



ISSN 2456-3110

Vol 7 · Issue 11

December 2022

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**

## Literary Review on *Adharneeya Vega* w.s.r. to Physiology

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### ABSTRACT

*Ayurveda* is an ancient system of medicine which is not merely used in conventional sense of curing diseases, though also teaches us way of life and how to preserve and protect health. According to various *Acharyas*, there is one main cause of all the type of diseases and that is the suppression of natural urges. Therefore, it should not be suppressed. *Ayurveda* termed it as *Adharaneeya Vega*. There are thirteen types of *Vega* that are mentioned by different *Acharyas* which should not be suppressed. If they are suppressed in daily life, they will lead to various serious health problems. Therefore, this review article attempts to explain *Adharaniya Vega* in details as mentioned in *Ayurvedic* literature and also, it's bad effects on individual's health and their treatment.

**Key words:** Natural urges, Vega, *Adharneeya Vega*

### INTRODUCTION

The principles described in classical texts of ayurveda hold a major importance in understanding the complex individual and community health. The main goals of *Ayurveda* are to maintain the health of a healthy individual and to cure the diseased. The principles like *Dincharya*, *Ritucharya*, *Sadvritta* has been explained by different *Acharyas*. Among these, *Acharyas* have explained about *Vegas*.

The word *Vega* refers to natural urges. *Acharya Charaka* has described *Vega* into two categories: (a) *Dharneeya Vega*: the urges to be suppressed, (b) *Adharneeya Vega*: the urges not to be suppressed.

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Submission Date: 11/10/2022 Accepted Date: 24/11/2022

#### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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### *Dharneeya Vegas*

Maximum people in general not think of suppressing the abnormal psychological *Bhavas*, result of this they may suffer from many numbers of psychosomatic disorders. It not only harms their personal life but also affects the social life badly. *Irshya*, *Bhaya*, *Krodha*, *Shoka*, *Lobha*, etc. may drive the person into extreme lowest level that it is beyond the one's imagined.

Whatever the whole world suffering now from rapes, murder, etc. for all these the basic cause is to not suppressing the *Vaikarika Manasika Bhavas*. *Utpatti* of these *Vaikarika Manasika Bhavas* is the *Sahaja Pravritti* but it should be suppressed forcefully, that helps to protect this world, and to develop the social level of the self.

### *Adharneeya Vegas*

The *Vegas* are formed by our body so they should not be suppressed at any cost. But in today's era due to competition for achieving success in limited period of time, people are suppressing their natural urges. Hence these suppressed natural urges results in various health hazards. For biological existence, and optimum functioning every individual require a continuous supply of food, water, and air, as a basic needs. And also, it is necessary to excrete the waste products

which are continuously formed as result of metabolic activities. The biological needs are present in every individual in the form of *Kshudha*, *Trishna*, sleep, defecation etc.

The same are considered as *Adharaneeya Vegas* in *Ayurvedic* classics. For the maintenance of the health of the healthy being it is necessary to fulfil them in proper time and according to rules and regulations. Now a days people are very much neglecting these proper rules, it may be due to their profession, lack of facility etc. Habitually people are following those improper life style, result of this they are self-responsible for future coming ill health caused by suppressing the non-suppressible urges.

### AIM AND OBJECTIVES

1. To study the concept of *Adharneeya Vegas* and their role in manifestation of disease.
2. To study the symptoms and management of diseases caused by *Vega Dharneeya*.

### MATERIALS AND METHODS

As it is a review article, the literature has been collected from *Ayurvedic Samhitas* and further reviewed journals, referred journals has been referred to draw a clear conclusion.

### REVIEW OF LITERATURE

Diseases are produced by initiation of natural urges forcefully and suppression of the same by forcefully. In these *Adharaneeya Vegas* that is urges not to be suppressed forcefully are given extra importance in *Ayurveda* texts, since these are causative factors for several diseases.

