

## PHYSIOLOGY OF VEGADHARANA W. S. R TO APANVAYU

<sup>1</sup>\*Dr. Sunita Dhananjay Newadkar and <sup>2</sup>Dr. Anoop C. Mahajan

<sup>1</sup>Professor and HOD, Department of Rog Nidan, Smt K. C. Ajmera Ayurved College, Dhule,  
Maharashtra, India.

<sup>2</sup>Lecturer, Department of Rog Nidan, Smt K. C. Ajmera Ayurved College, Dhule,  
Maharashtra, India.

Article Received on  
04 April 2022,

Revised on 25 April 2022,  
Accepted on 15 May 2022

DOI: 10.20959/wjpr20227-24245

**\*Corresponding Author**

**Dr. Sunita Dhananjay  
Newadkar**

Professor and HOD,  
Department of Rog Nidan,  
Smt K. C. Ajmera Ayurved  
College, Dhule,  
Maharashtra, India.

**ABSTRACT**

In order to maintain healthy operations of all systems, body creates number of perfectly natural urges to alert us to perform needful actions. These urges are known as *Vegas* in Ayurveda. *Vega* is fundamental and important concept of ayurveda as it appears in order to maintain the equilibrium of *doshas* and *dhatu*s, also to excrete *mala* (toxins) out of the body. This excretion is mainly the function of *Vatadosha*. In our modern lifestyle we find ourselves actually suppressing natural urges. Most common urges to be suppressed are *Adhovata*, *Mootra*, *Shakrut*, *Shukra*. These vegas are mainly performed by Apanvayu. Human body balances homeostasis with help of the natural urges.

**KEYWORDS:** Vegas, vatadosha, apanavyu, adhovata, mootra,

shakruta, shukra.

**INTRODUCTION**

Ayurveda is a science which deals with cure of diseases. But it also focuses on prevention of these diseases. In Ayurveda it is explained that many of the diseases occur due to specific reason. While explaining the reasons vagbhata said that all the diseases are caused due to dharan and udeeran of vega. i.e. suppression or forceful indulgence of these vegas.<sup>[1]</sup> The diseases are concerned with body and mind both equally, so along with the body some urges are also produced by the mind. But in case of urges produced by mind. They should be withheld properly for maintaining balance between body and mind. And for proper functioning of body physiology.<sup>[2]</sup> The natural urges should not be suppressed, because it

allows to accumulate the hazardous toxins within the body and cause ill effects on the body, which may further leads to destruction.<sup>[3]</sup>

Vata dosha has a great importance in Ayurveda and body physiology. Without vatadosha no action will be taken place in a body. Vata dosha is responsible for every activity within body. Vata dosha plays important role in generating natural urges and executing its physiological activity. It helps to excrete the unwanted substances produced from metabolism and toxins from body. In fact vata dosha does favours to the body by its actions and also helps to live a life with no diseases in a healthy state only.<sup>[4]</sup> But if in case this vata dohs is vitiated by any means of hampering in its natural way it gets responsible for causing many diseases and its severity too.<sup>[5]</sup>

### AIM AND OBJECTIVE

To highlight the importance of Adharaniya Vegas.

To understand the physiological actions of Adharaniya Vega associated with Apanvayu.

To study the physiology of Adharniya Vega w.s.r. to Adhovata, Mootra, Shakrut, Shukra Vega.

### MATERIAL AND METHOD

Classical texts of Ayurveda consulted as reference of Adharniya Vega.

Literature available on internet and various journals.

The conceptual material from both the streams of knowledge were compared and analyzed critically

### REVIEW OF LITERATURE

When we consider an activity within body, it must be associated with vata dosha. As per sharangdhara explained that vatadosha is the only reason for any movement in any part of body Natural urges are generally produced by vatadosha. In fact it is a normal functioning of vata dosha.<sup>[6]</sup> All the efforts in a healthy body are all done through prakrit matter. This is said to be the life of the faultless after coming. When it becomes deformed, diseases arise from it and death also occur due to this.<sup>[7]</sup> Adharniya Vega is a reflex mechanism and it is a nervous activity. All the vegas are normal functioning of vata dosha. Apanvayu plays an important role in most commonly suppressed urges such as Adhovata, Shakrut, Shukra, Mootra.<sup>[8]</sup> Apanvayu helps to excrete the waste material out of the body. There are mainly following vegas explained in ayurvedic texts.

<b>Charak</b>	<b>13</b>
Sushrut	13
Vagbhat	14
Bhavprakash	13
Bhel	12

Among these different vegas, vegas related to Apanvayu are most commonly suppressed. These are Mootra, Shakrut, Shukra, Adhovata etc. suppression of these urges most commonly lead to many diseases related to *basti, guda* etc.<sup>[9]</sup>

### **ADHOVATA- (FLATUS)**

Apan vayu plays major role, where vata is released through anus. The gases enter in gut through different ways like digestion of some flatulence producing food such as cheese, yeast etc, or bacterial action on undigested sugar and polysaccharide. The flatus contents are nitrogen, oxygen, methane, carbon dioxide, hydrogen, butyric acid, sulfur compounds.<sup>[10]</sup> Accumulation of these gases due to frequent suppression of urge to pass may cause ill effects on body. Symptoms like pain, anorexia, constipation, gases, dysuria are seen.<sup>[11]</sup>

