



MANAGEMENT OF ADHARANIYA VEGA JANYA ROGAS THROUGH PANCHAKARMA

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ABSTRACT

The *Vegas* means urges which are involuntary, natural or instinctive impulse and *Dharana* means suppression. In this again two types, they are *Adharaneeya Vegas* (non-suppressible urges) and *Dharaneeya Vegas* (Suppressible urges). *Adharaneeya Vegas* are of 13 in number. These are major causes for many of the diseases. If they are suppressed repeatedly due to any reason, they can lead to various health problems such as cardiac diseases, hemorrhoids, migraine, headache and other complication. In the current scenario the disease due to the suppression of these *Vegas* are increasing in number. *Acharya's* have mentioned different line of *Panchakarma* treatment modalities for diseases caused by different *Vegadharana*. *Panchakarma* therapy cures the diseases from its root.

KEYWORDS: *Vega, Vega Dharana, Adharaneeya Vega, Panchakarma.*

INTRODUCTION

Vegadharana is a unique concept of *Ayurveda*. Urges are physiological body reflexes to eliminate toxins out of the body. If this physiology is altered, then it leads to pathology due to disturbance in the normal body physiology. There are two types of natural urges: *Adharaneeya Vegas* (non-suppressible urges), *Dharaneeya Vegas* (Suppressible urges). *Adharaneeya Vegas* are 13 in number. According to the *Ayurveda*, there is one main cause of all the type of diseases and that is the suppression of natural urges. Therefore, they should not be suppressed.^[1] If they are suppressed on a regular basis due to any reason, they can lead to various health problems for examples breathing difficulties, cardiac diseases, piles, migraine, headache and other symptoms. *Acharyas* mentioned different line of *Panchakarma* treatment for these diseases caused by *Vegadharana* (suppression of natural urges). *Panchakarma* therapy cures the diseases from its root and also prevents the reoccurrences of diseases.

Panchakarma therapy is considered superior to *Samshamana* therapy because the disorders treated with *Samshamana* therapy may sometimes reoccur, but in case of those treated with *Panchakarma*, there is lesser or no chances of reoccurrence of those disorders.^[2]

Panchakarma accomplishes the removal of toxic accumulations of *Doshas* and thus brings the *Doshas* into normalcy. It plays vital role in the prevention, maintenance and conservation of health and promotion of longevity.

AIMS AND OBJECTIVES

To review *Adharaneeya Vega Janya Vikara* and Management through *Panchakarma* therapy from available compendia, various texts, journals.

MATERIAL AND METHODS

Various *Ayurveda* compendia with their commentaries by different authors, various text book, journals, dissertation, web search and peer review journals were revised to acquire the present knowledge of this topic.

Nirukthi and Paribhasha

The word '*Vegadharana*' is composed of two words i.e. *Vega*+*Dharana*. Here *Vega* means 'natural urge' and *Dharana* means 'suppression'. Hence the word '*Vegadharana*' means suppression of natural urges.

According to *Acharya Charaka* there are 13 types of natural urges in the body which should not be suppressed.^[3]

1. *Mutra Vega Rodha*
2. *Pureesha Vega Rodha*
3. *Shukra vega rodha*
4. *Apana vayu vega rodha*
5. *Chardi vega rodha*
6. *Kshavathu vega rodha*
7. *Udgara vega rodha*
8. *Jrumbha vega rodha*
9. *Kshudha vega rodha*
10. *Trushna vega rodha*
11. *Bashpa vega rodha*
12. *Nidra vega rodha*
13. *Shramashwasa vega rodha*
14. *Instead of Shwasa Kasavega is mentioned*

Diseases caused by the suppression of *Adharaneeya Vegas* and their management

VATA VEGA DHARANA (urge of passing flatus)

