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Literature review of *adharniya vega* concept and importance of *vega* in the maintenance of health.

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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 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 *adharniya vegas* in detail as mentioned in *ayurvedic* literature.

KEYWORDS:

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

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* (seasonal regimen), *Sadvritta* (regimen of good conduct) etc

in detail. In *sadvritta*, *Acharya* have mentioned briefly some urges which should not be suppressed. In *Ayurveda* these urges is known as “Vega”.

Vega is very fundamental and important concept in *Ayurveda*. *Vegas* are created naturally by body. So it is important to respond to these urges and not to suppress them. Now-a-days, due to busy and stressful lifestyle people are suppressing some or most of the natural urges of the body. If you are always suppressing these urges 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.

AIM:

- To study the concept of *vega* and its importance.

OBJECTIVES:

1. Literature review of *adharniya vega*.
2. Importance of *vata dosha* in *adharniya vega*.
3. To study the concept of *vega and vega dharana*.

MATERIALS AND METHODS:

Proper screening of literature from classical texts of *Ayurveda* and modern

texts. Recent advanced study in context of present study will be reviewed using resources like internet and articles.

REVIEW OF LITERATURE:

The word ‘*Vega dharana*’ is composed of two words i. e. *Vega* + *Dharana*. Here *vega* means ‘natural urge’ and *Dharana* means ‘suppression’. Hence the word ‘*vega dharana*’ means suppression of natural urges.

According to *Acharya Charak*, there are 13 types of natural urges in the body which should not be suppressed and that can cause grievous repercussions when forcibly ignored^[1]. In addition to these *vegas*, 14th *vega* is mentioned by *Vagbhata*.^[2] There is a description of thirteen *adharniya vegas* and the disorders caused by suppressing them with their line of treatment are as follows:

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*

13. *Shramashwas vega rodha*

14. *Kasa vega rodha.*

***“Vegan na dharayet vata vin mutra
kshavathu truta kshudham***

***Nidra kasa shramashwas jrumbha
ashru chardi retasam”***

Ashtang hriday.su.5/2.

The above verse states that the following urges should not be suppressed^[2]:

1. VATA VEGA (urge of passing flatus)^[2]

Vata vega refers to *Apan vayu* (*adhovata*) which is related to lower abdomen. Suppression of urge of flatus causes abdominal tumor, *udavarta* (painful upward movements of *vayu* in abdomen), debility, obstruction to pass flatus, faeces and urine, diminished or loss of vision and heart diseases.

2. PURISH VEGA (urge of faces)^[2]

Purish vegavrodha gives rise to cramps in calf muscles, headache, cutting pain in rectum (fissure in ano), upward movement of air in abdomen, faecal vomiting, oppression in heart region.

3. MUTRA VEGA (urge of urine)^[2]

Urge of urine when controlled causes urinary calculi, cutting pain all over the body, pain in urinary bladder, penis and groin.

4. KSHAVATHU VEGA (urge of sneeze)^[2]

Suppression of sneezing results in headache, debility of the sensory organs, neck stiffness and facial paralysis.

5. TRUSHNA VEGA (urge of thirst)^[2]

Regular controlling thirst or delaying drinking of water causes emaciation, generalized debility, deafening, delusion, giddiness and heart diseases.

6. NIDRA VEGA (urge to sleep)^[2]

Timely sleep is very necessary for well being of our body, staying awake for long nights very often causes delusion, heaviness of head, eyes, laziness, yawning and pain all over the body.

7. KSHUDHA VEGA (urge of hunger)^[2]

Suppression of hunger urge leads to splitting pain all over the body, aversion towards food, exhaustion, emaciation, pain in abdomen and giddiness.

8. **KASA VEGA (coughing urge)** ^[2]

Suppression of cough causes in its increase and further leads to *dyspnoea*, *anorexia*, heart disease, emaciation and hiccups.

9. **SHRAMASHWAS VEGA (urge to breathe heavily on exertion)** ^[2]

Suppressing heavy breathing after exertion leads to *gulma* (abdominal tumor), heart disease and delusions.

10. **JRUMBHA VEGA (urge to yawn)** ^[2]

To suppress a yawn means to indirectly vitiate *vata dosha* by inhibiting its *gati* (flow) which is almost similar to that in case of sneezing. It thus produces all the symptoms similar to that of suppressing sneeze.

11. **ASHRU VEGA (urge to cry)** ^[2]

Ashru means tears, controlling weeping can cause running in nose, pain in eyes, headache and heart pain, stiffening of neck, anorexia, giddiness and *gulma*.

12. **CHARDI VEGA (urge to vomiting)** ^[2]

Visarpa (herpes), rashes, various skin diseases, irritation of eyes, itching, fever, *anaemia*, cough, *dyspnoea*,

nausea, discoloured patches on face and *oedema*.

13. **SHUKRA VEGA (urge to discharge seminal fluid)**

Suppression of urge to void semen often results in its increased flow, swelling and pain in genitals, fever, pain in heart region and all over the body, obstruction in *micturation*, enlargement of scrotum, seminal calculi and impotence.

Other than these above described *vegas* Acharya Charak has explained 'udgara vega' (urge to belch) instead of *kasa vega*. Suppression of *udgara vega* causes hiccups, *dyspnoea*, aversion towards food, tremors, heaviness or gripping pain in chest and heart region.^[3]

Although it is very true that one should never control a non suppressible urges, but it is also equally important not to forcibly initiate an urge, as it can create an imbalance in functioning of *vata dosha* causing related disease.

DISCUSSION:

Reflexes are not given importance while explaining about physiology, but instead concentrated on the contents of that particular excretory product about to get expelled from the body and symptoms are interpreted logically depending upon the long term

suppression of body toxins and its re-absorption into the blood circulation and its consequences are discussed. These are some of the interpretations made based on articles published^[4, 5] and there are no such evidences related to the *vegधारana* and its consequences related to its long term suppression but an attempt is made by studying thoroughly and understanding the basic physiology of the body reflexes. There are many more interpretations also can be withdrawn, but depending on their own yukti many assessments are made ranging from acute complications to late and severe complications grading can be done.

There are such symptoms mentioned in *samhitas* which can't be correlated to any future consequences, but still an attempt is made here to understand the limitations of Ayurveda.

CONCLUSION:

Ayurvedic texts attribute the cause of various disorders to the forceful suppression of these natural urges. This is due to the fact that suppression of natural *vega* 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 natural *vegas*.

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 urge so do not ignore nature's call, attend to it at once.

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