#### Classification of *Adharaneeya Vegas*

- *Acharya Charaka* = 13 *Adharaneeya Vegas*
- *Acharya Vagbhata* = 14 *Adharaneeya Vegas*
- *Acharya Sushruta* = 13 *Adharaneeya Vegas*
- *Acharya Bhela* = 13 *Adharaneeya Vegas*
- *Acharya Madhava* = 13 *Adharaneeya Vegas*
- *Acharya Sharangadhara* = 13 *Adharaneeya Vegas*

- *Acharya Vangasen* = 12 *Adharaneeya Vegas*
- *Acharya Bhavamishra* = 4 *Adharaneeya Vegas*

*Adharniya Vegas* are of 13 types. *Vagbhata* has added *Kasa Vega* and it comes to 14 *Adharniya Vegas* are mentioned as follows:

1. <i>Mutra Vega</i>	Urge of micturation.
2. <i>Pureesha Vega</i>	Urge of defecation.
3. <i>Retas Vega</i>	Urge of ejaculation.
4. <i>Apanavayu Vega</i>	Urge to flatus.
5. <i>Vamana Vega</i>	Urge of vomiting.
6. <i>Kshvathu Vega</i>	Urge of sneezing.
7. <i>Udgara Vega</i>	Urge of belching.
8. <i>Jrumbha Vega</i>	Urge of yawning.
9. <i>Kshudha Vega</i>	Urge of hunger
10. <i>Pipasa Vega</i>	Urge of thirst.
11. <i>Baspha Vega</i>	Urge of lacrimation.
12. <i>Shrama Janya Shwasa Vega</i>	Urge of breath on exertion.
13. <i>Nidra Vega</i>	Urge of sleeping.
14. <i>Kasa Vega</i>	Urge of cough.

#### Role of *Vata*

According to the *Ayurvedic* physiology, *Vega* is related to the movement, and among the three *Dosha*, only *Vata* has the quality to move. Any movement from muscular to cellular is mainly due to *Vata* along other *Dosha* or structures respective to the location. *Dosha* is divided into subtypes according to their specific functions. Exploring the natural course and interpretation of function of contributing *Vata* subtype in the *Vega* will rationalize the consequences described due to suppressed *Vega*.

According to *Acharya Vagbhata* - vitiation of *Vaat Dosha* along with *Pitta* and *Kapha Dosha* occurs due to *Vegadharan*. Spread of these *Dosha* in *Adho*, *Urdhwa*

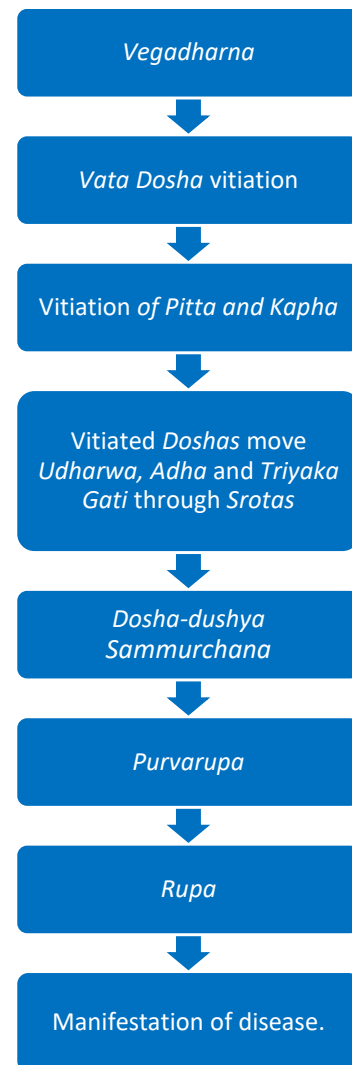
and *Tiryak* direction in whole body through *Srotas* causing different kind of *Srotodusti Prakara* (*Atipravarutti, Sanga, Vimargagamana* and *Siragranthi*) leads to cause a disease.

