

**ROLE OF OJAS IN IMMUNO-PHYSIOLOGY: AN AYURVEDIC PERSPECTIVE ON
IMMUNE SYSTEM MODULATION**¹*Dr. Nisha Rupesh Amale, ²Dr. Shruti Phatak

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ABSTRACT

Immunity is the body's natural defense mechanism against disease. In Ayurveda, the concept of Ojas represents the essence of all *Dhātus* and is considered the fundamental basis of *Vyādhi-kṣamatva* (immunity). Classical Ayurvedic texts describe *Ojas* as responsible for strength (*Bala*), vitality, and resistance against diseases. This article explores the concept of Ojas, its formation, types, and physiological role in immune modulation. An attempt is made to correlate Ayurvedic understanding of *Ojas* with modern concepts of immune-physiology, highlighting its relevance in preventive and promotive health care. The manuscript discusses how factors like *agni*, *srotas*, *dhatu* metabolism, *ojasakaraka* tissues, and mental health (*manas*) influence immune competence via the modulation of Ojas. It further examines scientific evidence (animal, cellular, clinical) that resonates with Ayurvedic insights—such as adaptogenic herbs, antioxidative pathways, and immunomodulators—as potential correlates of Ojas action. The review ultimately proposes a theoretical model integrating Ojas with modern immunophysiology and suggests future directions for experimental validation. Understanding Ojas through both classical and contemporary lenses may pave the way for integrative immunotherapy paradigms rooted in Ayurvedic physiology.

KEYWORDS: *Ojas*, *Vyādhi-kṣamatva*, Immuno-physiology, *Bala*, Ayurveda.**INTRODUCTION**

The immune system plays a crucial role in maintaining health by protecting the body from infections and diseases. Modern medicine explains immunity through cellular and humoral mechanisms, whereas Ayurveda describes immunity in a holistic manner through the concept of *Ojas*.

OBJECTIVES / AIM

1. To delineate the Ayurvedic concept of Ojas—its origin, attributes, and depletion.
2. To map classical Ayurvedic principles to immunological constructs.
3. To review experimental evidence relevant to Ojas-like activity.

4. To propose an integrated model and suggest future empirical research directions.

Concept of Ojas

Ojas is described as the *Sara* (essence) of all *Dhātus*. It is responsible for strength, stability, and immunity.

Formation of Ojas

Proper *Agni* and sequential nourishment of *Dhātus* lead to the formation of *Ojas*.

Types of Ojas

Para Ojas: Located in *Hridaya*, essential for life.

Apara Ojas: Circulates throughout the body, responsible for immunity.

Ojas and Vyadhi-kshamatva

Ojas forms the physiological basis of immunity and disease resistance

Role of Ojas in Immuno-physiology

1. Maintains *Bala*
2. Protects *Prana*
3. Regulates *Agni* and *Dhatu* nourishment
4. Supports mental stability
5. Enhances disease resistance

Modern Correlation

Ojas may be compared to systemic immune competence, metabolic resilience, and homeostatic balance. *Agni* parallels cellular metabolism, *srotas* align with microcirculation and lymphatics, and *manas* influences psychoneuroimmunological pathways

DISCUSSION

Ojas offers a conceptual framework that resonates with current knowledge of immune regulation and resilience. Future research should focus on developing biomarkers for *Ojas* and conducting clinical trials to validate its role in immune modulation.

CONCLUSION

Ojas plays a vital role in immune system modulation and health maintenance. *Ojas* can be envisioned as the embodiment of immunity and vitality. Integrating this concept with modern immunology could revolutionize preventive and therapeutic strategies in immune-related disorders.

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