

Literature review of *Adharneeya vega* in *Brihat-trayi*Arti Firke^{1*}, Ankita S. Chavan²¹Associate Professor, P. G. Scholar², Department of Swasthavritta^{1,2}^{1,2}PDEA's College of Ayurved and Research Centre, Nigdi, Pune, Maharashtra, India-411044

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Submission: 17.12.2021

Acceptance: 10.02.2022



Publication: 28.02.2022

https://www.doi.org/10.63778/PDEASIJRAAS-ARJCPL/2022_22828

Abstract:

The human body eliminate the harmful substances out of the body and balances the body. The body gives signal can be known as naturel urges. Every human must sense and respect these urges. In *Ayurveda* these naturel urges known as *Vegas* and suppression of *vegas* known as *Vegadharana*. The study aimed to identify and analyse the effects and common clinical features of *Vegadharana* on body. Thus, *vegadharana* give rise to vitiation of *Vata dosha*. As we know prevention is better than cure, so suppression of urges must be avoided which must be helpful to prevent further complications.

In *Ayurveda*, suppression of these natural urges told as main cause of disease formation, hence it should be avoided. These are 13 natural urges. Suppression of these give rise to bad health conditions. In this article, literature review of *adharneeya vegas* done in compliance with *Brihat-trayi*.

Key Words: *Vega*, Urges, *Adharneeya vega*, Suppression of natural urges

Introduction:

Prevention from diseases in healthy person and cure of diseases in ill person, these 2 objectives of *Ayurveda* mentioned in literature. In *Ayurveda*, *vega* (urges) mentioned as fundamental concept. Body gives signals through *vegas*, so one should follow these signals on priority basis than to avoid them. In this current fast-moving world knowingly or unknowingly people do that very often. Doing this on regular basis give rise to unhealthy condition and that turns into sickness. That's why it's important to follow urges and not to suppress them.

Vegadharana word made from 2 words - *Vega* and *Dharana*. *Vega* reflects natural urge and *Dharana* reflects suppression. In all this word means suppression of natural urges. The signal given by urges has role of awakening body system for a particular function. Urges are necessary for the proper function of body. Such as elimination of harmful substances. *Vegas* can broadly divide in 2 types – *Dharaneeya vegas* and *Adharneeya vegas*. *Adharneeya veags* on suppression develops disease on other hand *Dharneeya vegas* on suppression avoid disease. This is the main difference between these 2 types.

Vegas keep body and mind healthy when addressed at proper time, if neglected it can lead to various diseases. *Acharya Sushruta* explained that, suppression of *vegas* leads to vitiation of *Vata Dosha*.

Acharya Sushruta explained *Vegadharana* as *Udavarta*. Vitiating *Vata dosha*, specifically *Apana vata* moves randomly and in upward direction *Urdhwagati*. This known as *Udavarta* and it interferes with functioning of specific *srotas* and disturbs the whole-body functions, appearing symptoms at whatever, they are accumulated.⁽¹⁾ If natural urges suppressed, *Vata dosha* become vitiated. It leads to vitiation of *Kapha* and *Pitta dosha*. This *tridosha* imbalance causes the various types of disease in all systems.⁽²⁾

Workload pressure, changes in lifestyle, sleep, times of meal, duty time peoples inadvertently tend to suppress most of the *Adharaneeya Vegas*. If urges suppressed occasionally can be fine, but if done on regular basis can lead to vicious cycle and various diseases. All this can lead to ill health.

Acharya Charaka told, 13 types of natural urges. In addition to these *vegas*, 14th *vega* is mentioned by *Vagbhata*. *Vata dosha* controls initiation & suppression of these urges, but vitiated *vata dosha* results into diseases. Hence *Adharneeya Vega* are explained in '*Roganutpadniya Adhyaya*'.

Acharya Charaka has described 13 *Adharneeya vega* in "*Navegandharneeya*" *adhyaya*.⁽³⁾ *Acharya Vagbhata* has described 14 *Adharneeya vega* in "*Roganutpadniya Adhyaya*"⁽⁴⁾. *Acharya Sushruta* has described 13 *Adharneeya vega* in "*Udavartapratishedham*" *adhyaya*.⁽⁵⁾

Table No. 1: *Sankhya of Adharaneeya Vega in Briha-trayi*

Sr. No.	Samhita	No. of Vega's
1	Charaka Samhita	13
2	Sushruta Samhita	13
3	Ashtanga Samgrah	14

The *Vata dosha* with its *chala guna* is responsible for functioning of natural urges. So, suppression of these *adharaneeya vegas* results into disturbance in *Vata gunas* and functioning.

