



ISSN 2456-3110

Vol 9 · Issue 10

October 2024

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

Effect of *Vachik Dharaniya Vega* on Mental Health

Nand Kishor Jindal¹, Rekh Raj Meena², Ashok Kumar Sharma³

¹Post Graduate Scholar, PG Department of Kriya Sharira, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

²Assistant Professor, PG Department of Kriya Sharira, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

³Professor & HOD, PG Department of Kriya Sharira, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

ABSTRACT

Vachik Dharaniya Vega, the suppression of verbal expression, holds significant importance in the context of mental health as described in *Ayurvedic* literature. This concept refers to the conscious or unconscious restraint of speech, which can lead to emotional distress and psychological disturbances. *Ayurveda* emphasizes the natural flow of *Vega* (urges) for maintaining physical, emotional, and mental balance. Suppressing verbal expression, whether due to social, cultural, or personal reasons, creates an internal conflict that may manifest as stress, anxiety, frustration, and emotional imbalance. Psychologically, suppression of speech can limit one's ability to express thoughts and feelings, fostering negative emotions such as anger, resentment, and sadness. Over time, this emotional bottling can contribute to various mental health disorders, such as depression and heightened anxiety. Additionally, chronic suppression of speech can disrupt social relationships and communication, leading to feelings of isolation, low self-esteem, and lack of self-worth. *Ayurveda* suggests that unexpressed emotions disrupt the flow of *Prana* (life energy), which affects mental clarity, emotional regulation, and overall well-being. Therapeutic interventions in *Ayurveda* aim at promoting free and healthy expression through counseling, emotional management, and practices like *Pranayama* and meditation. By addressing the root cause of *Vachik Dharaniya Vega*, *Ayurveda* seeks to restore mental harmony and enhance emotional resilience, contributing to overall mental wellness. This article explores the relationship between suppressed verbal expression and its impact on mental health, drawing insights from *Ayurvedic* principles and modern psychological perspectives to emphasize the importance of mindful communication and emotional expression for mental well-being.

Key words: *Vachik Dharaniya Vega*, mental health, mind, verbal expression, speech, Mental well-being.

INTRODUCTION

In *Ayurveda*, the concept of *Vega* (urge) refers to natural bodily functions, such as hunger, thirst, and the urge to speak, which should not be suppressed. *Dharaniya Vega* refers to urges that need to be controlled or suppressed for maintaining social and mental harmony. One such urge is *Vachik Vega*, which refers to the urge to speak. When this urge is not

managed properly, it can lead to detrimental effects on both the mind and the body. This article explores the impact of controlling or suppressing speech (*Vachik Vega*) on the mind and how improper communication can affect mental well-being.

The concept of *Vachik Vega* in *Ayurveda*

In the context of *Vega Dharana*, *Ayurveda* divides urges into two categories:

- 1. *Adharaniya Vega* (non-suppressible urges):** These are natural urges like urination, bowel movements, sneezing, and hunger, which should not be controlled as suppressing them can lead to various physical diseases.
- 2. *Dharaniya Vega* (suppressible urges):** These urges pertain to emotions and actions that, if left uncontrolled, may disturb both personal and social harmony. *Vachik Vega*, or the urge to speak, falls into this category.

परुषस्यातिमात्रस्य सूचकस्यावृतस्य च । वाक्यस्याकालयुक्तस्य धारयेद्वेगमुत्थितम् ॥

Address for correspondence:

Dr. Nand Kishor Jindal

Post Graduate Scholar, PG Department of Kriya Sharira, Madan Mohan Malviya Govt. Ayurved College, Udaipur, Rajasthan, India.

E-mail: drmunnalalk@gmail.com

Submission Date: 09/09/2024 Accepted Date: 17/10/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.10.31

The concept of *Vachik Vega* is critical in ensuring mental and emotional balance. According to *Ayurvedic* wisdom, speaking is a powerful tool for expression and communication. However, unrestrained speech, excessive talking, or speaking in a harmful manner can disturb the mind's tranquility and affect interpersonal relationships. Hence, learning when to suppress speech or when to control what we say is key to maintaining mental equilibrium.

