

A CRITICAL REVIEW ON KSHUDHA VEGADHARAN WITH SPECIAL REFERENCE TO AGNIVAISHAMYA

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ABSTRACT

In day to day life everyone experiences the natural urges. Ayurveda has given special importance on not to suppress natural urges and forcibly calling upon them when there is no natural urge. Since ancient time, various *Acharyas* have clearly mentioned that maximum diseases are caused by forceful suppression of natural urges. Therefore, these natural urges should not be suppressed at any cost. There are thirteen types of *Vegas* mentioned in Ayurveda which should not be retained in any condition. If they are suppressed on a regular basis due to any reason, they can lead to various serious health problems. Out of these 13 *Vegas*, *Dharan* of *Kshudha Vega* (hunger) also should not be

retained as others. Controlling urge of eating food may lead to impairments in both *Sharirika* and *Manasika Doshas*. Mainly it leads to *Agnivaishamya*. As *Acharya Charaka* mentioned *Agni* as *Prana* that means cause of living it means *Kshudha Vega dharana* is harmful for health. Therefore, for living a normal healthy life, it is necessary that the needs of these natural urges are satisfied instantaneously i.e. as soon as they are explicit. In this review article, attempt is made to explain various consequences of *Kshudha Vega Dharana* mentioned in Ayurveda texts and also enlists the the *Agnivaishamya* occurred by suppressing the natural urge of *Kshudha* (urge of hunger).

KEYWORDS: *Kshudha, Vegadharan, Prana, Agnivaishamya.*

INTRODUCTION

Today is era of science, in which everyone is busy to get luxurious lifestyle. People does not have time for even eating properly. If the man does not follows the rules of taking food and

.continuously suppresses natural urges his *Agni* (digestive fire) get vitiated & vitiated *Jatharagni* is the cause of all diseases.^[1] Our body is a wonderful complex system which has a number of ways to balance or eliminate the materials which could be harmful to the body. In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally. There are two types of Vega. One is *Dharaniya* (suppressible urges) and another is *Adharaniya Vega* (non-suppressible urges).^[2] In short suppressible urges are those that should be suppressed to prevent disease. In contrast, non-suppressible urges will cause disease if they are suppressed. *Vegas* are vital phenomena which are indicators of normal biological functioning. *Vegas* are very fundamental and important concept of Ayurveda. Ayurveda is all about prevention.^[3] In our modern and unhealthy lifestyle, because of shift duty, stressful jobs, lack of exercise, night life especially in metropolitan cities we find ourselves actually suppressing some or most of the natural urges of the body. *Dharan of Kshudha vega* leads to many digestive problems and may also leads to malnutrition.^[4] Therefore Ayurveda strongly recommend non suppression of any natural urges.

AIM

To study the *Kshudha Vega Dharana* and its effect on *Agni*.

MATERIALS AND METHODS

This is conceptual type of study. All references has been collected and compiled from various available classics texts of Ayurveda like Charak, Sushruta, Vagbhata Samhita with available commentaries. Research articles are also searched from various websites. Literature available regarding *Kshudha Vegas* and *Agni* from various journals and books were collected.

LITERATURE REVIEW

VEGA DHARANA

The word “*Vega dharan*” is made of two words *Vega* and *Dharan*. Where *Vega* means “natural urge” and *Dharan* means “suppression”. So, collectively the word “*Vega dharan*” means forceful suppression of natural urges. Initiation of urges is normal body activity. This process is timely carried out by body at regular intervals. Repeatedly suppression of *Vegas* creates many pathological conditions favorable for many diseases. This develops in those people who have regular habit of suppressing natural urges over long period and not immediately. There are two types of natural *Vegas* namely *Dharaniya Vegas* (suppressible urges) and *Adharaniya Vegas* (non-suppressible urges). *Dharaniya Vegas* are related to mental status like *Lobha* (greed), *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger), *Earshya*

(jealousy) etc.^[5] which should be controlled for healthy life. *Adharaniya Vegas* are the physical urges to be completed as and when they arise. The thirteen non suppressible natural urges are as follows.^[6]

- 1) Mutra Vega
- 2) Purisha Vega
- 3) Shukra Vega
- 4) Apana Vayu Vega
- 5) Chardi Vega
- 6) Kshavathu
- 7) Udaggar Vega
- 8) Jrumbha Vega
- 9) Kshudha Vega
- 10) Trushna Vega
- 11) Nidra Vega
- 12) Shramashwas Vega
- 13) Kasa Vega

SYMPTOMS CAUSED BY KSHUDHA VEGA RODHA

According to Charak, *Kshudha Vega Dharan* causes *Karshya*(Scrawny), *Daurbalya* (weakness), *Vaivarnya* (discoloration), *Angamarda*(bodyache), *Aruchi*(loss of taste), *Bhram*(vertigo)^[7] In todays busy lifestyle people doesn't have time to eat on time. So *Kshudha vega Dharan* is very common nowadays. *Vagbhata* also said the same thing about *Kshudha Vega Dharan*, according to him it causes *Angabhanga*(severe bodyache), *Aruchi*, *Glani* (dizziness), *Shool*(pain), *Bhrama*(vertigo) etc.^[8]

AGNIVAISHAMYA

Ayurveda has described an important factor of digestion and metabolism in our body as *Agni*. Ayurveda considers that *Dehagni* is the cause of life, complexion, strength, health, nourishment, lusture, *Oja*, *Teja* (energy) and *Prana* (life energy).^[9] If the *Agni* of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in disease. Hence, *Agni* is said to be the base (*mool*) of life.^[10]

RESULT AND DISCUSSION

The *Kshudha Vega dharana* causes vitiation of *Agni*. If *Agni* doesn't get food on time its function gets hampered. As *Mandagni* is said to be cause of all diseases^[11], due to improper

nutrition and *Vat Prakop* by *Kshudha Vega Dharan* leads to many health issues. When the *Agni* undergoes vitiation, *Grahani* also gets vitiated and produces diseases.^[12]

According to Charaka and Vagbhata, for the symptoms of *Kshudha Vega Dharana Laghu* (easy to digest) and *Snigdha Ahar* should be given.^{[13][14]} This kind of *Ahar* does *Shaman* of *Vat Dosha* and improves *Agni*.

CONCLUSION

After discussion on *Kshudha Vega Dharan* and *Agnivaishmya*, it is concluded that suppression of hunger leads to *Agnivaishmya* and can cause many diseases. According to Ayurveda, the first line of treatment in all type of diseases is prevention means avoiding the cause is the treatment. Therefore, all diseases which are caused by the suppression of natural urges can be prevented simply by avoiding suppression of them. Ayurveda highlights the importance of *Vegadharana* as a principal causative factor of diseases therefore 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. Through this article, we can make people aware to avoid suppression of natural urges, so that they may not suffer from corresponding diseases.

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