These are the natural urges which should not be suppressed & if suppressed habitually causing adverse effects on body.

In *Brihat-trayi Acharyas* stated common thirteen *Vegas* are

1. *Mutra*
2. *Purisha*
3. *Retasa*
4. *Vata*
5. *Chardi*
6. *Kshawathu*
7. *Udgara*
8. *Jrumbha*
9. *Kshudha*
10. *Pipasa*
11. *Bashpa*
12. *Nidra*
13. *Shrama-shwasa*

Acharya Vagbhata added *Kasa vega* as *Adharneeya Vega* instead of *Udgara Vega*.⁶

1. *Mutra Vegadharana* –^(7,8,9)

Suppression of *Mutra Vega* leads to *Basti-Mehana shula* (pain in bladder and penile region), *Mutrakricha* (Dysuria), *Shiroruja*, *Vinama*, *Vankshana anaha* (Distension).

Acharya Sushruta also mention *Alpa Alpa Mutrata*. *Acharya Vagbhata* mention *Angabhanga*, *ashmari* and diseases of *mala* and *vayu vegdharana*.

Treatment of above signs & symptoms mentioned in *Samhita* are *Swedana*, *Avagahana*, *Abhyanga*, *Avpidaka Ghritapana*, *Trividha bastikarma*. *Avapidak ghritapana* means taking of large quantity of ghee before food and after digestion of food.

2. *Purisha Vegadharana* –^(10,11,12)

Suppression of natural urge of defecation leads to *Pakwashaya shula* (pain in abdomen), *Shirahshula* (headache), *varcha apravrtana* (obstruction of stool), *Vata apravrtana* (obstruction of flatus), *Pindikodveshtana* (cramps in calf muscles), *Adhmana* (distension of abdomen). *Acharya Sushruta* also described *Atopa*, *Prikartana* (anal itching sensation), *Purisha-sanga*, *Urdhwa vayu* (upward movement of *vata*). *Acharya Vagbhata* also explained *Pratishyaya* (running nose), *Hridayasya uparodhanam* (stiffness in chest), *Adhodayuroga*.

Treatment of *Purisha vegadharana lakshanas* are *Svedana*, *Abhyanga*, *Avagaha*, *Varti*, *Bastikarma*, *Pramathi annapana*

– food which is laxative in nature. *Acharya Vagbhata* also mentioned *Vidbhedi annapana* in treatment of *purisha Vegadharana*.

3. *Retas Vegadharana* –^(13,14,15)

Suppression of urge to discharge semen leads to *Medhrrushana shula* (Pain in penis and testicles), *Angamarda* (Body pain), *Hridhi-vyatha* (Discomfort in Heart), *Mutra vibaddhata* (obstruction in urine).

Acharya Sushruta and *Vagbhata* also mentioned *Shukra Ashmari* (seminal caliculi), *Shukrastravanam* (Oozing of semen). In addition to this *Acharya Vagbhata* also mentioned *Shwayathu* (swelling in genital region), *Jwara* (fever), *Vrudhi* (hernia), *Shandhyata* (impotency).

Management of *Shukra vegadharana* are *Abhyanga*, *Avagaha*, *Madirapana*, *Charanayudha mansabhakshana* (Meat of *charanayudha*), *Shali-paya sevanaa*, *Niruha*, *Maithuna*.

4. *Vata Vegadharana* –^(16,17,18)

Vata Vegadharana leads to *Vit-mutra sanga* (obstruction of stool urine), *Adhmana* (distention of abdomen), *Klama* (exhaustion), *Jathare vedana* (abdominal pain). *Acharya Sushruta* & *Vagbhata* also mentioned *Hrid-gada* (disease of heart), *Shula/Ruk* (Pain in abdomen). *Acharya Sushruta* also mentioned *Shiro-ruja* (Headache), *Kasa* (cough), *Hikka*, *Shwasa* (Dyspnoea), *Pratishyaya* (running nose), *Galagraha*. *Acharya Vagbhata* also mentioned *Gulma* (abdominal tumor), *Udavarta* (Upward movement of *vata*), *Drushti vadha* (Blurring of vision), *Agni vadha* (Loss of digestive power).

