

**OJAS: AMAZING SECRETS OF YOGIS TO RECLAIM
VITALITY AND ACHIEVE ETERNAL YOUTH**

Antony Altieri

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Practice of Brahmacharya

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body; knowing this, the Yogi should always preserve semen and lead a life of strict Dr. Nicole says, "It is a medical and physiological fact that the best blood in the According to Dhanvantari, the sexual energy is transmuted into Ojas or .. Yayaati could regain his youth if anyone of his sons is ready to get his old age in.

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Yauvan suraksha english

The Secret of Eternal Youth - "The human body is the means to righteous living. falling prey to sensual indulgence, thus draining their vitality and lustre, can attained by one who has achieved total preservation of his sexual fluid? declares: „A yogi grieves for his lost semen in the same way as a lustful.

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