Vata vega refers to *Apanavayu* (flatus) which is related to lower abdomen. Suppression of urge of flatus causes *Gulma*-(tumor), *Udavarta* (painful upward movements of *Vayu* in abdomen) *Klama*(debility), *Vatamutrashakrut vibanda* (obstruction to pass flatus, faces and urine), *Drustivadha*(diminished or loss of vision), *Agnivadha* (loss of digestion) and *Hridroga* (heart diseases).^{[5][6]}

In these case, *Sneha*, *Sweda*, *Varti*, *Basti* are prescribed. *Vataja Gulma-lakshanas* are- *Toda*, *Bheda*, *Spurana*, *Ayama*, *Sankocha*, *Supti*, *Harsha* in *Shareera*, *Pliha vrudhhi*, *Atopa*, *Antra Kujana*, *Avipaka*, *Angamarda*. *Virechana* with *Snehayukta Anulomana Oushadi* (*Gandharvahastadi taila*, *Nimbhamruta erandataila*).^[7] *Pittaja – Snehapana* with *tiktadravya Sadita Ghruta*, *Virechana*, *Basti*, *Raktamokshana*. *Kaphaja- Snehana*, *Swedana*, *Vamana*, *Virechana*, *Basti*. *Udavarta- Vatamutrashakrut Vibanda*, *Basti*, *Udara*, *Hridaya* and *Kukshipida*, *Parshwa-Prushtashula*, *Adhmana*, *Hrullasa* are seen in *Udavarta*. *Snehapana* does the *Jataragni Deepana* and *Vatanulomana*. *Abhyanga* with *Agaruvadi taila*, *Prasarani taila*, *Narayana taila*, *Nadisweda*, *Avagaha Sweda* with *Kashaya* prepare by *Rasna*, *Nirgundi* are also suggested. *Vatamutrashakrut vibanda - Vartiprayoga* is done in *Grathita Mala (vibandha)* with the *Varti* prepared out of *Shyamadi*, *Pinyakadi*, *Vidagadi*^[8], *Teeksna Basti- Urdhwa-Anulomana Oushadi Sidda Basti*, *Taila Kshara*, *Amlayukta basti(Charaka)*^[9], *Drustivadha – Chakshushyabasti(Madhutailika basti with Yastimadhu)*^[10] *Agnivadha – Deepana basti*^[11]

PUREESHA VEGA DHARANA (urge of faeces)

Purisha vega avarodha gives rise to *Pindikodveshtana* (cramps in calf muscles), *Shirashula* (headache), *Pratishyaya* (running nose), *Urdhvavayu* (belching), *Parikartika* (cutting pain in rectum), *Hridayoparodha* (upward movement of air in abdomen) *Mukhena Vit Pravrutti* (fecal vomiting).

In such cases, *Nadi Sweda*, *Abhyanga*, *Avagaha*, *Varti* and *Basti* should be given.

Pindikodveshtana- Abhyanga with *prasarani taila*, *Nadisweda*.

Parikartika –Toda, *Twakbheda*, *Paripatana*, *Vrana*, *Granthishula*.

Avagaha Sweda with *Vranaropana Dravya-Aragwadadi Gana Dravya*, *Karburadi Ksheera Basti*.^[12]

Urdhvavayu- Ksharabasti (Vangasena)^[13], *Madhutailika Basti*.^[14]

MUTRA VEGA DHARANA (urge of urine)

Suppression of the urge for micturition causes *Vastimehanashula* (pain in bladder and phallus) *Mutrakruchra* (dysuria), *Shirashula*, *Vinama* (bending of the body) and *Vankshana Anaha-* (distension of the lower abdomen).

One should give three types of *Basti- Niruha*, *Anuvasana*, *Uttara Basti*, *Avapeedana Snehapana* and same treatment as of *Vata* and *Pureesha Vega*.

Mutrakruchra- Vasti, *Medra Vankshana Shula*, *Alpa Muhu Mutrata* are seen.

Avagaha and *Uttarabasti* with *Panchavalkala Kashaya*, *triphalataila*. *Avapeedana Sneha* with *Ghruta* prepared by *Gokshuradi Mutravirechaneeya Dravya*, *Haridradadi Mutravirajaneeya Dravya*.

