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A Critical Interpretation On *Adharniya Vega* According To Classical *Samhita* - A Brief Review Study

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ABSTRACT: -

Adharniya Vegas are the urges which should not be suppressed because they are produced due to unavoidable excreta. The suppression of urges is not a good habit and gives rise to certain problems and disorders. Out of these thirteen, six of them cause *Udavartha* (reverse movement of *Vata*). In Sushruta Samhita there is no separate chapter but thirteen types of *Vega* (Urges) their definition, disorders and treatment are mentioned in chapter *Udavartha Pratishedha* Acharya Charak has discussed thirteen types of *Adharniya Vega* (Suppression of Natural urges), their disorders and treatment in *Sutra sthana* chapter-7. In *Ashtanga Hridaya* it is quoted that different diseases occur on suppressing the urges and also by producing the urges forcefully. *Adharniya Vega* (Suppression of Natural Urges) is one of the foremost causes of all disease. All *Ayurvedic* texts have mentioned *Adharniya Vega* (Suppression of Natural urges) is most important cause for *Hridroga* (Cardiovascular Disease). Suppression of natural urges is very common in today's era and especially jobs like office work, taxi driver, teaching etc. and it leads to disease like cardiovascular disease, digestive disorder, gynecological problem, urinary tract infection etc In spite of this suppression of hunger, thirst, sleep, vomiting and Lacrimation are also harmful for the person.

Keywords: *Adharniya Vega, Vatavarchapravartana, Vegavarodhajanya, etc.*



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INTRODUCTION

The concept of Adharniya Vega or non-suppression of natural urges is the applied physiology and its role in production of disease is emphasized. In total 13 *Vegas* are described by different *Acharyas* along with disorders on their suppression and their treatment. Modern science says that harmful excretory products formed during metabolism are needed to be eliminated from the body because they are useless and harmful for the body.^[1] During elimination of these compounds from the body, urges are felt by an individual which aware him or her for removal of such products. The suppression of urges is not a good habit and gives rise to certain problems and disorders. Out of these thirteen, six of them cause *Udavartta* (reverse movement of *Vata*). In *Sushruta Samhita* there is no separate chapter but thirteen types of *Vega* their definition, disorders and treatment are mentioned in chapter *Udavartta Pratishedha* Acharya *Charak* has discussed thirteen types of *Adharniya Vega* (Suppression of Natural urges)^[2], their disorders and treatment in *sutra Sthana* chapter-7. If people start suppressing these urges then excretory products will accumulate inside the body and this condition will harm that individual. By the elimination of natural urges people will not suffer from related problems. The aim of this paper is to make awareness about these *Adharniya Vega* (Suppression of Natural urges) because their suppression as well as forceful production both are harmful for health.^[3]

There are number of risk factor mentioned by modern science like unhealthy diet, lack of exercise, tobacco, alcohol and stress etc. people are aware about this risk factor but still burden of CVD increases day by day in the society. In all Ayurvedic classic text common risk factor for *Hridroga* ^[4] (Cardiovascular Disease) are mentioned like eating of heavy diet, unctious food, heavy work, stress,

eating food before digestion of previous taking food, *Abhigata* (Injury) excessive consumption astringent and food and most significant that is *Vega Dharana* (Suppression of Natural Urges) and people are not attentive about that. All disease is because of *Vega Dharana* (Suppression of Natural Urges).^[5] The word “*Vegadharan*” has two components *Vega* + *Dharan*. Thus, *Vegadharan* means suppression of natural urges. *Ayurvedic Samhita's* describes thirteen natural urges which should never be suppressed (*Adharniya Vegas*).^[6]

AIM & OBJECTIVES

To evaluate the study on *Adharniya Vega* (Suppression of Natural urges), according to *Classical Samhita*

MATERIALS AND METHOD

Materials related to *Adharniya Vega* have been gathered from various publications & journals, *Ayurvedic* and Modern texts, authentic websites (PubMed, Medicinal Plants, etc.), Authentic Magazines, Literature, Manuscripts, Sanskrit Dictionary, *Shabdakosha*, etc.

These *Vega's* are ^[7]

1. *Vata* (Suppression of urge for Flatus)
2. *Purisha* (Suppression of urge for Defecation)
3. *Mutra* (Suppression of the urge for Urination)
4. *Kshavathu* (Suppression of urge for Sneezing)
5. *Trishna* (Suppression of urge for Thirst)
6. *Kshudha* (Suppression of urge for Hunger)
7. *Nidra* (Suppression of urge for Sleep)
8. *Kasa* (Suppression of urge for Cough)
9. *Shramashwasa* (Suppression of urge for deep Breathing after exercise)
10. *Jrumbha* (Suppression of urge for Yawning)
11. *Ashru* (Suppression of urge for Lachrymation)
12. *Chhardi* (Suppression of urge for Vomiting)

13. *Shukra* (Suppression of urge for Ejaculation)
 14. *Udgara* (Suppression of urge for Eructation)
 (mentioned only by *Charaka Samhita*)^{[8][9]}

