

A COMPREHENSIVE STUDY OF KSHUDHA AND NIDRA VEGADHARANA WITH CONTEMPORARY INTERPRETATIONS

*¹Dr. Prerna, ²Dr. Jyoti, ³Dr. Anuradha and ⁴Dr. Vibhooti Chandrakar

¹⁻³(P.G. Scholar of Ayurveda Samhita Evam Siddhanta Vibhaga).

⁴(Associate Professor of Ayurveda Samhita Evam Siddhanta Vibhaga).

Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan Haridwar, (Uttarakhand).

Article Received on
05 September 2023,

Revised on 25 Sept. 2023,
Accepted on 15 Oct. 2023,

DOI: 10.20959/wjpr202319-29885

*Corresponding Author

Dr. Prerna

(P.G. Scholar of Ayurveda
Samhita Evam Siddhanta
Vibhaga). Patanjali Bhartiya
Ayurvigyan Evam
Anusandhan Sansthan
Haridwar, (Uttarakhand).

ABSTRACT

Ayurveda teaches us that all diseases begin when we live in disharmony with our environment. Understanding the causes of diseases has multiple implications, allowing for the development of models for both disease prevention and treatment. *Ayurveda* identifies three main causes of disease: *Prajnaparadh*, *Asatmeindriyarthasamyoga*, and *Parinam*. The human body is an astonishingly complex system, equipped with various mechanisms to maintain balance and eliminate harmful substances and these functions are facilitated through natural urges known as *Vegas*. When these urges are forcefully suppressed, it is referred to as *Vegadharana*. According to *Ayurveda* various disease are caused by suppression of natural urges (*Vegdharana*) as testified by *Acharya Sushruta* who has

described 13- types of *Udavarta Rogas* out of these 13 *Vegas*, suppression of *Kshudha* and *Nidra Vega* (suppression of urge to hunger and sleep) also should not be retained as others controlling urge. The fundamental aspects stand out as indispensable for our survival and well-being i.e. hunger (*Kshudha*) and sleep (*Nidra*). Due to more urbanization, sedentary lifestyle people ignored and suppressed the urge of *Kshudha* and *Nidra* which may lead to impairment of both *Shareerik* and *Mansik Dosha*. If we do it often, this will result in serious complications like emaciation, General weakness, discoloration of body, body ache, vertigo. Hence, to maintain a healthy and balanced life, it is crucial to promptly satisfy our natural urges, addressing them as soon as they manifest. This review article endeavors to elucidate the various repercussions associated with the suppression of urges like hunger (*Kshudha Vega*) and sleep (*Nidra Vega*) as mentioned in *Ayurvedic* texts. It also outlines the strategies

for managing complications that may arise from neglecting these natural bodily signals. In this review article, attempts is made to explain various consequences of Kshudha and Nidra Vega Dharana mentioned in Ayurvedic texts and also enlist the management of the complications occurred by suppressing the natural urge of Kshudha and Nidra Vega (urge of hunger and sleep).

KEYWORDS: *Vega, Vegadharana, Adharniya Vega, Jrimbha, Nidra.*

INTRODUCTION

Our bodies are constantly engaged in various activities, many of which operate beyond our conscious awareness. While we have the ability to halt or regulate some of these activities, it's crucial to recognize that certain *Vegas* (urges) play a paramount role in the proper functioning of our bodies. The body possesses inherent defense mechanisms, manifested as natural urges, to rid itself of these noxious elements, a principle known as *Vegas*. To compose balance of these substances our body is equipped with *Vegas*, those are natural urges appears naturally. Classical Ayurveda text elucidates most important cause of all the diseases is suppression of natural urges. Therefore, it is essential not to overlook awareness of these urges as a means of maintaining good health.

Acharya Charaka mentioned thirteen *Vegas* are *Mutra, Purisha, Shukra, Apanavayu, Chardi, Kshavathu, Udgara, Jrimba, Kshudha, Trishna, Vashpa, Nidra and Shramaswasa Vega*, Acharya Vagbhata added *Kasa Vega* as *Adharaneeya Vega* instead of *Udgara Vega* Acharya Sushrutta has categorized disease due to suppression of urges causing vitiation of *Vata* under *Udavarta*. *Kshudha* and *Nidra Vega* both are one of *Adharniya* (non suppressible) *Vega*. *Kshudha*, or hunger, is the sensation that arises when your body requires nourishment. Food serves as the primary source of energy for both the body and the brain. Nothing can match the healing power of food. It is entirely plausible to achieve a state of disease-free health through a b diet alone. Food not only boosts vitality and fortitude but also invigorates the body, enhancing enthusiasm, memory, Agni (digestive fire), longevity, radiance, and ojas (vital essence). On the other hand, *Nidra* is given prime importance that it is included among *Trayaupstambha* (3 important pillars for maintaining Healthy life). While discussing about *Nidra*, our classics mentions that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as the survival of life and its termination depend on the sleep.^[4] *Nidra* is key for happy life, it increases the strength, maintain the consistency of body. It increases the brain health it falls under the

category of *Adharaniya Vega*. Suppressing it can lead to issues such as headaches, body aches, and heaviness in the eyes. Sufficient and timely sleep is crucial for overall well-being and a high quality of life. Adequate sleep also plays a pivotal role in promoting the growth and development of the body (*Dhatu Pushti*)."