### Physiology of Vegas

Name of Vega	Associated Dosh	Associated subtype of Dosh	Associated type of Srotas involved
Mutra	Vata	Apana, Prana, Udana, Vyana	Mutravaha, Pranavaha
Purisha	Vata	Apana, Prana, Udana, Vyna.	Purishvaha, pranavaha
Shukra	Vata	Apana Vata Prana, Udana, Vyana Vata.	Shukravaha
Apanavayu	Vata	Apana Vata Prana, Udana, Vyana Vata.	Purishvaha
Chardi	Tridosha	Apana Vata Prana, Udana, Samana, Vyana Vata, Pachak, Ranjan Pitta, Kledak Kapha	Annavaha, Rasavaha
Kshawthu	Vata	Pana Vata, Udana, Vyana Vata.	Pranvaha
Udgara	Vata, Pitta	Prana Vata Udana, Samana Vata, Pachak Pitta.	Pranavaha,
Jrimbha	Vata	Vyana Vata Prana, Udana Vata	Pranvaha
Kshudha	Vata, Pitta	Prana, Samana Vata, Pachaka Pitta.	Annavaha Pranavaha
Pipasa	Vata, Pitta	Prana And Samana Vata, Pachaka Pitta.	Udakvaha

Ashru	Vata	Prana Vata Vyana Vata.	Pranavaha, manovaha
Nidra	Kapha	Kapha	Pranavaha
Shramashwasa	Vata	Prana, Udana, Vyana	Pranavaha, Rasavaha

### Manifestation of disease



#### 1. Mutra Vega Dharana

The very first natural urge explained by *Acharya Charaka* because of its frequency more than the other natural urges.

Suppression of *Mutra Vega* leads to:

- *Basti Shoola* and *Meha* - pain in urinary bladder
- *Shiro Rujah* - headache,
- *Vinama* - bending of the body forwards,

- *Anaha in Vangshana Pradhesh* - distention in groin
- *Mutra Kruchcha* - difficulty in micturition,
- *Anga Banga* - body pain
- *Mutra Ashmari* - urinary calculi,
- *Udavarta, Alpa Alpa Mutrata* and constipation.

Suppression of urge to micturate will increase the level of urinaricathecolamine plasma, 5-HT, plasma catecholemine, etc. and these neurohormones will lead to psychological disorders.

#### Management

*Swedana, Avagaha, Abhyanga, Avapeedaka Sneha* with *Ghruta* and *Bastikarma* should be given for the management of *Mutra Dharan Janya Vikaara*.

#### 2. Purisha Vega Dharana

*Purisha Vega* is also an inevitable natural urge. *Apana Vayu* plays a major role in expulsion of feces.

A person who suppresses the urge of defecation develops:

- *Pakwashaya Shool* (pain in large intestine)
- *Shiroshool* (headache),
- *Purish Aapravarthanam* (obstruction of stool),
- *Vata Apravarthanam* (obstruction of flatus),
- *Pindiko Dveshtana* etc.

Holding defecation will imbalance the *Vata* and leads to cause diseases such as hypertension, hemorrhoids, dermatological issues, acid reflux, headache, diminished vision, etc. it is considered as the root cause of many diseases.

#### Management

*Swedana, Abhyanga, Avagaha, Varti Prayoga, Basti* and *Pramathi Annapana* or *Vitbhedi Anna* should be given for the treatment of *Purisha Vega Dharneeya Janya Vikaara*.

#### 3. Shukra Vega Dharana

Suppression of *Retas Vega* causes:

- *Medhra Vrushan Shool* - pain and swelling in penis and testicles.

- *Angamarda* - body pain,
- *Hrudivyatha* - discomfort in heart
- *Jwara* - fever
- *Mutra Vibaddhatha* - obstruction in urination
- *Shukra Ashmari* - seminal calculi
- *Sraavanam* - oozing of semen
- *Shwayathu* - swelling in genital region
- *Vruddhi* - hernia
- *Shandatha* - impotency.

Suppression of sex desires leads to nervous diseases such as psychological maldevelopment and neurosis.

#### Management

*Abhyanga, Avagaha, Madirapana, Shali Payasa, Niruha Basti* and *Maithuna* is advised in disorders caused by *Retas Vega Dharna*. These above symptoms are relieved by whole body *Snehan* (medicated oil massage), hot water tub bath, nutritional diet that contains milk, rice, ghee (Clarified butter).

