

Building Ojas and Nourishing Your Vitality

There is a concept in Ayurvedic medicine that our bodies have the capability of building ojas, creating physical health, vitality, and vigor. Ojas is a milky mucus substance in the cells that protects the cells, and our organs. An abundant supply offers a strong foundation in our immune system, creating tejas (ones glow, radiance, luster, and sparkle) and holding prana (ones energy or life force) in the body. The benefits of building and sustaining ojas offer us physiological as well as psychological balance.

Though it takes only 24 hours to digest the food we eat, ojas takes approximately 30 days to manifest, as it goes through many processes to develop. A wealth of information on the subject and the process can be found in John Douillard's website article on [Got Ojas? Nourish Your Vitality](#).

Ojas helps sleep and relaxation, immunity, vitality, and the body's response to stress. Positive results of healthy ojas are reliant upon many factors. To help build ojas, the following are offered:

- Eat foods that are naturally sweet (a Sattvic diet), fresh, unprocessed, and organic
 - Fresh fruits and vegetables (except garlic and onions)
 - Whole grain, particularly rice, wheat, and oats
 - Beans (in moderation), especially mung, adzuki, and tofu
 - Raw soaked nuts and seeds, especially almonds, sesame seeds, and coconut
 - Raw and /or organic dairy products from cows, especially milk and ghee (clarified butter)
 - Natural sweeteners like raw sugar, honey, maple syrup, and molasses
 - Sweet spicy ginger, cardamom, cinnamon, fennel, mint, and tulsi (a type of basil)
- Prepare food with love and awareness
- Chew slowly
- Use herbs like ashwagandha, shatavari, bala, and other herbs that build strength and rejuvenate
- Control (quiet) the senses
- Control sexual energy (brahmacharya)
- Maintain devotional practices

If we are not offering self-care to ourselves, the process can break down and no ojas will be produced. Some actions that negatively affect ojas are:

- Not getting proper sleep
- Eating processed foods
- Being away from nature
- Disagreeing and arguing with others
- Being selfish and grasping for more than is needed
- Not getting good physical exercise

The term 'ojas' is relatively unheard of in western culture, possibly because it is too small to measure, but an understanding of the benefits of ojas maintenance has been common knowledge

in eastern cultures for a very long time. It is my belief that ojas is the positive product of living a clean and healthy life. The process includes a balanced diet, rest, physical exercise, stress and anxiety control, living in a safe environment, and being kind and loving toward others. The results include health, vitality, longevity, joy, and the ability to finish well.



Ojas Milk Recipe

This delicious drink contains several ojas-enhancing ingredients and is a nourishing warm drink ideal for small gatherings, at the end of yoga class, or just before you snuggle into bed to enhance sleep. This recipe is for one and can be multiplied for any quantity.

Ingredients:

1 cup raw whole organic milk or almond milk
10 almonds, soaked overnight then peeled and chopped
2 whole dates, chopped
1/4 teaspoon powdered ginger
1/4 teaspoon powdered cinnamon
1/4 teaspoon powdered cardamom
1/4 teaspoon poppy seeds
Pinch of saffron



Place all ingredients (except saffron) in a saucepan and bring to a low boil, stirring often. If you like, use a standing blender or immersion blender to blend the mixture to a creamy consistency.

Pour in a mug and add a pinch of saffron.

Enjoy!