

A critical review on Adharaniya vegas (Un holding natural urges)

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Abstract

Human existence is essentially attributed to constant, continuous oneness of body, mind and soul. We are alive when these constituents are together. When soul and mind departs from body, we usually label it as 'death'. In order to healthy operations of these constituents some urges are created naturally. These urges are known in ayurveda as 'vega'. Vega is a very fundamental and important concept of ayurveda. It is essential for our good health not to suppress urges from body, but, suppress the urges which are concerned with the mind.

In maintenance of health, we have to accept air, food etc. into our body. After their entry in the body, they are properly digested. After digestion they are divided in two parts, viz. prasad or nutritious part and mala or excretory part. This excretory part should be thrown out of body. Sometimes for continuation of human life, shukra i.e. semen and artava i.e. ovum are also ejaculated from the body. All these natural acceptance and excretion ' processes are called as vega.

Keywords: Vegas, natural urge, Adharaniya, dharaniya, flatus, udagara, etc.

Introduction

The human body is a wonderful complex system, which has a number of ways to balance or eliminate the materials, which could be harmful to the body. In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally. There are two types of natural urges: Adharaneeya Vegas--Non suppressible urges, Dharaneeya Vegas-Suppressible urges

This sector of Ayurveda has much significanse in clinical practice and yet being ignored.

Listed diseases are may be acute, sub-acute or chronic. A wise physician could accurately and easily identify this sector of nidaana (causatives) and treat best of his own.

According to Ayurveda, there are thirteen types of natural urges in the body which should not be suppressed. These are the natural calls from body, which a person must attend to, as and when they appear in order to maintain the balance in the body, and to eliminate an element that might cause imbalance. The thirteen non-suppressible natural urges are Urge to pass urine (Mootra), Urge to eliminate feces (Puresha), Urge to eliminate semen (Retas), Urge to pass out flatus (Vata), Urge to vomit (Chardi), Urge to sneeze (Kshavadhu), Urge for eructation (Udgara), Urge to yawn (Jhumbha), Urge to eat hunger(Kshuth),Urge to drink water (Thrishna),Urge to shed tears or cry (Bhaspha),Urge to sleep (Nidra) and Urge for heavy or fast breathing caused by over exertion(Shrama).

In our modern lifestyle, we find ourselves actually suppressing some or most of the natural urges of the body - we forcefully suppress the urge to sneeze when sitting in a meeting, the urge to eat when busy with work, the urge to pass urine while watching a favorite show on television, or the urge to eliminate flatus (fart) or yawn while in public. These suppressed natural urges could be the cause of sickness.

Literature review: One should not suppress the natural urges relating to urine, faces, semen, flatus, vomiting, sneezing, eructation, yawning, hunger, thirst, tears, sleep and breathing caused by over exertion [1].

For living a normal healthy life, it is necessary that the needs of these natural urges are satisfied instantaneously, i.e. as soon as they are explicit. As regards breathing, susruta has also explained that by suppressing breathing caused by over exertion one gets heart diseases, fainting or even phantom tumour in the abdomen [2].

Aims and objectives: "prevention is better than cure" so is doing alert or saving our society to the being wrong things which can be possible due to holding these urges.

To highlight the importance of Adharaniya vegs (UN holding the natural urges) and to analyze the effect of physically, mentally and as well as nervous system or dosha, dhatus, etc.

Material and methods

This study is carried out by literature search and critical review of the obtained facts. The various medical research databases like pubmed, Google scholar, and other national research databases. The terms entered for search are adharaniya vegas, natural urges, natural calling" "natural habits, natural reflex", Manual search was made by going through the reference list of retrieved articles to identify relevant additional study.

Observations and Discussion:

Various types of deseases occur by the suppression of these urges. They are being dealt here with one by one.

Micturition reflex (Mootra)-Suppression of the urge for micturition causes Vastimehana shula-pain in bladder and phallus, Mutrakrucha-dysuria, Shirashula-headache, Vinaama-bending of the body and Vankshana Anaaha-distension of the lower abdomen.

The voluntary retentation of urine there is significant rise in neurohumors i.e. plasma catecholamine, plasma 5- HT, urinari catecholamine, blood pressure, respiration rate, etc. This will precipitate or aggravate several types of stress disorders [3].

Defecation reflex: (Pureesha)-If one holds the urge for defecation, it causes Pakwashaya shula-colic pain, Shirashula-headache, Varcha apravartanam-retention of feces, Vata apravarthanam-retention of flatus, Aadmanam-distension of abdomen, wind formation, and Pindikodwesta-cramps in the calf muscles.

Ignoring this leads to constipation. Constipation is considered to be root cause of most of the ailments. Large intestine is the place of vata or air element as per Ayurveda. Imbalance of vata in body is cause of 80 % of all diseases. Major diseases like blood pressure, diabetes, low eye sight among children, skin problems, piles, acid reflux, migraine, headache, back pain, fatigue and restlessness, indigestion are all caused due to imbalance of air element in the body i.e. Vata vitiation. Ignoring the urge to defaecate leads to enhanced ageing because of destruction caused by imbalanced Vata dosha ^[4].

Seminal discharge reflex (Retas): One should not forcefully suppress the urge to discharge semen. Although Ayurveda promotes preservation of semen as it is a part of the shukra dhatu, its forceful suppression is not advised. Suppression of the urge to discharge semen causes Medhra vrushana shula--pain in the phallus and testicles, Angamardha-malaise, Hirudi vyatha- pain in cardiac region and Mutravibhaddata--retention of urine.

Suppression of sex desires causes nervous diseases like neurosis and psychological maldevelopment ^[5].

