

## A CONCEPTUAL STUDY OF ADHARANIYA VEGAS

Dr. Subhas Kumar Sahani\*<sup>1</sup>, Dr. Ramnihor Tapsi Jaiswal<sup>2</sup> and Dr. Manohar Ram<sup>3</sup><sup>1</sup>Post Graduate Scholar, Department of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi.<sup>2</sup>Associate Professor, Department of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi.<sup>3</sup>Associate Professor and H.O.D, Department of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi.**\*Corresponding Author: Dr. Subhas Kumar Sahani**

Post Graduate Scholar, Department of Samhita evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi.

Article Received on 05/01/2023

Article Revised on 26/01/2023

Article Accepted on 16/02/2023

**ABSTRACT**

Ayurveda is an oldest system of medicine in the world which enlightens various non pharmacological methods to prevent diseases and promote health. Human body is an amazing machine which has a number of ways to balance the substance which could be useful and harmful of the body. According to the ancient Ayurvedic texts there is one main cause of diseases and that is the suppression of natural Vega. Therefore it should not to be suppressed. But still some people use to suppress there Vegas. Ayurveda has described 13 natural Vegas which should not be retained at any cost. If they are suppressed on a regular basis due to any reason they can lead to various health problems like life style disorder (diabetes, hypertension, heart attack etc). In present time non-suppressible urges are getting more and more. Dinacharya, Ratricharya, Ritucharya & Sadvritta Play an important role in our life, like this Adharaniya Vega Play a major role in our life. Current study is conceptual or theoretical thus every available literature about Adharaniya Vega has been searched and collected from different conventional text of Ayurveda and simplifies significance of Vegadharana. Therefore this review article attampts to explain Adharaniya Vega in details as mentioned in Ayurvedic management.

**KEYWORDS:** Ayurveda, Adharaniya Vega, Natural urges, Suppression.**INTRODUCTION**

Ayurveda is the ancient system of medicine in the world. It is the science of life deals with every aspect of life. There are two aims of Ayurveda that is –

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणमातुरस्य विकार  
प्रशमन च । (च० सू० 30/26)

To attain these aims, various Ayurvedic Acharya have described Dinacharya, Ritucharya, Sadvritta etc in details. Ayurveda is not merely system of medicine in conventional sense of curing diseases, though also teaches us way of life and how to preserve and protect health. In Sadvritta, Acharya have mentioned briefly some urges which not to be suppressed. Later on they mentioned a separate chapter for non - suppressible urges and suppressible urges. In Ayurveda these urges are known in as Vega. Vegas are created naturally by body so it is very important to respond to these urges and not to suppress them. Now a days, due to stressful and busy life style and in the dream of achieving the big targets in short period people are suppressing some or most of the natural urges of the body. For example the Vega to pass Mutra and Purish while travelling or watching a favourite movie or serial on television, people always

suppress the Vega of Kshavathu(sneezing) when they are sitting in a group meeting, the urge to eliminate Apana Vayu or yawning while in meeting or in classroom. If you are suppressing one of the Vegas by chance then it is okay. But if you are suppressing it always then it will be harmful for health and later on these suppressed natural urges could be the main cause of sickness.

**AIMS AND OBJECTIVES**

Aim of this conceptual study of Adharaniya Vega is to collect all available reference from different classical texts and explain in such manner to make easy understanding of topics for anyone who reads.

To analyse the importance of natural urges in maintaining and protecting health, also prevent diseases by non- suppressing of natural urges.

**MATERIAL AND METHOD**

This is a review or conceptual article hence each and every available reference from Ayurvedic literature is collected and compiled for better understanding of Adharaniya vega. Further searched different supportive

literatures and referred journals and modest attempt have been made to draw a conclusion.

## RESULT AND DISCUSSION

### DEFINITION OF VEGA DHARANAM

The word Vegadharana is composed of two words - Vega+Dharan. Here Vega means Natural urge and Dharan means suppression. Hence the word Vegadharana means suppression of natural urges. Initiation of urges is normal body activity through which unwanted and waste body products are expelled out. This process is timely carried out by body at regular intervals and controlled by nervous system, suppression of which not only stop the elimination of waste products but also brings strain and disorders of nervous system causing various types of diseases affecting the body. This develops in those who have regular habit of suppressing natural urges over long period and not immediately. Ayurveda explains that there are different natural urges exerted by human body and for well-being of the human body some urges are to be suppressed and the rest should never be suppressed. There are two types of natural urges namely Dharniya Vegas (suppressible urges) and Adharaniya vega (non-suppressible urges). According to

Acharya Charak there are 13 types of natural urges in the body which should not be suppressed and that can cause grievous repercussions when forcibly ignored. In addition to these urges, 14<sup>th</sup> vega is mentioned by Vagbhata.

