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Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

Clinical status of *Apara Ojus* and haematological parameters in children suffering from Recurrent Respiratory Tract Infection

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ABSTRACT:

Apara Ojus is a concept in Ayurveda which is primarily said to have especially important role in immune status of living beings. Though the features of *ojus* are very well narrated in Ayurveda, it is still in ambiguity for the present scholars. So, here an effort was made to check whether any relation exists between the status of *apara ojus* in an individual, and blood parameters related with immunity. For this, a cross sectional study was done in children of age group 3–6 years. The blood indices related with immune mechanism, of children with Recurrent Respiratory Tract Infections were tested and compared with that of apparently healthy children of the same age group. The obtained results were then compared with the status of vitiation of *apara ojus* in individuals. The outcome of this study showed that the blood indices having various roles in immunity like Total WBC count, ESR, Lymphocyte count, Mid percentage value and Platelet count were found to have significant relation with vitiation of *ojus*. But, no statistically significant relation was obtained for neutrophils and immunoglobulins with status of vitiation of *ojus*. This shows that the status of *apara ojus* cannot be ascribed to a specific immune factor. Instead various attributes of immunity should be considered as different dimensions of *ojus*. Hence, the functional capacity of *ojus* can be assessed using these objective parameters.

Keywords: *Ojus*, *kapha*, immune status, haematological parameters, recurrent respiratory tract infections

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Website: http://heb-nic.in/jrim	
Received on 01/10/2020	
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