

## **ADHARANIYA VEGA – INIMITABLE CONCEPT IN EXTENT OF DISEASE MANIFESTATION AND TREATMENT**

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### **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 appears naturally. According to the ancient Ayurvedic texts, there is one main cause of all type of diseases and that is the suppression of natural Vega. Therefore it should not to be suppressed. But still some people use to suppress the vegas. 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 day. Therefore this review article attempts to explain Adharaniya vega in details as mentioned in Ayurvedic literature and also enlists it's over all hazardous effects on human health and their management.

**Key words:** Adharaniya vegas; Vegadharanam; Non- suppressible urges; Natural urges.

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## INTRODUCTION

Ayurveda is the oldest system of Medicine in the world. Ayurveda, the science of life deals with every aspect of life. Ayurveda has two aims i.e. protection and promotion of health and secondly cure from the disease. To attain these aims, various Ayurvedic Acharya have described Dincharya (daily regimen), Ritucharya (regimen to be followed according to season), Sadvritta (regimen of good conduct) etc in detail. In Sadvritta, Acharya have mentioned briefly some urges which not to be suppressed. Later on they mentioned a separate chapter for Non- suppressible urges and suppressible urges. In Ayurveda these urges are known in as “Vega”. Vega is very fundamental and important concept of Ayurveda. Vegas are created naturally by body. So it is very important to respond to these urges and not to suppress them. Now- a-days, due to busy and stressful lifestyle and in the dream of achieving the big targets in short period, people are suppressing some or most of the natural urges of the body. For example people always suppress the vega (urge) of Kshavathu (sneezing) when they are sitting in a group meeting, the vega to eat when they are busy with their work, the vega to pass mutra (urine) and purish (faeces) while travelling or watching a favorite movie or serial on television, the urge to eliminate Apana vayu or yawning while in meeting or in classroom and sometimes only because “it doesn't look good” like things. If you are suppressing one of the vegas by chance then it is ok. But if you are suppressing it always then it will be harmful for health and later on these suppressed natural urges could be the main cause of sickness. Therefore Ayurveda strongly recommend non suppression of any natural urges.<sup>[1][2][3]</sup> These are the natural calls from our body system which must attend by a person, as and when they appear in order to maintain the balance in the body and to eliminate an element that might cause imbalance. If it is suppressed then it may cause disturbances in normal physiological behavior of concerned organ

system and subsequently causes various types of diseases.<sup>[4][5][6]</sup>

## Definition of Vega dharanam

The word ‘Vega dharana’ is composed of two words i.e. Vega + Dharan. Here Vega means “natural urge” and Dharana means “suppression”. Hence the word “Vega dharana” means suppression of natural urges. Initiation of urges is normal body activity through which unwanted and waste body products are expelled out. This process is timely carried out by body at regular intervals & controlled by nervous system, suppression of which not only stops the elimination of waste products but also brings strain and disorders of nervous system causing various types of diseases affecting the body. This develops in those who have regular habit of suppressing natural urges over long period and not immediately. Ayurveda explains that there are different natural urges exerted by human body and for well-being of the human body some urges are to be suppressed and the rest should never be suppressed. There are two types of natural urges namely Dharniya Vegas (suppressible urges) and Adharaniya Vegas (non suppressible urges). According to Acharya Charaka, there are 13 types of natural urges in the body which should not be suppressed and that can cause grievous repercussions when forcibly ignored. In addition to these vegas, 14<sup>th</sup> vega is mentioned by Vagbhata. There is a description of thirteen Adharaniya Vegas and the disorders caused by suppressing them with their line of treatment are as follows.<sup>[7]</sup>

1. Mutra Vega rodha
2. Purisha Vega rodha
3. Shukra Vega rodha
4. Apana Vayu Vega rodha
5. Chardi Vega rodha
6. Kshavathu Vega rodha
7. Udaggara Vega rodha
8. Jrumbha Vega rodha
9. Kshudha Vega rodha

10. Trushna Vega rodha
11. Bashpa Vega rodha
12. Nidra Vega rodha and
13. Shramashwas Vega rodha
14. Kasa Vega rodha<sup>[8]</sup>

