



Concept of OJUS – Its Significance and Relevance in Life Style Disorder

Authors

**Dr M Aparna¹, Dr Acha Vidhya Dharini², Dr K Samba Murthy³, Dr P Sai Sudhakar⁴,
Dr K Srinivas⁵**

¹PG Scholar, Department of Kayachikitsa, Dr. NRS Govt. Ayurvedic College.

²PG Scholar, Department of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda and hospital, Hassan, Karnataka, India

³PG Scholar, Department of Kayachikitsa, Dr. NRS Govt. Ayurvedic College

⁴HOD & Professor, Department of Kayachikitsa, Dr. NRS Govt. Ayurvedic College

⁵Asst. Professor, Department of Kayachikitsa, Dr. NRS Govt. Ayurvedic College

*Corresponding Author

Dr M Aparna

Email: aparna.madugula27@gmail.com

Abstract

Ayurveda is the science of life, which deals with the physical, mental and social well-being of life. It is the foremost life science which describes different ways to prevent and manage life style disorders. Due to change in the environmental, socioeconomic development, civilization of the life style leading to decrease in physical activity, changes in the dietary habits and increase of bad habits like smoking, alcoholism etc., which are leading to deadly diseases in day to day life. These changes are acting as a slow poison in the body by decreasing Ojus in the body. Ojus is the essence of all the seven Dhatus, it acts as bala (Immunity) of the body. Impairment of Ojus leads to exhaustion, generalized edema, fatigue, loss of intelligence, heaviness of the body, death etc. These conditions can be compared to top most diseases according to WHO i.e.; Cardiovascular diseases, Cancers, Type 2 Diabetes, depression etc. As Ojus plays significant role in the body, this paper highlights the role of Ojus in present life style disorders and its preventive measures.

Keywords: Ojus, Life style disorders, Bala.

Introduction

Ayurveda is the science of life, which deals with the physical, mental and social well-being of life. It is the foremost life science which describes different ways to prevent and manage life style disorders. Due to change in the environmental, socioeconomic development and civilization of lifestyle leading to decrease in physical activity, changes in the dietary habits, increase of bad habits and increase of stress, which are leading to

deadly diseases. For happy and healthy life, in classical texts our Acharyas described to follow Dinacharya [Daily regimen], Rutcharya [seasonal regimen], sadvritta [Appropriate behavior], Pathya Aharasevana [Intake of wholesome diet] etc. Improper following of these regimen leads to several life style disorders. Manas control all the functions of the body. When initiation or control of manas is disturbed it is referred as Prajnaparadha in Ayurveda, one of the three major

causes of Diseases. All these changes are acting as a slow poison in the body by decreasing ojus in the body.

The word Ojus literally means Tejas [Shining or Bright]. Ojus is the essence of all the seven Dhatus so it is called as Utkrishtatejo dhatu¹.

Prakritashleshma considered as Ojus². Ojus is also called as bala [Immunity] because it provides strength to the body, in terms of physical, mental, immunological and resistance to the body⁵. This bala destroys dosha [disease causing factors]¹. It is also called as one of the best Pranayatana³. Charaka mentioned that ojus is the first substance formed in the Intrauterine life⁴. This indicates that Ojus is established during the time of the fertilization of sperm and ovum in sara form. Ojus gets its nourishment from the Ahara rasa⁵. Hita Ahara and vihara plays an important role in the formation of Dhatusara i.e, Ojus and also promotes longevity.

Life style disorders are the disorders linked with the way people live their life. This disorders commonly caused by alcohol, smoking and drug abuse as well as lack of physical activity and unhealthy eating. These habits distract people from activities and push them towards a sedentary routine, this can cause a number of health issues that can lead to chronic non communicable diseases. According to WHO most common life style diseases are Cardiovascular disorders, Cancers, type 2 diabetes, COPD, Obesity, Peptic ulcers, Nephritis, Chronic Kidney Disease, Neuropsychiatric disorders like depression, anxiety etc.

Qualities of OJUS: Ojus is having the opposite qualities of madya. Qualities of Ojus are heavy, cold, soft, smooth, viscous, sweet, stable, clear, slimy and unctuous properties⁶. The colour of Ojus is resembles that of ghee, white with yellowish and reddish tinge. It's taste like honey and smells like popcorn.

Types of OJUS: There are two types of Ojus in the body⁷.

1. **Para Ojus:** This is the best one and the quantity of paraOjus is 8 drops. It is located in the heart.
2. **Apara Ojus:** This is also called as Shleshmika Ojus and quantity of aparaojus is half anjali. It is located in the ten dhamanis connected with heart.

