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१॥ विश्वकर्मो एमाहूयपुरीहाटकनि
 र्मेता ॥ तत्रयोडशसाहस्रस्त्रीरुग्णैश्चैवराधिकम् ॥ ११ ॥ भवनानि मनोज्ञानि
 योमध्यकल्पयन् ॥ परिजातनरं चैवतासंभोगायकल्पयन् ॥ १२ ॥ या
 तानां गृहास्तनयदृपेचाशतकोटयः ॥ अल्पिवरुवोलाकावसेनिविगत
 राः ॥ १३ ॥ यन्त्रिविधुलोकेषु सुंदरं नवदृश्यते ॥ सवाजिनप्रज्ञेनाप्योप
 नुयस्यविक्रुते ॥ १४ ॥ अर्धोपनीरमासाद्यतन्मनस्कतयावसः ॥ सनाडि
 स्तपस्तेपस्वर्यं बुद्धिश्च बुद्धिमात्रं ॥ १५ ॥ अतनिरसनेमहस्यस्यैवदुलेच
 नः प्रसन्नो भगवान् यनाजितपुरं स्थितः ॥ १६ ॥ सत्रात्रितोषितुष्टावदृष्टादिबेदि
 तकरश्चानि नोराशानमस्तिरुक्त्तुमस्ति सर्वतोमुखः ॥ १७ ॥ विश्वव्यापिनमस्तिरु
 मस्तिनिष्करोपणं ॥ कल्पयेयमस्तिरुक्त्तु हरिदश्वनमोक्तते ॥ १८ ॥ गृहराजन्म
 त्स्त्तुमस्तिरुक्त्तु विद्यो ॥ वेदत्रयन्मस्तिरुक्त्तु सर्वदेवमोक्तते ॥ १९ ॥ पृथीद
 िद्वेवा सुदृष्टो मादिवाकरः ॥ २० ॥ अथैकपमानोसादवदेवादिवाकरः ॥ २१ ॥
 अथैकभिरसपर्यसक जिनमवावे ॥ २२ ॥ अथैकभिरसपर्यसक जिनमवावे



THE LITERARY STUDY OF VEGAVIDHARAN AS ETIOLOGICAL FACTORS IN DISEASES.

Patil SR¹

1. Associate professor, Samhita Siddhant Department, NCT ayurvedic medical College Amreli, Gujarat.

Abstract: Human body is an amazing machine which has a number of ways to balance the substance which could be useful and harmful to the body. To make balance of these substances, our body is equipped with Vega(urges) which appear naturally. According to the ancient Ayurvedic texts, there is one main cause of all the type of diseases and that is the suppression of natural Vega. Therefore it should not be suppressed. Ayurveda has described 13 natural vegas which should not be retained at any cost. If they are suppressed on a regular basis due to any reason, they can lead to various health problems. The problem created due to non suppressible urges are getting more and more now-a-days. Therefore this review article attempts to explain adharniyavegasin detail as mentioned in ayurvedic literature.

Keywords: Vega, Vegadharan, Dharniya vega, Adharniya vega, Suppression of natural urges, swasthya rakshan.

Corresponding author: Dr.Smita Ramrao Patil

B.A.M.S, M.D, Associate professor

Samhita Siddhant Department

NCT ayurvedic medical College Amreli, Gujarat.

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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)ManasikavegaUrges 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.¹ 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.

Aims and Objectives

1. To study Adharniya vega as etiological factors in diseases.

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 5th and 7th 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 nonsuppressible, 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.

DISCUSSION: -

The thirteen non-suppressible natural urges and their outcome on suppression.^{2,3}

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 & fecus), 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), Vartti (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), Ardhabhedak (hemicrania / 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).⁴

7. Udgaraveganigrah (suppression of the urge for Eructation or belching): Suppression of eructation may cause 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), Hrilas (nausea), Visaarp (erysipelas). Treatment is as Dhumra (medicated smoking), Langhan (starvation), Raktamokshan (blood letting), Rukshaannpan (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)– Yawing, body ache, headache, eyes pain, heaviness in eyes & head, weakness.

Vegavidharan is suppression of natural urges .Ayurveda mentions thirteen types of natural urges in the body which should not be suppressed. if suppressed it is cause of the many diseases.^{5,6}

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 imbalance.

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