



ISSN 2456-3110

Vol 6 · Issue 5

Sept-Oct 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of Vegadharan in pathogenesis of diseases - A Review Article

Drall Yogesh¹, Singh Madan Kumar Ashok², Sonia³, Sharma Priya⁴

^{1,3,4}Post Graduate Scholar, Department of Roga Nidana evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi, India.

²Associate Professor, Department of Roga Nidana evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi, India.

ABSTRACT

In modern day lifestyle where people are too busy in their chaos and they don't have fixed schedule for diet and sleep and somehow suppress their natural urges like *Mutra* (urination), *Kshudha* (hunger), *Nidra* (sleep), *Pipasa* (thirst) etc. This suppression of urges cause disturbance in homeostasis and lead to many metabolic disorders. Thousands of years back Ayurveda - The world's most sophisticated science introduce the concept of *Vegadharan*. *Vegadharan* simply means suppression of natural urges. In *Ayurveda* root cause of almost all the diseases is *Veganigraha*. *Acharya Charaka* broadly explains the concept of *Vegadharana* in *Charak Samhita Sutrasthana* and explains how suppression of urges lead to serious illnesses.

Key words: *Vegadharan, Veganigraha, Natural urges.*

INTRODUCTION

In Ayurveda, *Acharyas* had explained Human body as worlds most sophisticated and powerful mind-body health system. According to *Acharya Sushruta*, *Swasthya* (health) is defined as the balanced state of *Dosha, Dhatu, Mala* with normal functioning of *Atma, Indriya, Manas*.^[1]

Ayurveda *Acharyas* had covered physical as well as mental aspects of health and enlightens various non pharmacological methods to prevent disease and promote health. Some of the non-pharmacological methods are *Swasthavritta*^[2] (Daily regime), *Ritucharya*^[3]

(Seasonal regime), *Patha-Apathya Aahar*^[4] (Dietary regime), *Sadavritta*^[5] *Achara Rasayana*^[6] and *Dharniya- Adharniya Vega*^[7] are broadly explained in *Ayurvedic* classics to avoid diseases.

Acharya Charaka mentioned causes (*Hetu*) of all the diseases as- *Asatmyaindriyarthasanyog* (*Ayoga, Atiyoga* and *Mithyayoga* of *Indriya*), *Pragyaapradha, Prinama*.^[8]

Pragyaapradha - *Pragya* means 'wisdom' or 'intelligence' and *Apradha* means 'offence'. *Pragyaapradha* means offence against wisdom or intellectual error. The intellectual power (*Buddhi*) is the main factor that control our all habits.

In today's hectic lifestyle and indistinct concept of mannerism lead to habitual suppression of natural urges i.e., *Vegadharana* which is considered as *Pragyaapradha* that plays a major role in causing various disease and later on, cause various complication.

Vegadharana effects homeostasis, the equilibrium state of *Dosha* (fundamental units of body), *Dhatu* (body tissues), *Mala* (waste), *Agni* (digestive and metabolic energy) along with mind soul and sense

Address for correspondence:

Dr. Drall Yogesh

Post Graduate Scholar, Department of Roga Nidana evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi, India.

E-mail: yogeshdrall92@gmail.com

Submission Date: 17/09/2021 Accepted Date: 21/10/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

organ. It lead to vitiation of *Dosha* specially *Vata* and later on these *Dosha* lead to wear and tear of *Dhatu* (body tissues) and *Srotas* which eventually cause various diseases. In modern there is one similar concept called Allostatic load explained by McEwen and Stellar in 1993. In their words [9] "The continuous pressure on the body due to internal or external, positive or negative stimulus of physiological response as well as by the increased activity of physiological system under challenge and the changes in metabolism and the effect of wear and tear on various body organ and tissues can predispose the organism to various disease and whole phenomena is defined as allostatic load."

In this article we are going to discuss that how *Vegadharana* plays crucial role in pathogenesis of various diseases.

Understanding Vega

Acharya Charaka, *Susruta* and *Vagabhatta* elaborately discussed about *Vegadharana* in their respective *Samhitas*.

