this study is to understand the role of *Oja* in sense of perfect health.
- The objectives of this study is to evaluate role of *Oja* in sense of perfect health.

The Anatomical location and action of *Oja* in sense of normal and perfect health.

### MATERIAL AND METHODS

Materials used are *Ayurvedic* text like *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Sangraha* and *Ashtang Hridaya*.etc.

### OJA

The Learned *Ayurvedic* scholar have realize the importance and utility of *Oja* and this is the reason that it has been described in detail by different *Acharyas*. *Acharya Sushruta* has described the importance of *Oja* in the following way:- *Oja* is the essence of all the *Sapta Dhatus* from *rasa* to *Shukra*, on which the strength (*bala*) of the body depends.<sup>2</sup> From *Rasa* to *Shukra* it is the essence of all the *Sapta Dhatus*. It means, it is the finest part of all the *Sapta Dhatus*.<sup>3</sup> As the *Ghrta* is the cream part of milk, on the same pattern *Oja* is the finest part (essence) of all the *Sapta Dhatus*. This *Oja* is the strength of the body. *Oja* has been described in various *Ayurvedic* literatures as a wide one which in different meaning, in different literatures has different senses-

*Rasa Dhatu* is considered as *Oja* in *charka Samhita*.<sup>4</sup> In different places *Rakta* has been considered as *Oja* by *Sushruta*.<sup>5</sup> In different places *Oja* has been accepted as *ushma* (heat) of the body.<sup>6</sup> *Oja* has been accepted as essence of *Shukra Dhatu*.<sup>7</sup> *Oja* has been accepted as *Upadhatu* of *Shukra Dhatu* in *Sharangdhara Poorvardha*.<sup>8</sup> *Oja* has been described as a *mala* of *Shukra Dhatu* in *Astang Hridaya Sharir Sthana*.<sup>9</sup>

*Kapha* in physiological state or condition is the strength of the body but when vitiated it is converted into *mala* (excretory products). Normal state of *Kapha* in body is remembered as *Oja* and vitiated form of *Kapha* is the causes of diseases.<sup>10</sup> *Oja* has been counted as *dushya* in the description of *Prameha* (Diabetes) and *Pandu roga* (Anemia). *Oja* has been accepted as *pranayatan* because it protects life and body organs.

### Utpatti of Oja (Origin of Oja):-

*Oja* originated first of all in the entire living body. Its colour is similar to the *ghrita*, taste is just like the honey and the smell is like fried paddy (*Laja*).<sup>11</sup> As the bees collect honey from the fruits and flowers, on the same way essence of all *dhatu* collect to form *Oja*.<sup>12</sup>

### Sthan (Location) and Varna (Appearance) of Oja:-

*Oja* located in the heart is predominantly yellowish and reddish in colour. Destruction of *Oja* residing in heart causes death. *Oja* which resides in the heart is *para* (best) type of *Oja* which protects life.<sup>13</sup>

Appearance of *Oja* is similar to the *Ghrta*, taste is just like the honey and the smell is like fried paddy (*Laja*).<sup>14</sup> Heart is the location of *Para (Uttam) Oja*.<sup>15</sup> There are two types of *Oja* in the body- *Para Oja*, *Apar Oja*

- Para Oja*: - Volume of *Para Oja* is 8 drops and it is located in the heart. It is best (*Uttam) Oja*. Destruction of this *Oja* may cause death. It is the base of life.
- Apar Oja*: - Its volume is  $\frac{1}{2}$  *anjali* and is situated in the entire body and circulates from one to another place through *dhamanis*. Due to destruction of *Apar Oja*, the life of patient reaches nearer to the death.

This *Apar Oja* may be compared to the immunity power. This depletes slowly and becomes one of the major causes of death. Example:-AIDS. (In which due to deficiency of immunity, the patient die in the near future of life).

### Properties (Qualities) of Oja:-

According to *Charaka*:-<sup>16</sup> *Guru* (Heavy), *Sheet* (Cold), *Mridu* (Soft), *Slakshana* (Smooth), *Bahal* (Dense), *Madhur* (Sweet), *Sthir* (Stable), *Prasanna* (Clear), *Pichhil* (Slimy or Viscous), *Snigdha* (Unctu-

ous) According to *Sushruta*:<sup>17</sup> *Somya* (Cool), *Snigdha* (Unctuous), *Shwet* (White), *Sheet veerya* (Cold potency), *Sharir sthairyra karak* (Provide stability in the body), *Prasaransheela* (Viscosity), *Nirmal* (Clear), *Komal* (Soft), *Pichchil* (Slimy or Viscous), *Prana dharak* (Base of life)

All the organs of the body are fulfilled with *Oja*. In its absence the life is spoiled.

