



IMPORTANCE OF ADHARNEEYA VEGA IN THE MAINTENANCE OF HEALTH

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ABSTRACT :

Prevention of disease and maintenance of health is an important concern in medical science. Suppression of *Vega* (Natural Urges) is commonly done by the people which create many problems in society. It is one of the most underestimated possessions by the people or they have to suppress it due to their work. *Vega* are naturally created for the excretion of *Mala* (Toxins) through various ways by the body. Suppression of natural bodily urges does not allow body the opportunity to return to homeostasis and release toxins. If suppression of *Vega* is continued for long time they may create many serious diseases like *Sosha*, *Gulma* etc. The suppression of natural urges brings changes in every system of the body such as cardiovascular, respiratory, gastrointestinal, urinary, nervous, endocrine, reproductive and musculoskeletal. For living a normal healthy life, it is necessary that the natural urges have to be passed in proper time and place without suppressing them. So this study aims to establish importance of *Adharneeya Vega* for maintenance of health.

Keywords : *Adharneeya Vega*, *Vega*, *Vata*, Ayurveda, Natural Urges

INTRODUCTION: The health is the supreme foundation for the achievements of life. Therefore Ayurveda aims to maintain the condition of health i.e., *Swasthya Raksana*ⁱ. As defined by World Health Organization (WHO), health is a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity." Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homeostasisⁱⁱ. It is a condition in which all the biological processes function efficiently and the body is free from all sorts of pain and anguish and

is full of vigor and vitality. Ayurveda aims at the cure as well as prevention of diseases.

For maintenance of the health Acharya Charaka has given one *Swastha Chatuska* (four chapters) in the *Sutrasthana*. In this *Chatuska*, some important concepts related with food quantity, *Ritu Charya* (seasonal regimen), *Adharneeya Vega* (Non Suppressible Urges), *Prakruti* etc. are given. Among these concepts *Adharneeya Vega* is very important. Further Acharya Sushruta and Acharya Vagbhatta have described a complete chapter on the *Adharaniya Vega* and its manifestations and their treatment. *Vegasandharanam anarogyakaranam*ⁱⁱⁱ i.e. it is considered as the most important one among that which

causes ill health to our body. Suppression of natural urges regularly since long time results in vitiation of the humors (*Doshas*) of the body mostly *Vata Dosha* and further cause accumulation of toxins in the body. The result of suppressing natural urges like- to drink, to eat; to urinate and to defecate etc. may create serious health problems. Today in the era of hurry, curry and worry people do not give much importance to their *Vega* (Urges). Natural urges are part of bodily functions, in order to fulfil the physiological demand. *Vegas* (natural urges) are created naturally to eliminate the toxins which are produced in our body. Evacuation of natural urges in the proper time and place is essential for the maintenance of perfect health and for the state of homeostasis of the body. So it is very important to respond to these urges for maintaining the homeostasis of the body which leads to positive health.

MATERIALS AND METHODS: For the material classical texts of *Ayurveda* viz. *Charak Samhita*, *Sushruta Samhita* and *Astanga Hridaya* with *Ayurved Dipika Teeka* by Chakrapani, *Nibandh Sangraha Teeka* by Dalhana, *Sarvang Sundara Teeka* by Arundatta were consulted as references of *Adharaniya vega*. Literature available on internet and various journals, and books

were collected. These conceptual materials from both the streams of knowledge were compared and analysed critically.

DISCUSSION: Detailed descriptions concerning the complications caused due to *Vegadharana* are given in the classics. A review of these would help to articulate the necessity of preventing the habit/ practice of *Vegadharana* among healthy as well as sick people.

Definition of Vegadharanam: The word *Vegadharanam* consists of *Vega* and *Dharana*. The term *Vega* means flow, stream, current, impulse, energy etc. *Vegas* are defined as a tendency for function, eagerness for an activity and the term *Dharana* means “suppression”. According to Acharya Chakrapani, commentator of *Charaka Samhita* “*Vegah pravarttyunmukatvam mutrapurishadinaam*^{iv}” means ejection of manifested natural urges like urination, defecation etc. In other words, it can be defined as the phenomenon which occurs just prior to the onset of a process and can be considered as the external manifestation of an internal stimulus.

