

A REVIEW ARTICLE ON PHYSIOLOGICAL RESPONSE TO VEGDHARAN (HOLDING NATURAL URGES)

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ABSTRACT

When body wants to throw certain things from the body it produces Some natural urges called *Vegas*. The body it's own has some expression they are silent signals or languages. Given to us conveying something. These are generated by the intelligent system of our body. Our mind should be alert and ready to catch, understand and respond to. Those expressions. These expressions comes in the form of natural body reflexes or urges. *Ayurveda* called them *Vegas*. One should not hold the natural urges of *Vata*, faces, urine, sneezing, thirst. Sleep, cough, breathing due to strain, yawning, tears, vomiting and ejaculation of semen. Much importance is given to the stoppage as well

as forceful elimination of natural urges mentioned above.¹ They should be allowed to eliminated on their own, otherwise they lead to various diseases. Likewise these 13 *Vegas* shall not be created artificially when they are not impending. We have to allow their natural manifestations.

KEYWORDS = *Vega*, *Vata*, Urge.

INTRODUCTION

Human body tries to keep itself healthy.

For maintaining health body produces natural urges called *Vegas*.

When body wants to throw away certain things from body it produces these urges.

This is also a natural process which detoxifies body by which trying to protect itself.

These urges called as *Adharniya vegas* or natural impending reflexes (urges).

Which should not be hold or controlled.

The body produces 13 types of *Vegas* (urges) which should not be suppressed at any cost.

They are mentioned below =

- 1) *Vata* (flatus)
- 2) *Vit* (faeces)
- 3) *Mutra* (urine)
- 4) *Kshavathu* (urge to sneeze)
- 5) *Trut* (urge to drink water)
- 6) *Kshudha* (hunger)
- 7) *Nidra* (urge to sleep)
- 8) *Kasa* (urge to cough)
- 9) *Shrama* (breathing due to strain)
- 10) *Jrumbha* (urge to yawn)
- 11) *Ashru* (tears)
- 12) *Chardi* (urge to vomit)
- 13) *Retas* (urge to ejaculation of semen).

Acharya vagbhat described these *Vegas* in *Roganutpadaniya* chapter in *sutrasthana*.

For prevention of diseases we should not hold these *Vegas* and follow the order of our body.

In *charak samhita acharaya* explained *udgar* (urge to burp) instead of *kasa vega* (urge to cough) which is explained by *Acharya vagbhata*.^[2]

In *Sushrut samhita Acharya* explained these *vegas* as *udavarta in uttarta*.^[3]

AIM AND OBJECTIVES

1. To understand concept *Vegdharana*.
2. To highlights effects of *Vegdharana*.

MATERIALS AND METHODS

- a) Literature search – Review of literature regarding *to Ritu* collected from *Brihatrayi* and available commentaries on it as well as related research articles were searched from various websites.
- b) Type of study- conceptual study.

REVIEW*Vata*

The wind or *Vayu* it tends to move in 2 directions.

If wind moves upward directions it called *udavarta* (dry belching)

If wind moves in downward direction it called *adhovata* (fart).

The symptoms of forcible suppression of the urge to fart are as mentioned below=

Gulma (abdominal tumour), *udavarta* (upward movement of undigested food material. *Ruk* (pain) *Udavarta*-upward movement of *vayu* (retrograde movement), bloat or distension of abdomen.^[4]

Vata sanga- obstruction (blockage) to the smooth passage of flatus, fart.

Mutra sanga- obstruction (blockage) to the smooth passage of urine

Shakrut sanga-obstruction (blockage) to the smooth passage of stools

Drushti vadha-loss or defect of vision

Agni vadha- loss of digestive fire.

Hrud gadaaha- heart disorders are generated or upward pressure over the heart leading to its physiological disturbances in functions.

2) *Pureesha vega*- urge to pass faeces, urge for defecation

Effect of suppression;

Pindikodweshtana- calf muscles cramp (twisting pain in the muscles of the calf region)

Pratishyaya-running nose, nasal catarrh, cold congestion

Shiroruja-headache

Urdhwavayu-upward movement of *vayu*

Parikarto- breaking pain in parts of alimentary canal.

Hrudayasya uparodhana- feeling of tightness or compression in the chest or oppression at heart.

Mukhen vit pravitti-vomiting of faeces or feeling as if the faeces is regurgitating into the throat and mouth, foul and faecal breath

3) *Mutra vega*- urge to void urine,

Effects of suppression;

Angbhang –breaking pain in body.

Ashmari- urinary stones (calculi)

Basti vedana- pain in the region of the urinary bladder

Medhra vedana- pain in the penis

Vankshana vedana-pain in the groin

Poorve cha prayo rogaha- diseases mentioned in the *Adhovata vega avarodha* and *Pureesha vega avarodha* also get manifest by suppression of *Mutra vega*.^[5]

4) *Kshavathu vega* = urge to sneeze reflex effect of suppression

Symptoms of forcible suppression of urge to sneeze are as below

Shiro arti- headache

Indriya dourbalya-feeling of weakness in the sense organs, weak perception by sense organs

Manya stambha-stiffness of nape of neck

Ardita-facial paralysis or facial palsy

5) Urge to Belch

The symptoms of suppression of *udgara* or urge to belch.