### **Mutra Vega rodha (Suppression of urge of urine)**

Suppressing the vega to pass mutra causes pains in the body especially in the Basti Shool (pain in urinary bladder) Mehana Shoola (pain in penis), Mutrakruchata (difficulty in micturition), Shiroruja (headache), Malaavrodha (constipation), Vinama (bending the body near to abdomen), Anaha (distension of the abdomen). After sometime this person may develop diseases of bladder and urinary tract. These are the symptoms caused by suppression of Vega of Mutra.<sup>[9][10][11]</sup>

### **Treatment**

The symptoms caused by this are relieved by Swedana (hot fomentation) over abdomen, Avgahana (hot tub bath), Abhyanga (body massage with oil). Ghrit avapid (drops of ghee in nose) and Basti karma (enema treatment) is recommended if symptoms are not relieved by above measures.

For this Trividha basti i.e. Niruha, Anuvasana and Uttarbasti is advised. According to Acharya Vagbhata such patients should be administered with large quantities of medicated Ghrit (butter), before and after food, which is known as "Avapidaka Sarpi".<sup>[12][13][14]</sup>

### **Purisha Vega rodha (Suppression of urge of faeces)**

Person who suppresses the Vega of Purisha develops Pakwashaya Shool (pain in large intestine), Shiroshool (headache), Purish Aapravarthanam (obstruction of stool), Vata Apravarthanam (obstruction of flatus), Pindiko dveshtana (cramps in calf muscles) and

Aadhmanam (distension of abdomen). Bad odor from mouth and sometime Mukhen malapravrutti (stool comes out from mouth). These are the symptoms caused by suppression of Vega of Purisha.<sup>[15][16][17]</sup>

### **Treatment**

These Symptoms are relieved by use of external body oleation followed by hot fomentation (tub bath or steam bath), inserting Varti (suppositories) in to rectum, administering Basti (medicated enema) and use of foods which are Pramathi (laxative) should be adopted according to the clinical stage.<sup>[18][19][20]</sup>

### **Shukra Vega rodha (Suppression of urge of discharge semen)**

Suppression of Vega of Shukra (Semen) results in, Medra & vrushan Shool (Swelling and pain at genitals parts especially in penis & testicles), Jwara (fever), Hridhya pida (discomfort in the region of heart) Angamarda (body pain) Mutraavarodha (obstruction during urination), enlargement of scrotum, formation of Shurashamari (seminal calculi) and over a period of time the person may suffer from Klaibyata (impotency). These are the symptoms caused by suppression of Vega of Shukra.<sup>[21][22][23]</sup>

### **Treatment**

These above symptoms are relieved by whole body Snehan (medicated oil massage), hot water tub bath, nutritional diet that contains milk, rice, ghee (Clarified butter).

These problems should be managed by giving Madira (alcohol) and meat of Charanyudha (chicken of Cock/hen), Rakta Sali (Red colored rice), and indulging in sexual intercourse. Basti (medicated enema) treatments are good if symptoms are not relieved by above measures.<sup>[24][25][26]</sup>

### **Apana vayu Vega rodha (Suppression of urge of passing flatus)**

Suppression of Vega of Apana vayu causes Udavarta (painful upward movement of vayu in abdomen), Aadhmanam (distension of abdomen) Klama (debility), Mala avrodha (obstruction to pass flatus and faeces), Mutra rodha (urine retention), Koshtashool (abdominal pain) Dushtivadha (diminished or loss of vision), Agninaash (loss of appetite) and Hridayaroga (heart diseases). These are the symptoms developed due to suppression of Vega of the Apana vayu.<sup>[27][28][29]</sup>

#### **Treatment**

Above symptoms are relieved by Snehan (oleation), Swedan (hot fomentation), Avgahan (hot tub bath), Abhyanga (body massage with oil) use of Ushnodak (mild got water) for drinking process and use of Vatashamak and Anulomak Dravya.<sup>[30][31][32]</sup>

### **Chardi Vega rodha (Suppression of urge of vomit)**

The diseases caused by the suppression of the Vega for vomiting are Visarap (erysipelas) pruritus, Kotha (urticaria or rash), Kandu (itching all over the body), Aruchi (anorexia), Vyanga (black colored patch on face), Shotha (oedema or swelling), Pandu (anemia), Jwara (fever), Kushta (Various skin diseases) and Hrillas (nausea).<sup>[33][34][35]</sup>

