

ADHARNIYA VEGA– PHYSIOLOGICAL VIEW IN PREVENTION OF DISEASE

Pranali Rajendra Athawale^{1*}, D. T. Kodape², R. S. Dhimdhome³, K. B. Pawar⁴, Vaibhav S. Ugale⁵ and Shoeb Ahmed Riyazuddin⁶

^{1,5,6}P.G. Scholar Department of Kriya Sharir G.A.C. Osmanabad.

²Asso. Prof. Department of Kriya Sharir G.A.C. Osmanabad.

³Prof. and H.O.D. Department of Kriya Sharir G.A.C. Osmanabad.

⁴Assi. Prof. Department of Kriya Sharir G.A.C. Jalgaon.

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*Corresponding Author

**Dr. Pranali Rajendra
Athawale**

P.G. Scholar Department of
Kriya Sharir G.A.C.
Osmanabad.

ABSTRACT

Human body is a self-regulating organism which heals itself. It always tries to keep equilibrium to maintain the health. Ayurveda is all about to protect the healthy one and to cure disorders in diseased. *Nidan parivarjan* is useful in both of this. *Nidan parivarjan* is to avoid what is causing disease. It is the first line of treatment for all diseases in Ayurveda. Ayurveda has mentioned 13 *Adharniya vegas*- in *vega dharan*- *vega* means natural urges, it is the natural physiology of body and *dharan* means suppression of that urges. According to Ayurveda there are three types of disease-causing factors.^[1] *Asatmya indriyarth samyog*.^[2] *Pradnyaparadh*.^[3] *Parinam and Vegadharan* is catagorised under *pradnyaparadh*. The problem created by suppression of *vegas*

are increasing day by day due to changes in lifestyle, work schedule, etc. and also in jobs like office work, teaching, taxi driving. Here, we aimed to maintain the health of people, as many types of diseases are generated in those who have regular habits of *vegadharan* over long period or immediately.

KEYWORDS: *Vegadharan*, *Ayurveda*, Suppression, Health.

INTRODUCTION

Human body is a wonderful machine, always tries to maintain equilibrium within to keep itself healthy. The body produces natural urges for maintaining health, called as *Vega*. There

are two types of natural urges Suppressible urges (*Dharniya Vega*) and non-suppressible urges (*Adharniya Vega*).

Dharniya vega- The *Vega* which we have to suppress to avoid the disease.

Adharniya vega – The *Vega* which should not be suppressed to prevent the disease as Ayurveda is all about “swasthasya swasth rakshnam aturasya vikaar prashmanamch” i.e to maintain the health of disease free and to cure the diseased one. These urges are produced to detoxify the body. Holding or controlling these urges could be harmful for health. These *Vega* or urges should not be controlled. *Adharniya Vegas* are of 13 types and Acharya Vagbhat has added *kasa Vega* and it comes to 14 *Adharniya Vegas* are mentioned as follows:

1. *Vata* (Flatus)
2. *Vit* (Faeces)
3. *Mutra* (Urine)
4. *Kshawathu* (Sneezing)
5. *Trut* (Thirst)
6. *Kshudha* (Hunger)
7. *Nidra* (Sleep)
8. *Kasa* (Coughing)
9. *Retas* (Semen)
10. *Shramaswas* (Rapid breathing on exertion)
11. *Jrumbha* (Yawning)
12. *Ashru* (Tears)
13. *Chhardi* (Vomiting)
14. *Udgar* (Bleching)

According to Acharya Vagbhat- viatation of *vaat dosha* along with *pitta* and *kapha dosha* occurs due to *Vegadharan*. Spread of these *dosha* in *adho*, *urdhwa* and *tiryak* direction in whole body through *strotas* leads to cause a disease.

Sushrutacharya explains it as – *Vegadharan* causes viatation of *vata dosha* predominantly *apaan vayu* along with *saman*, *vyaan*, *udaan*, *praan*, *vayu* which leads to cause a disease.

Functioning of *Vit*, *vaat*, *mutra* and *shukra vega* is concerned with *apaan* and *praan vayu* while *udgar*, *kaas*, *chhardi*, *kshavathu*, *ashru*, *jrumbha* are attributed with *praan* and *udaan vayu* both. *Praan*, *udaan* and *vyaan vayu* are related with *shramaswas*. *Kshudha* and *trushna* are closely connected with *saman* and *praan vayu* both. *Praan*, *udaan*, *saman* are involved in

nidra vega. All these *vega* have main involvement of *praan vayu* and hence *praan vayu vrikriti lakshana* are also found in *vega dharan*.