If symptoms are not relieved by above measures, *Basti* should be given.

#### 4. Apanavayu /Adhovata Vega Dharan

Suppression of *Vega of Apana Vayu* causes:

- *Udavarta* (painful upward movement of *Vayu* in abdomen),
- *Aadhmanam* (distension of abdomen)
- *Klama* (debility)
- *Mala Avrodha* (obstruction to pass flatus and faeces)
- *Mutra Rodha* (urine retention)
- *Koshtashool* (abdominal pain)
- *Dushtivadha* (diminished or loss of vision)
- *Agninaash* (loss of appetite) and
- *Hridayaroga* (heart diseases)

Even though the *Pitta and Kapha* are needful for the expulsion of these still it is dominantly the function of *Apana Vata* only.



**Management**

*Snehana*, *Swedana*, *Guda Varti*, *Vata Shamana Janya Ahara* along with *Vatanulomaka Basti Karma* should be done.

Above symptoms are relieved by *Snehan* (oleation), *Swedan* (hot fomentation), *Avgahan* (hot tub bath), *Abhyanga* (body massage with oil) use of *Ushnodak* (mild hot water) for drinking process and use of *Vatashamak* and *Anulomak Dravya*.

**Chardi / Vamana Vega Dharana**

In *Pancha Karma Chardi* means *Vamana*, by means of *Vamana Kapha* Dosha is expelled out but the only difference is that is done with the help of medicines.

The diseases caused by the suppression of the *Vega* for vomiting are:

- *Visarap* (erysipelas) pruritus
- *Kotha* (urticaria or rash)
- *Kandu* (itching all over the body)
- *Aruchi* (anorexia)
- *Vyanga* (black colored patch on face)
- *Shotha* (oedema or swelling)
- *Pandu* (anemia)
- *Jwara* (fever)
- *Kushta* (Various skin diseases) and
- *Hrillas* (nausea)

**Management**

Treatment includes induced vomiting after food, *Langhan* (fasting), *Raktamokshan* blood letting by *Jaloka* (Leech) or *Tumbi* etc. use of foods and drinks which are dry i.e., *Ruksha Annapana* (without using oil or butter), *Dhumpana* (medicated smoking) *Vyayam* (physical exercise) and *Virechan Karma* (purgation).

**5. Kshwathu Vega Dharana**

*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.

Suppression of *Kshawathu Vega* leads to:

- *Manyasthamba* - stiffness of the neck
- *Shirah Shula*
- *Ardita* - facial paralysis
- *Ardhavabhedhaka* - partial headache
- *Durbalatha* of *Indriya* - weakness of sensory organs.

Stopping a sneeze may cause rupture of diaphragm, ear drum or injury to inner ear which could lead to deafness.

**Management**

Management of *Kshavthu* - *Snehan*, *Dhumpan*, *Nasya*.

*Abhyanga* above the shoulder region, *Swedana*, *Teekshna Dhumapana*, *Nasya*, *Arkavilokana* (seeing sun directly) *Sevana* of *Vatahara Ahara* and *Ghrita Sevana* should be taken.

The person should consume ghee after meals and follow all the measures which are useful to stabilize the *Vata Dosha*.

**6. Udgara Vega Dharana**

In simple terms *Udgara* means *Urdhwa Gamana* of *Vata Udgara* is a tendency after a meal, for small amounts of gas to be expelled from the stomach into the esophagus and mouth

*Udhgara Vega Dharan* leads:

- *Hikka* - hiccup
- *Shwasa* - dyspnoea
- *Aruchi* - anorexia
- *Kampa* - tremors
- *Vibhanda* - constipation,
- *Hrdhaya Raso Sthamba* - stiffening sensation in chest region
- *Adhmana* - bloating
- *Kasa* - cough.

**Management**

Drinking cold water, *Parishek* etc.