Functions of OJUS

Ojus imparts strong and sturdy musculature in the body. It produces strength and energy to all Dhatus and organs of the body. It is responsible for production of pleasing tone and attractive colour of the body. It enables all the sense organs including the mind to act with their full efficiency. Health, stability of the body longevity of ayu depends on ojo Dhatu. Due to the site of paraojus in heart, it is responsible for normal functioning of the heart and other vital organs of the body. The a paraojus being spreaded over all the body which is responsible for providing immunity power to the body⁷.

Disorders of OJUS: Disorders of Ojus is in 3 forms⁸.

1. Ojovisransa: Dislocation of ojus leads to looseness and dislocation of the joints, weakness of the extrimities, and displacement of doshas from their respective sites. Impairment of the efficiency and coherence of different functions of the body. Feeling of exhaustion.
2. Ojovyapat: Impairment in natural properties of Ojus leads to rigidity and heaviness of the body. Anasarca, Discolouration of the skin, Fatigue, Drowsiness, excessive sleep.
3. Ojakshaya: Loss of Ojus leads to Fainting, Wasting of muscles, Delusion, Delirium, Loss of intelligence and Death.

Causes of OJA Kshaya: Injuries, Exhaustion following exertion, hunger and emaciation. Psychological condition like anger, sorrow and tension lead to loss of ojus from the body⁹.

Preservation of OJUS in the Body: Ojus keeps all the living beings refreshed. There is no life without ojus so one should preserve the ojus in the body. In order to preserve ojas one should avoid such of the factors as may lead to unhappiness, intake of diets and drugs which are conducive to the heart and wisdom⁷.

Life Style Disorders: Causes of these life style disorders are 2 types:

Modifiable causes like food habits, physical activity level, alcoholism, smoking and stress.

Non modifiable causes like age, gender, heredity.

Cardiovascular Diseases: These are the foremost cause of death globally and account for more than 17 million deaths per year. The number is estimated to rise by 2030 to more than 23 million per year⁹. Cardiovascular diseases include coronary heart disease, stroke, peripheral arterial disease, Rheumatic heart disease and congenital heart disease. Coronary heart disease and stroke represent two of the most important causes of morbidity and mortality. Major risk factors for CVDs are High blood pressure, lipid disorders, obesity, cigarette smoking, Diabetes, Heavy alcohol use.

Cancers: Cancer is the second leading cause of death globally, and was responsible for 8.8million deaths in 2015. Globally nearly 1 in 6 deaths is due to cancer. Around one third of deaths from cancer are due to the 5 leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use and alcohol use. Smoking is major cause of lung cancer, bladder cancer, head and neck cancer. Alcohol is the cause of oesophageal cancer. Cancer causing infections, such as hepatitis and human papilloma virus are responsible for up to 25% cancer cases in low and middle income countries. The most common causes of cancer death are cancers of: Lung, Liver, Colorectal, Stomach, and Breast. Between 30-50% of cancers can currently be prevented by avoiding risk

factors and implementing existing evidence based prevention strategies¹⁰.

Obesity: Overweight is defined as a BMI = 25.0-29.9 and Obesity as a BMI >30. Obesity has been considered to be the direct results of the sedentary life style and chronic ingestion of excess calories. Obesity is associated with higher cause of mortality rate. Obesity is clearly associated with diabetes mellitus, Hypertension and coronary heart diseases. In addition obese suffer from social bias, prejudice and discrimination. Prevention of obesity involves both increasing physical activity and low caloric diet intake and behavior therapy has been shown to induce clinically significant weight loss¹¹.

Diabetes Mellitus: Diabetes mellitus is a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of insulin. Lack of insulin affects the metabolism of carbohydrate, protein, and fat. It can cause significant disturbance of water and electrolyte homeostasis. Death may results from acute metabolic decomposition. Diabetes is largely the result of excess body weight and physical inactivity. Symptoms include polyuria, polydipsia, constant hunger, weight loss, vision changes and fatigue¹¹.

COPD: Chronic Obstructive Pulmonary Disease is a lung disease that is characterized by a persistent reduction of airflow. The symptoms of COPD are progressively worsening and persistent breathlessness on exertion, eventually leading to breathlessness at rest. A prevalence of 251million cases of COPD globally in 2016. It is estimated that 3.17million deaths were caused by the disease in 2015. Primary cause of COPD is exposure to tobacco smoke, exposure to indoor and outdoor air pollution. This disease is often treatable and preventable by avoiding risk factors¹².

Depression: Depression is a common psychological disorder, affects about 121 million people worldwide. The main causes of depression include traumatic events, childhood difficulties,

social phobia, and risk factors of metabolic syndrome e.g.: Obesity, Emotional or physical abuse. Symptoms include loss of interest and pleasure of normal activities, loss of energy, feeling guilt or hopelessness, significant weight loss or weight gain, change in appetite and sleep pattern.

These are the few examples of present life style disorders.

