

**वेगानेतान्न धारयेत्-CRITICAL REVIEW ON ADHARANEETVA VEGA**

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**ABSTRACT**

The word "Vegavarodha" is composed of two words i.e. "Vega" + "Avarodha". According to Vagbhata Tikakara Hemadri, the word "Vega" is defined as the tendency of the body to throughout mala from the body; which is not possible without Prerana of Vayu. The word "Avarodha" means to suppress. Hence the word "Vegavarodha" means suppression of the urges. In Sadvritta Acharya Vagbhata told that, one should not do any work by suppressing Vega. Hence Ayurveda have explained two types of Vegas i.e. Dharneeya Vega and Adharneeya Vega. Dharneeya Vegas are Manas Vegas which are suppressible urges and the Adharneeya Vegas are Sharirika Vega which are non suppressible urges. In this context we should talk about Dharana of Vegas and applied aspects of it.

**KEYWORDS:** Dharneeya Vega, Dinacharya, Sadvritta.

**INTRODUCTION**

Ayurveda is an ancient science that guides in maintaining a healthy mind and body. To attain this aim various Acharya have described Dinacharya (daily regimen), Ritucharya (regimen to be followed according to season), Sadvritta (regimen of good conduct), Vega (suppressible and non suppressible urges) etc. "These Vegas are of two types i.e. Dharaneeya Vega

(suppressible urges) and Adharaneeya Vega (non suppressible urges ). The number of Vegas varies according to different Acharyas, Adharaneeya Vegas according to Acharya Charaka - 13, Acharya Sushruta – 13, Acharya Vagbhata -14, Acharya Bhavaprakash – 13.<sup>[1]</sup>

### **Adharaneeya vega**

This is the description of thirteen Adharaneeya Vegas and disorders caused by suppressing them and their Chikitsa along with how to stop such habits of suppressing the Vegas.

#### **1. Vata Vega (Avarodha to Apanavayu)**

This Vega one should consider Adhovata Vega i.e., Apanavayu Vega. We know the function of Apanavayu i.e., Nishkramana of Shukra, Aartava (Masik Rajasrava not the Stree Beeja), Mutra, Shakruta and Garbha. But the Shukra, Mala and Mutra Vegas are explained separately as individual Vegas, but under this Vega we can consider the remaining two functions of Apana Vayu i.e., Aartava and Garbha Nishkramana.<sup>[2]</sup>

In today's era due to small family many times the female in the house due to Dharmika Vrata, festivals, etc. takes medicine to postponed or preponed the menses. It is like Dharana or Udirana of that Apanavayu Vega. In this both condition the Gati of Apanavayu affects and we know that due to this how that female may suffer from various diseases like Garbhashay Granthi, Yonivyapada, Atirajastrava, Alparajastrav, Tivrashula, etc. It is better to avoid such things for Swastha Rakshana. Also in Garbha Nishkramana Kriya as a Upalakshana we can consider the Garbhastrava, Garbhapata. The unwanted pregnancy or in abnormal growth of child the abortion by pills or by operation can be considered as a Udirana of that Vega which later on leads to problems of menses of that patient as well as many disorders like infertility, joint pain, etc. are seen.

In this Vata Vega urge of passing flatus is consider. Suppression of this Vega causes Gulma, Udavarta, Ruja (Udarashula), Klama, Vata-Mutra-Shakruta Sanga, Drustivadha, Agninasha and Hridroga like diseases. These are caused due to Vikruti of Apana Vayu. Due to Avarodha Prakrut Gati of Apana Vayu become Pratiloma which further vitiate the Gati of other Vata which affect the Prakruta function of them and causes above mentioned Vyadhi.

#### **2. Mala Vega**

In today's lifestyle due to late sleeping at night and late awaking in morning and then hurry to go for work many times Mala Vega Dharana is observed. Also many people are suffering

with constipation due to this habit. This is seen in small children as well. In some patients it is very difficult to pass stool without any medicine. This is because the production of mala is proper but they are unable to pass it out.<sup>[3]</sup>

### 3. Mutra vega

Nowadays due to today's life style Mutra Vega Dharana is commonly seen. Ex, during travelling, watching a favourite movie or serial on television, in meeting, in classroom, sometimes because of Alasya or due to unlearned toilet, etc. According to Acharya Charaka if Mutra Vega is produced then one should avoid intake of food and water as well as Stree Sambhoga before Visarjana of Mutra Vega. As it will cause diseases related to Mutravaha Strotasa and it is one of the Hetu of the diseases related to Mutra like Mutrakruhhra, Mutrashmari, etc. In Ashtanga Hridaya the Lakshan of Mutra Vega Dharana are explained as Anga-Bhanga, Mutrashmari, Vedana in Basti, Medhra and Vankshna as well as the diseases which occur due to Avarodha of Mala vega.

When Mutra Vega Dharana is done it leads to the Vikruti of Apanavayu which further affects the function of Apana Vayu. Basti is the Sthana for Mutra Sanchaya and when the Avarodha is done then the extra pressure comes on Basti which creates Vedana on nearby organs. In Kshemakutuhala Grantha it is explained as the Swastha person should pass the urine for six times in a day (Shanamutri).<sup>[4]</sup>

### 4. Kshavathu Vega (Urge to Sneeze)

People always suppress the Vega of sneezing in public or group meeting as it is considered as bad manners. But due to this the Dosha which are supposed to be come out through sneezing are remain in body as well as the Gati of Vata is hampered which causes the Vikara hence, if urge of sneezing is come in group then we can use handkerchief to sneeze instead of stopping the urge. The Kshavathu Vega Dharana causes Shirashula, Indriya Dourbalya, Manya Stambha and Ardita. In this Vega Avarodha the Gati of Prana and Udana gets affected. Shira is a Sthana of Prana Vayu.

