



## A REVIEW ARTICLE OF ADHARANEYYA VEGA AS ETIOLOGICAL FACTOR OF DISEASES

**Dr. Dharmeshkumar Rawal**, P.G Scholar, Post Graduate Department of Roga Nidan Evum Vikriti Vigyan, Parul Institute of Ayurved, Parul University, Limda, Vadodara, Gujarat, India.

**Dr. Sunil R. Khandare**, Professor & H.O.D, Post Graduate Department of Roga Nidan Evum Vikriti Vigyan, Parul Institute of Ayurved, Parul University, Limda, Vadodara, Gujarat, India.

**ABSTRACT:** Human life can be defined as a sum total of physical and mental activities. Many of such activities are natural. Many of these natural activities are initiated spontaneously and involuntarily but are enacted voluntarily. These urges both physical and mental are termed as “Vegas” in Ayurveda. Interestingly all the reputed texts of Ayurveda devote a chapter to enumeration of such vega’s stressing the importance of its role in healthy living.

**Keywords:** Ayurved, Vega, Adharniavega , Natural Urges

### I. INTRODUCTION:

The word vega means Natural Urges and Dharan refers to suppression of natural urge. Vegas may be primarily classified into two varieties 1)Shareerikavega- Urges related to the body. 2)Manasikavega-Urges related to the mind. They are further classified as A) Adharaneeyavega :-The non-suppressible urges. B) Dharaneeyavega :-The suppressible urges. As per Ayurveda natural urges should not be suppressed. The non-suppressible urges are recognized as 13 in number. The suppression of these are associated with a host of health hazards. One seldom realizes the need to avoid the suppression of urges and indulges in the same uninhibited. However the gravity of such acts of suppression repeated over a period of time results in hazardous consequences which are poorly identified with the disorders they bring about. Vat is the dosa primarily affected due to suppression of urges. It is of common knowledge that vatdosa is the most important of the 3 dosas which is responsible for health and disease. It can be understood from common knowledge that any unwanted material that needs to be expelled from the body when retained will act as a potential polluter of the body like the garbage that when not cleared in time can rot and become a breeding ground for disease spreading organisms.

### AIM AND OBJECTIVES:

To evaluate Adharaneeyavega as etiological factor of diseases.

### II. MATERIALS AND METHOD

The natural tendencies of the body to fulfil several of its requirements are expressed in the form of an urge or Vega. In Astanga Hrudhya Sutrasthan 5<sup>th</sup> and 7<sup>th</sup> chapter of Charak Samhita Sutrasthan explains in details about various diseases caused due to suppression of natural urges and should not be avoided or non-suppressible urges. But there is a slight difference that Acharya Charaka explained Udgara Vega (urge to blench) instead of Kasavega (urge to cough). The Ayurvedic text clearly mention about the consequences of suppressible and non-suppressible urges and their remedies too.

Natural urges like thirst and hunger are considered as the Vega, whereas Adharniya means non-suppressible, thereby the term refers to natural urges that should not be suppressed. The physiological functions of the body are related to some or the other natural urge thus making the suppression of these urges lead to a pathological state. The thirteen non-suppressible natural urges and their outcome on suppression.

1. Mutraveganigrah (suppression of the urge for urination) - It is a common practice for many of them to delay fulfilling the urge for micturition until and unless very urgent. It is always regarded permissible to suppress the urge for micturition as the work in which we are occupied with is accorded greater priority. Undue postponement of urge for micturition in the short run may cause Bastishul (pain

in bladder region), Mehanshul (pain in penis), Mutrakruccha (dysuria), Shirashul (headache), Vinam (flexion of the body due to pain), Anaha (flatulence).

Treatment for these is as Sweda (fomentation), Avgaha (tub bath), Abhyang (massage), Ghritavapid (drops of ghee in nose), Trividbhasti (enema especially utarbhasti i.e. Catheterization.)

2. Purishveganigrah (suppression of the urge for defecation) – Passing stools regularly and at a fixed time is never a habit for some. They get the urge to defecate very untimely and at odd times. The scope for suppression of urge is greater in these individuals. Further they get into a vicious cycle of suppression and untimely urge. Suppression also leads to Pakvashayshul (pain in iliac fossa), Shirshul (headache), Adhman (abdominal distention with sounds), Pindicodveshtun (cramps in calf muscles), ApanvayuPurishnirodh (obstruction of flatus & feces), belching, vomiting, rhinitis, headache, chest discomfort. The above list clearly suggests that the suppression can result in problems not only related to the organ directly involved but also to distant organs. Retention of toxic materials can be related with dreaded diseases like cancer.