### **SHAKRUT- (DEFECATION)**

As shakrut nishkraman is the normal function of Apanvayu, suppression of shakrut vega vitiates Apanvayu. Generally the act of defecation is a reflex mechanism called defecation reflex. Here Feces enters rectum send sensory impulse to defecation center by pelvic nerve. Motor impulse via pelvic nerve sent to colon and rectum. There are Strong contraction of colon and rectum leading to Relaxation of internal anal sphincter. Simultaneously due to inhibition of pudendal nerve there is relaxation of external sphincter. In this manner defecation occurs.<sup>[12]</sup>

Suppression of this urge for defecation causes pakwashay shool, headache, retention of feces, adhmanam, cramps in calf muscles. Mainly seen ill effect is constipation. Constipation is considered to be the root cause of the ailments. Vata vitiation leads to increased ageing because of destruction caused by imbalanced vata dosha.<sup>[13]</sup>

### **MOOTRA- (MICTURATION)**

Filling of urinary bladder causes stimulation of stretch receptors efferent impulses via pelvic nerve. This leads to contraction of detrusor muscle and relaxation of internal sphincter. So there is flow of urine into urethra and stimulation of stretch receptors. External sphincters get relaxed and as a result there is a voiding of urine means emptying of bladder.

Suppressing this urge to micturate causes bastishool, mehan shool (painful penis), shirashoola, constipation, vinam, anaha, after sometime on frequent suppression it may result into diseases of bladder and urinary tract.<sup>[14]</sup>

### SHUKRA (SEMEN)

Along with Apanvayu, vyan and pran also play important role in sexual urge. Psychic stimulation by brain along with stimulation from sex organs results in penis erection by parasympathetic impulse. This further causes secretion of nitrous oxide, acetyl-choline. Lubrication of urethral & bulbourethral glands by mucus is under parasympathetic control. That further leads to ejaculation by sympathetic action.

One should not forcefully suppress the shukra vega. Suppression of the shukra results in medhra shola, vrushan vedana, anamarda, hrudvyatha, mootravibaddhata. Also semen suppression causes nervous disease like neurosis and psychological maldevelopment.<sup>[15]</sup>

### DISCUSSION

Adharaniya vega is a fundamental and basic concept of Ayurveda. It gives the idea about the basic cause for many diseases. There are different number of vegas explained in different ayurvedic texts. Normally these vegas are produced to maintain normal metabolism and physiology of the body. Vata dosha plays major role in these vegas. As vata dosha is dosha for activity of every element in body. Vega are vital phenomena which are indicators of normal biological functioning. It is one of the most underestimated possessions by the people or they have to suppress it due to their work. Arundatta elaborated it as excretion of natural urges is a function of prakrit vata. When we suppress the natural urges the vata becomes vitiated, vata produces so many diseases. Sushruta and bhavaprakasha explains adharaniya vega as a Nidana of Udawarta roga.

### CONCLUSION

Ayurveda is a science in which hetu of roga is given much importance as nidana parivarjanam is first line of treatment. Suppression of these natural urges, vitiates the dosha, predominantly vata. Vitiating vata dosha leading to complication which might range from minor symptoms like irritations to some severe diseases like hridroga, aridita, gulma, arsha, shwasa etc.

**PREVENTION IS BETTER THAN CURE****REFERENCES**

1. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 4, verse 22, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 16.
2. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 4, verse 25, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 16
3. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 4, verse 26, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 16.
4. Dr. Bramhanand Tripathi, *Charakasamhita*, volume 1, Sutrasthana, chapter 7, verse 12 Chowkhamba Surbharati Prakashan, Varanasi, Reprinted, 2020; 166.
5. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 1, verse 13, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 16.
6. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 11, verse 1, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 51.
7. Dr. Bramhanand Tripathi, *Charakasamhita*, volume 1, Sutrasthana, chapter17, verse 118 Chowkhamba Surbharati Prakashan, Varanasi, Reprinted, 2020; 365.
8. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 12, verse 9, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 55.
9. Kaviraj Ambikadatta Shastri, *susrutasamhita*, part-1, *Nidansthan*, Chapter1, verse 20, chaukhamba Sanskrit sansthan, Varanasi, Reprinted, 2016; 185.
10. K Sembulingam, *Essentials of medical physiology*, chapter 41, Jaypee Brothers medical publisher, edition 7, reprint, 2016; 281.
11. Dr.Ganesh Krishna Garde, *Sartha Vagbhata, Sutrasthan*, chapter 4, verse 2, chaukhamba surbharati prakashan, Varanasi, reprinted, 2016; 15.
12. Guyton and Hall, *Textbook of Medical Physiology*, chapter 74, Elsevier publication, 3<sup>rd</sup> south Asia edition, 489.
13. Mahesh chand gupta et al, A critical review on Adharaniya vegas (Un holding natural urges), *International Journal of Multidisciplinary Research and Development*, May, 2016; 3(5): 133.
14. Ashwin Bagde, Adharniya vega- Inimitable concept, in extent of disease, manifestation and treatment, *Ayurpharm Int J Ayur Alli Sci.*, 2013; 2(11): 332-340.
15. Mahesh chand gupta et al, A critical review on Adharaniya vegas (Un holding natural urges), *International Journal of Multidisciplinary Research and Development*, May 2016; 3(5): 134.