Vinama and *Vankshana Anaha- Ksharabasti*.

SHUKRA VEGA DHARANA (urge to discharge seminal fluid)

Suppression of the urge to discharge semen causes *Medhra Vrushana Shula*-pain in the phallus and testicles, *Angamarda*-malaise, *Hrudi Vyatha*-pain in cardiac region and *Mutravibandhata*-retention of urine.

Administration *Basti*, *Abhyanga* and *Avagaha*.

Mutravibandha- Shodhana basti with *Kushmanda*, *Yavakshara*, *Avagaha* with *Mutrarechaneeya Kashaya*.

Angamarda Abhyanga with *Kheerabala taila*, *Narayana Taila*

CHARDI VEGA DHARANA (urge of vomiting)

The diseases caused by the suppression of the urge for vomiting are *Kandu*(pruritis), *Kotha* (urticaria), *Aruchi*(loss of desire to eat/anorexia), *Vyanga* (hyperpigmentation on face /melasma), *Shotha*(edema), *Pandu*(anemia), *Jwara*(fever), *Kushta*(skin diseases), *Hrullasa*(nausea), *Visarpa*(erysipelas).

In such case *Pracchardana*-induction of *Vamana* (*Valliphaladi*), *Dhumapana* (*Vairechanika*, *Prayogika*) *Langhana*, *Virechana*, *Raktamokshana*, *Abhyanga* with *Yavakshara* and *Lavana*.

Kandu, *Aruchi*, *Hrullasa – Vamana* with *Vallipaladi*,

Jwara- Upavasa

Kotha- Katu taila Abhyanga, *Vamana* with *nimbha*, *Patola*

Vyanga, *Shotha*, *Kushta* and *Visarpa-* According to *Dosha* predominance adopt *Vamana*, *Virechana* and *Raktamokshana*

In *Kushta-Kaphapradhana-* symptoms like *Shweta-Rakta*, *Sthira*, *Sthana*, *Snigdha*, *Utsanna Mandala-*

Vamana with Kutajaphala, Madanaphala, Yasti churna, Nimba and Patola.

Pitta Pradhana- Daha, Kandu, Ruju, Ragaparita Lomapinjara - Virechana with Trivrut, Danti, Triphala^[15]. Raktadosha- Raktamokshana with Shrunga, Alabu, Jalouka, Siravyadhana.

Vairechanika Dhumapana- Aparajita, Jyotishmati, Haratala, Manashila, Agar, Tejapatra^[16]

Prayogika Dhumapana- Harenu, Priyangu, Keshara, Nakha, Hriversa, Chandana, Tejapatra etc^[17].

KSHAVATHU VEGA DHARANA (urge of sneeze)

Suppression of the urge to sneeze causes ailments like Manyastambha (torticollis), Shirashula, Ardita (facial paralysis), Ardhavabhedhaka (hemisideria), Indriya Daurbalya (weakness of the sense organs).

In this condition, Tikshna Dhoomapana, Anjana, Aghrana, Nasya and Uttarahakta Snehapana.

Manyastambha- Antarayamyate Greeva, Manya Stambha, Danta Dashana, Lala-prushta ayama, Shirograha. Give Tikshna Dhoomapana with Trikatu churna. Marichyadi churna Aghrana

Ardhita- Sankochayet Ardha Mukha, Jihva, Vakrikaroti Nasa, Bhru, Lalata, Akshi and Hanu. Stabdha Akshi, Kshavatu Nigruhya. In this condition Nasya with Anutaila, Karpasastyadi taila. Anjana- Rasanjana.

Ardhavabhedhaka- Cutting and Churning pain in half of the region of Manya, Bhru, Karna, Akshi and Lalata. Shirishamooladi swarasa, Vamsamoola, Vacha-Pippali, Manashila Avapeedana Nasya^[18].