*Snehana Chikitsa* should be given as *Ghrutapana Basti*, *Peya*, *Yusha*, *Ksheera*, *Mamsarasa*, *Snigdha Dhuma*, *Snigdha Avaleha*, *Abhyanga* and *Parisheka* should be given.

### 7. *Jrumbha Vega Dharana*

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 else yawning.

*Jrumbha Vega Dharana* leads to

- *Vinama* - bending of the body,
- *Akshepa* - convulsions
- *Sankocha* - contraction of the body
- *Supti* - numbness
- *Sthamba*, *Manyasthamba* - neck stiffness
- *Pravepna* (more shivering of the body).

Through yawning the increased *Vaat* is thrown out from body and if it is blocked it will cause the *Vaat Vyadhis*. All these diseases are caused by vitiation of *Vata*.

### Management

Management of *Jrumba Vegadharanajanya Vyadhis* are should be treated with *Vata Dosha Chikitsa*, for the treatment of such symptoms one should use drugs to alleviate *Vata Dosha*. *Acharya Charaka* and *Sangrahakara* also mention these conditions should treat same as *Hikka Chikithsa*.

### 8. *Kshudha Vega Dharana*

*Kshudhavega* is one of *Adharniya Vega* that should never be suppressed by a person having a desire to remain healthy. It is an important urge require to maintain normal physiological rhythm in different organ system. In *Ayurveda* equilibrium between *Dosha*, *Dhatu* and *Mala* is health and any factor which disturb the equilibrium leads to disease. So not having food act as *Nidana* in the disease. *Kaphaja Gulma*, *Pranavahasrotodushti*.

*Kshudha Vegadharana* leads to:

- *Krushata* - emaciation
- *Daurbalya* - weakness of body
- *Vaivarnyata* - discoloration of the skin
- *Tandra* - malaise
- *Angamarda*,
- *Aruchi*, *Bhrama* - giddiness
- *Glani* - debility
- *Shula* - pain in the abdomen.

### Management

For the treatment of *Kshudha Vega Snigdha*, *Ushna* and *Laghu Aahara* should be given.

### 9. *Pipasa Vega Dharana*

It is one of the daily physiological urges. This type of sensation is projected to the pharynx, especially the tongue. The sensory fibers of this region mediate this sense. Normal thirst sensation is termed as pharyngeal thirst probably originating from sensory impulses. It also acts as *Nidana* in *Udakavahasrotodusti*.

*Pipasa Vegadharana* leads to:

- *Kanta Shosha* - dryness of throat and mouth
- *Bhadirya* - deafness
- *Sada* - exhaustion
- *Hrda Vyatha* - discomfort in chest
- *Shrama* - tiredness
- *Sammoha* - loss of consciousness
- *Bhrama*.

### Management

For the treatment of *Pipasa Janyarogas Rogas Sheeta Virya Chikitsa* should be done *Anulomana* of *Vata*, *Pitta Shamana Chikitsa* has to be adopted like *Truna Pancha Moola Sadhita Peya*, *Manda*, *Yava*, *Dhanyaambu* should be given. It also includes providing cold comforts (residing in cool chamber).

### 10. *Bashpa Vega Dharana*

It is a protective reflex. It is the mechanism of lacrimal fluid: It is a watery solution containing salts, some

mucus and a bacterial enzyme called Isozyme. The fluids clean lubricate and moistens the eyeball. If an irritating substance to contacts the conjunctiva, the lacrimal glands are stimulated to over secrete and tear accumulate. This is a protective mechanism.

*Bhashpa Vegadharana* leads to:

- *Akshi* and *Shiro Roga* - head and eye related diseases
- *Prathishyaya*, *Aruchi*, *Bhrama*, *Gulma*, common cold, heart disease
- *Manyasthamba*.

Suppressing urge to cry leads to mental issues like depression, irritation, frustration, etc.

### Management

For the management of the diseases caused by *Bashpa Vega Dhrana*, one should take *Swapana* (good sound sleep), *Madyapana* with *Priya Katha* (mind soothing)

### 11. Nidra Vega Dharana

When the mind gets exhausted or become 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.

