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## Study of the vital nectar of life that is Ojas (Immunity)

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### Abstract

Today man is emerged into highly developing, technical era as compared to ancient time period. The working pattern, living standard, daily routine has become more comfortable, pleasant and with more ease. The sedentary lifestyle thus has given man almost every type of happiness; joy that too in a much reduced efforts. This has made man lethargic somehow compromising and affecting the health factor overall. All the things are thus in hand and efforts are minimized, and this compensation is paid on its behalf by impairing the immunity or resistance power of man. The energy resource which is gained by a man is only through the diet which is being ingested. Moreover, it is accompanied on a large scale by synthetic molecules in a number of forms as like antioxidants, nutritional supplements, cytokines, hormones and so on. After proper digestion the partially digested food viz., Ahara Rasa, is important as it nourishes all the Dhatus at their respective level.

All together its output is the essence of all Dhatus called as Ojas. The Ojas is principally responsible for the immunity inside body. The Ojas and resistance power or immunity is proven by the cause effect relationship. For proper production, storage and utilization of Ojas, it is essential to have a look on detail description of Ojas.

According to Ayurveda, Ojas is a essence present in every dhatu (tissue) and considered as Sara of all the seven dhatus starting from Rasa to Shukra and responsible for the strength of the body. The purest substance in the universe and omnipresent in the human being, Ojas is responsible consciousness, purity in thoughts, health, positivity in feelings in every situation, better immunity, longevity, intelligence and memory. According to Ayurveda, Ojas is one of most important element for maintains and sustaining of life. All human beings are well nourished by Ojas and its decrease leads to the cessation of life. Though Ojas is located in the Hridya (heart), it pervades all over the body. It controls or regulates the whole working system of the body.

**Keywords:** Ojas, Ayurveda, immunity, longevity, intelligence, memory

### Introductions

Ojas has got a vital role not only in Swasthya rakshana/protection of health but also in achievement of extra-ordinary status of health, which is called as positive health. Overview of available literature on Ojas in Ayurvedic classics sometimes may lead to doubts/ambiguities by virtue of different versions available in explanation of Ojas. Sthira and Sara Gunas of Ojas, quoting Ojas as up a Dhatu and mala of shukra and also shukra vishesha are few of such versions. An attempt to understand the reason of difference in various different classics, as well as different citations of same classic is also necessary for comprehensive understanding of concept of Ojas.

Literature research is a soul of fundamental or conceptual research which, with possible integration with Morden sciences would be useful for better health care practices from tomorrow. However current research practices are focused more on clinical research. Literature research even though base of any research has so far remained neglected branch of a research. Proper literary research gives proper guidelines to estimate hypothesis in present research and also modern day research can be analyzed.

Literary research can be helpful to solve doubtful concepts as hidden linkages. Entire knowledge of Ayurveda is preserved in ancient literaturer e.g. Vedas, Samhitas etc. During last century hidden linkages of this knowledge which is have been studied methodically by scientist of west and copy of many vital Samhitas and their commentaries is being taken scientist other than Indian.

Hence there is an urgent need to preserves this vital knowledge of Ayurveda proper guidelines and technologies. Reassessment and revalidation of Ayurveda concepts on the basis of present modern research concepts is a need our literary research holds its great usefulness in the research field of modern era and vice versa modern technology has proved

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to be more helpful in literary research, which helps us to draw concrete inferences from it.

The research work on modern science is more than Ayurveda especially in case of correlation between Ayurveda and modern science is very low. There are many researches on the topic of Ojas, but as we know the modern science is very wide in case of new techniques, equipments and researches as compared to Ayurveda. In Ayurveda system of medicine, it is considered that living system is made of Panch-Mahabhuta in the form of Vata, Pitta and Kapha at the physical level and Satwa, Raja and Tama at the mental level. The imbalance of these body humours is the basic cause of any type of disease manifestation. Till date, on the basis of the latest technology and research an attempt to create certainty of Ojas understandable in scientific way and its overall effects on human body which will be helpful for scholars in treatment of disease and advising precautions. Ojas is purest substance in the universe and omnipresent in the human being. Ojas is responsible for consciousness, purity in thoughts, health, positive feeling in every situation, better immunity, longevity, intelligence and memory. Ojas is one of the most important elements for maintaining and sustaining of life. So, it has been tried to concentrate on cause of Ojas-Kshaya and disease due to such problem and provide healthy citizen. Society which is free from all disease.

### Review of Literature

Since ancient times practically Ojas is a significant parameter with controversies. However, it cannot be practically dissociated even though they had mentioned its quantity. Thus it implies a measurable fact. Quantity wise its proportion must be maintained in body for manifestation of strength and immunity in body. The stream of immunology as today was uprooted from Ayurveda science itself also. The immune disorders at that time were classified broadly under three aspects of Ojas Vistramsa, Ojas Vyapat and Ojas Kshaya, means the abnormality of Ojas which itself implies Vyadhikshamatva viz. immunity itself.

Vyadhikshamatva implies prevention of the occurrence of new disease and retarding the progression of existing disease. It is clearly stated for the subject to be disease free. Any disease to be retarded is mainly achieved by significantly positive and imposing status of Ojas Bala and Dosh Bala. The Ojas Bala is then classified in three categories-

1. **Sahaj Bala (Primary):** It is primary immunity which is gained or transferred from generation to generation.
2. **Kalaj Bala (Acquired):** It is a type of acquired immunity which is dependent on environmental factors such as climate, age.
3. **Yuktikrut Bala (Artificial):** It is the immunity which is either induced or gained by nutritive diet regimen, exercise and healthy workouts.

### Immunity

Immunity the state of protection from infectious diseases has both less specific and a more specific components.

The immune system evolved to protect multicellular organisms from the pathogen. Highly adaptable, it defends the body against invaders as diverse as the virus that causes polio and the flatworm that causes schistosomiasis. The immune system generates an enormous variety of cells and molecules capable of specifically

recognizing and eliminating foreign invaders, all of which act together in a dynamic network.

Protection by the immune system can be divided into two related activities.

### Recognition

#### Response

Immune recognition is remarkable for its capacity to distinguish foreign invaders from self-components. The immune system is able to recognize molecular patterns that characterize groups of common pathogens. It can detect subtle chemical differences that distinguish one foreign pathogen from other. The system is able to recognize host cells that are altered and that may lead to cancer. There are two responses by which the recognition of a pathogen occurs.

### Effector response

#### Memory response

Effector response that eliminates or neutralizes the invaders, the multiple components of the immune system are able to convert the initial recognition events into a variety of effector responses, each uniquely suited for eliminating a particular type of a pathogen.

Memory response characterized by a more rapid and heightened immune reaction upon later attack. It is a remarkable property of memory that prevents us from catching some diseases a second time, and immunological memory is the foundation for vaccination, which is a means of "educating" the immune system to prepare it for later attacks.

There are two systems of immunity:

- 1) Innate immunity.
- 2) Adaptive immunity.
  - i) Cell mediated immunity
  - ii) Humoral immunity

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