#### **Functions of Oja:-**

*Oja* maintains life and strength of the body. It regularizes lubrication in the body. It provides nourishment to voice and appearance of the body. It survives life in the fetus. It supports the sensory and motor organs to perform their natural work. It maintains Intellect, Patience, Memory and perception of knowledge in the body. It is the essence of all the *Dhatu*s. So it helps to all *Sapta Dhatu*s to keep their natural form. The *par Oja* situated in the heart containing 8 drops is essential for life due to its destruction results immediately death. The *Oja* situated in the entire body is the base of strength.<sup>18</sup>

#### **Causes of Oja kshaya:-**

Avoid the unwanted factors which create pain and sorrow in the mind because these factors are responsible for destruction of *Oja*.<sup>19</sup> When *pita Dosh*a in the body is increased and decreases *Vata* and *Kapha Dosh*as in the body. This circulated *pita* destructs the *Oja* in the body.<sup>20</sup> *Oja* is decreased due to injury, loss of *Dhatu*, anger, regret, worry and excess of labour and strike of hunger.<sup>21</sup> *Oja* is decreased due to excess of anger, hunger, worry, regret and labour.<sup>22</sup>

#### **Symptoms of Oja kshaya (Decrease Oja):-**

Fears, Weakness, becomes thin Fatigue of sense organs, Imbalanced mind, Loss of lusture, loss of will power and dryness of body are the symptoms of *Oja kshaya*.<sup>23</sup> Fear, Weakness, Becomes thin; Continuous engaged in thinking, Fatigue of sense organs, Loss of lusture, Imbalanced mind, Dryness of the body and decrease of voice tone are the symptoms of *Oja kshaya*.<sup>24</sup>

*Sushruta* has described 3 types of abnormalities due to destruction of *Oja*<sup>25</sup> *Ojo stramsana*- स्त्रंसन (Displacement of *Oja* from its own location) *Vyapat* (Vitiated by *Dosh*as) *Kshaya* (Decreasing)

**Symptoms of Ojo stramsana:-** Looseness in joints, Tiredness in bodies' organs, Displacement of *Dosh*as (*Vata*, *Pita* and *Kapha*) from its own location, Depressed physical, mental and verbal activities of the body, Becomes tired due to less labour.

**Symptoms of Ojo Vyapat:-** Heaviness in the bodies' organs, Restriction in the body movements, Edema due to vitiated *vata*, Discoloration of the bodies' organs, Drowsiness, Darkness before eye, Hypersomnia

**Symptoms of Ojo Kshaya:-** Convulsion (*Murchha*), *Dhatu kshaya* (Decreasing of *Dhatu*s), *Moha* (Affection), *Pralap* (Shouted weeping), *Agyan* (Loss of action), *Mrityu* (Death)

## **DISCUSSION**

*Oja* as described in the different literature of *Ayurveda* has been discussed in detail, although there is no anatomical existence of *Oja* but physiologically its significance cannot be ignored. This is the reason that *Ayurveda* being a science of life gave the importance to the *Oja* and has described its description, significance in all the *Ayurvedic Samhita*. Basically *Oja* is the essence of all the *Sapta Dhatu* which is very essential for survival of life.

## **CONCLUSION**

*Oja*, the essence of all the *Sapta Dhatu* is very essential for prevention of disease as well as survival of health life. Its loss in the body is the reason of loss of immunity in the body as a result when the acquired immunity in the body is loss it may be cause of death either at once or after along gap. Basically *Oja* is the essence of all the *Sapta Dhatu* it produce s immunity in the body and person feel healthy its description in *Ayurvedic literature* is very controversial but its physiological importance have been accepted by all the *Acharyas*. The existence of *Oja* has been accepted during intrauterine life it has also been accepted by *Ayurveda* that during intrauterine life the *Oja* is unstable especially in the eighth month of the fetus. This is a reason that due to unstable of *Oja* eight month pregnancy is very complicated.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: S. K. Pathak & Jitender Kumar Rana: Role Of Oja In The Management Of Perfect Health W.S.R To Immunity. International Ayurvedic Medical Journal {online} 2019 {cited April, 2019} Available from: [http://www.iamj.in/posts/images/upload/598\\_601.pdf](http://www.iamj.in/posts/images/upload/598_601.pdf)