

## CONCEPTUAL STUDY ON THE ROLE OF DHARNIA VEGA IN DEVELOPMENT OF LIFESTYLE DISORDERS WSR TO KRODHA (ANGER)

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### ABSTRACT

Human body is an astounding machine which has various approaches to adjust the substance which could be valuable to the body and substance which could be destructive to the body. To make equilibrium of these substances, our body is furnished with Vega (urges) which show up normally. Vegas are of two types- Dharnia vegas and Adharnia vegas. Urges which are to be avoided are Dharania Vegas. Further, Dharania Vegas are classified as Manasik Vega, Vachik Vega, Kayik Vega. suppression or over indulgence in these urges can be harmful to the body and it disturbs homeostasis of the body. vaikarika manasika bhavas ultimately leads to stress eventually is responsible for development of many of the lifestyle disorders. Dharania vegas are connected to emotional states of mind and body.

**KEYWORDS:** Dharnia Vega, Mansik Vega, lifestyle disorders.

### INTRODUCTION

1. Vegas are the natural urge arising inside the human body.
2. The natural urge (vegas) arising are one of the important aspects of the living body and suppression or over indulgence in these urges can be harmful to the body and it disturbs homeostasis of the body.
3. Although urges are involuntary in nature they can be controlled at one's own will.
4. Vegas are broadly classified into 2 categories.
  - a. Dharnia
    - I. kayika/vachika/manasika

b. Adharni.

### **Dharania Vegas**

1. Dharnia Vegas are the urges that should be controlled.
2. Uttpati of vaikarik manasika bhavas is the Sahaj pravritti but it should be suppressed rather than channelized for healthy living.
3. Vaikarika manasika bhavas ultimately leads to stress and eventually is responsible for development of many of the lifestyle disorders.
4. Dharnia Vegas are connected to the emotional state of mind and body.
5. Dharnia Vegas if not controlled can lead to tri-dosha prakopa and result in varied kinds of psychosomatic disorders of the body.

### **AIM**

To study the role of Krodha (mansika dharnia vega) in development of various Lifestyle disorders.

### **OBJECTIVES**

1. To identify dharnia Vegas impacting on human health.
2. To analyze the role of dharania vegas in development of various Lifestyle disorders.

