

Review on Adharniya Vega

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Abstract

Vegas are natural urges in response to the biological (including psychic) functions of the organism, adjusting the balance of the system. Some of them are purely physiological and some are protective biological reflexes. According to the ancient Ayurvedic texts, there is one main cause of all type of diseases and that is the suppression of natural Vega. Therefore it should not to be suppressed. But still some people use to suppress the vegas. Ayurveda has described 13 natural vegas which should not be retained at any cost. If they are suppressed on a regular basis due to any reason, they can lead to various health problems. The problem created due to Non-suppressible urges are getting more and more now a day.

Introduction:

According to Acharya Charaka, there are 13 types of natural urges in the body which should not be suppressed and that can cause grievous repercussions when forcibly ignored. In addition to these vegas, 14th vega is mentioned by Vagbhata. There is a description of 13 Adharaniya Vegas and the disorders caused by suppressing them with their line of treatment are as follows

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|---------------------------|-------------------------|
| 1) Mutra Vega rodha | 8) Chardi Vega rodha |
| 2) Purisha Vega rodha | 9) Kshavathu Vega rodha |
| 3) Shukra Vega rodha | 10) Udaggara Vega rodha |
| 4) Trushna Vega rodha | 11) Jrumbha Vega rodha |
| 5) Apana Vayu Vega rodha | 12) Kshudha Vega rodha |
| 6) Kasa Vega rodha | 13) Bashpa Vega rodha |
| 7) Shramashwas Vega rodha | 14) Nidra Vega rodha |

Mutra: It is the first natural urge explained by Charaka as the frequency is much more than other urges. It is the inevitable daily urge. Expulsion of urine is the function of Apana. It is the by product of metabolism. Suppressing the vega to pass mutra causes pains in the body especially in the Basti Shool (pain in urinary bladder), Mehana Shoola (pain in penis), Mutrakruchata (difficulty in micturition), Shiroruja (headache), Malaavrodha (constipation), Vinama (bending the body near to abdomen), Anaha (distension of the abdomen). After sometime this person may develop diseases of bladder and urinary tract. These are the symptoms caused by suppression of Vega of Mutra

Management for mutravegavrodh- Abhyang, basti, Ghrita Avaidan etc.

Purisa: Considering the frequency, and quantity it took the position next to the Mutra. It is also inevitable daily urge One of the function of Apana is to expell the feces. It is metabolic by product Person who suppresses the Vega of Purisha develops Pakwashaya Shool (pain in large intestine), Shiroshool (headache), Purish Aapravarthanam (obstruction of stool), Vata Apravarthanam (obstruction of flatus), Pindiko dveshtana etc symptoms.

Composition of Feces: The feces contain those inorganic substances which are relative insoluble at alkaline pH ranges such as calcium phosphate and oxalate, iron phosphate and similar compounds. The organic material is principally cellulose, protein and fats. About half the protein nitrogen of the feces is of bacterial origin; the remainder represents unabsorbed intestinal secretions and digested fluids, mucus and desquamated epithelial cells from the mucosa. Only a small amount is actual food residue. Enzymes are also presents in very small quantities, these are; pancreatic amylose and trypsin, nuclease maltase sucrase lipase and lysozyme. The colour of the feces is chiefly due to bile pigments stercobilin (Urobilin) which is produced by reduction of bilirubin by the intestinal bacteria. The characteristic odor is largely due to indole and skatole, but is contributed also by hydrogen sulfide and other odoriferous substances.

Management of purishvega- inserting Varti (suppositories) in to rectum, administering Basti etc.

Retas:

Suppression of vega of shukra results in, Medra and Vrushan shool, Jwara, Hridhya pida, Angamarda Mutraavarodha, enlargement of scrotum, formation of Shurashamari (seminal calculi) and over a period of time the person may suffer from Klaibyata (impotency). Shukra is present all over the body and it is conditional reflex in human being. Important reflex for procreation.

Management of shukravega- Snehan, Avagah, neutritonal diet.

Apanavayu:

Here Vata means Adhovata. It is the Function of Apanavayu.

Physiology of gas in the intestine indicates; A variable amount of gas is always to be found in the small and large intestine, principally the latter. This consists of the respiratory gases; oxygen, carbondioxide, nitrogen, methane, hydrogen and small amount of other gases including the rare atmospheric gases. The source of the oxygen, nitrogen and carbondioxide is swallowed air and diffusion from the blood. Bacterial fermentation and putrefaction of food residues in the intestine produce the methane and hydrogen. Some of this gas is absorbed into the blood and some escapes from the rectum as flatus particularly nitrogen. Suppression of Vega of Apana vayu causes Udavarta (painful upward movement of vayu in abdomen), Aadhmaana (distension of abdomen) Klama, Mala avrodha, Mutra rodha, Koshtashool, Dushtivadha, Agninaash and Hridyaraoga.

Management of Apanavayu- Snehan, swedan, abhyang, Usnodak.

Chardi:

- It is a protective reflex.
- It is occurs by the action of Udana and Vyana.
- It is used as one of the technique to remove the Annasalya as explained by Susruta in Shalyapaniya.