There is a description of thirteen Adharaniya Vegas and the disorder caused by suppressing them with their line of treatment are as follows

1. Mutra Vega Rodha
2. Purish Vega Rodha.
3. Shukra Vega Rodha.
4. Apana Vayu Vega Rodha.
5. Chardi Vega Rodha.
6. Kshavathu Vega Rodha.
7. Udagara Vega Rodha.
8. Jrumbha Vega Rodha.
9. Kshudha Vega Rodha.
10. Trushna Vega Rodha.
11. Bashpa Vega Rodha.
12. Nidra Vega Rodha.
13. Shramashwas Vega Rodha.
14. Kasa Vega Rodha.

Mutravega Rodha	Bastishoola, Mehanshoola, Mutracurksha, Vinama.	Swedna, Avgahana, Avpida Ghreeta.
Purishavega Rodha	Shiroshool, Pakwashaya Shool, Vata Apravarthanam, Pindikodvesteana, Aadhmanam.	Hot fomentation, Varti, Basti, Pramathi Dravya
Shukravega Rodha	Medra & Vrushan Shool, Jwara, Mutraavarodha, Sukraashamari, Klaibyata.	Snehan, hot water tab bath, Madirapan, Rakta Sali, Basti
Apanavayu Rodha	Udavarta, Aadhmanam, Klama, Kosthashoola, Dushtivadha, Agninash.	Snehan, Swedan, Avgahan, Abhyanga, use of Ushnodak, Anulomak Dravya.
Chardivega Rodha	Visarap, Kotha, Kandu, Aruchi, Sotha, Pandu, Jwara, Kustha.	Langhana, Raktamokshan, RukshaAnnapana, Dhumpna, Vyayam, Virechna karma.
Kshavathuvega Rodha	Shirossoola, Manyasthamb, Aardit, Ardhabhedak, Indriya Dourablya.	Swedan, Dhumpna, Nasya, Ghreeta Paan.
Udagarvega Rodha	Hikka, Shwasa, Aruchi, Kampa.	According to Hikka Chikitsha.
Jrumbhavega Rodha	Vinama, Aakashepa, Sankocha, Supti, Pravepna,	Vatadosha Nasaka Chikitsha.
Kshudhavega Rodha	Durbalta, Vaivarna, Aruchi, Bhrama, Angamard.	Ushna Laghu Aanapana.
Trishnavega Rodha	Kanthashosha, Badhriya, Shrama.	Shital Jalapin.
Bashpavega Rodha	Pratishyaya, Siroruja, Akshiroga, Hridroga, Aruchi.	Swapna. Madyapana, Priya katha
Nidravega Rodha	Jrumbha, Angamarda, Akshigourav	Abhayanga, Savanhana
Shramashwasvega Rodha	Gulma, Hridroga, Sanmohan	Vishrama, Vataghana Chikitsha.

## CONCLUSION

Ayurvedic texts describes the cause of various disorders to the forceful suppression of these natural Vegas. As we know "Prevention is better than cure" hence its advisable not to suppress these natural Vegas. According to Ayurveda first line of treatment is "Nidana Parivarjnam" which means "Avoid the cause." Therefore, all diseases that can be caused by the suppression of the various

natural urges can be prevented simply by not suppressing them.

## REFERENCE

1. Charaka. Charak Samhita. Brahmanand Tripathi, editor. 1<sup>st</sup> ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/25. 173.

2. Sushruta. Sushruta Samhita. Ambikadutta Shastri, editor. 2nd ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2007. Uttar Sthana, 55/4. 404.
3. Vagbhata. Ashtanga Hridaya. Atrideva Gupta, editor. 1st ed. Varanasi: Chaukhamba Prakashan; 2009. Sutra Sthana, 4/1. 43.
4. Charaka. Charak Samhita. Brahmanand Tripathi, editor. 1 ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/5. 163.
5. Sushruta. Sushruta Samhita. Ambikadutta Shastri, editor. 2nd ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2007. Uttar Sthana, 55/4. 404.