"In today's fast-paced world, factors such as busy lifestyles, late night studying or working shifts, a lack of awareness about the significance of timely eating and sleeping have led people to suppress their natural hunger and sleep urges. This can create a pathological condition that predisposes individuals to various diseases. This condition tends to develop in those who habitually suppress their natural urges over an extended period. Therefore, it is imperative to heed these urges and avoid suppressing them, as doing so may result in the onset of a variety of illnesses affecting both the body and the mind."

Concept of Vegadharana

The term "*Vega dharana*" comprises two words - *Vega* and *Dharana*. *Vega* refers to the "natural urge," and *Dharana* means "suppression." Therefore, collectively, "*Vega dharana*" implies the forceful suppression of natural urges. These natural urges represent the normal bodily activities through which unwanted and waste products are expelled from the body at regular intervals. The body carries out this process in a timely manner. If a person wants to remain swastha he should not do *Vega dharana* of the *Adharaniya Vega*.

Effect on Doshas

Ayurveda is based on the concept of *Tridosha* (*Vata*, *Pitta*, and *Kapha*), and *Vegadharana* can disrupt this delicate balance. *Vata Dosha* plays a pivotal role in regulating our natural bodily urges. The suppression of these urges leads to the disturbance of *Vata Dosha* due to its mobile characteristics (*Chala guna*). When *Vata Dosha* becomes imbalanced, it disrupts the equilibrium of the other two *Doshas*, namely *Pitta* and *Kapha*. This imbalance results in *Vikrit Gati*, or abnormal directions of functioning, which can manifest as upward (*Urdhav*), downward (*Adho*), or peripheral (*Tiryak*) movements. These abnormal movements not only disrupt overall health but can also affect the functioning of other *Doshas*.

Kshudha Vegadharana

Kshudha Vega is among the irresistible urges that should never be suppressed by those aiming to sustain good health. It represents a crucial urge necessary to uphold the normal physiological rhythms in various organ systems. In Ayurveda, health is defined as the

equilibrium between *Dosha*, *Dhatu*, *Mala* and any factor that disrupts this balance can lead to disease. According to *Acharya Charaka*, *Prana Vayu*, with its attractive force, guides ingested food into the *Kostha*. In this space, the food is softened by unctuous substances and broken down into smaller particles through the action of saliva. Following this, the *Agni* (digestive fire) located in the *Udara* is stimulated by *Samana Vayu*. This *Vayu*-activated *Agni* aids in the digestion of an appropriate quantity of food consumed at the right time, contributing to the promotion of longevity. However, the suppression of *Kshudha Vegadharana*, or the urge of hunger, can lead to *Vayu* vitiation, resulting in *Agnidushti*. As a consequence, the *Dhatus* are not adequately nourished, potentially leading to *Dhatu kshaya*. In today's evolving lifestyle, marked by mental stress and extended working hours, people often overlook their hunger urges."

Acharya Charaka has mentioned the following symptoms of *Kshudha Vegadharana* as *Karsharya* (emaciated), *Daurbalya* (weakness), *Vaivarnaya* (discoloration), *Angamarda* (bodyach), *Aruchi* (Anorexia), *Bhrama* (vertigo), *Glani* (debility), *Shool* (pain). In *Ashtanga Sangraha* it is added that loss of appetite, pain in the abdomen are also due to *Kshudha Vegadharana*.

1. **Karsharya:** It is a one of the symptom Vitiated *Vatta Dosha* plays important role in pathogenesis along with vitiated *Pitta*. *Pachaka pitta* leads to *Agnidushti* as a result of which the *Dhatus* are not nourished properly leading to *Anuloma Kshaya* (depletion of body tissue).
2. **Daurbalya:** *Ojas* is the essence of seven dhatus and is responsible for the strength of an individual. *Daurbalya* can occur due to *ojas Kshaya*.
3. **Vaivarnya:** It means discolouration i.e. not like the normal colour of *Twacha*. *Acharya Charaka* mentioned it under *Raktadatu dushti*.
4. **Angamarda:** Due to *Rasadhatu Dushti vedana vishesha* is termed as *Angamarda*.
5. **Aruchi:** According to *Acharya Bhavaprakasha* *Aruchi* is not finding proper taste in tasteful and good food even if one is hungry. Impaired *Vata* and *Pitta Dosha* due to *Vegadharana* lead to tastelessness in tongue and hatered toward food.
6. **Bhrama:** *Acharya Madhavkara* explains the clinical feature of *Bhrama* as *Chakravat bhramate* i.e. spinning movement of head. So it is due to *Majjadhatu Dushti*.

