

**CONCEPTUAL STUDY OF  
“VATAMUTRASHAKRUTVEGADHARNAT” (SUPPRESSION OF  
URGE OF FLATUS, URINATION, AND DEFECATION) AS AN  
ETIOLOGICAL FACTOR IN GUDARSHA (HEMORRHOIDS)**

**Dr. Kanchan P. Kale\*<sup>1</sup> and Prof. Dr. Vrinda Kaknurkar<sup>2</sup>**

<sup>1</sup>M.D. Scholar, Rognidan Evum Vikruti Vigyan.

<sup>2</sup>H.O.D, Rognidan Evum Vikruti Vigyan.

Article Received on  
03 Nov. 2018,

Revised on 23 Nov. 2018,  
Accepted on 14 Dec. 2018

DOI: 10.20959/wjpr20191-13942

**\*Corresponding Author**

**Dr. Kanchan P. Kale**

M.D. Scholar, Rognidan  
Evum Vikruti Vigyan.

### ABSTRACT

*Gudarsha* is found to be the most common disease since the ancient times till today. If it remains untreated it gives rise to more troublesome complications like anaemia which are very difficult to cure and to treat. To treat these diseases completely, one need to know the root cause and try to eradicate it. In our *samhitas* so many causes are stated which are responsible for *Gudarsha*. Mostly the common causes are *Aharaja* and *Viharaja*, also our *samhitas* state that *Vega vidharan* is also the cause of *Gudarsha*. According to *Ayurveda*

various diseases are caused by suppration of natural urges (*Vega vidharan*). It is one of the most underestimated possessions by the people or they have to suppress it due to their work. *Vegas* are naturally created for the excretion of Mala through various ways by the body. If suppression of *mutra*, *purisha*, *vata vega* is continued for long time they may create many serious diseases like *Gulma*, *Arsha*, *Sosha* etc.

**KEYWORDS:** Vega Vidharan, Vata Vega, Mutra Vega, Purish Vega, Etiological Factor, Gudarsha.

### INTRODUCTION

*Gudarsha* is a kind of disease which is most unkind towards mankind. It is a disease of anorectal region, included under the Ashtamahagad.<sup>[1]</sup> *Gudarsha* is a condition in which a fleshy mass of variable size, shape and colour appears in the guda due to which guda marga gets obstructed.<sup>[2]</sup>

Human existence is essentially attributed to constant, continuous oneness of body, mind and soul. We are alive when these constituents are together. In order to healthy operations of these constituents some urges created naturally. These urges are known in Ayurveda as “VEGA” it is essential for our good health not to suppress urges from body. The word “*Vega vidharan*” has two components *Vega* + *Dharan*. Thus *vega vidharan* means suppression of natural urges. Granthakar describes thirteen natural urges which should never be suppressed (*Adharniya Vegas*).<sup>[3]</sup> In general means suppression of *vega*, aggravate of *vata* and so why it can be assume that suppression of *vega* will lead to *vata* predominant disorders.

### AIM

Conceptual study of *vata vega*, *mutra vega*, *purisha vega vidharan* as an etiological factor in *Gudarsha*.

### OBJECTIVES

To study the severity of *vata vega*, *mutra vega*, *purisha vega vidharan* as an etiological factor in *Arsha*.

### MATERIALS

1. Literature review from Samhitas
2. Literature review from modern text
3. Journal and website

### METHODS

Conceptual Study

### RESULTS AND DISCUSSION

A disease which tortures patients like an enemy is called as *Gudarsha*. *Gudarsha* is a fleshy mass which obstructs *gudamarga*.<sup>[1]</sup>

*Gudarsha* is included under *Ashtamahagad Arsha* is of six kinds- one each from *Vata*, *Pitta*, *Kapha*, *Shonita* (blood), *Sannipata* and *Sahaja* (congenital).

