

**A REVIEW ARTICLE ON A ADHARNEEYA VEGA W.S.R.
KSHAVATHU VEGARODH & PRINCIPLE OF TREATMENT –
LITERATURE REVIEW**

¹*Dr. G. R. Ratre, ²Dr. Shrikant Nayak and ³Dr. Nand Kumar Jangde

¹Reader Department of Samhita Siddhant, Shri N.P.A. Govt. Ayurvedic College, Raipur
(C.G.)

²Lecturer Department of Samhita Siddhant, Shri N.P.A. Govt. Ayurvedic College, Raipur
(C.G.)

³P.G. Scholar, Department of Samhita Siddhant, Shri N.P.A. Govt. Ayurvedic College,
Raipur (C.G.)

Article Received on
17 June 2021,

Revised on 07 July 2021,
Accepted on 27 July 2021

DOI: 10.20959/wjpr202110-21292

***Corresponding Author**

Dr. G. R. Ratre

Reader Department of
Samhita Siddhant, Shri
N.P.A. Govt. Ayurvedic
College, Raipur (C.G.)

ABSTRACT

Ayurveda or "The science of life" has been prevalent in India and its neighbouring countries since time immemorial. Ayurved emphasizes the maintenance of positive health and prevention of diseases in preference of their cure to Ritucharya, Dinacharya, Achara, Rasayan. The concept of Dharneeya and Adharneeya Vega is a unique concept of Ayurveda. Now a day in our hectic life schedule most of people suppress some or (urine, sneezing, flatus, thirst) most of natural urges. We suppress the urge of sneezing while attending meeting caused by over exertion if this is done then the individual succumbs to diseases. This if study is conceptual and theoretical to know and understand the effect of

Kshavathuvegarodh "Janya" disorder like manyasthmbha, Ardit etc.

KEYWORD: Adhareeya Vega, Kshavathu Vega, suppression natural urges.

INTRODUCTION

Concept of dharneeya and Adhareeya Vegas is very fundamental and important concept of Ayurveda.^[1] The word Vega means natural urges it is essential for our health that one should never suppress natural urges of body. As we know body and mind very much depends on each other and for complete health good harmony between body and mind very essential. Vayu is the life and supporter of strength. Vayu sustains all living beings. Vayu controls all

phenomenon in the universe. Vayu is the supreme controller of all.^[3] If in a person vayu has unimpaired movement, if it is located in its appropriate site and if it is in its normal condition. So there are two type of natural urges.^[4]

I- Adharneeya vegas – Non suppressible urges (mostaly realted body / physical aspect)

According to ayurveda there are 13 types.

- Vata (Suppression of urge for Flatus)
- Mutra (Suppression of urge for Urination)
- Purisha (Suppression of urge for Defecation)
- Kshavathu (Suppression of urge for Sneezing)
- Trishna (Suppression of urge for Thirst)
- Kshudha (Suppression of urge for Hunger)
- Nidra (Suppression of urge for Sleep)
- Kasa (Suppression of urge for Cough)
- Shramashwasa (Suppression of urge for deep breathing after exercise)
- Jrumbha (Suppression of urge for Yawning)
- Ashru (Suppression of urge for Lachrymation)
- Chhardi (Suppression of urge for Vomiting)
- Sukara (Suppression of urge for Ejaculation)

II- Dharneeya vegas – Suppressible urges (mainly concern with good mental & spiritual heath)

Suppression of natural urges is one of the for most cause fo tridosha inequality & many diseases. Vayu (vata) is super controller & main element that provide movement of various vegas. On suppressing of any type of vegas this vayu gets obstructed and move down in different direction tissue or body part related to that specific suppressed urges get effected. The organ related to that particular vegas and finally it creat disorder. In case of kshavthu vega involve prana & udan vayu dushti i.e. not move natural direction. So many types of disease (Ardit, siroarti, manayastambh, Indriya daurbalya) occure by the forceful suppression of these urges. The information is gained by receptors through five sense organ. the function of the mind and nerve is dependent upon vayu. vata (vayu) controlled all type of sensation and motor function (Neuromuscular & mind activity) suppression of natural urge like kshavathu lead to reverse a natural pathway of pran-vayu and it lead to headache, weakness of sense organ & ardit.