Suppression of *Nidra Vega* leads to:

- *Angamarda*, *Jrumbha* - frequent yawning
- *Tandra*, *Moha* - delusions
- *Murdha Gaurava* - heaviness of head
- *Akshi Gaurava* - heaviness of eye
- *Alasya* - lassitude.

### Management

For the management of diseases caused by *Nidra Vega Rodha*, first *Ksheera Pana* followed by *Swapana* (sound sleep), and *Samvahana* (narrating good story).

Such persons should regularly undergo mild oil massage all over the body and *Swapna* (sleep) during the day for half the time if they were awake during the night.

### 12. Shrama Shwasa Vega Dharana

If one tries to suppress the *Vega* of *Shwas* after heavy exercise or any physical work, then this urge may lead to:

- *Gulma* (abdominal tumor)
- *Hridroga* (heart diseases)
- *Sanmoha* (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 *Shramashwas*.

### Management

Its treatment includes all measures for vitiated *Vata Dosh* and complete rest. In such conditions the person must take ample rest followed by *Vatahara Ahara*.

### 13. Kasa Vega Dharana

Suppression of *Kasa Vega* causes in its increase and further leads to dyspnoea, anorexia (loss of appetite), heart disease, emaciation and hiccups.

*Kasa Vegadharana* leads to:

- *Shosha* - emaciation,
- *Hidhma* - hiccup
- *Hrudhamaya* - cardiac disorders
- *Shwasa* - dyspnoea
- *Aruchi* - anorexia.

### Management

*Kasa Chikitsa Sutra* has to be adopted in that first *Snehana* should be given in the form of *Vataghna Siddha*, *Snigdhayukta Peya*, *Yusha* and *Rasa* should be given and *Leha*, *Dhumpana*, *Abhyanga*, *Sweda* and *Parisheka*, if *Pitta Anubandha* is there along with the food *Ghruta* and *Ksheerapana* should be given, if *Kapha Anubandha* is there, then *Sneha Virechana* should be given. In such conditions the person must take rest.



**DISCUSSION**

Vegas are created naturally by body. So, it is very important to respond to these urges and not to suppress them. Natural urges are the body reflexes that eliminate the toxic substances and maintain the health. It clearly shows that every system of the body gets affected by *Vega Dharana*. i.e., Respiratory system is influenced by suppression of *Purisha Vega*, *Chardi Vega*, *Udgara Vega* and *Kasa Vega*; Cardio vascular system is affected by suppression of *Shukra Vega*, *Purisha Vega*, *Adhovata Vega*, *Udgara Vega*, *Trushna Vega*, *Kasa Vega* and *Shramaja Shwasa Vega*; Gastro intestinal System is damaged by suppression of *Udgara Vega*, *Adhovata*, *Bashpa Vega*, *Shramaja Shwasa Vega*, *Kshuda Vega*, *Kasa Vega*, *Purisha Vega*; Urinary system is damaged by suppression of *Mutra Vega*, *Shukra Vega*, *Adhovata Vega*; Reproductive system or genital organs are affected by *dharana* of *Shukra Vega*, *Mutra Vega*. In addition, suppression of the non-suppressible urges, produce various clinical features in human body and can be acute or chronic. Headache is caused by suppression of *Mutra Vega*, *Purisha Vega*, *Kshavathu Vega*; Constipation occurs by suppression of *Adhovata Vega*, *Udgara Vega*, *Nidra Vega*; Eye diseases are caused by suppression of *Bashpa Vega*, *Chardi Vega*, *Nidra Vega*; Deafness is produced by suppression of *Trushna Vega*; Obstruction of urine, feces, flatus are caused by suppression of *Adhovata Vega*; *Dharana* of *Shramaja Shwasa Vega*, *Nidra Vega*, *Trushna Vega*, *Kshuda Vega*, *Adhovata Vega* lead to weakness of the body. Suppression of *Kshavatu Vega* leads to weakness of sensory organs; Skin lesions, discolorations, itching are caused by *Chardi Vega*.

