

**PREVALENCE OF TENDENCY OF SUPPRESSION OF ADHARNEEYA
VEGAS IN GENERAL POPULATION AND ITS IMPACT ON HEALTH:
A SURVEY STUDY**

Dr. Jyoti^{*1} and Dr. Nisha Gupta^{*2}

¹M.D. Scholar, Deptt. of Maulika Samhita & Siddhanta, National Institute of Ayurveda,
Jaipur (Rajasthan).

²Head of the Deptt, Professor Dr. Nisha Gupta, National Institute of Ayurveda, Jaipur
(Rajasthan).

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***Corresponding Author**

Dr. Jyoti

M.D. Scholar, Deptt. of
Maulika Samhita &
Siddhanta, National Institute
of Ayurveda, Jaipur
(Rajasthan).

ABSTRACT

Ayurveda, the science of life, is one of the ancient sciences of the world. It is believed that *Ayurveda* came into existence along with the existence of the human race. It enlightens various non pharmacological measures to prevent diseases and promote health. Some of them are *Dinacharya*, *Ritucharya*, *Achara Rasayana*, *Sadvritta*, *Pathya* – *Apathya*, *Dharaneeya* and *Adharaneeya vega*. In spite of maintenance of *trayastambh* i.e. *tridosha* and *trayaupstambh* i.e. *Aahar*, *nidra* and *brahmacharya* there is great significance of impulses/*vegass* to be suppressed or not to be suppressed. *Vegass* are natural phenomena of human physiology. The impulses that should be controlled called *Dharneeya vegass* those are of three types *kayika*, *vachika* and *mansika*.

Others *vegass* should not be suppressed called *Adharneeya vegass* otherwise mentioned as natural impulses. Suppression of these results in one or another disease. Continuous control of these impulses results in 13 types of *Udavarta* and *Vataprakopa* in the body resulting in a number of *vata* diseases in body. There has been seen a great abundance of *Vatika* diseases in present era which is mostly due to dietary resulting in anxiety, stress and more materialism. Although maximum *nanatmaj vata vikaras* are mentioned by *Acharya Charaka*. Current study is a survey study in which we concluded the prevalence rate of suppression of these *vegass* and their impact on our health.

KEYWORDS: *Ayurveda*, *Adharaneeya vega*, Suppression, Health, *Udavarata*.

INTRODUCTION

Ayurveda is the oldest system of medicine in the world. Actually it's not only a system of medicine which cures diseases, it teaches us way of life and how to preserve and protect health. The evolution of human being from the primitive life to this civilized modern world took millions of years. During this course of evolution, the human race has seen a great change in their lifestyle with great social and Cultural Revolution. This desire for long and healthy life has been the driving force for the curious and anxious human mind. This quest led the human race to try and test many things ranging from medicinal plants, animal products, minerals and also many rituals and practices. The shift of the human race from the *vanaprastha jeevan* to *gramya jeevana* led into the increase in suffering. With the passage of time, the human civilization became afflicted with many *Sharirika* and *Manasika vikriti*. These afflictions caused the human to suffer more. Thus the cure them was not the only solution. Prevention of the diseases not to appear again was one important challenge. Unlike other medical practices, where major emphasis is given to the curative aspect, *Ayurveda* has emphasized on the preventive aspect of diseases with the main goal of maintenance of health, one of the two objectives. Along with many practices in *Ayurveda* one important segment is of natural calls and reflexes not to be suppressed i.e. *Adharneeya vegas*. The long term suppression of these urges or *vegadharana* is considered to be one of the causative factors for various diseases and hence, *vegadharana* is strictly contraindicated in *Ayurveda*. In today's cultured and civilized world sneezing, coughing, yawning, passing flatus, crying etc. are considered as uncultured and non-civilized manners. But these urges when constantly and repeatedly suppressed lead to some pathology in the body definitely. Our body gives us sign to expel out something from the body in order to maintain balance within but due to our life style conditions like as we are in a meeting, travelling then we have to ignore them or suppress them. Suppressing them for a long time is known as *vegadharana* and in *Ayurveda* they are considered as *Adharaneeya vegas*.

AIMS AND OBJECTIVES

- Assess the prevalence rate of suppression of *Adharneeya vegas*.
- Assessment of manifestation of diseases due to the suppression of urges.
- Reestablishment of principle by awakening of general population and helping health care system to control diseases.

MATERIALS AND METHODS

- The methodology and result analysis of the survey study has been done by designing specific questionnaire on the basis of the symptoms arising due to holding of these *vegas*.
- A special survey sheet has been prepared for individuals under which the following points have been taken in to account- the common information of the individual includes name, age, sex, address, education, occupation, marital status have been included.
- Selection of 1000 individuals / patients has been done for the study from various places.