The symptoms of forcible suppression of urge for belching are as below mentioned-

Aruchi-loss of taste sensation, anorexia, aversion towards food

Kamp- Quivering

Vibhandha-constipation

Vibhandha hrudaya urasoho- feeling of stiffness (tightness) or some obstruction is there Near chest and Heart.

Aadamana- flatulence, distension of abdomen due to collection of gases, bloating.^[6]

6) *Kasa*-cough

Hidhama-hiccup

Trishna vega-urge to drink water, thirst reflex

Effects of suppression;

Shosha-emaciation, feeling of dryness in the body

Angasad- Bodyache, weakness, unexplained debility

Badhriya- weakness of the sense of hearing.

Sammoha-loss of consciousness, delusion.

Bhrama-giddiness

Hrud gada-diseases pertaining to heart or heart disorders.

7) Kshudha vega-urge to have food,hunger reflex

Effect of suppression;

Symptoms of forcible suppression;

Angabhanga-non specific body pains or breaking all over the body.

Aruchi-anorexia, aversion to food, loss of taste

Glani-debility or leanness.

Karshya-emaciation or loss of weight

Shoola-colic, pain in abdomen

Bhrama-giddiness, delusion

8) Nidra vega-urge to sleep

Effect of suppression;

Moha-delusion

Murdha gourava-heaviness of head

Akshi gouravam-heaviness of the eyes

Alasya-laziness,lassitude

Jrumbha-yawning

Angabhanga- pain in all parts of the body.

9) Kasa vega –urge to cough, cough reflex

Effect of suppression;

Shwasa-shortness of breath, dyspnoea, difficulty to breath

Aruchi-tastelessness, anorexia.

Hrudamaya-cardiac disorders

Shosha-emaciation, depletion of tissues, feeling of dryness in the body

Hidhma-hiccup

10) Shrama shwasa vega-urge to breathing on exertion

Effect of suppression;

Symptoms;

Gulma-abdominal tumours, distention of abdomen or bloating

Hrud roga-heart disorders

Sammoha- loss of consciousness

Fainting

Delusion

11) *Jrimbha vega*- urge for yawning, yawn reflex

Effects of suppression;

All the diseased conditions produced by the suppression of sneezing are produced.

12) *Ashru vega*- Suppression of tears

Symptoms;

Pinas – nasal catarrh

Akshishirohruday ruja – pain in eyes, head, heart.

Manyasthambha- Rigidity of neck.

Aruchi Bhrama – Anorexia, giddiness

Gulma- abdominal tumours.

13) *Vaman vega*-urge to vomit,vomiting reflex, effects of suppression

Symptoms-

Visarpa-herpes, erysipelas

Kotha-skin eruptions or rashes

Kushta-skin diseases

Akshi roga-eye disorders

Kandu-itching, pruritus

Pandu-anaemia, liver disorders

Jwara-fever

Kasa-cough

Shwasa-shortness of breath, dyspnoea

Hrullasa-nausea, sense of vomiting

Vyanga-pigmentation on face, freckles

Shwayathu-inflammation, swelling, oedema

14) *Shukra vega*-urge to ejaculating semen.

Symptoms:

Stravanam-discharge or oozing of semen

Guhya vedana- pain in groin, testes

Shwayathu-swelling (in genital region, perineum, testes)

Jwara-fever

Hrid vyatha-uncomfortable feeling in the region of heart, cardiac distress

Mutra vega-obstruction to flow of urine

Vruddhi-hernia

Ashma-formation of stones in urinary passages and passages

Shandata-impotence

DISCUSSION

Acharya vagbhata described that all types of diseases are caused due to suppression of natural calls Vega.

Mutra is one among three malas i.e three forms of metabolic wastes, *purisha* (stool) and *sweda* (sweat) are other two malas.

Today's competitive world makes everybody to work hard and continuously working and one of them are Bankers job, IT workers.

As the bankers, IT Workers are found major population among intellectual workers.

They repeatedly suppress the natural calls like urine.

Urine / *mutra* vega one of the vega which should not be held for long time which may affect the natural physiology of our body.

Bankers, IT workers are continuously doing sitting work. They have to concentrate every time on work.

Therefore they are not able to move from their place for natural calls also.

In geriatric population or in old age incontinence is a common part of aging but it is never normal.

Because of this old age peoples are always going for urination.

In old age because of various diseases peoples cannot move from their places and they are not able to go washrooms.

In Bankers, IT workers and old age peoples above symptoms are developed due to holding urges.

Acharya charak explained in *sutrasthana* chapter number seven in *vegandharniyadhyaya*.

Methods of gradual acquirement of wholesome and withdrawal of unwholesome habits.^[7]

CONCLUSION

All the diseases are manifested by either of the below mentioned-

Vega dharana-forcibly holding or suppressing the urges which are initiated by the body

All these vegas, when forcibly obstructed or suppressed lead to vitiation of *Tridosha*.

After reading the title of the chapter in which Acharya Vagbhata has explained the *vegas*. I. e.

Roganutpadaneeya can be split into two parts *Rogan +Utpaadaneeya* i.e those causes (*Rogas*) diseases.

This means to tell that, the *vega dharana* is responsible for all the diseases.

This leads to develop various of psycho-somatic disorders. Which might become stubborn with passage of long time. With time passage the body will be trained to consider holding urges.

The small issues would be converted into disasters and the diseases will be impossible to cure.

It is about respecting the body Reflexes and expressions. We respect them and get respect in return in the form of balanced mind body health.

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