Shirashula: Nasya with Baladi Taila^[19]

UDGARA VEGA DHARANA (urge of eructation)

Suppression of Udgara causes Hikka (hiccup), Swasa (dyspnea), Aruchi (loss of desire to eat), Kampa (tremor), Vibandha (constipation), Hridaya Arasah (obstacles in the proper function of heart and lungs).

Treatment for this condition is the same as for Hikka (hiccups). Abhyanga with Lavana Taila, Nadi, Prastara, Sankara Sweda followed by Vamana with Pippali, Saindhava, Kshaudra^[20].

JRUMBHA VEGA DHARANA (urge of yawn)

Suppression of Jrumbha causes Vinama (bending of body), Akshepa (convulsion), Sankocha (contraction), Supti (numbness), Kampa (tremor) and Pravepanam (shaking of the body).

The treatment recommended here includes all measures which pacifies Vata. That are Snehana - Abhyanga with Ksheerabala taila, Balaashwagandha taila and Snehapana.

Swedana - Nadi, Parisheka with Vatahara Kashaya like Dashamoola, Balamoola

Basti - Dashamooladi, Sthiradi, Erandamooladi Niruha Basti is best line of treatment.

Sankocha- Ksheerabala, Prasarani taila seka.

Navana Nasya- Ksheerabalataila 101, Anu taila.

NIDRA VEGA DHARANA (urge of sleep)

Suppression of the urge for Nidra causes Jhrumbha (yawning), Angamardha (malaise), Tandra (drowsiness), Shiroroga (diseases of head), Vibandha (constipation), Akshigauravam (heaviness in the eyes).

To overcome that one should restore sleep and Samvahana, Talam (Amalaki), Takradhara

Angamardha - Samvahana

Shiroroga - Shirashula, Shirogowrava - Amalaki Talam, Takradhara, Himasagara Taila Dhara, Shiropicchu are beneficial.

SHRAMASHWASA VEGA DHARANA (urge to breathe heavily on exertion)

Suppression of the urge may lead to Gulma (tumor), Hridroga (heart diseases), Sammoha (fainting).

Measures which pacify Vata are advised here i.e. Snehana, Basti (same as Jrumbha line of treatment)

KASA VEGA DHARANA (coughing urge)

Suppression of the Kasa urge will cause, Kasa (cough), Swasa (breathlessness), Aruchi (loss of appetite) Hridroga, Hikka and Shosha diseases.

Symptoms of Kasa are - Hridaya, Parshwa, Ura and Shira Shula, Swarabheda, Ura-Kanta-Mukha shushkata, Romaharsha, Shushka Kasa. In this condition adopt Kasa line of treatment i.e. Abhyanga and Kantakari Ghruta, Pippalyadi Ghruta Snehapana^[21], Vamana with Madanaphala, kashmarya, madhukadi kwatha, Virechana - Sharkara + Nishotha, Tiktadravya + Trivruta.^[22] Manashiladi, Prapoundarikadi Dhumapana.^[23]

DISCUSSION

One should not forcefully suppress the Vegas repeatedly, as it results in aggravation of Vatadosha. Vata Prakopa causes 80% of the conditions. In case of Adhogavata, Mutra and Pureesha Vegadharana the Vata get Prakopa mainly in Pakwashaya.

Habitual suppression of urges in long term can result in Kha Vaigunya of Pureeshavaha Srotas and further leading to many diseases. By administering the Tikshna Basti it reaches Pakwashaya does Vata Shamana, eliminates Doshas and Malas from Shareera.

In case of Mutravega Dharana does the Prakopa of Apana, Sthanasamshraya in between Guda and Basti and formed Asthilavat Ghana Granthi, Mutraghata, Ashmari and which aggravates the Rooksha Guna. Hence Snehana specifically Avapeedana Snehapana and Anulomana Basti are obtain.

