

## National Journal of Research in Ayurved Science

### Relation between *kshudha* (digestion) and *oja* (immunity) according to *ayurveda*

Mayuri Ashok Ratnaparkhi

MD (AYU), Assistant Professor;

Department of Samhita Siddhant, Dr. R. N. Lahoti Ayurvedic College, Hospital

& Research Institute, Dist- Buldhana, Maharashtra

**Author Correspondence:** Email- [mayuriaratnaparkhi@gmail.com](mailto:mayuriaratnaparkhi@gmail.com)

#### ABSTRACT:

Digestion is the most important process to maintain the health. A healthy digestive system is essential for well being because every digestive disorder is caused due to improper digestion. *Agni* plays important role in digestion. In *ayurvedic* text it is describe that balanced condition of *agni* is responsible for proper production of *oja*.

*Oja* is the essence of all the *dhatu*s which are produce from digested food. It plays important role in building our immunity. Immunity cannot be produced only with immunity booster product but also proper balanced diet habits are important. In *ayurvedic* text hunger is also described as one of the cause of *ojakshya*.

*Oja* is important factor for good health and relaxed condition of body and mind. This *oja* is depending on condition of *agni*. This article tries to show the relation between proper digestion and *oja* according to *ayurveda*.

**Key Words:** *Agni*, *Oja*, *Dhatu*, Digestion, *Ojakshya*, Immunity

#### INTRODUCTION:

*Ayurveda* states that the digestive system of an individual determines the health and well being of an individual. The healthy digestion is directly proportional to healthy living. *Agni* plays important role in digestion.<sup>(1)</sup>

*Agni* is responsible for every transformation going on in living body. Also *agni* performs various function the nature of *agni* is described as *Pittoshma*. i.e. *Pitta*+*Ushma*. Here *Ushma* is the energy required for the transformations and *Pitta* facilitates this transformation.<sup>(2)</sup>

There are 13 types of *agni* describe in the *ayurveda*- 7 *Dhatvagni*, 5 *Bhutagni* and 1 *Jatharagni*.<sup>(3)</sup> This *Jatharagni* is again classified into *Vishamagni*, *Teekshanagni*, *Mandagni* and *Samagni*.

In *Samagni* all the three *doshas* are in balanced condition. In *Vishamagni* there is dominance of *Vata*. In *Teekshnagni* there is dominance of *Pittadosha*. In *Mandagni* there is dominance of *kaphadosha*.<sup>(4),(5)</sup>

*Samagni* maintains the equilibrium of *Dosha*, *Dhatu* and *Mala* resulting in healthy status of body. *Mandagni* affects the *ahara pachan kriya* leading to production of *saama ahara rasa*, which ultimately causes *rasa dhatwagni mandya* and *uttarottar dhatu* remains malnourished.<sup>(6)</sup>

In *ayurvedic* text an *oja* is described as '*Saptadhatu*'.<sup>(7)</sup> Due to *dhatwagni mandya* there is improper formation of *rasa dhatu* and hence there is improper production of *oja*.

*Acharya Charak* also states that *jatharagni* is also important causative factor for *Bala*, *Varna*, *Swastha*, *Utsaha*, *Upachaya*, *Prabha*, *Oja* and *Teja* etc. So this article intends to theoretically comprehend on the concept of digestion and *oja*.<sup>(8)</sup>

## AIM AND OBJECTIVES

- 1.To study the relation between *Kshudha* and *Oja* according to *Ayurveda*.
- 2.To study the fundamental points of *Oja* from *ayurvedic* perspective

## MATERIALS

- 1.The materials were collected from the classical *ayurvedic* literatures.

2. *Ayurvedic* journal and published articles

## METHOD

Type of study – Conceptual study

## LITERATURE REVIEW

### Importance of digestion

Digestion is most important process to maintain the health. A healthy digestive system is essential for well being because every digestive disorder is caused due to improper digestion and all the digestive disorders affect person's health, due to this immunity of the person gets affected.<sup>(9)</sup>

### Description of oja

*Ayurvedic* texts state that *oja* plays important role in building our immunity. *Oja* is the essence of all *dhatu*s starting from *rasa dhatu* upto *shukra dhatu*. The place of the *oja* is *hridaya* but it is present all over the body. *Oja* is the support of life. The condition of good health depends on *oja*. If *oja* is getting affected it shows adverse effects on our body.<sup>(10)</sup>

### Relation between agni and oja

*Oja* is responsible for all the metabolism of body. Immunity cannot be produced only with immunity booster products but also proper balanced diet habits are important. *Agni* plays important role in digestion. Balanced condition of *agni* is responsible for proper production of *Bala*, *Varna*, *Oja*, *Teja* etc.

