

viii. ojas and its importance

Table Of Contents

Add a header to begin generating the table of contents

Definition of Ojas

- Ojas is often described as the quintessential energy or vital essence in Ayurveda, reflecting the culmination of proper dhātu (tissue) nourishment.
- It represents the "essence of all bodily tissues", conferring immunity, strength, and mental-emotional stability.

Key Scriptural References:

- 1. **Caraka Saṃhitā**, especially in Sūtrasthāna and Cikitsāsthāna, mentions Ojas as the **"parama tejaḥ"** (supreme brilliance or vital essence).
- Suśruta Saṃhitā describes Ojas in the context of life force, seated in the heart (hṛdaya) and pervading the entire body.

Formation and Seat of Ojas

Dhātu Parināma (Sequential Tissue Formation)

- According to Ayurveda, nutrients from digested food (ahara-rasa) sequentially nourish each of the sapta dhātus
 (rasa → rakta → māṁsa → meda → asthi → majjā → śukra/ārtava).
- When each dhātu is thoroughly nourished, the final, subtlest by-product is Ojas.
- Thus, long-term, proper digestion (sama agni) and balanced doşas ensure that **Ojas** is produced in **optimum** quantity and quality.

Location of Ojas

- **Heart (Hṛdaya)** is considered the **principal seat** (mūla sthāna) of Ojas. However, Ojas also **circulates** through the entire body, bestowing **vitality and resistance** to tissues.
- Some texts note that Ojas also resides subtly within every cell, as the final expression of balanced dhātu metabolism.

Types of Ojas

Ayurveda classically describes two main types of Ojas:

- 1. **Para Ojas** (Superior or Supreme Ojas)
 - Quantity: Very minute (some texts mention **8 drops** in measure).
 - o Location: Strictly in the **heart** (cardiac region).
 - Nature: Extremely subtle, sattvic, and crucial for sustaining life. Any damage to Para Ojas is considered fatal or near-fatal.
- 2. Apara Ojas (Inferior or Secondary Ojas)
 - Quantity: More abundant than Para Ojas.
 - o Circulates throughout the body, nourishing and **protecting** the tissues.
 - Though less subtle, it is still vital for **immune function**, **energy**, and **stamina**.

Note: Some modern Ayurvedic scholars liken **Apara Ojas** to the **immune and endocrine** aspects, while **Para Ojas** to the **essence of prāṇa** or **true life force**.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



Functions and Importance of Ojas

1. Vyādhikṣamatva (Immunity)

- o Ojas is directly linked to disease resistance—both physical and mental immunity.
- o Individuals with **strong Ojas** are less susceptible to infections and recover faster.

2. Bala (Strength) and Sthiratā (Stability)

- Provides endurance, vigor, and stability in body and mind.
- Enhances physical performance (stamina) and mental resilience.

3. Prakāśa (Luster) and Prabha (Glow)

- o Ojas imparts a healthy glow, clarity in complexion, and radiance in one's aura.
- A person with optimum Ojas exudes vitality and a calm yet bright demeanor.

4. Dhāraṇa (Maintenance of Life)

- o Ojas upholds life by coordinating the psychosomatic functioning and ensuring homeostasis.
- Loss or depletion of Ojas can be life-threatening (ojas kṣaya).

5. Hrdaya Sthiratā (Cardiac Health)

• Since Ojas dwells primarily in the heart, it plays a crucial role in **cardiovascular health**—maintaining **strong circulation** and **healthy pulse**.

Signs of Healthy Ojas

When Ojas is balanced and nourished, one observes:

• Physical Signs

- Radiant skin, bright eyes, and a healthy complexion.
- $\circ\;$ Stable energy levels throughout the day.
- o Proper appetite and smooth digestion.
- o Absence of frequent infections or major illnesses.

Mental/Emotional Signs

- o Calm, positive mindset; emotional equanimity.
- Quick recovery from stress or emotional disturbances.
- Sharp intellect and steady concentration.

• Behavioral Traits

- Compassion, generosity, and contentment.
- Confidence and ability to handle adversity gracefully.

Ojas Vikṛti (Imbalance)

Ojas Kṣaya (Depletion of Ojas)

Causes:

- Excessive stress, chronic anxiety, or fear.
- Prolonged illnesses (especially fever, infections, or autoimmune conditions).
- **Poor diet** (junk food, irregular meals, over-fasting).
- Overexertion, lack of rest, or excessive indulgence in sex.
- Severe blood loss or malnutrition.

Symptoms:

- Frequent **illness**, infections, or allergies.
- Extreme fatigue, weakness, and mental **exhaustion**.
- Dull complexion, loss of luster, dryness of skin.
- Emotional instability—irritability, anxiety, depression.
- Palpitations, insomnia, and possible heart irregularities (if depletion is severe).

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



Ojas Visarga (Leakage or Improper Flow)

• In conditions like **autoimmune disorders** or severe trauma, Ojas can be considered to be **lost or misdirected**, leading to systemic issues.

Clinical Outcome:

 Chronic depletion or misdirection of Ojas can precipitate degenerative diseases, poor healing capacity, and a shortened lifespan.

Enhancing and Protecting Ojas

Lifestyle Measures

- 1. Dinacaryā and Rtucaryā
 - Following a regular daily routine (adequate sleep, balanced meals) and seasonal regimen to keep doşas in check.
- 2. Stress Management
 - Yoga, meditation, prāṇāyāma, and relaxation techniques to avoid mental drain on Ojas.
- 3. Moderation
 - Avoid **overindulgence** in physical exertion, sexual activity, or mental activity that can deplete Ojas.

Dietary Recommendations

- Ojas-building Foods:
 - o Warm, freshly prepared, wholesome meals.
 - Milk, ghee, almonds, dates, fresh fruits, mung beans, certain sweet substances (like jaggery) in moderate quantities.
 - Soups, broths from easily digestible lentils or vegetables.
- Agni Support:
 - Spices like ginger, cumin, fennel used mildly to strengthen digestion without aggravating dosas.

Herbal and Rasāyana Therapies

- Rasāyana (rejuvenative) herbs:
 - o **Aśvagandhā (Withania somnifera)** Tonic for stress, builds stamina.
 - **Śatavārī (Asparagus racemosus)** Especially for female rejuvenation and balancing.
 - Brahmī (Bacopa monnieri) Enhances mental clarity and calmness.
 - **Chyavanaprāśa** A classical rasāyana formulation praised for rebuilding Ojas.

Mind-Body Interventions

- Sattvic Practices:
 - Cultivating **positive emotions**, altruism, and spiritual discipline fosters Sattva, which upholds Ojas.
- Good Social Environment:
 - Supportive relationships, love, and **emotional well-being** further strengthen Ojas.

Conclusion

- Ojas stands at the heart of Ayurvedic health, viewed as the subtlest, most refined product of optimal digestion, balanced doṣas, and healthy mind-body synergy.
- Preserving and nurturing Ojas underlies Ayurveda's preventive and rejuvenative strategies—ensuring strong immunity, mental clarity, and vital longevity.
- By adopting a holistic lifestyle (diet, stress management, rasāyana herbs) and sattvic behaviors, one can safeguard and enhance this precious essence, paving the way for optimal wellness on physical, emotional, and spiritual fronts.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





Key Takeaway

Ojas is the **crown jewel** of one's vitality—a measure of **robust health** and **inner strength**. When Ojas flourishes, so does one's **immunity**, **psychological resilience**, and **overall radiance**. Hence, safeguarding Ojas is central to Ayurveda's vision of **holistic well-being** and **long life**.



© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.