



CONCEPT OF ADHARNIYA VEGA AND ITS USE IN MAINTENANCE OF HEALTH

Dr. Reeta Singh¹ and Dr. S. P. Singh*²

¹Reader and Head Samhita Sanskrit and Siddhant L.H.S. Ayurvedic College Pilibhit.

²Asso. Professor Swasthavritta Gurukul Campus U.A.U, Haridwar.

*Corresponding Author: Dr. S. P. Singh

Asso. Professor Swasthavritta Gurukul Campus U.A.U, Haridwar.

Article Received on 17/07/2018

Article Revised on 07/08/2018

Article Accepted on 28/08/2018

ABSTRACT

Adharniya Vegas are the urges which should not be suppressed because they are produced due to unavoidable excreta. The suppression of urges is not a good habit and gives rise to certain problems and disorders. *Acharya Charak* has discussed thirteen types of *Adharniya Vega*, their disorders and treatment in *sutra sthana* chapter-7. Out of these thirteen, six of them cause *udavartta*. In *Sushruta Samhita* there is no separate chapter but thirteen types of *vega* their definition, disorders and treatment are mentioned in chapter *Udavartta Pratishedha*. Here 13 types of *udavartta* as a consequence of *vegadharana* are explained in detail. In *Ashtanga Hridya* it is quoted that different diseases occur on suppressing the urges and also by producing the urges forcefully. In most of the cases excreta is either nitrogenous compound or carbon dioxide which is harmful for the body. In spite of this suppression of hunger, thirst, sleep, vomiting and Lacrimation are also harmful for the person.

KEYWORDS: *Vatavarchapravartana* - retention of flatus and feces. *Vinama* - bending of body. *Vegavarodhajanya* = developed due to suppression of urges.

INTRODUCTION

The concept of *Adharniya vega* or non suppression of natural urges is the applied physiology and its role in production of disease is emphasized.

न वेगान धारयेद्धीमाञ्जतान् मूत्रपुरीषयोः।
न रेतसो न वातस्य न च्छद्योः क्षवथोर्न च॥
नोद्गारस्य न जुम्भाया न वेगान् क्षुत्पिपासयोः।
न वाष्पस्य न निद्राया निःश्वासस्य श्रमेण च॥ (च.सू. 7/3)

In total 13 *vegas* are described by different *acharyas* along with disorders on their suppression and their treatment.

Modern science says that harmful excretory products formed during metabolism are needed to be eliminated

from the body because they are useless and harmful for the body. During elimination of these compounds from the body, urges are felt by an individual which aware him or her for removal of such products.

If people start suppressing these urges then excretory products will accumulate inside the body and this condition will harm that individual. By the elimination of natural urges people will not suffer from related problems.

The aim of this paper is to make awareness about these *adharniya vega* because their suppression as well as forceful production both are harmful for health.

➤ Comparative study of *Adharniya vega* with reference of

Vega	Roga	Charaka	Sushruta	Vagbhata	Chikitsa	Caraka	Vagbhata	Sushruta
Mutra	Vastishula	+	+	+	Sweda	+	+	-
	Mehanasula	+	+	+	Avagahana	+	+	-
	Mutrakricchha	+	+	-	Abhyanga	+	+	-
	Siroruja	+	+	-	Avapidakaghrita	+	+	+
	Vinama	+	-	-	Anuvasana	+	+	-
	Vamkshananaha	+	-	+	Niruha	+	+	-
	Ashmari	-	-	+	Matrabasti	+	+	-
	Angabhanga	-	-	+				
Purisha	Pakwashayashula	+	-	-	Sweda	+	+	-