Management of above signs & symptoms are *Snehana*, *swedana*, *Asthapana*, Use of *Vatashamaka* and *anulomaka dravya* as food and drink, *basti prayoga*.

5. *Chardi Vegadharana* –^(19,20,21)

Suppression of *Chardi vegadharana* leads to *Kandu* (itching), *Kotha* (Skin eruption), *Aruchi* (Anorexia), *Vyanga* (Pigmentation on face), *Shotha* (Oedema), *Pandu* (Anemia), *Jwara* (Fever), *Kushta* (Skin disease), *Hrillasa* (Nausea), *Visarpa* (erysipelas). *Acharya Vagbhata* also mentioned *Akshikandu* (Eye disorder), *Kasa* (Cough), *Shwas* (Dyspnoea).

Treatment of *Chardi Vegadharana* is *Langhana*, *Raktamokshana*, *Virechana*, *Rukshaannapana sevana*, *Dhumapana*, *vyayama*. *Acharya Sushruta* also mentioned *snehana*, *swedana*. *Acharya Vagbhata* also mentioned *Gandusha*, *Sakshara-lavana-taila* *Abhyanga*.

6. *Kshawathu Vegadharana* –^(22,23,24)

Manyasthambha (Stiffness of the neck), *Shirah-shula* (Headache), *Ardita* (Facial paralysis), *Ardhavabhedaka*

(Partial headache), *Indriya Daurbalya* (Weakness of sensory organs).

Treatment of *Kshawathu Vegadharana* is *Urdhwajatrugata abhyanga*, *Swedana*, *Dhumapana*, *Navana*, *Auttarbhaktika ghrita*. *Acharya Sushruta & Vagbhata* also mentioned *Tikshna Anjana*, *Arka-avalokanai*, *Vataghna annapana*.

7. *Udgara Vegadharana* –^(25,26)

Udgara Vegadharana leads to *Hikka* (Hiccup), *Shwasa* (Dyspnoea), *Aruchi* (Anorexia), *Kampa* (tremors), *Hridayoraso sthambha* (stiffening sensation in chest region). *Acharya Vagbhata* also mentioned *Vibhandha* (Constipation), *Adhmana* (Distention of abdomen), *Kasa* (Cough).

Management of *Udgara Vegadharana* is explained under *Hikka chikitsa*.

8. *Jrumbha Vegadharana* –^(27,28,29)

Vinama (Bending of the body), *Akshepa* (Convulsions), *Sankocha* (Contraction of the body), *Supti* (Numbness), *Kampa pravepanama* (Shaking of the body). *Acharya Sushruta* mentioned *Manyasthambha* (Neck stiffness), *Shirovikara*, *Kshotra-anan-ghrana-lochana- vikara*.

Treatment of *Jrumbha vegdharana* are *Snehana*, *swedana*, *Vatanashaka chikitsa*.

9. *Kshudha Vegadharana* –^(30,31,32)

Karshya (emaciation), *Daurbalya* (Weakness), *Vaivarnya* (Discoloration) of the skin, *Angamarda* (Body pain), *Aruchi* (Anorexia), *Bhrama* (Giddiness). *Acharya Sushruta* also mentioned *Tandra* (Malaise). *Acharya Vagbhata* also mentioned *Ghani* (Debility), *Shula* (pain in abdomen).

Management of *Kshudha vegadharana* are *Snigdha*, *Ushna*, *Laghu*, *Alpa bhojana*.

10. *Pipasa Vegadharana* –^(33,34,35)

Suppression of *Pipasa Vegadharana* leads to *Kantha-asya shosha* (Dryness of throat & mouth), *Badhira* (Deafness), *Shrama* (tiredness), *Sada* (Exhaustion), *Hridhi Vyatha* (Discomfort in chest). *Acharya Vagbhata* also mentioned *Sammoha* (Loss of consciousness), *Bhrama* (Giddiness).

Treatment of *Pipasa Vegdharana* is *Shita Tarpana*.

11. *Bashpa Vegadharana* –^(36,37,38)

Suppression of *Bashpa Vegadharana* leads to *Pratishyaya* (running nose), *Akshiroga* (Diseases of eye), *Hridroga* (Diseases of Heart), *Aruchi* (Anorexia), *Bhrama* (Giddiness). *Acharya Sushruta* also mentioned *shirogurutvama* (Heaviness in head). *Acharya Vagbhata* also mentioned *Manyasthambha* (Stiffness of neck), *Gulma* (Abdominal tumor).