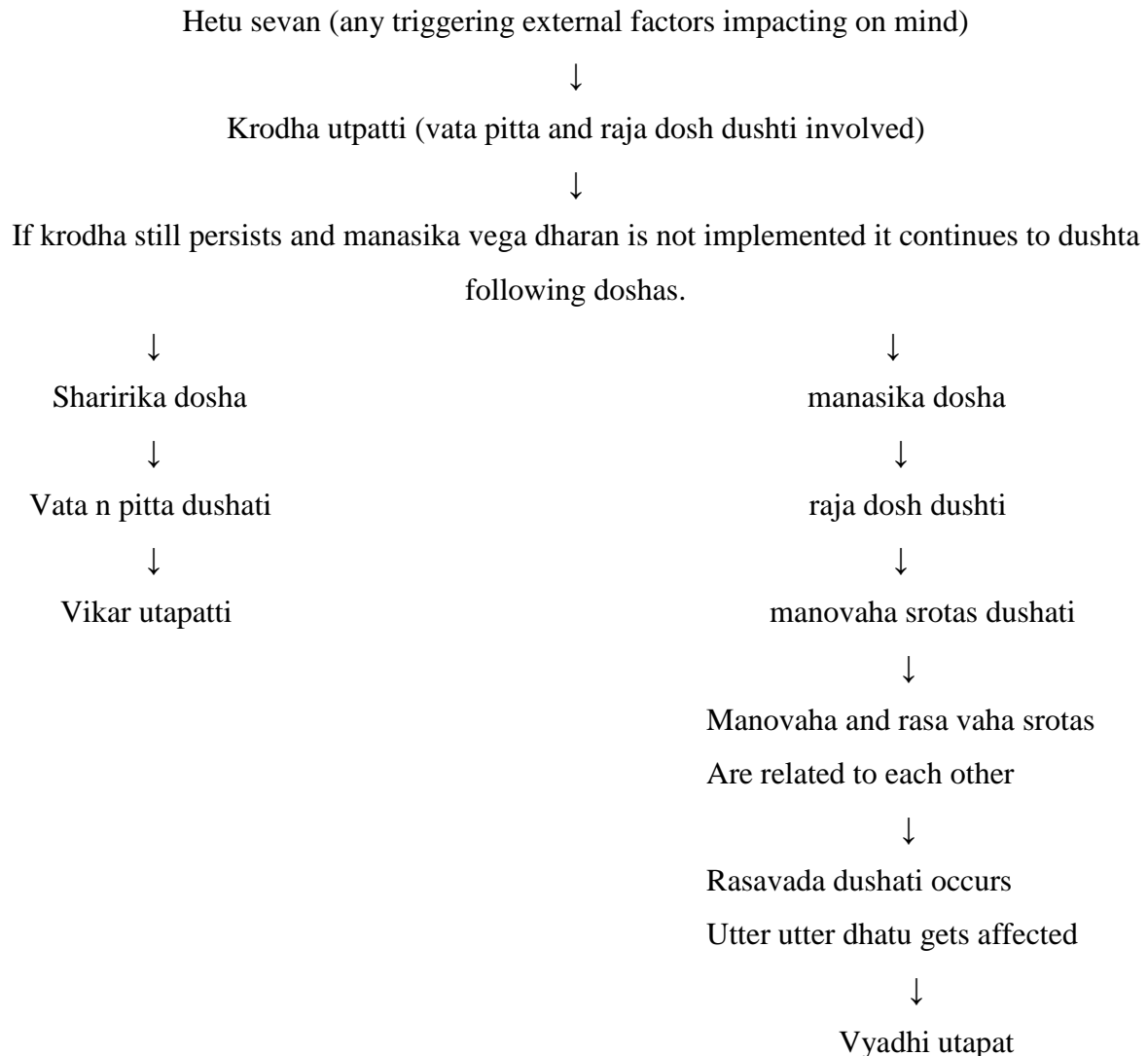
### **MATERIALS AND METHODS**

- Ayurvedic classical texts
- Journals
- Internet.
- Literary Review.

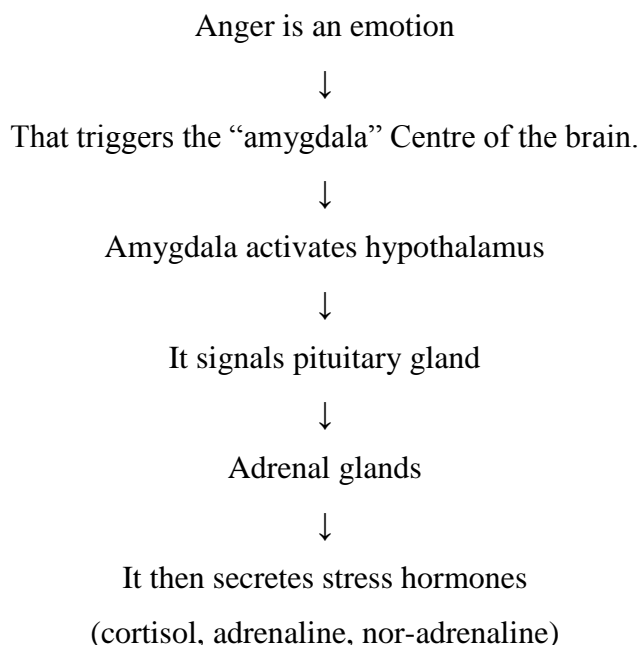
### **DISCUSSIONS**

- Manasik dharania vega
  - Lobha
  - Shoka
  - Bhay
  - Krodha
  - Mana
  - Nirlajja
  - Irsha

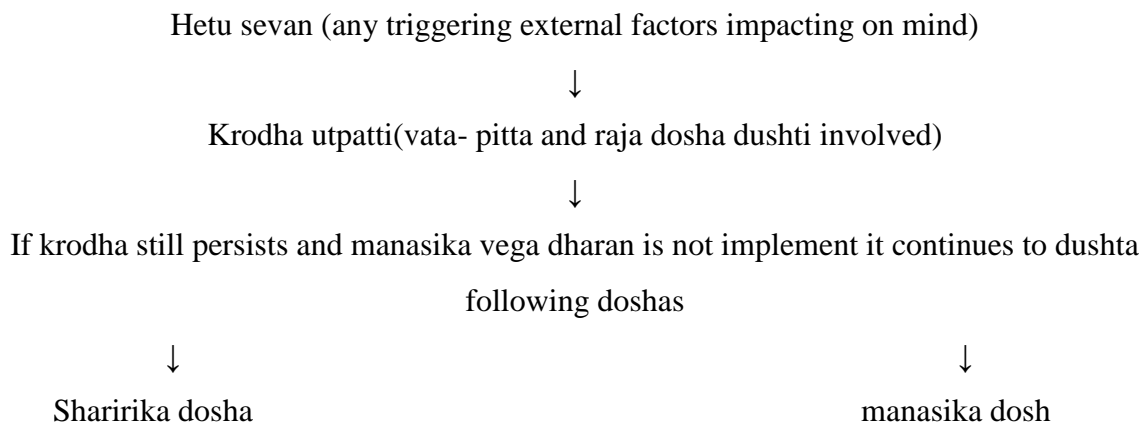
- Atirag
- abhidhya
- Samprapti for development of lifestyle disorders from krodha



- How Anger Affects Your Brain and body
  - The first Spark of anger activates the amygdala before you are even aware of it.
  - The hypothalamus signals the pituitary Gland by discharging corticotropin releasing hormone (CRH).
  - The amygdala activates the hypothalamus.
  - The pituitary activates the adrenal glands by releasing adrenocorticotrophic hormone. (AcTH)
  - The adrenal gland secrete hormones like Cortisol, adrenaline and nor-adrenaline.



- Samprapti For development of lifestyle disorders from krodha.



## CONCLUSION

1. In recent Lifestyle changes dharnia vega act as contributing factors for causing mental stress which leads to Manas dosh and tridosha dushti.
2. It can be considered as mansika viprakoshth vyadhi Hetu in Lifestyle disorders.
3. In pathogenesis of lifestyle disorders, while considering Stotradushti, manovaha strotodusti should also be considered.
4. In conclusion Ashvasan chikitsa (psychological counseling) meditation to control natural urge, Healthy Satvik food should be consumed and Lifestyle modification is very much important in the present time along with medicinal treatment for the management of lifestyle disorders.

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