List of Non-suppressible Natural Urges: Total 16 type of Natural Urges described in *Ayurvedic* classics which are listed below

S.No.	Name of Vegas (natural urges)	Charaka Samhita ^v	Sushruta Samhita ^{vi}	Astanga Hridaya ^{vii}	Bhela Samhita ^{viii}
1.	<i>Mutra</i> (Urine)	+	+	+	+
2.	<i>Purisha</i> (Defecation)	+	+	+	+
3.	<i>Retas</i> (Semen)	+	+	+	+
4.	<i>Adhovata</i> (Flatus)	+	+	+	+
5.	<i>Chhardi</i> (Vomiting)	+	+	+	+
6.	<i>Kshavatu</i> (Sneezing)	+	+	+	+
7.	<i>Udgar</i> (Eructation)	+	+	+	+
8.	<i>Jrimbha</i> (Yawning)	+	+	+	+

9.	<i>Kshut</i> (Hunger)	+	+	+	-
10.	<i>Pipasa</i> (Thirst)	+	+	+	-
11.	<i>Ashru</i> (Tears)	+	+	+	+
12.	<i>Nidra</i> (Sleep)	+	+	+	+
13.	<i>Shram Shvasa</i> (Breathing caused by over exertion)	+	+	+	-
14.	<i>Kasa</i> (Cough)	-	+	+	-
15.	<i>Pitta</i>	-	-	-	+
16.	<i>Kapha</i>	-	-	-	+

PHYSIOLOGY: The body is continually undergoing changes as a result of the different biological functions which are performed in such a way as to maintain the static condition of the internal environment (Homeostasis), with the help of various reflexes, voluntary as well as involuntary. Most of them are involuntary, but some of these spontaneous reactions are many a time at the individual's disposal as is the case of the urge of defecation, micturation etc. Vegas, according to the modern science can be considered to be accelerated through the Central Nervous System especially the Autonomic Nervous System. The nervous system provides most of the control functions for the body along with the endocrine system. In general it controls the rapid activities of the body such as muscle contractions, rapidly changing visceral events and even the rate of secretion of some endocrine glands. The brain stores information, generate thoughts, create ambition and determine reactions in response to sensations. The major function is to process incoming information in such a way that appropriate motor responses occur. After the important sensory information has been selected it is channeled into the proper motor regions to cause the desired responses.

PATHOGENESIS: According to Acharya Vagbhata most of the diseases occurred by the *Vega Dharana*. There in the commentary Acharya Arundutta elaborated it as excretion of natural urges is a Function of *Prakrita Vata*. When we suppress the natural urges the *Vata* becomes vitiated and vitiated *Vata* produces so many diseases. Vitiating *Vata Dosha* also do the vitiation of *Kapha* and *Pitta Dosha* and other *Dushyas* like *Vid*(Stool),*Mutra*(Urine) etc and produces disease of all the *Roga Marg*(all the systems)^{ix}.

Acharya Susruta has said that suppression of the naturally manifested urges will leads to *Udavartta*^x. By food and regimen which vitiate *Vata* like suppression of the *Vata, Vid, Mutra Vega*, the *Gati* of *Apanavayu* is blocked, hence it rebounds in the opposite and upward direction, interferes with the functioning of the particular *Srotasa* and overturns the whole body functions, manifesting symptoms at whatever areas they get accumulated. For example, *Pureesha* (stool) is the byproduct of metabolism which consists of unabsorbed residues (*Asara*) to be expelled out from the body with the help of *Apanavayu* – for this purpose the *Vega* is created. If this is suppressed, the *Anulomagati* of *Apanavayu* is hindered; *Vata* first gets lodged in

Pakwasaya, its main seat and produces symptoms like pain, abdominal distension, constipation, urine retention etc. This is the immediate effect. Not later, the obstructed *Vata* turns direction, moves upwards vitiates the other *Vata* and coupled with *Udana*, causing pain in different regions, reaches the head and causes *Shirashoola* and *Pratisyaya*. If *Dharana*-suppression is habitually undergone, the other *Doshas* and *Dhatu*s are impaired and diseases like *Gulma*, *Arsha* and so on are resulted.

From the modern point of view we can say that the Endogenous toxins which are mainly waste products from normal metabolic activities like carbon dioxide, urea, and lactic acid etc are excreted through the natural urges. For example, bilirubin is eliminated from the body by secretion into bile and eliminated through feces. So when we suppress the Natural Urges these toxins are not excreted from the body and creates different type of diseases.