12. *Nidra Vegadharana* –^(39,40,41)

Suppression of *Nidra vegdharana* leads to *Jrumbha* (Frequent yawning), *angamarda* (Body pain), *tandra* (Malaise), *Shiroroga* (Headache), *Akshigaurava* (Heaviness of eye). *Acharya Vagbhata* also mentioned *Moha* (Delusions), *Murdhagaurava* (Heaviness of head), *Alasya* (Lassitude).

Management of *Nidra vegadharana* are *Svapna*, *Sanvahana*.

13. *Shrama-Shwasa Vegadharana* –^(42,43,44)

Suppression of *Shram-shwasa vegdharana* leads to *Gulma* (Abdominal tumor), *Hrid roga* (Diseases of Heart), *Samoha* (Loss of consciousness). *Acharya Sushruta* also mentioned *Moha*, *Jrumbha*, *Angamarda*, *Shiro-akshi jadya*.

Management of above signs & symptoms are *Vishrama*, *Vataghna kriya*.

14. *Kasa Vegadharana* –⁽⁴⁵⁾

Suppression of *Kasa Vegadharana* leads to Increases *Kasa*, *Shwasa* (Dyspnoea), *Aruchi* (Anorexia), *Hridhi-amaya* (Cardiac disorders), *Shosha* (Emaciation), *Hikka* (Hiccough).

Treatment of *Kasa Vegadharana* is Treatment mentioned in *Kasa chikitsa*.

Discussion:

Every system of body reflexes eliminates toxic substances from body through urges. Mostly affected systems of the body with responsible urges.

Table No. 1: Mostly affected systems of the body with responsible urges.⁽⁴⁶⁾

Sr. No.	Affected system	Suppressible urges	Number of urges
1.	Urinary system	<i>Mutra Vega</i> , <i>Shukra Vega</i> , <i>Adhovata Vega</i>	03
2.	Respiratory system	<i>Purisha Vega</i> , <i>Udgara Vega</i> , <i>Chardi Vega</i> , <i>Kasa Vega</i>	04
3.	Cardiovascular system	<i>Shukra Vega</i> , <i>Purisha Vega</i> , <i>Adhovata Vega</i> , <i>Udgara Vega</i> , <i>Trushna Vega</i> , <i>Kasa Vega</i> , <i>Shramaja Shwasa Vega</i>	07
4.	Gastrointestinal system	<i>Udgara Vega</i> , <i>Adhovata Vega</i> , <i>Bashpa Vega</i> , <i>Shramaja Shwasa Vega</i> , <i>Kshuda Vega</i> , <i>Kasa Vega</i> , <i>Purisha Vega</i>	07
5.	Reproductive system	<i>Shukra Vega</i> , <i>Mutra Vega</i>	02

Vega dharana affects every body system. Acute or chronic disease can be manifested due to non-suppression of these *Adharaneeya Vegas*. Such as Headache, Constipation, Eye diseases, Deafness, Weakness of the body. In longer stand these produces serious disease like heart disorder, gastrointestinal disorders. Equilibrium and normalcy of body and *doshas* depend upon *Vata dosha*, suppression of *Vata dosha* leads to vitiation of *Vata*, which ultimately leads to imbalance in all *doshas* and to diseases.

Conclusion:

If *adharaneeya vegas* addressed at right time, then it will not lead to any imbalance or any disease. Also, it can be used as measure to prevent diseases. Individual can live happy and healthy life. As described in *Ayurveda Nidana Parivarjana*, this is first step in Prevention.

“Prevention is better than cure” hence, it is good that not to suppress natural *vegas*. It's also first line of treatment in any disease. So, with help of this *Vaidya* and patient can try to defeat any disease. *Adharaneeya Vega* study can be concluded that by addressing natural urges appropriately without suppressing them individual can stay healthy and happily.

Awareness of this *vegadharana* (suppression of natural urges) can lead to healthy state. It also can prevent number of diseases. It will give boost to medicinal treatment also. This is very simple and effective way to prevent and cure disease. Therefore, education of this to patient is very important during consultation. This will ultimately benefit to healthy state.

Following this non-suppression of naturel urges one can prevent himself from landing in big health trouble. This is first step towards healthy state.

Source of Support: Nil

Conflict of Interest: Nil

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