Applied Aspect of Natural Urges

1. Micturition- Micturition urgency is felt when 350- 400ml of urine is collected in urinary bladder. By voluntary effect the onset of Micturition can be delayed till about 700-800ml of urine accumulates in the bladder then it becomes urgent and painful. No further inhibition is possible beyond this stage i.e. Micturition will occur automatically.^[10]

2. Defecation - If one fails to allow defecation, then defecation reflexes are excited. Later on reflexes they become progressively less strong over a period of time and the colon becomes atonics. This leads to constipation in future.^[11]

3. Flatus Passing - The average amount of gases entering or forming in the large intestine each day is 7-8 liters, whereas average of air expelled through anus is 0- 5-0.6 liter/day. The expelled air is mostly nitrogen. The remaining is normally absorbed into the blood through the intestinal mucosa and expelled into lungs.^[12] This concept of expulsion of gases through lungs can be similar with occurrence of *udavartta* (reverse movement of *Vata*) on suppressing the *vega* (Urges) of *vata*. When suppressed, three kinds of impulses may become dangerous because they contribute to excess nitrogen in the body. Over several hours enough nitrogen is carried to all the tissues of the body to saturate the tissues with dissolved nitrogen in the blood. It is not metabolized in the body. So it is the source of multiple problems collectively called as decompression sickness. Decompression sickness the bubbles of nitrogen are formed both in tissue and in the blood.^[12] Most of the symptoms are caused by gas bubbles blocking many blood vessels in different tissues. Pain in the joints and muscles of the legs or arms, dizziness, (temporary) paralysis, coma and unconsciousness are the symptoms.^[13]

4. Abstinence- It is very easy to say but impossible to practice. It's practice to repress a natural biological necessity, which may lead in temperamental changes and even nervous

breakdown.^[13]

5. Hunger- The intense contraction called hunger contraction, often occur when the stomach has been empty for several hours or more. They also fuse to trigger a continuing titanic contraction as they become incredibly strong and people feel slight pain in the pit of the stomach called hunger pangs. They reach their greatest intensity in 3-4 days. This condition results in hypoglycemia causing weakness, lassitude somnolence, tremors, mental confusion abnormal behavior, blurring of vision etc.^[14]

6. Thirst- The sensation occurs mostly due to increased extra cellular fluid osmolality which causes intra cellular dehydration in the thirst centers. Dryness of mouth can cause sensation of thirst. If water drinking is delayed then dryness of mouth is more prominent leading to dehydration.^[14] Dehydration can reduce the volume of blood and cause hypovolemic shock, resulting in unconsciousness. I.e. functions of sense organs get impaired.

7. Sleep- we can assume that sleep in multiple ways restores both normal level of brain activity and normal balance among the different parts of the CNS. In the case of forced and prolonged wakefulness. There is increased sluggishness of thought. Irritability is raised. Enhancement of psychotic problems.^[15]

8. Vomiting- In the case of suppression of vomiting the vomits left in the stomach react as an allergen. An allergen antibody (IgE antibodies) reaction takes place. The antibodies (IgE) are attached to mast cells and basophils. When an allergen having multiple binding sites, binds with several IgE antibodies, there is a change in the membrane of mast cells i.e. mast cells and basophils get ruptured and release granules or they secrete additional substance like histamine protease, eosinophil's, heparin, platelet activation factors etc^[15]. These substances cause allergic reactions such as dilatation of local blood vessels, damage to local tissues by protease, loss of fluid into the tissues and contraction of smooth muscle cells. Hence the adverse effects of *Kotha* (Urticaria), *Kandu*

(Itching), *Shoetha*(Inflammation) Pallor, *Jwara*(Fever), and *Kustha* (Skin diseases) due to suppression of *Chardi* (Vomiting) are the results of allergic reactions.^[16]

9. Sneezing-The initiating stimulus of the sneeze reflex is irritation in the nasal passage ways. The afferent impulses pass in the 5th nerve to the medulla where the reflex is triggered. In response parasympathetic fibers from the 7th nerve get stimulated resulting in copious secretions from nasal lachrymal and submandibular glands. Uvula is depressed and air gushes out from the nasal opening along with secretions. If sneezing is suppressed damage occurs in the facial nerve probably, of the labyrinthine portion which causes initial loss of nerve impulse conduction leading to facial paralysis inefficiency of sense organs etc. The damage of facial nerve and sneezing reflex might be due to cold, viral infection etc.^[16]

10. Dyspnea- It means mental anguish associated with an inability to ventilate enough to satisfy the demand for air i.e. air hunger. A person becomes very dypneic especially from excess buildup of CO₂ in the body fluids. So in order to attain the normalizes of respiratory gases one has to breathe forcefully. If one tries to suppress this condition the excess of CO₂ in body fluids may lead to respiratory acidosis, lethargy, narcosis and anesthesia. Lacrimation During suppression of Lacrimation the tears pass through the naso lachrymal duct giving appearance of running nose as in cold and headache. Now after correlating the conceptual study of *Adharniya Vega* by modern aspects, it is proved that suppression of urges is harmful so they should be released in time he for maintaining good health.^[17]