Adharaneeya Vega

A complete chapter “*navegandharaniyodhyaya*” in *Sutra sthana Charaka Samhita* has been dedicated for the *vega*, both *dharaneeya* and *adharaneeya*, with more focus in *adharaneeya vegas*. Thirteen different kinds of *adharaneeya vega* has been mentioned by *Charaka* and *Sushruta* but *Vagbhatta* and *Vruddhavagbhatta* have mentioned one more in the form of *kasa vegadharana*. Various diseases caused as a result of the suppression of these *vega* have been mentioned in the classical texts and they have been discussed earlier. Enumeration and listing of the natural urges or *vega* that should not be suppressed has been done. This includes urine, stool, semen, flatus, urge of vomiting, sneezing, eructation, yawning, hunger, thirst, tears and sleep. A detailed presentation of the symptoms and treatments have been made for all the thirteen *adharaneeya vega*.

1) *Mutra vega*

Suppression of the urge for micturition causes pain in bladder and phallus, dysuria, headache, bending of the body and distension of the lower abdomen.

Treatment - If the suppression of urine has been done sudation therapy, tub bath, massage, nasal drops of ghee and all the three types of *basti* should be given.

2) *PUREESHA VEGA*

If one holds the urge for defecation it causes colic pain, headache, retention of feces and flatus, cramps in the calf muscle and distension of abdomen.

Treatment - Fomentation, massage, tub bath, suppositories and enema should be given and one should take foods and drinks which are laxative in nature.

3) *Apana Vayu Vega* – If one suppresses the urge for passing flatus, this causes retention of feces, urine and flatus, distension of abdomen, pain, exhaustion and other abdominal diseases

due to the vitiation of *Vata*.

Treatment - Oleation, fomentation, suppositories, intake of foods and drinks having carminative action and enema are prescribed.

4) *Shukra Vega* – Suppression of Shukra Vega causes pain in the phallus and testicles, malaise, cardiac pain and retention of urine are caused by the suppression of the urge for seminal discharge.

Treatment - Massage, tub bath, *madira* (type of wine), chicken, *Shali* rice, milk, non greasy enema and sexual intercourse are prescribed in that case.

5) *Chhardi Vega* - The diseases resulting by the suppression of the urge for vomiting are pruritis, urticaria, anorexia, black pigmentation of face, edema, anaemia, fever, skin diseases, nausea and erysipelas.

Treatment - Induction of vomiting, smoking, fasting, bloodletting, non-greasy foods and drinks, physical exercise and purgation is given.

6) *Kshavathu Vega*- By the suppression of the urge for sneezing, ailments like torticollis, headache, facial paralysis, hemicranias and weakness of the sense organs are caused.

Treatment - Massage and fomentation in the head-neck region, and use smoking along with nasal drops. One should also take food which is useful for the alleviation of *vata* and should take ghee after meals.

7) *Udgaara Vega* - Suppression of eructation causes hiccough, dyspnea, anorexia, tremor, obstacles in the proper functioning of heart and lungs.

Treatment - Suppression of eructation causes hiccough, dyspnea, anorexia, tremor, obstacles in the proper functioning of heart and lungs.

8) *Jrimbha Vega* - Suppression of Yawning causes bending, convulsion, contractions, numbness, tremor and shaking (*pravepana*) of the body and the treatment for these are the drugs used for alleviating *vata*.

Treatment - Drugs used for alleviated *Vata*.

9) *Kshudha Vega* - By suppressing hunger, one subjects himself to emaciation, weakness, change in bodily complexion, malaise, anorexia and giddiness.

Treatment - Unctuous, hot and light food.

10) *Trishna Vega* - Suppression of thirst causes dryness of throat and mouth, deafness, exhaustion, weakness and cardiac pain.

Treatment - Cold demulcent drinks.

11) *Ashru Vega* - By suppressing tears, one gets rhinitis, eye diseases, heart diseases, anorexia and giddiness. For that intake of wine and pleasing talks are helpful.

12) *Nidra Vega* - Suppression of the urge for sleep causes yawning, malaise, drowsiness, headache and heaviness in the eyes. To overcome that one should resort to sound sleep and massage of the body.

13) *Sharamajanita Vega* - By the suppression of breathing coming out of exertion, phantom tumour, heart diseases and fainting are caused. In that case one should take rest and resort to the regimen prescribed for the alleviation of vata.