1. **Vaat:** Suppression of *vaat vega* causes *vaat, mutra, mala sanga* along with symptoms – *adhman, klama and udarshool*.
2. **Vit:** Suppression of *vit vega* causes *vaat varch apravatanam* along with symptoms – *pakwashay shool, shirshool, adhman*. Holding defaecation will imbalance the vata and leads to cause diseases such as hypertension, haemorrhoids, dermatological issues, acid reflux, headache, diminished vision, etc. it is considered as the root cause of many diseases.
3. **Mutra:** Suppression of *mutra vega* causes *mutra ashmari, angabhang, basti mehan shool, mutrakruccha, shiroruj, vinam and vankshan anah*. suppression of urge to micturate will increase the level of urinaricathecolamine, plasma 5-HT, plasma cathecholemine, etc and these neurohormones will lead to psychological disorders.
4. **Kshavathu:** Suppression of *kshavathu vega* causes causes *ardit, ardhavbhedhak, shirshool, manyasthambha, indriyadaurbalya*. Stopping a sneeze may cause rupture of diaphragm, ear drum or injury to inner ear which could lead to deafness.
5. **Trut:** suppression of *trushna vega* causes *badhitya, kanthaasyashosh, shrama, angasad, hrudivyatha*. Detoxification of body depends upon water balance and it will rise the blood flow in body which further leads to sound body and mind.
6. **Kshudha:** Suppression of *kshudha vega* causes *angabhanga, aruchi, glani, karshya, shool, bhrama, vaivarnya, daurbalya*.
7. **Nidra:** Suppression of *nidra vega* causes *moha, akshi murdha gauravam, alasya, jrumbha, angabhanga*. Holding urge to sleep may rise the level of cortisol and adrenaline which increases risks towards heart disease. It will also lower the level of cytokines which leads to hamper the natural defences.
8. **Kasa:** Suppression of *kasa vega* causes *shwas, aruchi, hrudamay, shosh, hidma, vridhhi, aruchi*. suppression of coughing reflex will lead to cause hiccup and heart disease.
9. **Retas:** Suppression of *retas vega* causes *medhra vrushan shool, angamarda, hrudivyatha, mutravibaddhata*. Suppressing libido causes psychological diseases like mental, intellectual and emotional derangement.
10. **Shramaswas:** Suppression of *shramaswas vega* causes *gulma, hrudrog, sammoha*.
11. **Jrumbha:** Suppression of *jrumbha vega* causes *vinam, akshep, sankoch, supti, kamp*. Through yawning the increased vaat is thrown out from body and if it is holded it will cause the *vaat vyadhis*.

- 12. Ashru:** Suppression of *ashru vega* causes *pinas, akshishirohrudayaroga, manyasthambha, pratishyay, hrudrog, bhram*. Suppressing urge to cry leads to mental issues like depression, irritation, frustration, etc.
- 13. Chhardhi:** Suppression of *chhardhi vega* causes *kandu, koth, aruchi, vyanga, shotha, pandu, jwara, kushtha, hrullas, visarpa*.
- 14. Udggar:** Suppression of *udgar vega* causes *kamp, aruchi, vibandh, adhman, kaas, hikka rog*.

MATERIALS AND METHODS

Classical texts of Ayurveda consulted as a reference of *Adharniya vega, Charak Samhita, Vagbhat Samhita, Sushruta Samhita* with available commentaries. Research articles and literature available on internet and various journals.

DISCUSSION

Acharya Vagbhat has mentioned these *Adharniya vega* under *Roganutpadniya Adhyay* which suggest that *vegadharan* causes diseases. In today's era, we find that everyone is actually suppressing some or most of the *Vega*. Suppress urge to sneeze in a meeting, suppress urge to eat when busy with work, suppress urge to pass urine or faeces while travelling, suppress urge to yawn publicly or suppress urge to eliminate flatus in public. All these *vega* are normal functioning of *vata doshas*. One must attend these natural calls from body to maintain the homeostasis. Otherwise, this will cause the aggravation of doshas and lead to cause a disease.

CONCLUSION

From the various references a conclusion could be drawn that these chronic diseases like *shosh, ardit, hrudrog, kushtha* as well as the major and minor symptoms such as *shirorog, adhman, manyasthambh, klama, bhram, daurbalya, karshya, vaivarnya* can be prevented simply by avoiding suppression of *vega*. If physiological demands of the body didn't get fulfilled. It gets converted into pathological condition therefore, it is very important to respect these urges for maintaining mind body health. Through this article the *vegadharan* as a *hetu* is highlighted to make people aware for not respecting the natural urges can cause serious health issues.

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