Acharya Charaka

In *Charaka Samhita Sutra Sthana Adhyaye 7 Acharya* explain 13 *Dharniya* and 3 *Adharniya Vega*. 13 *Adharniya Vega* are; *Mutranigraha* (suppression of urge of urination), *Purishanigraha* (suppression of urge of defecation), *Shukranigraha* (suppression of urge of Ejaculation), *Apanavatanigraha* (suppression of urge of Flatus), *Chhardinigraha* (suppression of urge of Vomiting), *Kshavathunigraha* (suppression of urge of Sneezing), *Udgaranigraha* (suppression of urge of Eructation), *Jrumbhanigraha* (suppression of urge of Yawning), *Kshudhanigraha* (suppression of urge of Hunger), *Trushnanigraha* (suppression of urge of Thrust), *Bashpanigraha* (suppression of urge of Crying), *Nidranigraha* (suppression of urge of Sleep), *Shramashwasnigraha* (suppression of urge of Breathing caused by over exertion).

Acharya Sushruta

In *Sushruta Samhita Uttar Tantra Adhyaya 55 Acharya* explain 13 *Adharniya Vega* same as *Acharya Charaka*.

Acharya Vagabhatta

In *Ashtang Hridaya Sutra Sthana 4 Acharya* explain 14 *Adharniya Vega*. Among them 13 are same as *Acharya Charak* and rest one is *Kasaveganigraha* i.e., suppression of urge of coughing.

Literal meaning of *Vega* is urge or desire, *Vega* also means speed or motion *Vata* is only *Dosha* that has *Gati* or movement and urge is related to mind thus *Vegadharana* means voluntary suppression of different movements of *Vata* that disrupts the distinct function of that *Vega* like expulsive, homeostatic etc. Vitiating of *Prana*, *Udana*, *Vyana Vata* the subtypes of *Vata* and the role of mind is manifested in every *Vegadharana*. *Vegadharana* can cause functional and structural damage to autonomous nervous system, the limbic system, the muscular system, the chemical messenger like neurotransmitter and hormones.[6]

Effects of Vegadharana

Acharya Vagabhatta describe that etiological factor of all the disease is suppression of urges and forceful drawing out of urges.[10]

Acharya Charaka, *Sushruta* and *Vagabhatta* explain various *Roga* due to *Vegadharana*.

Vega	Charaka ^[11]	Sushruta. ^[12]	Vagabhatta. ^[13]
<i>Mutranigraha</i>	<i>Vasti-Mehan Shool, Mutrakricha, Shiroruja, Vinama, Anaha.</i>	<i>Medra-Guda-Vankshana-Basti-Mushka-Nabhi Shoola.</i>	<i>Angabhanga, Ashmari, Vasti-Medra-Vankshana Vedana.</i>
<i>Purishanigraha</i>	<i>Pakvashaya Shola, Shira Shola, Vata Varchoaprvartan, Pinditiudhvestan.</i>	<i>Atopa, Shoola, Parikartan, Sanga.</i>	<i>Pindkoudhvestana, Pratishyaya, Shoriroja, Parikartika, Hridayauparodha.</i>
<i>Shukranigraha</i>	<i>Medra Vrishan Shola, Angamarda, Hridyavyath</i>	<i>Basti-Guda-Mushka Shotha, Mutraavrodha,</i>	<i>Shukrashrawana, Shotha, Jwara, Hridyavyatha, Mutrasanga,</i>

	a, Mutravibandha.	Shukrashmari .	Angabhanga, Ashmari, Shandta.
Apanavatanigraha	Mala Mutra Vata Sanga, Adhyamana, Kalma.	Adhyamana, Shoola, Hridya Uparodha, Shiroruja, Shwasa, Hikka, Kasa, Pratishyaye, Galagraha.	Gulma, Udavrata, Kalma, Vata-Mutra-Mala Sanga, Agnivadha, Hridayaroga.
Chhardinigraha	Kandu, Kotha, Aruchi, Vyanga, Shotha, Pandu, Jwara, Kustha, Visarpa	Kushtha.	Visarpa, Kotha, Kushtha, Kandu, Pandu, Jwara, Kasa, Shwasa, Vyanga.
Kshavathunigraha	Manyastambha, Shira Shola, Ardita, Ardhavbhedak, Indriyadaurbalya.	Shiro-Akshi-Nasa-Karna Roga, Karna-Aasya Toda.	Shiroarti, Indriyadaurbalya, Manyastambha, Ardita.
Udgaranigraha	Hikka, Shwasa, Aruchi, Kampa, Vibandha Hridayurso.	Kampa, Hikka.	Aruchi, Kampa, Hridayurso Vibandha, Adhyamana, Kasa, Hikka.
Jrumbhanigraha	Vinama, Akshepa, Sankocha, Supti, Kampa.	Manyastambha, Galastambha, Shirovikara.	Shiroarti, Indriyadaurbalya, Manyastambha, Ardita.
Kshudhanigraha	Karshya, Durbalya, Vaivarnya, Angamarda, Aruchi, Bharama.	Tandra, Angamarda, Aruchi, Vibhrama.	Angabhanga, Aruchi, Galani, Karshya, Shoola, Bharama.