Harmful effect of Suppression of *Adharneeya Vega*^{xi, xii, xiii}

Sr. No.	Vega	Diseases caused by Vega
1.	Suppression of urination urge	<i>Udavarta</i> – bloating, <i>Ashmari</i> – Urinary calculi, <i>Angabhanga</i> – body pain Pain in penis and bladder region. Diseases that are mentioned in flatus and faeces may also occur in this condition.
2.	Suppression of defecation urge	<i>Pindikodveshta</i> –twisting pain of calf muscles <i>Pratishyaya</i> – running nose <i>Shiroruja</i> – headache <i>Urdhvavayu</i> – upward movement of <i>Vata</i> , <i>Parikarta</i> – anal itching sensation <i>Hrudayasya Uparodhana</i> – stiffening feeling in chest region <i>Mukhena Vit pravrutti</i> – foul breath, feces vomiting.
3.	Suppression of semen urge	<i>Sravanam</i> – discharge or oozing of semen (dribbling), <i>Guhya vedana</i> – pain in groin, testes, <i>Shwayathu</i> – swelling (in genital region, perineum, testes), <i>Jwara</i> – fever, <i>Hrid vyatha</i> – uncomfortable feeling in the region of heart, cardiac distress, <i>Mutra sanga</i> – obstruction to the flow of urine, <i>Anga bhanga</i> – body pains, <i>Vruddhi</i> – hernia, <i>Ashmari</i> – formation of stones in urinary passages and seminal passages, <i>Shandata</i> – impotence

4.	Suppression of flatus urge	<p><i>Gulma</i> – abdominal tumour, abdominal distension, <i>Udavarta</i> – upward movement of <i>Vata</i> (retrograde movement), bloat or distension of abdomen, <i>Ruk or ruja</i> – pain in the abdomen, <i>Klama</i> – tiredness, exhaustion with minimum work, <i>Vata sanga</i> – obstruction (blockage) to the smooth passage of flatus or fart, <i>Mutra sanga</i> – obstruction (blockage) to the smooth passage of urine, <i>Shakrut sanga</i> – obstruction (blockage) to the smooth passage of stools, <i>Drushti vadha</i> – loss or blurring of vision, <i>Agni vadha</i> – loss of digestive power, <i>Hrud gadaaha</i> – diseases of heart</p>
5.	Suppression of vomiting urge	<p><i>Visarpa</i> – Herpes, Erysipelas, <i>Kotha</i> – skin eruptions or rashes <i>Kushta</i> – skin diseases <i>Akshi roga</i> – eye disorders <i>Kandu</i> – itching, pruritus <i>Pandu</i> – anaemia, liver disorders <i>Jwara</i> – fever <i>Kasa</i> – cough <i>Shwasa</i> – shortness of breath, dyspnoea <i>Hrullasa</i> – nausea, sense of vomiting <i>Vyanga</i> – pigmentations on face, freckles <i>Shwayathu</i> – inflammation, swelling, oedema</p>
6.	Suppression of sneezing urge	<p><i>Shiro</i> – headache <i>Arti</i> – sense organs <i>Indriya Daurbalya</i> – weakness of sense organs <i>Manyasthamba</i> – Neck stiffness <i>Ardita</i> – Facial palsy</p>
7.	Suppression of eructation urge	<p><i>Aruchi</i> – Anorexia, lack of interest in taking food <i>Kampa</i> – tremors <i>Vibandha</i> – constipation <i>Hrudayo Raso Stambha</i> – stiffening sensation in chest region <i>Adhmana</i> – bloating, gaseous distension of abdomen <i>Kasa</i> – cough <i>Hidhma</i> – hiccup</p>
8.	Suppression of yawning urge	<p><i>Vinaama</i>-Bending of body <i>Akshepa</i>-convulsion (Involuntary body movements) <i>Sankocha</i>-contractions <i>Supti</i>-numbness, tremor</p>