Physiology of hunger as per modern

Hunger is a complex physiological and psychological phenomenon regulated by a combination of reflexes, hormonal signals, and neural pathways. The physiology of hunger involves several key components, including the regulation of appetite, digestion, and energy balance. Here's an overview of the physiology of hunger reflexes:

1. Hormonal Regulation

Ghrelin: Ghrelin is often referred to as the "hunger hormone." It is primarily secreted by the stomach when it is empty and signals the brain to stimulate appetite and increase food intake.

Leptin: Leptin, produced by fat cells (adipocytes), acts as a satiety hormone. It informs the brain about the body's energy stores and helps regulate appetite. When fat stores are sufficient, leptin levels rise and decrease hunger.

2. Neural Pathways: The hypothalamus, a key region in the brain, plays a central role in regulating hunger and satiety. It receives signals from various sources and integrates them to modulate appetite. The vagus nerve, which connects the digestive organs to the brain, relays information about the state of the digestive system to the brain. Distension of the stomach and nutrient absorption trigger signals that can influence hunger and fullness.

Symptoms of suppression of hunger reflex as per contemporary science

- 1. Weakness and Fatigue:** Ignoring hunger cues can lead to low blood sugar levels, causing weakness, fatigue, and difficulty concentrating.
- 2. Irritability and Mood Changes** Hunger can affect your mood, and suppressing it may lead to irritability, mood swings, and increased stress. When the glucose levels are lowest, which is when we feel hungriest, anger towards spouses was greater. Deficiencies in vitamins and minerals can cause damage to neurotransmitters, which regulate things like mood and sleep patterns.
- 3. Nutritional Deficiencies:** Chronic suppression of hunger can lead to nutrient deficiencies over time, affecting overall health and potentially causing health problems.
- 4. Eating Disorders** consistently suppressing hunger may contribute to the development of eating disorders like anorexia nervosa or bulimia nervosa. While individuals with anorexia often engage in behaviors that involve restricting food intake and ignoring hunger signals, the development of anorexia is a complex interplay of various factors.
- 5. Muscle Loss:** Severe or chronic under eating can lead to muscle loss, weakening your body and reducing physical strength.

- 6. Body ache** when we are hungry, your body might tense up as a stress response, leading to muscle tension and discomfort. A lack of food means your body isn't receiving the necessary energy and nutrients it needs to function properly. This can result in weakness, fatigue, and overall bodily discomfort.

Nidra Vegadharana

When the mind (along with *Atma*) gets exhausted or becomes inactive and the sensory and motor organs become inactive, then the individual gets sleep. For all the living beings in the world including plants, the sleep is an essential phenomenon like food and water and also restores the energy. Ancient scholars have given importance to sleep and discussed different patterns of sleep with their significance and role in the maintenance of positive health. It has been observed that all living beings enjoy sleep to keep their body and mind energetic.

Acharya Charaka has mentioned the following symptoms of *Nidra Vegadharana* as *Angmarda* (bodyache), *Jrimbha* (frequently yawning), *Tandra*, *Moha* (delusions), *Gourava* (heaviness), *Akshigourava* (heaviness of eyes), *Aalsya* (lassitude).

Physiology of sleep as per contemporary science

Sleep is a dynamic physiological process crucial for overall health. Regulated by the circadian rhythm, the sleep-wake cycle comprises alternating stages: Non-Rapid Eye Movement (NREM) and Rapid Eye Movement (REM) sleep. NREM sleep deepens from light (N1) to slow-wave sleep (N3), characterized by slow brain waves. During REM sleep, vivid dreams occur, and muscles are temporarily paralyzed. Neurotransmitters like serotonin and norepinephrine influence wakefulness, REM, and NREM sleep. Melatonin, produced by the pineal gland, helps time sleep onset. Sleep entails hormonal fluctuations, including growth hormone release during deep sleep, supporting tissue repair and immune function. Muscle tone decreases during NREM sleep, promoting relaxation, while some muscles remain active for essential functions. Body temperature drops during sleep, affecting sleep onset. Sleep alters heart rate, blood pressure, and breathing patterns across stages.