In *Charaka Samhita* we get the reference of both *Dharaneeya* and *Adharaneeya Vegas*. The description of *Adharaneeya Vegas* is mainly seen in *Charaka Samhita Sutrasthana* under *Swasthya Chatuska* 7<sup>th</sup> chapter in which we have the reference about *Adharaneeya Vegas* in detail.

In *Siddhi Sthana* also while telling four *Sadatura* persons there is a reference of *Mala Mutra* etc. *Vegas*. In this *Samhita* we can get the reference of *Adharaneeya Vegas* also.

In *Sushruta Samhita* we have the reference of *Adharaneeya Vegas* in the context of *Udavarta Pratisheda Adhyaya*. The references regarding the *Dharaneeya Vegas* are not available directly but he has told about *Manas* and its disorders as well as management.

In *Astanga Sangraha* we get the reference of both *Dharaneeya* and *Adharaneeya Vegas*. In *Sutra Sthana* 5<sup>th</sup> chapter i.e., "*Roganutpadaneeya Adhyaya*" we have the reference of *Adharaneeya Vegas* in the context of '*Vegadharana Nishedha*' for maintenance of health. In this we can get the reference of *Dharaneeya Vegas* also.

In *Astanga Hridaya* we get the reference of both *Dharaneeya* and *Adharaneeya Vegas*. In *Sutra Sthana*, 4<sup>th</sup> chapter i.e., "*Roganutpadaneeya Adhyaya*" we have the references of *Adharaneeya Vegas* in the context of '*Vegadharana Nishedha*' for maintenance of health. In this we can get the reference of *Adharaneeya Vegas* also.

The reference of *Dharaneeya Vega* is not available. In *Madhava Nidana*, Part 1 we have the references of *Adharaneeya Vegas* like *Mootra*, *Mala*, *Apana Vata*, *Shukra*, etc. in the 31<sup>st</sup> chapter i.e., *Mutraghata Nidan*. In 27<sup>th</sup> chapter '*Udavarta Anaaha Nidanam*' also explained 13 numbers of *Udavarta*. The reference of *Dharaneeya Vega* is not available. In *Bhava Prakasha*, Part 1, 5<sup>th</sup> chapter i.e., '*Dinacharyadi Prakaranam*' we get the references of *Adharaneeya Vegas*, like *Ksudha*, *Trishna*, *Nidra*, *Shukra* in the context of *Swabhavika Manushya Ichha*.

In *Bhela Samhita* we get the reference of both *Dharaneeya* and *Adharaneeya Vegas*. In *Bhela Samhita* 6<sup>th</sup> chapter i.e., '*Na Vegan Dharaneeyam*' there is reference of *Adharaneeya Vegas* is clearly available. In *Vanga Sena Samhita* or *Chikitsa Sara Samgraha* we have the references of *Adharaneeya Vegas*.

One must attend these natural calls from body to maintain the homeostasis. Otherwise, this will cause the aggravation of *Doshas* and lead to cause a disease.

**CONCLUSION**

*Vegadharana* is explained under *Roganutpadaniya Adhyaya* i.e., prevention of onset of disease.

*Vegadharana* is one of the causative factors mentioned in various diseases. Out of two types of *Vegas*, for *Adharaneeya Vegas* more importance is given in *Samhitas* that is why it is explained first According to Ayurveda first line of treatment in all type of disease is “*Nidana Parivarjanm hi Chikitsa*” means avoiding the cause is the treatment therefore all disease which are caused by suppression of natural urges can be prevented simply by avoiding suppression of them. In *Rogi Pariksha*, *Vaidya* must ask the questions related to suppression of *Adharaneeya Vega* before diagnosing the disease. These are the various urges and symptoms arising out of their suppression. It is very essential for our good health not to suppress any urges. So, do not ignore nature’s call, attend to it at once.

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**How to cite this article:** Aakriti Jamwal, Komal Samyal, Sourabh Sharma. Literary Review on Adharneeya Vega w.s.r. to Physiology. J Ayurveda Integr Med Sci 2022;11:91-99.

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

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