

**VEG VIDHARANA AND ITS EFFECT ON HEART HEALTH, A
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College Nigdi, Pune.**ABSTRACT**

Ayurveda had studied and mentioned details about human being. It had mentioned its moto – *Prayojana* as Health prevention and treating the diseased. Accordingly *Acharya Charaka* had described *Swasthya Chatushka*, which guides for maintenance of sound health. For a healthy life, one should follow *Dincharya*, *Ritucharaya*, *Ashta-Ahara-Vidhi* *Visheshayatana*, *Achar Rasayana*, *Sadavritta* etc. as mentioned by *Acharyas* in Ayurveda classics. In it *Acharya Charaka* had mentioned four *Sadatura* i.e., *Rajasewaka*, *Vedapathi Brahmana*, *Veshya – Stri* and *Vyapari*. The reason behind the *Sadatura* concept is primarily the *Vega Vidharana* and the diseases caused by it. In present day scenario the altered lifestyle had resulted in *Vega Vidharana* and increased numbers of circulatory disorders related to heart are

observed. Here a brief study is carried out to correlate the effect of *Vega Dharana* on heart health in accordance to Ayurveda.

KEYWORDS: *Sadatura*, *Vega Vidharana*, *Swasthya Chatushka*.**INTRODUCTION**

Ayurveda is considered as the most primitive health care system known to mankind. As described by the *Acharya* of various texts, it is the science of life. It addressees each aspect of human life. To live a healthy and happy life it guides us to follow the rules which are based on principles of Ayurveda. Health is of utmost importance in order to achieve ones *Purushartha* i.e *Dharma*, *Artha*, *Kama*, *Moksha*.

Acharya Charaka has described *Sutra sthana* into seven *Chatushka*. That means the group of four chapters. *Swasthachatushka* is one of them. This elaborates and guides us in maintenance of sound health. Here the detail study of food, its procedure or prerequisite for healthy eating, *Dinacharya*, *Rutucharya* etc. is mentioned. In its third chapter from the set of four – *Chatushka*, the chapter describes *Navegandharniya Adhayaya*. After digestion of food, *Kitta Bhaga* is produced. It is the *Sthai Mala* of body and needs to be excreted from the body. The body exhibits certain emotions in the form of urges for elimination of this *Mala* out from the body and is called as *Vega*. This is natural tendency of our body and suppression of this natural urge is harmful to the body. Hence this are called as *Adharniya Vega*. To maintain the healthy state of body the *Dosha – Dhatu* and *Mala* should also be balanced and respecting the natural urge of body play an important part.

In today's day to day life due to busy and stressful routine and extensive working hours, people are suppressing some or most of the natural urges of the body which leads to the *Vyadhi utpatti*. It is reflected in ever increasing non communicable disorders such as hypertension, Thyrotoxicity, diabetes, obesity etc. This *Vega Dharana* is done by the subjects knowingly or unknowingly, and over the period of time this becomes the habit. The *Adharniya Vega* according to *Acharya* can be listed as follows,

Sr.no.	Vega	Charaka Samhita	Sushtuta Samhita	Ashtanga Sangraha
1.	<i>Mutra</i>	+	+	+
2.	<i>Purisha</i>	+	+	+
3.	<i>Shukra</i>	+	+	+
4.	<i>Adhovata</i>	+	+	+
5.	<i>Chardi</i>	+	+	+
6.	<i>Kshavathu</i>	+	+	+
7.	<i>Udgara</i>	+	+	+
8.	<i>Jrumbha</i>	+	+	+
9.	<i>Kshudha</i>	+	+	+
10.	<i>Pipasa</i>	+	+	+
11.	<i>Ashru</i>	+	+	+
12.	<i>Nidra</i>	+	+	+
13.	<i>Shrama Shwasa</i>	+	+	+
14.	<i>Kasa</i>	-	+	+

Here if we look in functioning of each *Vega*, we can get the prime play of *Vata Dosha*.

Trimarma are mentioned by *Acharya Charaka*, *Hridaya* is one important *Marma* among the three. It is said to be the site of *Prana*, where three *Dosha* reside. It is also said to be the

center of Mind – *Mana* and emotions. *Pranvaha Strotas*, *Rasavaha Strotas* and *Manovaha Strotas* have its *Mool Sthana* as *Hridaya*. Here the functioning of body by virtue of circulation, digestion and mental health has its roots in healthy heart – *Hridaya*. In these three aspects of circulation, digestion and emotional state, balanced *Vata Dosha* plays a prime role.

The *Vega Viddhara Lakshana* are been mentioned in Ayurveda classic. These *lakshana* also leads to development of certain diseases of respective *Strotasa*. Collective consideration for the *Lakshana* of mentioned *Vega Vidharana* can be stated as *Vata Dosha Dushtijanya Roga*. Also as stated by *Acharya Vagbhata*, *Vega Vidhara* is responsible of developing all types of *Roga*. In today's day to day life, the pace of each activity and faulty food habits had led to increase in health conditions related to heart. The metabolic disturbance also causes circulatory disorder and thereby impact heart health. The sedentary lifestyle and habit of *Vega Vidharana* vitiates *Vata Dosha* and there by tends to have effect on functioning of heart. The *lakshana* of *Vega Vidharana* as mentioned by *Acharya* which are directly related with heart disease can be listed as following,

<i>Vega Vidharana</i>	<i>Acharya Charaka</i>	<i>Acharya Vagbhata</i>
<i>Purisha</i>	-	<i>Hridaya Uparodha</i>
<i>Mutra</i>	-	<i>Urdhvavata – Hardaya avrodha</i>
<i>Adhovata</i>	-	<i>Hridayaroga</i>
<i>Udgara</i>	<i>Hridaya – Urah Badha</i>	<i>Hridaya – Urah Vedana</i>
<i>Pipasa</i>	<i>Hridaya Vyatha</i>	<i>Hridayagada</i>
<i>Ashru</i>	<i>Hridayaroga</i>	-
<i>Shukra</i>	<i>Hridaya Vyatha</i>	<i>Hridaya Vyatha</i>
<i>Shrama</i>	<i>Hridayaroga</i>	<i>Hridayaroga</i>
<i>Kasa</i>	-	<i>Hridayaroga</i>

Other *Adharniya Vegajanya Vyadhi* are more or less the metabolic disturbance in respective *Strotasa* which are directly or indirectly related to heart diseases. The *Hetu* for *Hridroga* are *Agnimandya*, *Vata dushti* and *Dhatu Kshaya*. In today's fast moving world, the prime cause for this can be stated as *Vata Dosh Dushti*, and for it the sedentary lifestyle causing *Vega Vidharana* knowingly or unknowingly are responsible.

Inference

Vega-vidharana is described as one of the most common causative factor *Hetu* for all diseases. It causes *Sroto-vaigunyata* where the vitiated *Doshas* get accumulated and cause the disease pathology. Here it is not only the suppression of natural urges of the body but the

intent of respecting natural rhythm of our body. *Vega Vidharana* causes *Dosha Dushti*, *Vimarga Gamana* and thus *Strotasa* are affected. These reverse the natural *Gati* of *Vata Dosha* which is *Ahridya* – not beneficial for heart health. It also affects metabolic health and thereby has an impact on circulation system. The accumulated Mala are toxins which also lead to the disease pathology.

In present times the disorders related to heart are increasing and in accordance with science of Ayurveda we should give emphasis on ones habit of *Vega Vidharana* which is a prime *Hetu* for most of the diseases.

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