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Review Article

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Ayurvedic concept of Vega, Role of Vegadharana in disease and its Treatment approaches

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Abstract

Ayurveda is not merely an ancient health system but also an art of living that aims towards the well being of all aspects of life. The major goal of Ayurveda is the maintenance of health among the healthy. As maintaining health is a top priority, Acharya Charaka formulated *Swasthya Chatushka* as a cardinal concept. This concept described several aspects related to the physical and mental well being. *Vega* is one such aspect which referred to natural instincts, considered crucial to the upkeep of body balance. The process of forcibly repressing these natural instincts is called *Vega Dharana*, which is harmful to health. Ayurveda divides such instincts into two types as *Dharaniya Vega* and *Adharaniya Vega*. First one is repressible instincts and later one is un-repressible instincts. *Dharaniya Vega* consists of mental and emotional desires while *Adharaniya Vega* consists of physiological desires like defecation, ejaculation, urination, passing gas, sneezing, yawning and vomiting, etc. The suppression of *Adharaniya Vega* may lead some pathological events inside the body thus these physiological desires should not be suppressed. This article brings to light the relationship between *Vega Dharana* and related diseases along with their therapeutic approaches.

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1. Introduction

Ayurveda is well known as an ancient system of healing, which actually an art of living that leads people to a healthy and balanced life, both physically and mentally. Its two basic goals are to preserve the health of a healthy individual and to offer holistic care to the diseased. All Ayurvedic principles are developed with a vision to promote sustainability of health because it is the prime goal for attaining the four *Purusharthas* namely *Dharma*, *Artha*, *Kama* and *Moksha*. (1-3) Ayurveda philosopher organized the *Sutra Sthana* into seven *Chatushkas*, among them being *Swasthya Chatushka*, which deals with the maintenance of health. This part stresses the need to eat food in proper amounts, including all aspects of food, conduction of rule of *Dincharya* and *Ratricharya*. (2-4)

Ayurveda recognizes three basic pillars of life as *Aahara*, *Nidra* and *Brahmacharya* with *Aahara* being most important, which is why it is the center of *Swasthya Chatushka*. When food is digested, it is separated into two parts: *Sara Bhaga* (vital part) and *Kitta Bhaga* (waste

part). Keeping these waste materials longer than they should be kept is dangerous, so the body automatically starts regular eliminations to remove them. This natural process is essential to keep the overall body healthy and free from diseases.

These natural body excitations or natural urges are referred to as *Vegas*. Ayurveda categorizes natural urges into two types as mentioned in **Figure 1**; *Dharaniya Vega* and *Adharaniya Vega*. *Dharaniya Vega* comprises psychological and emotional impulses like *Lobha*, *Shoka*, *Bhaya*, *Krodha*, *Mana* and *Irshya*, etc. *Adharaniya Vega* includes physiological urges such as *Mutra*, *Purisha*, *Shukra*, *Apana Vayu*, *Chardi*, *Kshavathu*, *Udgara*, *Jrumbha*, *Kshudha*, *Trishna*, *Bashpa*, *Nidra* and *Shramaswasa*. (5-7)

The urges which suppressed, will have negative consequences, are called *Adharaniya Vegas*, i.e., they should never be suppressed. The *Indriyas* play a very important role in manifesting these urges and suppression of natural desires is a key cause of illness. *Vegas* occur

naturally in the body to restore physiological equilibrium and general health. The human body eliminates

substances depending on their usefulness or potential toxicity.

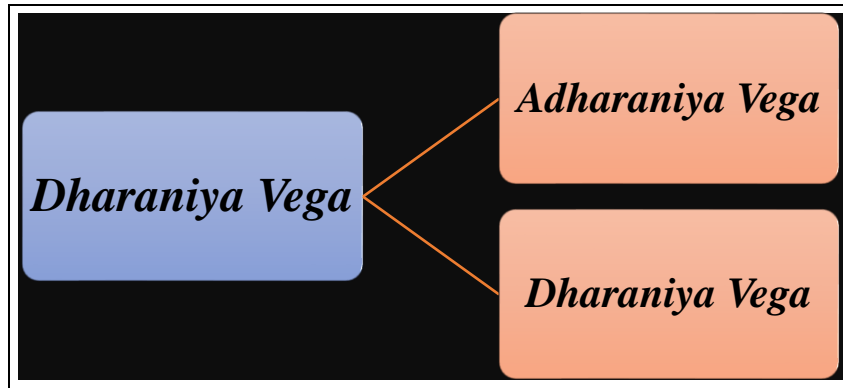


Figure 1. Types of Natural Urges (Vegas)

Ayurveda stresses that denying these desires (*Adharaniya Vegas*) disturbs the equilibrium of the body, influencing *Srotas*, disturb balances of *Dosha*, *Dhatu* and *Mala*. Structural or functional derangements in *Srotas* give rise to *Srotodusti* which lends to disease genesis. *Vega Dharana* is an important factor in *Dosha-Dusya* vitiation and *Srotovaigunyata*, leading to conditions such as *Atipravriti*, *Sanga*, *Vimarg Gamana* and *Siragranthi*. Suppression of these natural desires, knowingly or unknowingly, in modern lifestyles leads to numerous diseases. (6-8)

The sequential pathogenesis caused by *Vega Dharana* first includes vitiation of *Vata Dosha*. These irritated *Doshas* further travel in diverse directions; *Urdhva*, *Adho* and *Tiryak* finally finding their way into the *Srotas*. This leads to *Dosha-Dusya Sammurchana*, when the vitiated *Doshas* act on body tissues, resulting in the expression of *Rupa* of diseases.