#### **Treatment**

Treatment includes induced vomiting after food, Langhan (fasting), Raktamokshan (blood letting by Jaloka (Leech) or Tumbi etc. use of foods and drinks which are dry i.e. Ruksha annapana (Without using oil or butter), Dhumpana (medicated smoking) Vyayam (physical exercise) and Virechan Karma (purgation)<sup>[36][37][38]</sup>

### **Kshavathu Vega rodha (Suppression of urge of Sneeze)**

Suppression of the Vega of Kshavathu results in Shiroshool (headache), Manyasthamb (neck stiffness), Aardit (facial paralysis), Ardhavbhedak (hemicrania or partial headache) and Indriya dourablya (weakness of sensory organs). These are the symptoms caused by suppression of Vega of Kshavathu.<sup>[39][40][41]</sup>

#### **Treatment**

Symptoms are relieved by external oleation of head, shoulders and neck region, Swedan (hot fomentation), Dhumpaan (inhalation of medicinal smoke), use of Nasya (medicated nose drops therapy). The person should consume ghee after meals and follow all the measures which are useful to stabilize the Vata Dosh.<sup>[42][43][44]</sup>

### **Udagar Vega rodha (Suppression of urge of Belching)**

The person who suppression of this Vega develops Hikka (hiccup), Shwasa (dyspnoea), Aruchi (reduced interest in meals), Kampa (shivering), feeling of heaviness in chest and heart. These are the symptoms caused by suppression of Vega of Udagar.<sup>[45][46][47]</sup>

#### **Treatment**

These symptoms are relieved by following all the treatments that are mentioned in the cure of hiccup diseases.<sup>[48][49]</sup>

### **Jrumbha Vega rodha (Suppression of urge of yawning)**

Suppression of this Vega results in diseases of the eyes, throat, ears and nose. Vinama (Bending the body near to abdomen), Aakshepa (convulsions), Sankocha (contractions), Supti (loss of tactile sensation), Kampa (tremors) and Pravepna (more

shivering of the body). These are the symptoms produced by suppression of the Vega of Jumbha.<sup>[50][51][52]</sup>

### **Treatment**

Symptoms are relieved by following all measures to stabilize Vata Dosha. For the treatment of these ailments, one should use drugs for alleviating Vata.<sup>[53][54]</sup>

### **Kshudha Vega rodha (Suppression of urge of hunger)**

Suppression of hunger Vega leads to Krushata (emaciation), Durbalta (weakness), Vaivarna (Discolorations), Angamarda (generalized body pains), Aruchi (aversion towards food) and Bhrama (Vertigo). These are the symptoms produced by suppression of the Vega of Kshudha.<sup>[55][56][57]</sup>

### **Treatment**

Symptoms are relieved by giving little quantity of unctuous, hot and light food which is easily digestible.<sup>[58][59]</sup>

### **Trisnha Vega rodha (Suppression of urge of severe thirst)**

Suppression of extreme thirst or delaying drinking of water causes Kanthashosha (Dryness of throat and mouth), Badhirya (deafness), Shrama (tiredness), Sada (exhaustion) and discomfort in the chest. These are the symptoms produced by suppression of the Vega of Trisnha.<sup>[60][61][62]</sup>

### **Treatment**

Treatment of these symptoms is providing cold comforts (residing in cool chamber, cold shower bath followed by food and drinks that are cooling in nature etc).<sup>[63][64]</sup>

### **Bashpa Vega rodha (Suppression of urge of Cry)**

Suppression of the Vega of Bashpa causes Pratishtyaya (common cold), headache, Akshiroga (diseases of the eye), Hridroga (diseases of heart), Aruchi (loss of taste) and Bhrama (dizziness). These are the symptoms produced by suppression of the Vega of Bashpa.<sup>[65][66][67]</sup>

### **Treatment**

In such condition one must try to make the person cry or make him sleep comfortably listening to some soothing music or words.<sup>[68][69]</sup>