### Types of oja

There are two types of oja- *Para oja* and *Apara oja*. According to some *acharyas* *Para oja* is *ashta bindu* in quantity and resides in heart. Death of individual occurs when *para oja* gets destroyed. *Apara oja* is *eka anjali* in quantity and it is present all over the body. Whenever there is loss of *apara oja* there is loss of immunity.<sup>(11)</sup>

### Ojovruddhi and Ojakshaya

*Ojovruddhi* or proper oja is essential for healthy and enthusiastic body. Similarly decreased condition of oja means *ojakshaya* also shows certain symptoms on our body like weakness, sluggishness, loss of enthusiasm. According to *Acharya Sushruta* *ojakshaya* may leads to *Murcha, Mansakshya, Pralap* and *Marana*. In *ojakshaya* immunity of the person decreases and he will get infected easily.<sup>(12)</sup>

### Causes of Ojakshaya

The causes of *ojakshaya* mentioned in *ayurveda* are - *Rukshapan, Anashan, Chinta, Krodh, Bhaya, Kshudha, Shram, Vyayam, Ruksha, alpa-pramitashan, shok*. *Kshudha* is mentioned as one of the causative factor for *ojakshaya*.<sup>(13),(14),(15)</sup>

### Digestion & Oja

If one should not take proper diet or remains hungry for longer time, the digestive system gets affected. The products like carbohydrate, proteins, fats etc are produced after the process of digestion. Whenever digestive system is getting affected, these products are not produced in proper quantity.

All these components which are required for stronger immunity obtained through digestion and to maintain digestion proper diet have to be taken by avoiding fasting. One should avoid fasting for proper formation of oja in body. This oja is responsible for good health, relaxed condition of body and mind.

### DISCUSSION

- *Acharya Charak* defines oja as *shuddha* substance having *Raktavarna* along with *Ishat Peeta Varna*. *Acharya Sushruta* defines oja as *param Tejas* of *Dhatu* from *Rasa* to *Shukra*.<sup>(16)</sup>
- In the process of digestion and metabolism the last stage of the process of food the *Prasad* product are called *Rasa*. This *Rasa* works as sustenance of all the *Dhatu* and *Oja*.<sup>(16)</sup>
- *Acharya Sushruta* explains *Oja Vikriti* that is – *Oja Visramsa, Oja Vyapad* and *Oja Kshaya* are the three stages of *Oja Vikriti* which may occur in various conditions and disorders.
- Symptoms of *Oja Visramsa* are *SandhiVishlesh, GatraSada, Shram, Kriya Sanniroadha* etc. *Oja Vyapad* may leads to *Stabhada Gurugatrata, Glani, Tandra* etc. Similarly *Oja Kshaya* causes *Murcha, Mansakshya, Moha, Pralap, Marana*.
- In *Ayurveda* the basic cause of all the disorders is poor digestion. *Acharya Charak* mentioned that if

*agni* will be in balanced condition then *Ayu*, *Varna*, *Bala*, *Utsaha*, *Oja* and *Tej* remain stable. Imbalanced condition of *agni* shows adverse effect on health.

Digested food is responsible for the nourishment of *dhatu* and nourished *dhatu* produced good quality of *oja* because *oja* is the essence of *saptadhatu*.

If there is *agnidushti* then it affects the *Kshudha* (digestion). Due to improper digestion *vikrutdhatu* will form and improper quality of *oja* is produced which leads to unhealthy condition of body and mind.

If there is *samagni* then the *Kshudha* (digestion) will be proper. Due to proper *Kshudha* (digestion) *samdhatu* will form and good quality of *oja* is produced which leads to healthy condition of body and mind.

In *ayurveda* factors responsible for reduction of *Oja* are *Ativyayam*, *Anashan*, *Chinta*, *Pramitashana*, *Vata-atap seven*, *Bhaya*, *Rukshpan*, *Kala*, *Abhighat*, *Krodha*, *Ativyavaya*, *Prajagar*. In between all the causes of *ojakshaya*, *Anashana*, *langhan*, *ruksha*, *alpa-pramitashan* affects digestion.<sup>(13),(14),(15)</sup>

Due to all these causes digestive system get disturbed and affect the process of formation of *saptadhatu*.

Proper formation of *saptadhatu* is essential for production of *oja*.

All these component like *saptadhatu* and *oja* are required to build the body and for stronger immunity.