	Sirashashula	+	-	+	Abhyanga	+	+	-
	Vataapravartana	+	-	-	Avagahana	+	+	-
	Varchaapravartana	+	+	-	Varti	+	+	+
	Pindikodweshtana	+	-	+	Vastikarma	+	+	-
	Adhmana	+	+	-	Pramathianna	+	+	-
	Pratishyaya	-	-	+	Vitbhediannapana	-	+	-
	Urdhwavayu	-	+	+				
	Parikarika	-	+	+				
	Hridyasyoparodhana	-	-	+				
	Mukhenavitapavrtti	-	+	+				
Retas	Medhrashula	+	-	+	Abhyanga	+	+	-
	Vrishanashula	+	+	+	Avagahana	+	+	-
	Angamarda	+	+	+	Madira	+	+	-
	Hridyavyatha	+	+	+	Charanayudha	+	+	-
	Mutravibaddhata	+	+	+	Shali	+	+	-
	Jwara	-	-	-	Niruha	+	+	-
	Vridhhi	-	-	-	Maithuna	+	+	-
	Ashmari	-	+	-				
	Vasti/Gudashula	-	+	-				
	Shandata	-	-	+				
Vata	Vitasanga	+	-	+	Sneha	+	+	+
	Mutrasanga	+	-	+	Sweda	+	+	+
	Vatasanga	+	+	+	Varti	+	+	-
	Adhmana	+	+	-	Vatanulomana	+	+	-
	Vedana	+	+	-	Anna and Pana	+	+	-
	Klama	+	-	-	Vasti	+	+	+
	Kasa Shwasa	-	+	-				
	Pratishyay	-	+	-				
	Jathararoga	+	-	-				
	Gulma	-	-	+				
	Udavarta	-	+	+				
	Drshtivadha	-	-	+				
	Agnivadha	-	-	+				
	Hridyagada	-	+	+				
Chhardi	Kandu	+	-	+	Pracchhardana	+	+	-
	Kotha	+	-	+	Dhumapana	+	+	-
	Aruchi	+	+	-	Langhana	+	+	-
	Vyanga	+	-	+	Raktamokshana	+	+	-
	Shotha	+	-	+	Ruskhannapana	+	+	-
	Pandvamaya	+	-	+	Vyayama	+	+	+
	Jwara	+	-	+	Virechana	+	+	+
	Kushtha	+	+	+	Kshara + Lavana Abhyanga	-	+	+
	Hrilasa	+	-	+				
	Visarpa	+	-	+				
	Kasa	-	-	+				
	Shwasa	-	+	-				
	Manyastambha	+	+	+	Abhyanga	+	-	-
Kshavathu	Shirashula	+	+	+	Sweda	+	+	-
	Ardita	+	-	+	Dhumapana	+	+	+
	Ardhavabhedaka	+	-	-	Navana	+	-	+
	Indriyadaurbalya	+	+	+	Vataghna Anna Ghirta Uttarabhaktika	+	-	-
					Anjana	-	+	+
					Aghrana	-	+	-
					Arkavilokana	-	+	-
Udgara	Hikka	+	+	+	Dhuma			+

	Shwasa	+	-	+	Nasya			+
	Aruchi	+	-	+	Kavala			+
	Kampa	+	-	+	Surapana			+
	Vibandhrasa	+	-	+	Hikka treatment like	+	+	-
	Vibandha Hridaya	+	-	+				
	Adhmana	-	-	+				
	Kasa	-	-	+				
Jrimbha	Vinama	+	-	-	Vatagnamaushadhi	+	+	-
	Akshepa	+	-	-	Snehana	-	-	+
	Sankocha	+	-	-	Swedana	-	-	+
	Supti	+	-					
	Kampa	+	+	-				
	Pravepana	+	-	-				
	Similar to Kshavathu	-	-	+				
Kshudha	Karshya	+	+	+				
	Daurbalya	+	-	-	Snigdha Bhojana	+	+	+
	Vaivarnya	+	-	-	Ushna Bhojana	+	+	+
	Angamarda	+	+	+	Laghubhojana	+	+	-
	Aruchi	+	+	+	Alpabhojana	-	+	+
	Bhrama	+	+	+				
	Glani	-	-	+				
	Shula	-	-	+				
Pipasa	Kanthashosha	+	+	+	Shita	+	+	-
	Ashyashosa	+	+	+	Tarpana	+	-	-
	Badhirya	+	+	+	Manthapana	-	-	+
	Shrama	+	-	-				
	Angasada	+	-	+				
	Hridyavyatha	+	+	+				
	Bhrama	-	-	+				
	Sammoha	-	-	+				
Vashpa	Pratishyaya	+	+	+	Swapna	+	+	
	Akshiroga	+	+	+	Madya	+	+	
	Hridyaroga	+	-	+	Good stories	+	+	
	Aruchi	+	-	+	Snehna	-	-	+
	Bhrama	+	-	+	Swedha	-	-	+
	Siroroga	-	+	+	Asramokshna	-	-	+
	Manyastambha	-	+	+				
Nidra	Jrimbha	+	+	+	Swapna	+	+	+
	Angamarda	+	+	+	Samvahana	+	+	-
	Tandra	+	+	-	Good Stories	-	-	+
	Shirogaurava	+	+	+	Cow Milk			
	Akshigaurava	+	+	+				
	Moha	-	-	+				
	Alasya	-	-	+				
Shrama Shawasa	Gulma	+	+	+	Vishrama	+	+	+
	Hridyaroga	+	+	+	Vatagnakriya	+	+	-
	Sammoha	+	+	+	Mansa Rasa	-	-	+
Kasa	Kasavrdhhi	-	-	+	Kasahara Chikitsa	+	+	-
	Shwasa	-	-	+				
	Aruchi	-	-	+				
	Hridyamaya	-	-	+				

After comparing the views of *Acharyas* in the above table regarding *adharniya vega* it is clear that *vata* is the key governor of all these biological functions. As it is

being restrainer of all the functions and organs of the body, it even does the action of throwing out the excreta and in normal state indicative of the continuity of life. It

is the cause for diseases occurring in almost all parts of the body. The treatment advised in these *vegavarodhajanya* disorders is to pacify the *vata*.

