



CONCEPT OF OJAS AND ITS ROLE IN IDIOPATHIC INFERTILITY AND STRATEGY TO BE APPLIED IN INFERTILITY

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ABSTRACT

Infertility has been defined as failure to conceive after frequent unprotected sexual intercourse for one or two years in the reproductive age group. Sub-fertile means less fertile than a typical couple with Fecund ability rate of 3-5% and these couples have unsuccessfully tried conceiving for a year or more. Unexplained infertility pertains to those couples who have no physiological anomalies and are pathologically healthy, yet do not conceive. Almost 20% suffer from this unexplained infertility. Ojas is the essence of all the body tissues and directly influences physical, mental and emotional and spiritual life of a person. In this article Concept of ojas and its role in idiopathic infertility and strategy to be applied in infertility Dissused in details.

KEYWORDS: Oja, Ayurved, Vandhyatva, Yoga.

INTRODUCTION

Qualitative Ojas initiate the contentment nourishment of the body and increase in strength in terms of Vyadhikshamatwa.^[1] According to CharakaSamhita, (during embryogenesis) the Oja appears foremost in the human body.^[2] The resistance power, immunity is together manifested by this Oja component presented throughout the body. Ojas is stated as cause and its effects being the resistance power viz. Balais responsible for survival and performing important functions inside the body.^[3] The Ojas being practically invisible is very well known for its functions manifested in the living body.^[4] In a word, Ojas has been considered vital in the defense mechanism of the body.^[5] In all diseases, Ojas get affected by the production of the disease of the respective system. Modern-day researches have implicated the malfunctioning of the immune system in various diseases including not just those caused by microbes but also non-microbial diseases like cancer, allergies, and autoimmune disorders, etc. Acharyas have detailed about its types, characteristics, functions, and etiology behind its dysfunctions that leads to total disruption of the normal homeostasis of the body which is sometimes fatal.^[6] This concept persuades us to think in deep about the role of Ojas at the cellular level.

The burden of infertility includes psychological, social and physical suffering and there are many obvious consequences such as anxiety, depression, lowered life satisfaction, frustration, grief, fear, guilt, marital distress, economic hardship, social status, physical violence etc.

There are many other causes of infertility eg. anovulation (no formation of egg), endocrinal abnormalities (Amenorrhoea, Hypothyroidism, Hyperprolactinaemia, premature menopause), sexual dysfunction (lack of libido, vaginismus, dyspareunia), pathological defects (tight hymen, cervical stenosis, cervical polyp etc.), diseases like T.B., Chocolate cyst, Endometriosis, systemic problems such as age, obesity, addiction, psychological, immunological problems etc. This study, however, is focused on unexplained fertility.

In modern science there are many treatments in the form of oral medications, injections, hormonal treatment cycles and assisted reproductive techniques like IUI, IVF etc. However, modern medicine does not consist of any counselling based therapy for unexplained infertility. It is important for couples to understand how fertility problems can be prevented in the first place. Ayurveda gives infertile women the ability through treatment to become fertile and to improve the overall health to be

able to conceive naturally without the use of western medicine.

Ojas is the essence of all the body tissues and directly influences physical, mental and emotional and spiritual life of a person. They are the bodies' natural immunity and sustainers of life. According to Charak Smahita Ayurvedic perspective of women's fertility i.e. true healing of any condition, "Prakriti Sthapan" means to restore the mind, body and spirit to their naturally balanced states.

MATERIALS

Research Papers Previous Research Article, Ayurvedic Samhitas (laghutrayi and bhrhatrayis)

DISCUSSION

According to Ayurveda

Overindulging in sex- Not only in Ayurveda, but according to all research, this will lower "Shukrakshya" and cause impotence. Insufficient amounts of "Artava dhatu," the term for female reproductive tissues. The likelihood of conception will be impacted if this amount and quality are insufficient.

Mental disturbances: According to Ayurveda, depression, insomnia, and worry can all affect one's ability to conceive.

Food consumption: According to certain studies, eating more spicy food causes Pitta to grow and Shukra dhatu to produce less.

Genetic factors: The genetic aspects of infertility may be important.