RESULTS FROM SURVEY

From this survey we found that *Udgaara vega*, *Jrimbha vega*, *Chhardi vega* and *Shrama janita shvasa vega* are very less suppressed in general population or it may be possible that they are not suppressed in such amount that they are able to produce some symptoms that's why they are not reported because no satisfactory result is found from these *vegas*. Results from rest of the *vegas* are following.

Mutra vega

From all of the symptoms of the *Mutra vega* *Bastishoola* is predominantly found in 612 persons of survey conducted in 1000 persons. Simultaneously *Aanaha* is found in 580 persons, *Mutrakriccha* is in 540 persons 378 people reported *mehanashool*, 322 *shirashool* and 182 reported *vinaama*.

Pureesha vega

In the survey of 1000 people 582 people reported *pindikoudvestan*, 554 *admaana*, 516 *mala sang*, 494 *apaan vayu sang*, 494 *shirashool*, 438 *pakvashya shool*.

Apaana Vayu Vega

In this Survey 726 people reported *Adhmana* that is due to *urdhavagamana* of *Apaana vayu*, 392 people reported other *vata* problems, simultaneously 320 reported *vedana*, 318 *Mala mutra sang* and 258 reported exhaustion.

SHUKRA VEGA

Out of 1000 persons of survey 80 persons reported pain in penis, 264 people reported retention of urine, 224 reported pain in testicles, 160 reported Malaise and only 48 people reported *Hridya Vytha* (Cardiac Pain).

Pipasa vega

In survey of 1000 persons 978 persons reported dryness in mouth / throat, 472 persons with exhaustion, 432 with weakness simultaneously 152 reported deafness, 144 reported cardiac pain.

Kshudha Vega

In this survey 740 persons reported aruchi, 648 *Karshya*, 642 *daurbhya*, 608 *Vaivarnya*, 520 *Angmarda*, 498 *bhrama*.

ASHRU VEGA

In survey study of 1000 persons 698 persons reported *partishyaya*, 466 reported *Netra Roga* (Eye disorders), 440 *Aruchi*, 224 *Giddiness*, 210 reported heart disorder.

Nidra Vega

Out of 1000 people in survey 936 reported *Akshiauravam*, 888 with *Tandra*, 886 reported *jrimbha*, 864 reported Headache & 694 reported malaise.

DISCUSSION

Ayurveda has always been an integral part of the eastern society. Apart from being a medical science, *Ayurveda* has contributed a lot in shaping the culture and tradition of the society. *Ayurveda* has two specific objectives, to maintain the health of the healthy and to cure the illness of the diseased. The mentioning of the maintenance of the health prior to the curative aspects highlights the importance given to preventive medicine in *Ayurveda*. In order to maintain the health of the healthy, the seers have postulated various principles. Principles like *sadvrut*, *dincharya*, *ritucharya*, concept of *ahara* and *vihara* and many others as preventive measures have been mentioned. The concept of *Dharaneeya* and *Adharaneeya vega* is one of

them. *Dharaneeya vega* are those which must be controlled, suppressed or held whereas the *Adharaneeya vega* are those which must not be held, suppressed or controlled and must be expelled out as soon as they are manifested. Our great preceptors understood the importance of them and therefore, have dedicated special chapters in the form of “*Navegandharaneeyadhyaya*” in *Charaka Samhita* and “*Roganutpadaneeya adhyaya*” in *Ashtanga Samgraha* and *Ashtanga Hridaya Sushruta* has mentioned about them in *uttartantra* in chapter “*Udavartadhyay*”.

Vegadharana has been mentioned as the *nidana* of many diseases. In case like *Kasa*, *Hrudyaroga*, *Rajyakshma* and *Pratishyaya*, *Vegadharana* of specific *vega* has been mentioned as the *nidana* of the diseases. Apart from these, specific *vegadharana* has not been mentioned and they do not fall under the *svatantra hetu* of these diseases. Usually the *vegadharana* are *paratantra hetu* which play a secondary role in the manifestation of the disease. Looking at the treatment modalities of the thirteen *vegadharana*, it also shows that the main objective is to maintain the balance of the *Vayu* that has been aggravated and also provide relief from the symptoms produced. It is proved by the findings obtained from the survey study that nowadays persons don't follow the proper *Ritucharya*, *Dincharya*, *Aahara* & *Vihara* as mentioned in classical text of *Ayurveda* for maintaining proper health of a healthy individual. They suppress their natural urges as a result of which *vayu*, *agni* and *srotas* gets vitiated causing various pathologies in human body.

As a result of which *vayu*, *agni* and *srotas* gets vitiated causing various pathologies in human body.

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