Applied Aspect of Natural Urges

1- Micturition - Micturition urgency is felt when 350-400ml of urine is collected in urinary bladder. By voluntary effect the onset of Micturition can be delayed till about 700-800ml of urine accumulates in the bladder then it becomes urgent and painful. No further inhibition is possible beyond this stage i.e. Micturition will occur automatically.

2- Defecation - If one fails to allow defecation, then defecation reflexes are excited. Later on reflexes themselves become progressively less strong over a period of time and the colon becomes atonics. This leads to constipation in future.

3- Flatus Passing - The average amount of gases entering or forming in the large intestine each day is 7-8 liters, whereas average of air expelled through anus is 0-5-0.6 liter/day.

The expelled air is mostly nitrogen. The remaining is normally absorbed into the blood through the intestinal mucosa and expelled into lungs. This concept of expulsion of gases through lungs can be similar with occurrence of *udavartta* on suppressing the *vega* of *vata*.

The above three types of urges may become harmful when suppressed because they lead to excess of nitrogen in the body. Over several hours enough nitrogen is carried to all the tissues of the body to saturate the tissues with dissolved nitrogen in the blood. It is not metabolized in the body. So it is the source of multiple problems collectively called as decompression sickness.

Decompression sickness

The bubbles of nitrogen are formed both in tissue and in the blood. Most of the symptoms are caused by gas bubbles blocking many blood vessels in different tissues.

The symptoms are pain in joints and muscles of the legs or arms, dizziness, paralysis (temporary), collapse and unconsciousness.

4. Abstinence

It is very easy to say but impossible to practice. It's practice to repress a natural biological necessity, which may lead in temperamental changes and even nervous breakdown.

5. Hunger

The intense contraction called hunger contraction, often occur when the stomach has been empty for several hours or more. When they become extremely strong they often fuse to cause a continuing titanic contraction and person experiences mild pain in the pit of the stomach called hunger pangs. They reach their greatest intensity

in 3-4 days. This condition results in hypoglycemia causing weakness, lassitude somnolence, tremors, mental confusion abnormal behavior, blurring of vision etc.

6. Thirst

The sensation occurs mostly due to increased extra cellular fluid osmolarity which causes intra cellular dehydration in the thirst centers. Dryness of mouth can cause sensation of thirst. If water drinking is delayed then dryness of mouth is more prominent leading to dehydration. Dehydration can reduce the blood volume and cause hypovolemic shock giving rise to unconsciousness i.e. functions of sense organs get impaired.

7. Sleep

We can assume that sleep in multiple ways restores both normal level of brain activity and normal balance among the different parts of the CNS.

In the case of forced and prolonged wakefulness. There is

- Increased sluggishness of thought.
- Irritability is raised.
- Enhancement of psychotic problems.

8. Vomiting

In the case of suppression of vomiting the vomits left in the stomach react as an allergen. An allergen antibody (IgE antibodies) reaction takes place. The antibodies (IgE) are attached to mast cells and basophills. When an allergen having multiple binding sites, binds with several IgE antibodies, there is a change in the membrane of mast cells i.e. mast cells and basophills get ruptured and release granules or they secrete additional substance like histamine protease, eosinophills, heparin, platlet activation factors etc. These substances cause allergic reactions such as dilatation of local blood vessels, damage to local tissues by protease, loss of fluid into the tissues and contraction of smooth muscle cells.

Hence the adverse effects of Kotha, Kandu, Shotha, Pallor, Jwara, and Kustha due to suppression of Chhardi are the results of allergic reactions.

9. Sneezing

The initiating stimulus of the sneeze reflex is irritation in the nasal passage ways. The afferent impulses pass in the 5th nerve to the medulla where the reflex is triggered. In response parasympathetic fibres from the 7th nerve get stimulated resulting in copious secretions from nasal lachrymal and submandibular glands. Uvula is depressed and air gushes out from the nasal opening along with secretions. If sneezing is suppressed damage occurs in the facial nerve probably, of the labyrinthine portion which causes initial loss of nerve impulse conduction leading to facial paralysis inefficiency of sense organs etc.

