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

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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.[1] 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.[2]
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).\(^3\) 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.\(^1\)

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 defeacation.[2]

*Ashtang hridaykara* 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 Rajayakshma* 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.[4]

*Mala vega vidharan* is the reason of *apana vayu pratilomana*, due to which *udiran* that is extra force is applied by patient for defeacation. Due to that extra pressure for defeacation 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 apna vayu indirectly gets vitiated. Again this vitiated apna 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 gudarhsa 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 swasthvrittakar ahar-vihar to avoid such disease.

REFERENCES