Discussion

In present era life style disorders are the leading cause of death globally. The root cause of life style disorders are having of unwholesome food, physical inactivity, alcoholism smoking, physical and mental stress. These factors causes Agnimandya and leads to improper formation of Dhatus which leads to Ojakshaya as ojus is formed and collected in the body from the essence of all the seven Dhatus. When digestive power is weak and body cannot covert food into ojus and it becomes a toxic substance (Ama). This ama leads to many diseases like amavata etc. A healthy immune system is dependent upon proper agni and Ojus. Autoimmune diseases like rheumatoid arthritis, SLE etc. are treated by removing of ama and strengthening of Ojus by taking of wholesome diet and Rasayana therapy.

Accumulation of ama leads to further formation of medas that causes increase in adipose tissue in the body and person becomes obese. Leading to formation of many santarpanottavyadhis. Prameha is said to be one of the complication of obesity. There are different types of Prameha which may be caused due to either through genetic, decrease in immunity or through life style changes. In Prameha Ojus is expelled in through urine leads to ojobhaya. This can be treated by giving ojobhaya Ahara which prevents Dhatukshaya in Prameha.

By citing the qualities of Ojus, Acharyacharaka says that the opposite qualities of madya (alcohol) are the qualities of Ojus. Madya having been entered into the heart counteract the properties of ojus, ama (toxin) which inturns formed as a visha

in the body and exhibits opposite qualities of ojus. These are leading to hridroga (cardiovascular diseases). Avoiding alcohol and removing of ama are the preventive measures for cardiovascular diseases and to protect heart and its vessels by protecting Ojus.

Imbalanced emotions such as worry, grief and fear dry up the nourishing of Ojus can affect heart. As heart is the seat of manas this ojobhaya leads to psychological disorders like depression, anxiety etc. In this condition Ojus can be enhanced by following sadvritta and rasayana therapy.

Summary

It is very important to protect Ojus as it is the essence of body. As bees collect honey from flowers, the ojus is collected in the body, by the actions, qualities, habits and diet of human beings. In ayurveda texts various codes of conducts and specific regimens are described, to boost up Ojus one should follow Dinacharya (Daily regimen), Ritucharya (night regimen), sadvritta (codes of conduct), achararasayana (promoting spiritual and mental strength) and Rasayana therapy (it promotes and rejuvenate the physiology of body, produce resistance against disease both physically and mentally. As Ojus plays a significant role in the body it helps in the preventing present life style disorders.

References

1. Susrutasamhita (Sutra sthana 15/19). Part-1, Prof. G. D. Singhal & Colleagues, Chaukambha Sanskrit parishad. 2nd edition, 2007. Page no.135.
2. Agnivesa'scharaka samhita (Sutra sthana 17/117). Part-1, Dr. Ramkaran Sharma, Vaidya Bhagawan Dash, Chowkambha Sanskrit studies. 7th edition, 2001. Page no.334.
3. Susrutasamhita (Sutra sthana 15/21). Part-1, Prof. G. D. Singhal & Colleagues, Chaukambha Sanskrit parishad. 2nd edition, 2007. Page no. 135.

4. Agnivesa'scharaka samhita (Sutra sthana 17/75). Part-1, Dr. Ramkaran Sharma, Vaidya Bhagawan Dash, Chowkambha Sanskrit studies. 7th edition, 2001. Page no.325.
5. Agnivesa'scharaka samhita (Sutra sthana 28/3). Part-1, Dr. Ramkaran Sharma, Vaidya Bhagawan Dash, Chowkambha Sanskrit studies. 7th edition,2001. Page no.395.
6. Agnivesa'scharaka samhita (Sutra sthana 30/7-8). Part-1, Dr. Ramkaran Sharma, Vaidya Bhagawan Dash, Chowkambha Sanskrit studies. 7th edition,2001. Page no.593.
7. Susrutasamhita (Sutra sthana 15/20). Part-1, Prof. G. D. Singhal & Colleagues, Chaukambha Sanskrit parishad. 2nd edition, 2007. Page no. 135.
8. Susrutasamhita (Sutra sthana 15/23-27). Part-1, Prof. G. D. Singhal & Colleagues, Chaukambha Sanskrit parishad. 2nd edition, 2007. Page no. 135-136.
9. Mathers CD, Loncar D (2006). Projections of global mortality and burden of disease from 2002 to 2030. PLoS medicine, 3(11), e442.
10. WHO (2017) Cancer, Fact sheet (Retrieved from: http://www.who.int/mediacentre/Fact_sheets/fs_297/en/on_01/05/2017).
11. Current medical diagnosis & Treatment, McGraw Hill education, 55th edition.
12. Mathers CD, Loncar D (2006). Projections of global mortality and burden of disease from 2002 to 2030. PLoS medicine.