Mechanisam of Vomiting :

Vomiting is the forcible expulsion of the contents of the upper G.I. Tract through the mouth. The strongest stimuli for vomiting are irritation and distension of the stomach. Nerve impulses are transmitted to the vomiting center in the mendulls oblongata and returning impulse to the upper G.I

Tract organs, diaphragm, abdominal muscles bring about the vomiting act. So suppression will act as Nidana for many diseases some of them are;

Kustha, Pittajagulma, Nijasotha, Netraroga Management is by induction of vomiting, smoking, fasting, bloodletting, non-greezy foods and drinks, physical exercise and Purgation.

Treatment of chardi- Treatment includes induced vomiting after food, Langhan, Raktamokshan or Tumbi, Ruksha aahar also advised etc.

Kshavathu:

Kshavathu is a protective reflex. Spasmodic contraction of muscles of expiration that forcefully expels air through the nose and mouth. Stimulus may be an irritant of the nasal mucosa. To remove Nasagata Shalya On suppression act as Nidana for many diaseses, some of them are- Hikka, Kasa, Swasa, Nijasotha. Kshavathu results in Shiroshoola, Manyasthamb, Aardit, Ardhabvbedak and Indriya dourablya.

Management of Kshavathu- Snehan, dhumpan, nasya.

Udgara:

Udgar is a tendency after a meal, for small amounts of gas to be expelled from the stomach in to the esophagus and mouth. Under normal circumstances, a small amount of air is swallowed with food drink and saliva and is also produced by digestive fermentative process in the stomach. The greater part of swallowed air does not enter the stomch but is held in the lower part of the esophagus until and sufficient volume has collected to give the subjects a certain satisfaction when it is belched. The person who suppression of this vega develops Hikka, Shwasa, Aruchi, Kampa, feeling of heaviness in chest and heart. These are the symptoms caused by suppression of vega of Udgar.

Treatment- Drining cold water, Parishek etc.

Jrumbha:

It is one of the physiological reflex- A deep inspiration through the widely opened mouth producing an exaggerated depression of the mandible. It may be stimulated by drowsiness, fatigue or someone elses yawning.

Treatment- Vatashamak chikitsa is prescribed.

Kshudha:

This is a type of sensation occurs normally at a certain time before meals and is commonly projected to the region of the stomach it is probably due to contraction of empty stomach, that stimulate the receptors distributed to the mucous membrane. If food is not taken in time, hunger increases in intensity for a while and is normally to cause fatigue and headache. So not having food acts as Nidana in the disease. Kaphaja Gulma, Pranavahasrotodushti.

It is the daily physiological urge.

It is considered in Swabhavika Roga.

It is produced by the action of Samana Vayu.

It is the important criteria in deciding the time for intake of food.

Treatment- Little quantity of unctuous, hot and light food which is easily digestible.

Pipasa:

It is daily physiological urge. It is considered in Swabhavika vyadhi. This type of sensation is projected to the pharynx, specially the tongue. The sensory fibres of this region mediate this sense. Normal thirst sensation is termed as pharyngeal thirst probably originating from sensory impulses. Prolonged deprivation of water not only produces sensations of simple thirst alone but of actual pain and suffering. Under these circumstances the sensory fibres are stimulated in many tissues and metabolism of nervous system is directly affected. It acts as Nidana in Udakavahasrotodushti. Suppression of extreme thirst or delaying drinking of water causes Kanthashosha, Badhirya, Shrama.

Management- by cold demulcent drinks.

Ashru:

It is a protective reflex. It is Mechanism of lacrimal fluid: It is a watery solution containing salts, some mucus and a bacterial enzyme called Isozyme. The fluids clean, lubricate and moisten the eyeball. Normally, tears are cleared away by evaporation or by passing in to the lacrimal canals and then into nasal cavity. If an irritating substance contacts the conjunctiva, the lacrimal glands are stimulated to over secrete and tear accumulate. This is a protective mechanism.

Management- In such condition one must try to make the person cry or make him sleep comfortably listening to some soothing music or words.

Nidra:

When the mind gets exhausted or becomes inactive and the sensory and motor organs become inactive then individual gets sleep. Sleep is nothing but the location of the mind in a place unconnected with the sensory or motor organs. This if suppressed leads to management is one should resort to sound sleep and massage of the body.

Suppression of the Vega of nidra causes delusion, Jrumbha, Angamarda, Tandra, constipation, generalized body pains, Shiroroga and Akshigourav.

Management- oil massage all over the body and Swapna during the day for half the time if they were awake during the night.

Sramaswasa:

If one tries to suppress the Vega of shwas after heavy exercise or any physical work, it is a Protective reflex Mechanism. Urge may lead to Gulma (fainting and delusions) and over a period of time can cause respiratory tract disorders. These are the symptoms produced by suppression of the urge of Shramaswas.

Treatment- Its treatment includes all measures for vitiated Vata Dosha and complete rest. In such conditions the person must take rest.

Kasa vega:

Suppression of kasa vega causes an increase and further leads to dyspnea, anorexia, heart disease, emaciation and hiccups. The natural remedy for cough like Sitopaladi churna, Talisadi churna or Yashti madhu churna with honey or warm water should be given to the patients repeatedly.

Discussion:

Vegas are created naturally by body. So it is very important to respond to these urges and not to suppress them. Now a days, due to busy and stressful lifestyle and in the dream of achieving the big targets in short period, people are suppressing some or most of the natural urges of the body.

Conclusion:

One can say most of the occupational hazards are listed. That is chances of suppression of urge is more frequent as a result of in daily routine or occupation. Therefore Charaka emphasized this through applied physiology in Swasthacatuska.

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