### **Nidra Vega rodha (Suppression of urge of sleep)**

Suppression of the Vega of nidra causes delusion, Jumbha (more of yawns), Angamarda (Body pain), Tandra (drowsiness), constipation, generalized body pains, Shiroroga (feeling of heaviness in head) and Akshigourav (feeling of heaviness in the eyes).<sup>[70][71][72]</sup>

### **Treatment**

Such persons should regularly undergo mild oil massage all over the body and Swapna (sleep) during the day for half the time if they were awake during the night.<sup>[73][74][75]</sup>

### **Shramashwas Vega rodha (Suppression of urge of breathe heavily on exertion)**

If one tries to suppress the Vega of shwas after heavy exercise or any physical work, then this urge may lead to Gulma (abdominal tumor), Hridroga (heart diseases), Sanmoha (fainting and delusions) and over a period of time can cause respiratory tract disorders. These are the symptoms produced by suppression of the urge of Shramashwas.<sup>[76][77][78]</sup>



## **Treatment**

Its treatment includes all measures for vitiated Vata Dosha and complete rest. In such conditions the person must take ample rest followed by Vata pacifying diet.<sup>[79][80][81]</sup>

## **Kasa Vega rodha (Suppression of urge of coughing)**

Suppression of Kasa Vega causes in its increase and further leads to dyspnoea, anorexia (loss of appetite), heart disease, emaciation and hiccups.<sup>[82][83]</sup>

## **Treatment**

The natural remedy for cough like Sitopaladi churna, Talisadi churna or Yashti rradhu churna with honey or warm water should be given to the patient repeatedly.

## **DISCUSSION**

One should not forcefully suppress the Vega to discharge semen. Although Ayurveda promotes preservation of semen as it is a part of the Shukra Dhatu, its forceful suppression is not advised.

Cry is a gift of nature to ease the tension from human mind. Often we feel shy to cry before others and suppress this urge. Crying is beneficial to us emotionally and physically. Humans use tears as a way to release our emotions. It reduces stress and may help to keep our body healthy. Latest research suggests it's highly effective at healing, and that it improves the mood of 88.8 per cent of weepers.

Ahara, Nidra and Brahmacharya are the three factors which play an important role in the maintenance of a living organism. In the Ayurvedic literature, these factors i.e. Ahara, Nidra and Brahmacharya have been compared with the three legs of sub-support and have been termed as the three Upastambhas. The

inclusion of Nidra in the three Upastambha proves its importance. While discussing about Nidra, the ancient Acharyas have stated that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence and the knowledge and ignorance as well as the existence of life and its cessation depend on the sleep.

“Early to bed, early to rise makes man healthy, wealthy and wise’ is a forgotten truth. The gift of globalization has forced man to be awake all night in order to earn his livelihood. Lack of sleep might make you feel foggy and unable to concentrate Sleep problems will eventually disrupt your work, family and personal relationships.

The sleep is an indicator of good health because it brings the normalcy in body tissue and relaxes the person. The properly taken sleep brings happiness, nourishment, strength, virility, knowledge and life to the individual.

To suppress a Jrumbha Vega means to indirectly vitiate Vata Dosha by inhibiting its gati (flow).

While the process of Jrumbha, the body expels the unwanted Vata from the body and if it is forcefully retained, it causes a number of Vata disorders.

## **CONCLUSION**

Ayurvedic texts attribute the cause of various disorders to the forceful suppression of these natural Vegas. This is due to the fact that suppression of natural Vegas causes vitiation of the humors of the body mainly Vata Dosha and further cause accumulation of Ama (toxins) in the body. “Prevention is better than Cure” hence it is advisable not to suppress these natural Vegas. According to Ayurveda, the first line of treatment in all diseases is "avoid the cause". Therefore, all diseases that can be caused by the suppression of the various natural urges can be prevented simply

by not suppressing any of them. Although it is very true that one should never suppress a non-suppressible urge, but it is also equally important not to forcibly initiate an urge, as it can create an imbalance in functioning of Vata Dosh causing related diseases.

These are the various urges and symptoms arising out of their suppression. From above description we understand one thing is that nine times heart related symptoms are mentioned. It is our prime duty to seriously look at this concept of Ayurveda, while global cardiac epidemic is ready to break out. It is very essential for our good health not to suppress any urges. So do not ignore nature's call, attend to it at once.

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