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Identify the Important Factors of Ojas with Ayurvedic Alchemy by [Planet Ayurveda](#)

Article published on January 16th 2012 | [Fitness](#)

According to the ideology of Ayurveda the Sanskrit term "Ojas" which actually is the vital power of the body which can be associated with the flowing of existence when it adequate, is associated with resistance power and when it is lacking then results in weakness, exhaustion and eventually sickness.

Our hectic, busy & stressful lifestyle can cause physical & mental wear & tear which further impacts of the body's intelligence and leads to a weakened immune system. The Ayurvedic herbal treatment procedure tells us the following topics regarding this subject:

• Incompatible lifestyle, diet & environment can play a role in impacting on the immune system

• How unresolved emotions can affect the immune system

• How the immune system can be strengthened

• How living a balanced life at every level, physical, mental, emotional & spiritual, is the key to health

Ayurveda, the most ancient & holistic system of healing gives very simple and clear reasons and solutions to these issues. Ayurveda tells us that to understand mental ailments one needs to identify the cause of the mental ailment rather than just treating the symptoms. We need to understand what factors are responsible for altering the functions of the brain lobes, what causes serotonin to be released in the right amount, which secretions are used to stabilize the pituitary & pineal glands, that make these glands responsible for mental ailments and how the Ayurvedic Emotional Healing Programme can restore our consciousness and give every individual the opportunity to revive their bodily intelligence.

In spite of new inventions in medical science over the various Ayurvedic centres and the fact that people are keen to make more of an effort to live healthy lives, we still see social, physical & mental problems on the increase in our communities. As per the basics of Natural therapies, physical strength and psychological fitness are vital for the attainment of excellent healthiness. Actually the state of the body in addition to the mentality is given major significance before determined on the entire Ayurveda treatments.

According to the Ayurveda human body is comprised of five basics in the shape of Doshas, Dhatus and Malas. When the Doshas are in just what the doctor ordered balance a person is in good health. Any deviation in these basics leads to diseases.

Tridoshas:

The three doshas such as Vata, Pitta and Kapha live in changeable extents and every dosha has exact roles and features. Vata is comprised with space and air that rule nerve desires, flow, respiration and exclusion. Fire and water parts come together to shape Pitta. It facilitates organ, tissue and cellular metabolism. Pitta exchange food into nutrients which body be capable of absorbing. Kapha is a mixture of water and earth elements. It is responsible for growth and those bodily aspects which offer it protection.

Dhatus and Malas:

Dhatu are described as the basic tissues in the body which structure the body arrangement. Any corrosion in the Dhatu can be the reasons of illness. Malas are a ravage consequence of the metabolic procedure taking place in the body. The regular removal of this toxic constituent is a necessary state for good health.

Prakruthi:

Each person has a distinctive Prakruthi or establishment that is, a sole amount of Vata, Pitta and Kapha. One or more dosha perhaps pre prevailing and this supremacy are called the Prakruthi. There are seven types of Prakruthis. The Prakruthi of a person is a very significant issue in decisive the treatment of a disease after the proper Ayurvedic consultation.

Ojas:

Ojas refers to the power formed and released when the food is distorted into elements that the body can absorb. Ojas continues the Dhatu nourished and in excellent form. Indeed, loss of equilibrium in Ojas can cause loss resistance and vitality and even confirm incurable.

Thus here we take care with the expertise care unit of best Ayurvedic Doctor and provide the entire customer benefits through our natural therapies or wellness program schedule at the Planet Ayurveda.

For more information visit <http://www.planetayurveda.co.nz/>

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Article Keywords:

health products, natural practitioners, naturopath

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