DISCUSSION

Vegadharana of *Adhovata* (Flatus), *Mala* (defecation) and *Mutra* (Urination) leads to reverse a natural pathway of *Apana Vayu* and there is vitiation of *Vata* and *Rasa Dhatu Dusti* (malfunctioning) and it leads to *Hridroga* (Cardio vascular diseases) Suppression of Natural urges like *Adhovata* (Flatus), *Mala* (defecation) leads to constipation and constipation is one of the leading

causes of cardiovascular disease.^[18] Women with moderate and sever constipation experienced more Cardiovascular event per year respectively compared with no constipation. Constipation is marker for cardiovascular risk factor and increased cardiovascular risk. In the daily routine or way of life persons have to be aware of the natural urges or *Adharniya Vega* (malfunctioning), because their suppression and forceful production may harm the health of an individual in following ways

1. Suppressing of defecation may lead to diminution of reflexes leading to retention of flatus and feces i.e. *vatavarchapravartana*.^[19]
2. Suppressing of flatus enhances the level of gases which get absorbed in the blood and get expelled from lungs i.e. *vataja udavartta*.^[19]
3. All three, when suppressed, urination, flatus, and defecation contribute to nitrogen accumulation in the body. This surplus of nitrogen (blocks the flow) in the tissues and blood vessels causes joint pain.i.e., *Vedana*, pain in calf muscles i.e., *Pindikodweshtana* (twitching pain in the muscles of the calf region), dizziness i.e., *Bhrama* and pain in urinary bladder region. The individual bends forward for getting relief i.e., *Vamana*.^[20]
4. Abstinence may result in temperamental changes i.e. *Hridyavyatha*.^[20]
5. Suppressing of hunger initiates hypoglycemia causing weakness, lassitude, somnolence, termers, mental confusion, blurring of vision and abnormal behavior etc. These symptoms are similar to features described in *Charka Samhita* by *Kshudha vega dharana* (Suppression of hunger) such as *daurbalya* (Debility), *karshya* (Emaciation) *angamarda* (Body ache), *bhrama* (Dizziness), *glani* (exhausted) etc.^[21]
6. Suppression of thirst causes dryness in throat and dehydration which can reduce the blood volume and give rise to hypovolemic shock. This is demonstrated by unconsciousness or failure of the functions of sensory organs. Charak has also mentioned *kanthashosha*(dryness of throat and mouth), *angasada* (exhaustion), *badhirya* (deafness) *hridyavyatha* (discomfort in the chest), *bhrama* (dizziness) and *sammoha*(coma).^[22]

7. Forced and prolonged wakefulness causes increased sluggishness of thoughts, irritability, and psychotic problems which are described in Ayurveda texts in the form of *alasya* (laziness), *moha*(stupor), *tandra* (drowsiness), *angamarda* (body ache), *shirogaurava* (heaviness of head) leading to abnormal behavior. [23]

8. The vomits left in the stomach react as an allergen, therefore allergic reaction occurs causing *Kotha* (Urticaria), *Kandu* (Itching), *Shotha*(Inflammation), *Jwara*(Fever), and *Kustha* (Skin diseases) etc. [24]

9. Sneezing occurs mostly because of cold and viral infections. These cold and viral infections also damage the facial nerve probably of the labyrinthine portion which causes initial loss of nerve impulse conduction leading to facial paralysis. [24]

10. If dyspnea is suppressed the excess of Co₂ in body fluids may lead to lethargy, narcosis and anesthesia. This is similar to *hridayaroga* (Cardiac vascular diseases), *sammoha* (confusion) etc, described in *Charak Samhita*.

11. Suppression of Lacrimation leads to passing of tears through the naso lachrymal duct appearing as running nose which can be correlated with *pratishyaya* ((Allergic Rhinitis) of *Charak Samhita*.
Summary Conclusion The present paper entitled as an applied analysis of concept of *Adharniya Vega'* deals with the problems occurring after suppression of natural urges. The concept regarding *Adharniya vega* (Suppression of Natural urges), is very scientific because almost similar facts are documented in modern science. So it can be concluded that suppression of urges or retention of harmful metabolites in body are very injurious for health, so they should be released in time. This will protect the individual and society from different retention problems.

CONCLUSION

All *Ayurvedic* text motioned different diseases caused by Suppression of Natural urges in detailed but out 13 *Adharniya Vega* 9 *Adharniya Vega* leads to different types of *Hridroga* (cardiovascular disease). Therefore, it can be one of the major risk

factors for increase the prevalence and incidence rate of cardiovascular disease in present situation. Through health education and awareness to the people about effects of suppression of natural urges on health we can prevent number of disease and especially cardiovascular disease (*Sankshapatana Nidaana parivarjanam hi Chikitsa*). [25] Some studies were done on different center on relation of suppression of natural urges and some disease, but further studies are essential to show statistical consequence of relation of cardiovascular diseases and suppression of natural urges.

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