Symptoms of suppression of sleep reflex as per contemporary science

- 1. Sleep Deprivation:** Prolonged suppression of sleep can lead to sleep deprivation, which can cause a range of physical and mental health issues, including fatigue, reduced cognitive function, mood disturbances, and increased stress.

2. **Bodyache (*Angmarda*):** A lack of sleep also leads to the release of molecules that are pro-inflammatory, a condition known as systemic inflammation. As expected, this leads to aches in the muscles and joints.
3. **Heaviness in the eyes (*Akshigourava*):** It is often described as a sensation of tiredness or fatigue in the eye muscles, is a common symptom of sleep deprivation or inadequate sleep. Upset the lacrimal system function in secretion, lipid metabolism, as well as protein synthesis, which all contribute to the occurrence of heaviness of eyes.
4. **Mood Disturbance (*Moha*):** Sleep deprivation is often associated with irritability, mood swings, and an increased risk of mood disorders like depression and anxiety due to damage to neurotransmitters.
5. **Impaired Cognitive Function:** Lack of sleep can impair memory, concentration, problem-solving abilities, and decision-making, which can affect your overall performance and productivity.
6. **Yawning (*Jrimbha*):** Yawn when we're drowsy or excessively sleepy. Excessive yawning is often associated with factors other than sleepiness or boredom.

DISCUSSION

Vega (Natural urges) represents the body's innate reflexes responsible for expelling toxins and maintaining overall health. When natural urges are suppressed, it can have a profound impact on various body system and lead to many diseases. This *Agni* stimulated by *Vayu*, helps in the digestion of food of appropriate quantity taken in required quantity and in right time for promotion of longevity. Due to *Kshudha Vegadharana Vayu* get vitiated leads to *Agnidushti* in turn *Dhatu*s are not nourished properly leads to *Dhatu Kshaya* and leads to symptoms like *Karshya* (emaciated), *Daurbalya* (weakness), *Vaivarnaya* (discoloration), *Angamarda* (bodyache), *Aruchi* (loss of taste), *Bharma* (vertigo). While discussing about *Nidra*, our classics mentions that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as the survival of life and its termination depend on the sleep. *Nidra* is key for happy life, it increases the strength, maintain the consistency of body. In today's era, factors such as busy lifestyles, late night studying or working shifts, a lack of awareness about the significance of timely sleeping have led people to suppress their natural sleep urges. This can create a pathological condition that predisposes individuals to various symptoms like *Angmarda* (Body ache), *Jrimbha* (frequently yawning), *Tandra*, *Moha* (delusions), *Gourava* (heaviness), *Akshigourava*

(heaviness of eyes), *Alsya* (lassitude). So it is important to have sleep at proper time to avoid acute to chronic conditions of body.

CONCLUSION

Vegadharana, as elucidated in the chapter on *Roganutpadaniya Adhyaya*, pertains to the prevention of disease onset. It is recognized as a causative factor in various illnesses. According to *Ayurveda*, the primary approach to treating all types of diseases is '*Nidana Parivarjanam hi Chikitsa*,' which translates to the idea that averting the root cause constitutes the treatment itself. Consequently, any ailments resulting from the suppression of natural bodily urges can be averted simply by refraining from such suppression. In our contemporary lives; we frequently compromise our health due to delayed sleep and improper dietary habits and routines. Prolonged suppression of *Kshudha* and *Nidra Vega* can disrupt regular physical and mental functions. This article aims to raise awareness about avoiding the suppression of natural bodily urges to prevent the corresponding diseases from afflicting individuals.

REFERENCE

1. Dr Ram Karan Sharma and Vaidya Bhagavana Dash, editors, Agnivesha's Charaka Samhitha based on Chakrapanidattas Ayurveda Dipika, Volume I Sutrasthana, 7/3,4, Varanasi, Choukamba Sanskrit series office, seventh edition, 2001; 146.
2. T Sreekumar, Ashtanga Hridaya – Vagbhata, Sutrasthana – I, 4/1, Trissure, Kerala, Publication Department Harisree Hospital, Second edition, 2008; 101.
3. Prof K R Srikantamurthy, Ashtanga sangraha of Vagbhata Vol - I, sutrasthana, 5/2, Second Edition, Varanasi, Choukamba orientalia, 1998; 71.
4. Bhati K et al., International Journal of Herbal Medicine, 2014; 2(5): 09-12.
5. Agnivesha, Charaka, Dhrudhabala, Charaka S, edited by Vd. Yadavji Trikamji Acharya, published by Chaukhambha Surbharati Publications, Varanasi, reprint, sutrasthana, 2000; 21/36: 118.