

LITERATURE REVIEW OF *ADHARNIYA VEGA*Dr. Deepika Kunwar<sup>1\*</sup>, Dr. Sasmita Tripathy<sup>2</sup> and Dr. Anita Sharma<sup>3</sup>

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Article Received on  
01 Nov. 2021,

Revised on 30 Nov.2021,  
Accepted on 21 Dec. 2021

DOI: 10.20959/wjpr20221-22654

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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*. There fore 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-day 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 Charaka*, there are 13 types of natural urges in the body which should not be suppressed and that can cause severe repercussions when forcibly ignored.<sup>[1]</sup> In addition to these vegas, 14th vega is mentioned by Vagbhata.<sup>[2]</sup> 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. *Shramashwasa 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<sup>[2]</sup>

1. *VATA VEGA* (urge of passing flatus)<sup>[2]</sup> *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)<sup>[2]</sup> *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)<sup>[2]</sup> 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)<sup>[2]</sup> Suppression of sneezing results in headache, debility of the sensory organs, neck stiffness and facial paralysis.
5. *TRUSHNA VEGA* (urge of thirst)<sup>[2]</sup> Regular controlling thirst or delaying drinking of water causes emaciation, generalized debility, deafening, delusion, giddiness and heart diseases.
6. *NIDRA VEGA* (urge to sleep)<sup>[2]</sup> Timely sleep is very necessary for wellbeing 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)<sup>[2]</sup> 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* (cough cessation)<sup>[2]</sup> The pressure of cough causes its increase and leads to dyspnoea, anorexia, heart disease, body aches and hiccups.
9. *SHRAMASHWAS VEGA* (appeals to hard breathing)<sup>[2]</sup> Compression of hard breathing after exertion leads to *Gulma* (stomach tumor), heart disease and tremors.
10. *JRUMBHA VEGA* (soliciting yawn)<sup>[2]</sup> Pressing yawn means indirectly altering the *Vata Dosha* by which prevents its *Gati* (flow) almost identical when you sneeze. Thus it produces all these symptoms such as pressure to sneeze.

11. *ASHRU VEGA* (appealing to cry)<sup>[2]</sup> *Ashru* means tears, controlling crying can cause runny nose, eye pain, headache and heart, neck stiffness, anorexia, giddiness and *Gulma*.

12. *CHARDI VEGA* (appeals for vomiting)<sup>[2]</sup> *Visarpa* (herpes), rash, various skin diseases, eye irritation, itching, fever, anemia, cough, dyspnoea, nausea, pigmented spots on the face and edema.

13. *SHUKRA VEGA* (appeals for the release of intoxicating fluids)<sup>[2]</sup> Depression of the desire to get hot sperm often leads to increased flow, swelling and pain in the genitals, fever, heart and whole body pain, obstruction, constipation and enlargement. Apart from those described above *Vegas Acharya Charakhas* has described 'Udgara vega' (urge to blech) instead of *Kasa Vega*. Depression of *Udgara Vega* causes hiccups, dyspnoea, aversion towards food, tremmers, weightness or gripping pain in chest and heart region.<sup>[3]</sup> While it is true that man has never been able to control unbridled desires, it is equally important that he forcibly initiates a desire, as it can cause inequality and the effectiveness of *Vata Dosha* which causes related diseases.

## DISCUSSION

Critical conditions are not given importance when describing the body, but instead focus on the content of that special product about detoxification and the symptoms are interpreted logically according to the long-term suppression of toxins and re-circulation and its effects are discussed. These are some of the explanations made based on published articles.<sup>[4,5]</sup> and there is no such evidence related to *Vegdharana* and its effects related to its long-term stress but effort is made by studying well and understanding the basic physiology of the body mind. There are many additional explanations and exceptions, but depending on the number of tests most of the tests performed from difficult to late and difficult problems with placement can be performed. There are such signs mentioned in *Samhitas* that cannot be combined with any future results, but an attempt is being made here to understand the limitations of *Ayurveda*.

## CONCLUSION

*Ayurvedic* texts reveal the cause of various problems in the powerful suppression of these natural desires. This is because the suppression of natural *Vega* causes the conversion of body fluids especially *Vata Dosha* and causes the accumulation of *Ama*

(toxins) in the body. "Prevention is better than cure" which is why it is recommended that you do not suppress natural *Vegas*. These are the various passions and symptoms that result from their oppression. From the above description we understand one thing to mention nine times the symptoms associated with the heart. It is our great task to reflect on the concept of *Ayurveda* as the world's heart attack is ready to erupt. It is very important that our good health does not suppress any desire so do not ignore the natural call, take care of it at the same time.

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