Lipids get metabolized in the liver and get converted into ketone bodies. The process of formation of ketone bodies are called ketogenesis. Thus, as the ketogenesis increases, the water excretion also increases. This may

have an influence on *Mutra Vegarodha Janya Vikara* and *Mutravaha Srotodushti*.

Due to *Shukra vega Dharana Apana Vayu* gets vitiated does the retention of the semen will cause inflammatory pain, discomfort in penile region and testicles. Expansion of seminal vesicle and testicular ducts releases prostaglandins leads to *Mushka Shotha*. In this condition Acharya mentioned *Basti* with *Kushmanda*. It has a property of *Bastishodhana*, *Vrushya* and does *Vatashamana*.

Due to *Chardi Vegadharana* un-eliminated *Doshas* get vitiated and causes various diseases. As here the vitiated *Kaphadi Doshas* are suppressed by administering *Vamana* followed *Dhoomapana* pacify the *Doshas*. In *Alpadosha Prakopa Langhana* is more beneficial. As it does *Jataragni Deepana* and *Shamana* of *Prakupitadosha*, whereas *Raktamokshana* helps to pacify the vitiated *Rakta*.

In *Kshavathu vega Dharana*, causes a massive buildup of pressure in head (*Shirashula*) which leads to injuries. Burst eardrums (*Indriya-Daurbalya*), tearing of blood vessels and damage to sinus and in rare cases brain hemorrhage (*Ardhita*). For the purpose of *Srotoshodhana Vairechanika Dhoomapana*, *Anjana*, *Aghrana* and *Nasya* are administered. Once *Srotoshodhana* is attained, for *Vatashamana Uttarabhakta Snehapana* can be advised.

Udgara vega Dharana Acharya mentions similar treatment as that in *Hikka chikitsa*. The vitiated *Vata* travel's in *Pranavaha Srotasa* again get aggravated, then does the *Pranarodha* along with *Urasta Kapha* and produce the *Hikka*.

Abhyanga with *Saindavataila* followed by *Swedana*, which does the *Mardavata* and *Vilayana* of *Grathita Shleshma* in *Srotas* and *Vatanulomana*.

If *Kasavega* is suppressed the increased irritation increases leads to more coughing, infection, bacterial pneumonia. In *Kasavegajanya Vikara*, *Vamana* is administered in *Sakapha Kasa* and *Virechana* in *Tanukapha Avastha*. As both does *Sroto Shodhana* and *Vatanulomana*.

With-holding urge of yawning repetitively causing muscular weakness due to neck strain and extra pressure on spine with early wear and tear produces *Manyastambha*. Eustachian tube blocks after suppression of yawning due to the blockage, pressure builds-up leads to *Karna* and *Nasaroga*. *Jrumbha* and *Shramashwas vega Dharana janya Vataprakopa*, *Vatahara Chikitsa* such as *Snehana- Abhyanga*, *Basti* are mentioned.

The root cause for disease is *Vata Dosha* which causes diseases in *Shakhas*, *Koshtas*, *Marma Pradesha*, *Urdhwanga*, *Sarva avayava* or all parts of the body. *Vata* is responsible for dislodgement or combination of *Vit*,

Mutra, Pitta and Kapha. Hence to any malfunction in the body is caused by *Vata Dosha* and *Basti* is the prime line of treatment for *Vata Dosha*. None of the treatment modalities are as effective as *Basti Chikitsa* for the mitigation of *Vata Dosha*. Hence it is considered as *Ardha Chikitsa* and some even say it is *Poorna Chikitsa*.

CONCLUSION

1. *Vegadharana* i.e. forceful suppression of natural urges leads to vitiation of *Vatapradhana Tridosha*, these leads to many diseases.
2. Through *Panchakarma* treatment the most of the diseases will be managed significantly.
3. It acts preventive, promotive and curative.
4. The *Panchakarma* therapies having *Rasayana* effects and prevents the reoccurrences of diseases i.e. "*Na Tesham Punar Udbhava*"
5. "Prevention is better than cure" hence it is advisable not to suppress natural Vegas.

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