Controlling one's sexual impulses for an extended period of time may result in veerya-Avrodha or trouble producing sperm when it lowers libido The Ayurvedic method for treating infertility Ayurveda promotes health by enhancing the body's natural ability to heal itself and regulating processes that do not depend on human intervention by any external or foreign material to replace or adjust the body's hormones. It concentrates on the management of addressing infertility holistically with a view to enhancing the overall wellbeing and standard of living of the person. The Charaka Samhita states that "the single most significant contributor to the accumulation of the produced toxin Aama the stomach becomes overflowing with undigested food) is the Agni and every illness results from an imbalance in Agni (the ability to digest). Consequently, Ama's treatment of Agni must always be included, including the eating meals on schedule, using digestive herbs and spices maintaining a regular schedule and avoiding cold meals drinks is also cause also The Ayurvedic deep interior cleansing treatment known as Panchakarma can also be used to get rid of Ama. Ojas will benefit from a healthy Agni as well. The assessment of a person's Dosha is crucial for prescribing the appropriate course of treatment and

identifying any blockages or weaknesses in certain body regions, for which the appropriate food, body therapies, herbal remedies, sensory therapies, lifestyle, and yoga therapies are used. In order to prevent and treat diseases as well as to maintain good health, diet is essential. In the ancient Indian texts (Annam Brahman), food was linked to God because it is essential for supporting and nourishing life.^[7] According to Ayurveda, food also has an impact on the mind by increasing or decreasing each of the three mental characteristics (Ra-joguna, Satvaguna, and Sattvaguna).^[8] Ancient Indian literature held the view that If dietetics is properly followed, medication is not necessary, but if it is not, even medications are not effective helpful.^[9] Dietary management calls for rigorous adherence. Adhere to Ojas-building diet, stay away from the substance that lower Ojas. This is crucial to promote fertilization and controls ovulation.^[10] Dining All nutrients are provided by entire foods for optimal health. In addition to fiber, the body also affects hormonal levels. Provides Processed carbs, too much, and other foods starch, meat and milk that contain antibiotics and hormones, and Cans of food reduce fertility. Fresh, organic produce, plant-based protein from beans and peas, sweet whole grains, juicy fruits like mangoes, peaches, plums, and pears, asparagus, broccoli, and spices like Ajwain powder, turmeric (improves the interaction between hormones and targeted tissues), cumin (cleanses the uterus in women and the genitourinary tract in men), and black cumin all contribute to increased fertility. Grains, root vegetables, water-cress, garlic, onions, and chives are examples of foods that nourish the blood and enhance circulation.^[11] It's thought that Urada pulses which is prepared with equal portions of banana, Ghee, cinnamon, and cardamom or turmeric, coriander, cumin, and fennel. Both Jaggery and black sesame seeds are high in iron, and seeds are also a good source of vitamin E and phytochemicals that alter female body chemistry.^[12] Trans-fats should not be consumed since they block arteries, endanger fertility, damage the heart, and narrow blood vessels. Beans, spinach, pumpkin, tomatoes, and beets are foods that increase iron and encourage conception. The body must be kept hydrated at all times by consuming warm water and digestive teas. It is thought that consuming and preparing vegetables like colocasia with old garlic increases progesterone and women's chances of becoming pregnant. Foods containing preservatives and other chemicals, such as artificial sweeteners, Monosodium Glutamate (MSG), diets high in fat and other artificial flavoring and coloring (Natural Sweet, etc.), excessive alcohol and caffeine, tobacco, soda, smoking, red meat, and refined carbohydrates, such as pasta, white bread, and rice, must be avoided because they increase and exacerbate female infertility.^[13] It is vital to include a wide range of foods in the diet to ensure the body is getting all the nutrients it needs to aid conception.^[14] Eating small, regular and well-balanced meals builds overall health. Ayurveda recommends trying new vegetables and fruits as often as possible,

breaking the monotony by not eating the same thing every day.^[15]

CONCLUSION

There is no direct reference on any sanhita regarding role of Oja in infertility but significant role of Oja in manasroga are mentioned already in our Samhitas, mental factors are affecting more in infertility Dietary management calls for rigorous adherence. Adhere to Ojas-building diet, stay away from the substance that lower Ojas. This is crucial to promote fertilization and controls ovulation, Yoga is also plays an important role in maintaining doshas and body equilibrium, gives positive energy and increases Dhee, Dhruvi, and OJa and Satva and hence indirectly title of our article proved in this manner, further clinical study and assessment of Oja will be needed.

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