The damage of facial nerve and sneezing reflex might be due to cold, viral infection etc.

10. Dyspnea

It means mental anguish associated with an inability to ventilate enough to satisfy the demand for air i.e. air hunger. A person becomes very dyspneic especially from excess build up of CO₂ in the body fluids. So in order to attain the normalities of respiratory gases one has to breathe forcefully.

If one tries to suppress this condition the excess of CO₂ in body fluids may lead to respiratory acidosis, lethargy, narcosis and anaesthesia.

11. Lacrimation

During suppression of Lacrimation the tears pass through the naso lachrymal duct giving appearance of running nose as in cold and headache.

Now after correlating the conceptual study of Adharniya Vega by modern aspects, it is proved that suppression of urges is harmful so they should be released in time for maintaining good health.

DISCUSSION

In the daily routine or way of life persons have to be aware of the natural urges or *adharniya vega*, because their suppression and forceful production may harm the health of an individual in following ways

1. Suppressing of defecation may lead to diminution of reflexes leading to retention of flatus and feces i.e. *vatavarchapravartana*.
2. Suppressing of flatus enhances the level of gases which get absorbed in the blood and get expelled from lungs i.e. *vataja udavartta*.
3. Urination, flatus and defecation all the three when are suppressed lead to accumulation of nitrogen in body. This excess of nitrogen in tissues and blood vessels (blocks the flow) cause pain in joints i.e. *vedana*, pain in calf muscles i.e. *pindikodweshtana*, dizziness i.e. *bhrama* and pain in urinary bladder region. The individual bends forward for getting relief i.e. *vinama*.
4. Abstinence may result in temperamental changes i.e. *hridayavyatha*.
5. Suppressing of hunger initiates hypoglycaemia causing weakness, lassitude, somnolence, tremors, mental confusion, blurring of vision and abnormal behavior etc. These symptoms are similar to features described in *Charka Samhita* by *kshudha vega* dharana such as *daurbalya*, *karshya*, *angamarda*, *bhrama*, *glani* etc.
6. Suppression of thirst causes dryness in throat and dehydration which can reduce the blood volume and give rise to hypovolemic shock. This is manifested by unconsciousness or impairment of sense organs functions. Charak has also mentioned *kanthashosha*, *angasada*, *badharya*, *hridayavyatha*, *bhrama* and *sammoha*.
7. Forced and prolonged wakefulness causes increased sluggishness of thoughts, irritability, and psychotic problems which are described in Ayurveda texts in

the form of *alasya*, *moha*, *tandra*, *angamarda*, *shirogaurava* leading to abnormal behaviour.

8. The vomits left in the stomach react as an allergen, therefore allergic reaction occurs causing *kotha*, *kandu*, *shotha*, *pandu*, *jwara* etc.
9. Sneezing occurs mostly because of cold and viral infections. These cold and viral infections also damage the facial nerve probably of the labyrinthine portion which causes initial loss of nerve impulse conduction leading to facial paralysis.
10. If dyspnoea is suppressed the excess of CO₂ in body fluids may lead to lethargy, narcosis and anaesthesia. This is similar to *hridayaroga*, *sammoha* etc, described in *Charak Samhita*.
11. Suppression of Lacrimation leads to passing of tears through the naso lachrymal duct appearing as running nose which can be correlated with *pratishyaya* of *Charak Samhita*.

Summary Conclusion

The present paper entitled as 'An applied analysis of concept of *Adharniya Vega*' deals with the problems occurring after suppression of natural urges.

The concept regarding *adharniya vega* is very scientific because almost similar facts are documented in modern science.

So it can be concluded that suppression of urges or retention of harmful metabolites in body are very injurious for health, so they should be released in time. This will protect the individual and society from different retention problems.

ACKNOWLEDGEMENT

At first we pay homage in the feet of God whose blessings are with us at every step. With folded hands we pay our regards to our teachers, parents and in last our affection to our kids for their support.

BIBLIOGRAPHY

1. *Ashtanga Hridya* of Vagbhatta Hindi Commentary by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan Delhi 1st Ed, 1999.
2. *Charak Samhita* c English Translation by Prof P. V. Sharma, volume I, II Chaukhamba Orientalia Varanasi, 7th Ed., 2001.
3. Community Medicine recent Advances by A.H. Suryakanth, a Jaypee Brothers medical publication New Delhi 1st Ed., 2009.
4. Positive health through Ayurveda by Dr. L. P Gupta and Dr. L. V. Guru, *Chaukhamba* Sanskrit Pratishthan 5th reprint, 2000.