## CONCLUSION

- *Oja* is essence present in all *Dhatus* and put forward as *Dhatu-Sarata*. *Oja* is such an element that maintain plus sustains the life. It is responsible for *Bala* (Immunity) in body.
- For *Bala* (Immunity) proper balanced diet is important. *Kshudha* (Digestion) is maintained by taking proper diet and avoiding *Langhana*(Fasting), *Pramitashana* (consuming very less quantity of food), *Anashana* (fasting for long period).
- Because all this causes affect on *Kshudha* (Digestion) and if *Kshudha* get affected then nourishment of *dhatu* will be stop which may affect the process of formation of *Oja*.
- All individual on this earth are totally dependent on *oja* and if it destroys life goes to cessation.
- So one should maintain *Kshudha* (Digestion) by taking healthy diet. Good quality of diet maintain *Kshudha* and it may leads to proper digestion. Digestion is responsible for formation of *Saptadhatu* and *Oja*. In such a way *Kshudha*(Digestion) and *Oja* are dependent on each other.

## REFERENCES

1. Agnivesh, Charaka, Charaksamhita, Chikitsasthan, Grahanidoshchikitsitamadhyay a15/3-4, Chaukhamba

- Prakashan, Varanasi, 2013.
2. Sushruta, Sushrutasamhita, Sutrasthan, Vranaprashnamadhyaya 21/9, Chaukhamba Sanskrit Sansthan, Varanasi, reprint edition 2014; p-114
  3. Agnivesh, Charaka, Charaksamhita, Chikitsasthan, Grahanidoshchikitsitamadhyaya 15/38, Chaukhamba Prakashan, Varanasi, 2013.
  4. Agnivesh, Charaka, Charaksamhita, Chikitsasthan, Grahanidoshchikitsitamadhyaya 15/51, Chaukhamba Prakashan, Varanasi, 2013. edition pg
  5. Vagbhat, Ashtang Hridaya, Sharirsthan, Aangavibhagamshariradhyaya 3/73, Chaukhamba Sanskrit Sansthan, Varanasi, 2012 edition pg
  6. Vagbhat, Ashtang Hridaya, Sharirsthan, Aangavibhagamshariradhyaya 3/74-76, Chaukhamba Sanskrit Sansthan, Varanasi, 2012 edition pg
  7. Vagbhat, Ashtang Hridaya, Sutrasthan, Doshadividnyaniyamadhyaya 11/37, Chaukhamba Sanskrit Sansthan, Varanasi, 2012 edition pg
  8. Agnivesh, Charaka, Charaksamhita, Chikitsasthan, Grahanidoshchikitsitamadhyaya 15/3-4, Chaukhamba Prakashan, Varanasi, 2013.
  9. Agnivesh, Charaka, Charaksamhita, Chikitsasthan, Grahanidoshchikitsitamadhyaya 15/5, Chaukhamba Prakashan, Varanasi, 2013.
  10. Vagbhat, Ashtang Hridaya, Sutrasthan, Doshadividnyaniyamadhyaya 11/37-38, Chaukhamba Sanskrit Sansthan, Varanasi, 2012 edition pg
  11. Agnivesh, Charaka, Charaksamhita, Sutrasthan, Kiyantashirshiyadhyaya 17/73-75, Chaukhamba Prakashan, Varanasi, 2013.
  12. Sushruta, Sushrutasamhita, Sutrasthan, Doshadhatumalakshyavruddhidnyaniyadhyaya 15/29, Chaukhamba Sanskrit Sansthan, Varanasi, reprint edition 2014; p-80
  13. Sushruta, Sushrutasamhita, Sutrasthan, Doshadhatumalakshyavruddhidnyaniyadhyaya 15/28, Chaukhamba Sanskrit Sansthan, Varanasi, reprint edition 2014; p-79
  14. Vagbhat, Ashtang Hridaya, Sutrasthan, Doshadividnyaniyamadhyaya 11/39, Chaukhamba Sanskrit Sansthan, Varanasi, 2012 edition pg
  15. Agnivesh, Charaka, Charaksamhita, Sutrasthan, Kiyantashirshiyadhyaya 17/76-77, Chaukhamba Prakashan, Varanasi, 2013.
  16. Dadhich and Pooja, Physiological impression on ojas and its pathological glimpse, Int J Ayu Pharm Chem 2015, Vol.3, Issue 3; p89-98
  17. Bagde A.B et al, Ojas: The Vital Nectar of life, Journal of

- biological and scientific opinion 2014, Vol.2,Issue 2;p203-206
18. Gupta Shilpa and Dadhich ; Concept of Agni in Ayurveda,IAMJ 2015,Vol.3,Issue 1;p-155-159
19. Aniket A Shilwant, Immunology: An ayurvedic aspect with reference to Oja and Vyadhikshamatva,Int J Ayu Pharm Chem 2016,Vol.5,Issue 1;p53-64

*Conflict of Interest: Non*

*Article Type: Review Article*

*Source of funding: Nil*

***Cite this article:***

*"Relation between kshudha (digestion) and oja (immunity) according to ayurveda."*

*Mayuri Ashok Ratnaparkhi*

***Ayurlog: National Journal of Research in Ayurved Science- 2019; (7) (6): 1 - 6***