In *Ashtang Sangraha Vagbhata* has stated two more types of *Arsha* they are *shushka* and *sravi*. *Sushrutacharya* has stated that *guda* has two parts that is *uttar guda* and *adhara guda*. *Mala* gets accumulated in *uttar guda* and excretion function is done by *adhar guda*. *Gudarsha* is formed in *Adhara guda*. According to anatomical aspects *pravahini*, *visarjini*,

and *samvarni* are *gudavalis* included in *Adhara guda*. At the time of defaecation *pravahini* and *visarjini* expands *guda* and helps to expulsion of *mala*, where *samvarni* helps for constriction of *guda* after defaecation.<sup>[2]</sup>

*Ashtang hridayakara* said that *vega vidharan* and *udiran* both are the causative factors for *Gudarsha*.

### Functions of Apan Vayu

*Apan vayu* is produced in *Katisthana*, *Pakwashaya* and *Guda*. It attends to the functions such as ejaculation, menstruation, defecation, urination and child birth. *Apana vayu* maintains all excretion process related with lower half of trunk.

### Cause of Vega Vidharan

*Ayurveda* has described that *vegas* are essential to remove excreta and play important role in physiology of body.

While explaining *Vegasandharanjanya Rajyakshma* possible causes for *vega vidharan* is listed.

Because of apprehension pre-occupation, sitting in front of king or master, at the feet of the preceptor or while gambling or attending meetings of gentlemen or in the midst of women or while traveling in high or low vehicles.<sup>[4]</sup>

*Mala vega vidharan* is the reason of *apan vayu pratilomana*, due to which *udiran* that is extra force is applied by patient for defaecation. Due to that extra pressure for defecation applied by the patients causes vitiation of *gudavalis* resulting the production of *mansankuras* i.e. *Gudarsha*.

And suppression of *vata vega* causes *mala avrodh*, *mutra avrodh* due to which again *apan vayu* indirectly gets vitiated. Again this vitiated *apan vayu* produces *sthanik* vitiation of *gudasthan* resulting in *gudarsha*.

### CONCLUSION

Prevention is better than cure hence it is advisable not to suppress the above natural *vegas*. According to *ayurveda* the first line of treatment in all diseases is 'Nidana parivarjanam hi chikitsa' that is avoid the cause. Therefore suppression of *vata* *Mutra* *purish vega* can be

prevented by not suppressing them, but it is equally important not to forcibly initiate an urge, (udiran) as it causes *pratiloma gati* of *apan vayu*. Hence *pratiloma gati of apan vayu* produces sthanik vitiation of *gudavalis* leads to *Gudarsha*. Guda is a sadyopranhar marma and *gudarsha* is included under *Ashtamahagad*, it is a chirkari disease. If an individual consistently suppresses these natural urges, it results in *gudarsha*. Hence *gudarsha* is a chirkari disease. As *gudarsha* is a chirkari disease the treatment for it is *aushadh*, *kshar karma*, *Agni karma*, and *shastra karma* and recurrence is very common, it is better to follow *swasthivritakar ahar-vihar* to avoid such disease.

## REFERENCES

1. <https://www.nhp.gov.in/arsha-piles-mtl>.
2. Sushruta samhita, chaukhambha Sanskrit series office, Varanasi, Shastri A., reprint 2012, Su. Ni., 307.
3. *Ashtang Sangraha*, chaukhambha sanskrit series office, Varanasi, Acharya J.M, second edition, As. S. Ni. 2008; 7: 383.
4. Charaka Samhita with Elaborated Vidyotini Hindi Commentary II part by Pt. Kashinath Shastri & Dr. Gorakhanatha Chaturvedi, Chaukhambha Bharati Academy, Gokul bhavan Varanasi – Ch.Chi 8.
5. <https://ijapr.in/index.php/ijapr/article/view/196>.
6. [www.wjprm.com>download>article](http://www.wjprm.com/download/article).
7. [https://www.irap.net>uploads>1766\\_pdf](https://www.irap.net/uploads/1766_pdf).
8. Ranade S and Kalaskar A; Rognidan part 2, reprint October 2015, Proficient publishing house, Pune, (p.289).