### 5. Trishna Vega

The Vega for thirst is developing when there is a requirement of water and then only water intake should be done. But in society it is seen that due to internet or whatsup messages wrong concepts are followed. Like drinking water before brushing the teeth, etc This Vega is

suppressed by many times during work etc. which leads to Shosha, Angasada, Badhirya, Sammoha, Bhrama and Hridroga.

## 6. Kshudha Vega

We Indian consider Bhojana is a Yadnya karma but this karma also not done by many people in time due to work or some other reason like to reduce fat etc. food should be consumed when there is proper hunger. But people take food Akala without considering the Bala of Agni which causes Angabhanga, Aruchi, Glani, Karshya, Shula and Bhrama. As this Vega Dharana leads to Samana Vayu and Pachaka Pitta Dushti, when there is Kshudha Vega there is a Agni Dipti but if food is not taken it leads to Vata Prakopa and due to Ushma of Agni causes Pitta Prakopa. This Vikruta Dosha causes the above Lakshanas.<sup>[5]</sup>

## 7. Nidra vega

Nidra is one among the Trayopastambha of human life, which means Nidra is having very much important for Swasthya. There are different types of Nidra explained in classics among them one which is Swabhavika, which we get at night Dharana of it should not be done. The Dharana of this Vega can cause Moha, Murdha Gaurava, Akshi Gaurava, Aalasya, Jrumbha and Angamarda etc. Lakshanas are seen.

## 8. Kasa Vega

Kasa Vega is not seen in healthy people it is a Lakshan of Kasa Vyadhi or other Vyadhis. Suppression of Kasa Vega causes in its increase and further leads to Shwasa, Aruchi, Hrudroga, Shosha and Hidhma etc. symptoms. It is occur due to Avarodha of Gati of Vata as we know Kasa is produced when there is Vikruti in Gati of Prana and Udana Vata and when Avarodha to this already Vikruta Vayu leads to further complication causing above mentioned Vyadhis.<sup>[6]</sup>

## 9. Shwasa Vega

In Samhita Shwasa Vega is consider as a Shrama Shwasa. But also it is observed that Kasa Vega Dharana or Vrudhhi of Kasa can gives rise to Tamaka Shwasa. The Dharana of Shwasa Vega causes Gulma, Hridroga, Sammoha etc.

## 10. Jrimbha Vega (Urge of yawning)

Suppression of this Vega results in diseases of the eyes, throat, ears and nose. Vinama (Bending the body near to abdomen), Akshepa(convulsions), Sankocha (contractions), Supti

(loss of tactile sensation), Kampa (tremors) and Pravepna (more shivering of the body). These are the symptoms produced by suppression of the Vega of Jrimbha.

### 11. Ashru Vega or Bashpa Vega (urge of Cry)

Suppression of the Vega of Bashpa causes Pratishyaya (common cold), headache, Akshiroga (diseases of the eye), Hridroga (diseases of heart), Aruchi (loss of taste) and Bhrama (dizziness). These are the symptoms produced by suppression of the Vega of Ashru.<sup>[7]</sup>

### 12. Chardi Vega (urge of vomit)

The diseases caused by the suppression of the Vega for vomiting are Visarapa (erysipelas) purities, Kotha (urticaria or rash), Kandu (itching all over the body), Aruchi (anorexia), Vyanga (black colored patch on face), Shotha (edema or swelling), Pandu (anemia), Jwara (fever), Kushtha (Various skin diseases) and Hrillasa (nausea).<sup>[8]</sup>

### 13. Retas Vega or Shukra Vega

Suppression of Vega of Shukra (Semen) results in, Medhra & Vrishana Shoola (Swelling and pain at genitals parts especially in penis & testicles), Jwara (fever), Hridaya Pida (discomfort in the region of heart) Angamarda (body pain) Mutraavarodha (obstruction during urination), enlargement of scrotum, formation of Shukrashmari (seminal calculi) and over a period of time the person may suffer from Klaibyata (impotency). These are the symptoms caused by suppression of Vega of Shukra.<sup>[9]</sup>

## DISCUSSION

“Early to bed, early to rise makes man healthy, wealthy and wise” is a forgotten truth. The gift of globalization has forced man to be awake all night in order to earn his livelihood. Lack of sleep might make you feel foggy and unable to concentrate Sleep problems will eventually disrupt your work, family and personal relationships. The sleep is an indicator of good health because it brings the normalcy in body tissue and relaxes the person. The properly taken sleep brings happiness, nourishment, strength, virility, knowledge and life to the individual. To suppress a Jrimbha Vega means to indirectly vitiate Vata Dosha by inhibiting its Gati (flow). While the process of Jrimbha, the body expels the unwanted Vata from the body and if it is forcefully retained, it causes a number of Vata disorders.<sup>[10]</sup>

## CONCLUSION

'Prevention is better than cure' same has been mentioned by Acharya's under Rogannutpadniya Adhyaya which describes the Vega concept. As we know the suppression of any urge vitiate the Prakrta Gati of Vata Dosha due to which the Prakruti functions of Vata affected and diseases are caused. The importance of Vega is not known by the society due to which the awareness about Vega Dharana are not seen. This preventive principle can be propagated through school education and mass education to promote physical, mental and social health and to prevent the diseases.

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