		<i>Pravepanam</i> -shaking of the body <i>Manyasthamba</i> – Neck stiffness
9.	Suppression of hunger urge	<i>Angabhanga</i> – body pains <i>Aruchi</i> – anorexia, aversion to food, loss of taste <i>Glani</i> – debility <i>Karshya</i> – emaciation or loss of weight <i>Shoola</i> – colic, pain abdomen <i>Bhrama</i> – giddiness, delusion
10.	Suppression of thirst urge	<i>Shosha</i> – emaciation, feeling of dryness in the body <i>Angasada</i> – weakness, unexplained debility <i>Badhira</i> – deafness <i>Sammoha</i> – loss of consciousness <i>Bhrama</i> – giddiness <i>Hrud gada</i> – diseases pertaining to heart
11.	Suppression of tears urge	<i>Aruchi</i> – tastelessness, anorexia, aversion to food <i>Bhrama</i> –giddiness <i>Gulma</i> – abdominal tumours, bloating of abdomen,
12.	Suppression of sleep urge	<i>Moha</i> – delusion <i>Murdha gourava</i> – heaviness of head <i>Akshi gouravam</i> – heaviness of the eyes <i>Alasya</i> – laziness, lassitude <i>Jrumbha</i> – yawning <i>Angabhanga</i> – body pains
13.	Suppression of breathing urge on exertion	<i>Gulma</i> – abdominal tumours, distension of abdomen or bloating <i>Hrud roga</i> – cardiac disorders <i>Sammoha</i> – loss of consciousness, fainting, delusion
14.	Suppression of <i>Kasa</i> urge	<i>Shwasa</i> –dyspnoea, difficulty to breath <i>Aruchi</i> – tastelessness, anorexia, aversion to food <i>Hrudamaya</i> – cardiac disorders <i>Shosha</i> – emaciation, depletion of tissues <i>Hidhma</i> – hiccup

From the above description we can say that suppression of *Adharaniya Vega* affects every system of our body. Cardio vascular system is influenced by suppression of urges like flatus, *Shrama Janya Shwasha* (dyspnoea on exertion), *Kasa* (cough), thirst, tears and *Urdhva Vata* (eructation).Symptoms like pain in rectal region, cramps in calf muscle, gurgling

sounds in abdomen related with Gastrointestinal system occurs due to suppression of urge of faeces. Obstruction of urine, faeces, flatus occurs due suppression of flatus urge. Anorexia, nausea occurs due to suppression of vomiting and hunger urge. Symptoms like *pratisyaya* (rhinitis/cold), eye diseases, giddiness etc related with head region occurs due to suppression of

lacrimation urge (tears). Deafness is due to suppression of thirst urge. Frequent yawning and heaviness in eyes, occurs due to the suppression of sleep urge. Headache occurs due to suppression of urination urge, defecation urge, and sneezing urge. *Ardhavabhedaka* (migraine), *Ardita* (facial paralysis) and weakness of sense organs occurs due to suppression of sneezing urge. Symptoms and signs like *Indriya Daurbalya* related with Nervous system is due to suppression of sneezing urge. Convulsion, spasm, anaesthesia, tremors and unsteady body like signs occur due to suppression of yawning urge. Depressed body activity occurs due to suppression of thirst urge. Symptoms like pain in penis, scrotal region and retention of urine related with Genitourinary system occurs due to suppression of Semen Urge. Symptoms like *visarpa* (erysipelas), itching, urticarial rashes, pallor, *kustha* (group of skin disorder) related with skin occurs due to suppression of vomiting urge.

Now a Days people suppress the Natural Urges because of their works like shift duty where he/she have to change the sleep pattern, meal time etc. regularly. They are more prone to suppress the Natural Urges which affects their biological clock and also normal physiological function of body. Shift work disrupts the circadian rhythm -- our internal body clock that is keyed to natural daylight and darkness. Because circadian rhythm affects how the body functions, disturbing it can creates many problems including our cardiovascular system, metabolism, digestion, immune system, and hormonal balance. That appears to have severe consequences.

Some of the studies suggest that shift work is related to a number of serious health conditions, like cardio vascular disease, diabetes, and obesity^{xiv}. Suppression of Natural Urges are also responsible for Anemia^{xv}. In 2007, the World Health Organisation classified night shift work as a probable carcinogen (cause of cancer) due to the way it disrupts a person's body clock. Suppression of natural urges for long time also one of the responsible factor for Tuberculosis^{xvi}.

CONCLUSION: From above discussion, a conclusion is drawn that suppression of natural urges are root cause of many diseases. *Vega* are vital phenomena which are indicators of normal biological functioning. Suppression of these natural urges, vitiates the *Dosha*, predominantly *Vata* leading to complications which might range from minor symptoms like irritations, to diseases like *Gulma*, *Arsha*, *Shwasa* etc. Suppression of these natural urges can be prevented simply by avoiding suppression of any of them. Therefore proper indulgence of *Adharneeya Vega* is necessary to maintain the health.

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