Ayurveda has described various *Adharaniya Vegas* whose repression deranges the body's balance and gives rise to many disorders as depicted in **Table 1** along with their treatment approaches. (3, 8-10)

2. Role of *Vega Dharana* in Diseases and their Treatment Approaches

Table 1. Diseases Caused by *Vega Dharana* and their Treatment Approaches

Vega	Rogas/Lakshanas	Chikitsa
Mutra Vega	Pain in bladder, dysuria, lower abdominal distension and headache.	Swedana, Avagaha, Abhyanga, Avapeedaka Sneha and Basti therapy.
Purisha Vega	Headache, colic pain, bloating, muscle cramps and constipation	Swedana, Varti, Basti and Pramathi annapana.
Retas Vega	Pain in testicles, malaise, urinary retention and cardiac pain.	Abhyanga, Avagaha, Madirapana, Shali rice, Paya, Maithuna and Niruha Basti, etc.
Adhovata Vega	Urine retention, bloating, fatigue, constipation and abdominal disorders.	Snehana, Swedana, Vata pacifying diet, Vatanulomaka Basti and Varti, etc.
Chardi Vega	Urticaria, anorexia, edema, anemia, itching, fever, nausea and skin diseases, etc.	Vamana, Dhumapana, Langhana, Raktamokshana, Ruksha anna, Virechana and Vyayama.
Kshvathu Vega	Neck stiffness, facial paralysis, sensory weakness and headache.	Abhyanga, Dhumapana, Nasya, Vata-pacifying diet and Ghrita intake.
Udgara Vega	Anorexia, dyspnea, hiccups, tremors and heart dysfunction.	Snehana Chikitsa, Ghruta Pana, Basti, Peya, Yusha, Ksheera, Mamsarasa, Snigdha Dhuma, Abhyanga and Parisheka.
Jrimbha Vega	Spasms, contractions, body bending, numbness and tremors.	Vata-pacifying treatment.
Kshudha Vega	Emaciation, complexion change, malaise, anorexia and weakness, etc.	Snigdha, Ushna and Laghu food.
Pipasa Vega	Dryness of mouth, exhaustion, cardiac pain and deafness, etc.	Sheeta virya chikitsa, Vatanulomana and Pitta pacifying treatment, Truna pancha moola decoctions, Manda and Dhanyambu.
Vashpa Vega	Rhinitis, heart diseases, eye diseases, dizziness and anorexia, etc.	Proper sleep and Madya pana.
Nidra Vega	Malaise, headache, heaviness in eyes and drowsiness, etc.	Sound sleep, body massage and light diet in night, obeying biological clock and avoidance of late night awakening.
Shramaja Nishwasa	Tumors, fainting and heart diseases, etc.	Rest and Vata-pacifying treatment.

3. Conclusion

Vega is the natural body urges that are responsible for expelling unwanted and waste products, playing an important function in maintaining bodily equilibrium. Such activities occur through the *Srotas*, which are the body channels for the transport of *Dhatu*, *Mala* and *Dosha*. The continuous suppression of natural urges results in *Srotodusti*, affecting different systems of the body rather than one *Srotas*. Ayurveda lays the greatest emphasis on *Nidana Parivarjana* as the initial treatment, emphasizing the need for avoiding suppression of urges. *Vega Dharana* predominantly affects cardiovascular, gastrointestinal and nervous systems, which further results pathological conditions such as constipation, dysuria, headache, skin disease, convulsions, facial paralysis, asthma and deafness, etc. The treatment management of *Vega Dharana* adverse effects aims at restoring balance of *Dosha* and *Vata*-pacifying treatments like *Swedana*, *Basti*, *Avagaha*, *Nasya* and *Abhyanga*. *Vatanulomaka Basti*, *Yusha*, *Peya*, *Ksheera* and *Mamsarasa* correct digestion. *Vamana*, *Dhumapana*, *Raktamokshana*, *Langhana* and *Ruksha Anna* are also recommended to reverse the adverse effects of *Vega Dharana*. Dietetic treatments, such as *Ushna*, *Snigdha*, *Laghu* and *Sheeta Virya Ahara* help in detoxification and metabolic balance. Lifestyle interventions like regular sleep, avoidance of late-night sleep, adherence to the biological clock and light meal at night, etc. advises to sustain the overall health status. Moreover, rejuvenation treatments such as *Parisheka*, *Snigdha Dhuma* and proper rest correct the negative impact of urge suppression, etc.

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Conflict of Interest

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