Flatus passing reflex: (Vata)-If one suppresses the urge for passing flatus, it causes Pureesha sanga-- retention of feces, Mutra sanga-retention of urine, Vata sanga (Apana vata sanga)-retention of flatus,Aadmana-distension of abdomen, Klama-Fatigue, Jathara ruja-pain in stomach, and other abdominal diseases caused by vitiation of vata.

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There are 27 conditions associated with constipation and holding bowel movements.

Vomiting reflex: (Chardi)-The diseases caused by the suppression of the urge for vomiting are Kandu- pruritus, Kotha--urticaria, Aruchi-Loss of desire to eat (anorexia),Vyanga-Hyper pigmentation on face (Melasma), Shotha-oedema, Pandu (anemia),Jwara (fever), Kustha-skin diseases, Hrullasa-nausea, Visarpa-erysipelas.

Sneezing reflex: (Kshavadhu)-Suppression of the urge to sneeze causes ailments like Manya sthambha-- torticollis, Shirashula-headache, Ardita-facial paralysis, Avabhedhaka (Hemicrania), Indriya daurbalya-weakness of the sense organs. A holding in a sneeze may lead to several unhealthy situations. A blocked sneeze could cause injury to the diaphragm, break a blood vessel in the white of the eye, causing bruising of the white part around the iris, force air up the Eustachian tubes in your ears and cause a ruptured ear drum or an injury to the

inner ear that could lead to vertigo or hearing loss, weaken a blood vessel in the brain and cause it to rupture due to the momentary elevation of blood pressure ^[6].

Eructation or belching reflex: (Udgara)-Suppression of eructation causes hiccough, Swasa-dyspnea, Aruchi-loss of desire to eat (anorexia), Kampa-tremor, Vibandh-Constipation, Hridayo arasah-obstacles in the proper functioning of heart and lungs.

Yawning reflex (Jhrumbha)-Suppression of yawning causes Vinaama-Bending of body, Akshepa-convulsion (Involuntary body movements), Sankocha-contractions, Supti-numbness, tremor, and Pravepanam-shaking of the body.

All these diseases are caused by vitiation of vata. While yawning, the body expels the unwanted vata from the body and if it is forcefully retained, it causes a number of vata disorders.

Hunger reflex: (Kshudha)-By suppressing hunger, one subjects himself to Karshya-emaciation, Daurbalya-weakness, Vaivarnya-change in bodily complexion, Angamarda-malaise (Fatigue), anorexia, Bhrama- giddiness.

Thirst reflex: (Thrishna)-Suppression of thirst causes Kanthasya Shosha--dryness of throat and mouth, Badhiryam-deafness (Temporary loss of hearing), Shrama-exhaustion without excersion, Saada-weakness, Hrudi vyatha--cardiac pain.

With balanced hydration dry skin will feel plumper, blood and lymph flow will increase, and the body's detoxification processes will work better. Develop a realistic relationship with water that works for you, and hydration will become easier. You'll also see whole body benefits to your health on a physical and mental-emotional level ^[7].

Tears reflex: (Baspa)-by suppressing tears, one gets Pratishyay-Running nose (Rhinitis), Akshi roga-eye diseases, Hrudroga-- heart diseases, Aruchi--anorexia, Bhrama-vertigo and giddiness.

Holding back the tears also blocks the emotions and this could lead to mental worry, depression and irritation.

Sleeping reflex: (Nidra)-Suppression of the urge for sleep causes Jhrumbha-yawning, Angamarda-malaise, Tandradrowsiness, Shiro roga-diseases of head and brain, Vibhanda-constipation, Akshi gauravam- and heaviness in the eyes.

Hold the urge of sleep may prompt your body to release more stress hormones throughout the day in response to normal activities. Elevated levels of cortisol and adrenaline may increase your risk for heart disease. An also cause insulin and blood sugar levels to rise. Cytokines hormone helps the immune system to fight infections. This hormone help the body produce antibodies when a person is well rested. A decrease in sleep can mean an increase in weight causes obesity ^[8].

Reflex for heavy or fast breathing caused by over exertion (Shrama)-Suppression of this urge may lead to Gulma (phantom tumour), Hridroga-- heart diseases, Sammoha-fainting.

Coughing reflex: (kasa)-Holding kasa urge will cause- Increases cough, breathless ness, loss of appetite, heart disease, hiccups and causes 'shosha' disease.(9)

For urges to be respected, various nerves, muscles, sphincters come in the action. The urges can be suppressed for some period by the power of mind. We can also create some urges by stimulating mind. But, ayurveda do not recommend this forceful suppression and creation of urges. It is identified as a major factor for presenting opportunity to initiate disease process. We have to suppress the urges while in traveling, work, meetings and discussions, and sometimes only because "it doesn't look good "like things. But, keep in mind that these acts are not good for health. These are the various urges and symptoms arising out of their suppression. The most significant observation is that, at nine times (urges as like Defecation, Seminal discharge, Flatus, Sneezing, belching, Yawning, Thirst, fast breathing due to over exertion, coughing), Heart related symptoms are mentioned. It is our duty to seriously look at this concept, while global cardiac epidemic is ready to break out.

Apart from these urges, there are some urges like sleep, speech and especially, in females, menstrual cycle. The trend is on rise to take tablets and injections for forceful suppression and initiation of menstrual cycle. It is not advisable to insult our natural system again and again. It will definitely lead us to a diseased state.(10)

The study concluded that the suppression of natural urges is definitely harmful. Diseases caused by such suppression were hypothesized to develop in two phases. The first occurs on the psychic level and has a transient quality, and the second ultimately results in irreversible changes within the tissues and organs.(11)

Conclusion

According to Ayurveda, the first line of treatment in all diseases is" Nidaana parivarjanam hi chikitsa "avoiding the cause is the treatment". Therefore, all diseases those are caused by the suppression of these natural urges can be prevented simply by avoiding suppression of any of them.

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