- Sirograha (etiopathogenesis) - suppression of all Adharneeya vega specially (Kshavathu) the aggravated vayu reversed natural pathway while fealing up the channel of circulation of blood vessels of brain and affected rakta dhatu. when th vayu located in blood gets aggravated its afflicts the vessel carrying blood to the head. Ass a result of this, the head becomes painfull ununctuous and block this condition called shirograh.
- Ardit – Suppression of urge (kshavathu) causative factor it is clear that these cause of vitiation of vata kapha & rakta dhatu. textual description of ardit samprapty causative factor (suppression of ksahvthu) reverse pathway is increased vata when spread of help of entire body it's cause shoshan of rakta and other dhatus excessively aggravated vayu afflicts half of the body, dries up the blood circulating in the arms, feet and knee joints and causes contractions in that side of the body. Situated above the neck resulting into the vakra of mukha, nasa, lalata, netra & greeva and ultimate procuded the laskhanas of ardit.
- Manyastambha- suppression of kshavathu natural passage of vata reveres & aggravated vata is similar to the nerve impulse. Aggravated vata is coverd by kapha dosha localised neck musculs and lead to manyastambha.

Aim & Object – To highlight the importance of a Adhareeya vega.

b. To analyze the effect of khavathu vegarodh suppression disorder. like manyastambha, ardit siro-vedna, indriya daurbalya and its management classical text book.

MATERIAL AND METHOD

All the textual refrences are taken from ayurvedic classic brihattriya & laghutrayee and other different supportive literature and journals.

Kshavathu vegarodha – vegdharana of kshavthu (sneezing) cause following disease, headache, weakening of sense organs, neck rigidity & facial paralysis, a reference of charak clearly defined and indicate that vata is responsible for all activity of body.

DISCUSSION

All the vegas are mostly normal function of vata dosha. Kshavathu (sneezing) vega in invariably related to prana and udana vayu. hence the vegarodha (suppression) of kshavathu involve prana vayu and udan vayu dysfunction. Vayu is responsible for the manifestation of all types of diseases. These diseases are caused by vayu exclusively, depending upon location of this dosa in different sites of the body and its occlusion by different other dosas. By the above mentioned factor (vega+dharna) the aggravated vayu fill up vaccume channel of

circulation because of its strength (occlusion, aggravation) produced different types of disease in either one part or several parts of the body.

Principal of Management – Management of disease arising due to kshavathu vegarodha.

- Teekshna dhuma – strong fumigation herbal medicinal smoking.
- Anjana – Herbal collyrium.
- Navana – Nasal medication.
- sneha – oleation.
- swedana – steaming.

REFERENCES

1. Diagnosis & treatment of diseases in ayurveda vaidhya Bhagwan Das. 27/7 page no. 102.
2. Madhav nidan (Pr. K.R.Shrikantha murthy)
3. Astang hridayam (dr. Bulusu sitaram) 4/9 page No. 42.
4. Susruta samhita (Pr. K.R.shrikantha Marthy) 55/13 page No. 363.
5. Charak samhita (Pr. K.R.shrikantha Marthy) 7/16 page No. 109.
6. Charak samhita (Pr. K.R.shrikantha Marthy) page No. 11/ 86-87.
7. Charak samhita (Pr. K.R.shrikantha Marthy) 11/103 page No. 200.
8. Charak samhita (Pr. K.R.shrikantha Marthy) 11/104 page No. 200.
9. Charak samhita (Pr. K.R.shrikantha Marthy) 11/88 page No. 196.