



Ojas

The Vitality of Life



Lakshmi Ayurveda
Free Downloadable

About Ojas

Ojas is responsible for consciousness, purity in thoughts, health, positivity, immunity, longevity, intelligence and memory - it is one of the most important elements to maintain and sustain life.

**Sthula bhagah shukram
snehabhagah sukshma
tejabhutam ojah
Su Su 14**

Ojas is the essence of the
saptadhatus the seven bodily
tissues
Su Su 22:19

Synonyms for Ojas are Bala, Kapha and Prana.

There are two types of Ojas

1. Para (hridaya sthana) this Ojas stays in the heart. It stimulates the pacemaker sinoatrial (SA) node and maintains healthy heart activity. The quantity is 8 drops. Therefore, the function of the Apara Ojas depends upon Para Ojas. If the heart stops the apara Ojas slows, resulting in death.

2. Apara Ojas (Sarvanga sharira vyapi) moves throughout the body (like ghee in milk). The quantity of this Ojas is 1/2 anjali. It is also known as shleshma Ojas because its properties are similar to shleshma (Kapha). The main seat of apara ojas are the ten dhamani (vessels) connected with the hridaya (heart). Any decrease in Apara Ojas will result in weakness in the body and low immunity.

Guru – heavy
Sheeta – cooling
Mrudu – soft
Slakshna – smooth
Madhura – sweet
Sthira – stable
Prasanna – pleasant
Picchila – sticky
Snigdha -oily
Bahalam – spreads to the minute
channels

10 Qualities of Ojas

Signs of Optimal Ojas

Happy, cheerful, blissful
Loving and compassionate
Strong immunity
Good retention of knowledge
Eyes full of lustre
Glowing skin
Shining hair
Clarity
Strength

Ojas Drink Recipe

Ingredients

- 10 almonds - blanched with the skins removed
- 3 dates
- 1/4 tsp ginger powder
- 1/4 tsp cardamom powder
- 200 mls of hot water

Directions

- Soak almonds and dates in hot water for 1-2 hours
- Blend all ingredients together until smooth.
- Add this mixture (together with the water) to a pot and bring to a boil.
- Remove from heat.
- Serve warm.
- The recipe is also available on our blog at <https://www.lakshmiayurveda.com.au/2020/05/ojas-drink-recipe/>

How to Increase Ojas

Ojas is the nectar or essence of all seven dhatus which are nourished by the wholesome food we eat through the Rasa dhatu.

Honey is a great analogy to use for the formation of Ojas. Thousands of bees collect the nectar of flowers and concentrate it into honey and store it in their hives. Honey is the Ojas of flowers.

1. Eat regular meals, sattvic food, ghee, honey, rice and fruits
2. Dates, Almonds, Saffron, cardamom, milk,
3. Foods and herbs having same qualities of Ojas should be used
4. Dinacharya/ Daily routine, Rtucharya/ seasonal routine, raticharya/ night routine
5. Yoga, pranayama
6. Spiritual practices
7. Avoid activities which cause unhappiness of the mind
8. Avoid alcohol and deep-fried food, less hot and spicy foods
9. Brahmacharya/ controlled sexual life
10. Rasayana/ rejuvenation treatment
11. Jeevaniya Gana aushadhi (life promoting medicines)

Disclaimer: Before incorporating any of the information offered in this downloadable, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

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If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy this downloadable.