Trushnanigraha	Kanthaashya Soshha, Badhirya, Sharama, Sada, Hridayavyath	Kanthaasyashos-Ha, Badhirya, Hridayavyatha.	Shosha, Angasada, Badhirya, Sammoha, Bhrama, Hridayaroga.
Bashpanigraha	Pratishyaye, Akshiroga, Hridayaroga, Aruchi, Bharama.	Shirogurutva, Netravikara, Pinasa.	Pinasa, Akshi-Shiro Roga, Manyastambha, Aruchi, Bhrama, Gulma.
Nidranigraha	Jrumbha, Angamarda, Tandra, Shiroroga, Akshigaurav	Jrumbha, Angamarda, Anga-Shiro-Akshi Jadya.	Moha, Murdha-Akshi Gaurav, Aalasya, Jrumbha, Anga-Marda.
Shramashwas Nigraha	Gulma, Hridayaroga, Sammoha.	Hridayaroga, Murcha, Gulma.	Gulma, Hridayaroga, Sammoha.
Kasaveganigraha	-	-	Shwasa, Aruchi, Hridayaroga.

Vyadhi Samprapti

Acharya Sharangdhar mention Vata as most dynamic Doshha and responsible for the movement of other two Doshha i.e., Pitta and Kapha. Without Vata Kapha and Pitta are not able to cause disease. Vegadharana mainly cause vitiation of Vata later on vitiated Vata cause vitiation of Pitta and Kapha. Acharya Charaka^[14] and Susuruta^[15] briefly explain the concept of Khavaigunya (once a space is weakened, aggravating Doshas may accumulate at the Khavaigunya initiating pathological changes in body and mind), vitiated Vata, Pitta and Kapha while roaming around in body accumulate at a place where Srotas is already weakened and tend to cause disease. So, that's how Vegadharana lead to various disease and Vata plays crucial role in causing those diseases.

Vegadharana



Vata Doshha vitiation



CONCLUSION

Vegadharana cause serious illness and some where is the root cause of almost all the diseases. Cardiovascular system, Nervous system and Gastrointestinal system^[16] are three main systems which are majorly effected by *Vegadharana*. Constipation, headache, Dysuria, Skin disorders, Asthma, Convulsion, Facial paralysis, Deafness and Heart disorders are some of the diseases caused by *Vegadharana*. *Vata* is the main *Dosha* vitiated by *Vegadharan*.

REFERENCES

1. Sushrut Samhita by Kaviraj Dr. Ambikadatt Shastri sutrasthana chapter 15/48.
2. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 5/14
3. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 6/8-48

4. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 25/45
5. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 8/17-29
6. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, chikitsa Sthan, Chapter 1-4/30-35
7. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 7/3-4
8. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 1/54
9. Vanitallie, Theodore. (2002). Stress: A physiological, clinical, and public health perspective - Foreword. Metabolism. 51. 1-1. 10.1053/meta.2002.33182.
10. Astanga Hrdhaya of Vagbhata, Edited by Kaviraj Atridev Gupta, Chaukhambha prakashan, Varanasi, sutrasthan 4/21.
11. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Sutra Sthan, Chapter 7/6-24
12. Sushrut Samhita by Kaviraj Dr. Ambikadatt Shastri uttarsthana chapter 55/7-17.
13. Astanga Hrdhaya of Vagbhata, Edited by Kaviraj Atridev Gupta, Chaukhambha prakashan, Varanasi, sutrasthan 4/2-19.
14. Chraka Samhita Vidhyotini tika, by Pandit Kashinath Pandey and Gorakhnath Chaturvedi, Chikitsa Sthan, Chapter 15/37.
15. Sushrut Samhita by Kaviraj Dr. Ambikadatt Shastri sutrasthana chapter 24/19.
16. Kulathunga R.D.H et al: A Review of Vegadharana. International Ayurvedic Medical Journal {online} 2021 {cited March, 2021}

How to cite this article: Drall Yogesh, Singh Madan Kumar Ashok, Sonia, Sharma Priya. Role of Vegadharan in pathogenesis of diseases - A Review Article. J Ayurveda Integr Med Sci 2021;5:291-294.

Source of Support: Nil, **Conflict of Interest:** None declared.