Treatment for these is as Sweda (fomentation), Avgaha (tub bath). Abhyaang (massage), Varti (suppositories), Basti karma (enema), Pramathiannapan (carminative eats & drinks)

3. Malvatveganigrah (suppression of the urge for flatus) – More often than not our mannerisms prevent us from relieve an urge to fart. Though substantiated in terms of social conduct, but not in favor of healthy living. Knowing the hazards of suppression will help us find a way out. Suppression of flatus leads to Aapaanvayu, mutra & purishnirodh (obstruction of flatus urine and feces), Adhman (tympanitis), Klam (exhaustion), Vedna (pain in abdomen) loss digestive power, visual impairment and epigastric distress. Treatment is as Sneha (administration of oils e.g. Castor oil), Sweda (fomentation), Varti (suppositories), Bassti (enema), Vatanuloman bhojan (carminative eats and drinks)

4. Jhrumbhaveganigrah (suppression of the urge for yawning): Suppression of yawning causes bending of body, convulsion (involuntary body movements), contractions, numbness, tremor and shaking of the body. Stiffness & rigidity of neck, forehead, eye, nose, mouth, ear.

5. Ashruveganigrah (suppression of the urge for Tears) : If you suppress tears, you may get running nose, eye diseases, heart diseases, anorexia, vertigo and giddiness. Holding back the tears also blocks the emotions which can lead to mental worry, depression and irritation. Heaviness in head, eye diseases, sinus, heart diseases.

6. Shavatuvegaanigrah (suppression of the urge for Sneezing) – Diseases caused Manyasthamb (torticollis), shirshul (headache), Aardit (facial paralysis), Ardhavbhedak (hemispheric / migraine), weakness. Treatment is as Abhyang, Sweda, Dhumra pan, Nasya (massage, steam inhalation, medicated smoking and instillation of medicated nose drops), Bhojaanpaschatghrit pan (administration of ghee after meal).

7. Udgaraveganigrah (suppression of the urge for Eructation or belching): Suppression of eructation may causes hiccup, Pain in throat, dyspnea, loss of desire to eat, tremor, Constipation, obstacles in the proper functioning of heart and lungs.

8. Chhardivegnigrah (suppression of the urge for vomiting) – Diseases caused Kandu (itching), Kothaaa (urticaria / allergy-rash), Aruchi (anorexia / tastelessness), Shotha (edema), Pandu (anemia), Jwar (fever), Kushta (dermatitis), Hrillas (nausea), Visaarp (erysipelas). Treatment is as Dhumra (medicated smoking), Langhan (starvation), Raktamokshan (blood letting), Ruksshaanpan (dry eats and drinks), Vyayam (exercise), Virek (purgation).

9. Shukraveganigrah (suppression of the urge for seminal fluid discharge) – Diseases caused by suppression of this urge are Medra&vrushanshul (pain in penis & testicles), Angmaard (body ache), Hridhpida (pain in cardiac region), Mutrarodh (retention of urine), urinary stone, seminal stone. Treatment for these is as Avgaha (tub bath), Abhyaang (massage), Madira (alcohol), Shalichaval (rice), Ksheer (milk), and Uttar baasti (catheterization), Maithun (sexual intercourse).

10. Kshudhaveganigrah (suppression of the urge for Hunger Hunger): By suppressing hunger, one may subject himself to emaciation, weakness, change in bodily complexion, Fatigue, anorexia, and giddiness, body ache, blurred vision.

11. Trishnaveganigrah (suppression of the urge for Thirst): Suppression of thirst causes dryness of throat and mouth, Temporary loss of hearing, fullness of ears, exhaustion, weakness, cardiac pain, chest pain. Drink water frequently and hydration will become easier. You'll also see benefits to the whole body and your health on a physical and mental level.

12. Shramswasaveganigrah (suppression of the urge for exertion induced dyspnea)– Heart diseases, syncope, abdominal fullness.

13. Nidraveganigrah (suppression of the urge for Sleep)– Yawning, body ache, headache, eyes pain, heaviness in eyes & head, weakness.

### III. CONCLUSION:

Ayurveda mentions thirteen types of natural urges in the body which should not be suppressed. These are the natural calls of body, which are important for a person to attend to, as and when they appear in order to maintain the harmony of body and senses, stabilize the body, and eliminate an element which might cause imbalance.

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