

Ojas means 'vigour' and 'radiance' and is the vital energy in our body that is essential for immunity, strength and happiness. The function of Ojas is to promote fertility, growth, keep memory strong and vital, improve strength, immunity, support the body tissues, maintain the voice, complexion and to slow aging. Ojas acts upon the body to alleviate thirst, stops fainting, heals wounds, hold cells together (prevent destruction) and maintain homeostasis.

Immunity in Ayurveda is two fold:

1. To withstand disease occurring
2. To quickly resolve disease once it starts

Strength is called 'bala' in Sanskrit and it refers to the ability to cope with stress both mentally and physically. It also has a kinship with the muscle tissue. This is one of the seven dhatus of the body. Dhatu means 'that which supports'. The signs of the muscle tissue being strong are given in the section labelled 'dhatu'. The particular Dhatu associated with Ojas and Kapha are rasa, mamsa, medas, majja, sukra (see the information on dhatus).

There are three types of Bala.

1. Natural, inherent, genes
2. Due to time (your age or the season you are in)
3. Via intelligent action

Activities performed that increase Bala are of the last type.

Actions that increase Bala are of three types.

1. Bulk/growth promoters
2. Protection which is achieved through saving energy that then stabilizes and strengthens
3. Promotion of the Earth and Water Elements (specifically good nutrition and digestion and proper hydration and oiling the body inside and out.

Happiness may be perceived slightly differently in Ayurvedic thought. In Ayurveda happiness can be better described as Sattva. Sattva is the quality of goodness and is also a life lived well, in peace and harmony.

Ojas is created by the proper digestion of food. It is the concentrated essence of all the Dhatu (tissues). It is interlinked in its function with Agni and Prana.

Ojas is destroyed by trauma, injury, exhaustion, over-exertion and prolonged anger, sorrow, hunger and weight loss.

Dysfunction of Ojas IS Kapha Dosha (Earth and Water) excess and the first signs appearing are heaviness and lassitude followed by aversion to food and nausea followed by loss of taste for food, indigestion, lassitude and vomiting.