Impact of *Vachik Vega* on the Mind

When it comes to communication, speech has a profound connection with our emotions and mental state. Inappropriate expression of thoughts can result in negative mental consequences. There are multiple ways *Vachik Vega* can influence the mind:

1. Anger and Verbal Outbursts

When the urge to speak is not restrained during moments of anger, it can result in verbal outbursts. These outbursts often leave a long-lasting impact on the mind, both for the speaker and the listener. In *Ayurveda*, uncontrolled anger is linked with an imbalance in *Pitta Dosha*, which affects mental clarity and emotional stability. Angry words not only harm relationships but also cause inner guilt, frustration, and regret, leading to mental turmoil.

2. Gossip and Negative Speech

Speech should always aim to uplift, inform, or bring positivity. However, indulging in gossip or negative speech about others leads to mental unrest. Constantly talking about others in a negative light brings one's mind into a state of jealousy, comparison, and agitation, which disturbs mental peace. *Ayurveda* recommends avoiding speech that propagates negativity as it creates a cycle of negative thinking and emotional stress.

3. Excessive Speech and Mental Agitation

While communication is essential, excessive talking can over stimulate the mind. According to *Ayurvedic* texts, excessive speech can disturb *Vata Dosha*, leading to restlessness, anxiety, and mental exhaustion. A person who talks excessively without meaningful purpose may

find it difficult to concentrate, meditate, or maintain a peaceful state of mind. Mental calmness requires balance in speech, ensuring that silence is embraced when necessary to maintain inner tranquility.

4. Harsh Words and Mental Disturbances

The use of harsh language, insults, or condescending words leaves emotional scars on both the speaker and the receiver. In *Ayurveda*, this is seen as an excess of *Rajas* (the quality of passion, restlessness, and activity). Harsh words stem from an agitated mind and further contribute to a disturbed mental state, causing anger, guilt, and resentment. When we speak without consideration, we feed into the *Rajasik* nature of the mind, creating more mental conflict.

5. Suppression of Necessary Speech

Just as unrestrained speech can cause problems, so too can the suppression of necessary speech. Holding back emotions, opinions, or important thoughts due to fear, insecurity, or anxiety can lead to emotional suppression, which in turn affects mental health. *Ayurveda* emphasizes the importance of balanced communication, where thoughts and feelings are expressed in a healthy and constructive manner. Failure to express oneself when needed leads to internal tension, which can manifest as stress, depression, or frustration.

Psychological and Emotional Effects of Improper *Vachik Vega* Control

The mental impact of improper control over speech extends beyond immediate emotional reactions. Over time, unregulated *Vachik Vega* can create deeper psychological issues:

1. Stress and Anxiety

Constant verbal communication without mindfulness or balance over stimulates the nervous system. This leads to an increase in stress levels and anxiety. A person who talks excessively or inappropriately often over thinks their words after the fact, which further escalates mental distress. Similarly, suppressing necessary speech out of fear can create internal stress, leading to chronic anxiety.

2. Guilt and Regret

Many individuals experience guilt and regret after speaking impulsively or in anger. These emotions negatively impact mental health, as the mind continually revisits past mistakes, creating a cycle of negative thinking. *Ayurveda* stresses that mindful and controlled speech can prevent these mental disturbances.

3. Relationship Strain and Emotional Turmoil

Interpersonal relationships are deeply affected by how we communicate. When *Vachik Vega* is not controlled, it leads to misunderstandings, conflicts, and emotional distance between people. Constant arguing, use of harsh words, or emotional suppression in relationships can create an emotionally charged environment, which fuels stress, sadness, and even loneliness.

4. Low Self-Esteem and Depression

When a person suppresses their urge to speak due to low confidence, fear, or insecurity, it results in poor self-expression. Over time, this may lead to low self-esteem and feelings of inadequacy. In severe cases, the inability to express one's thoughts and emotions can result in depression. *Ayurveda* encourages the balance of speech to ensure healthy self-expression and emotional well-being.

The Role of Mindfulness in Managing *Vachik Vega*

Ayurveda and its allied practices like Yoga and meditation emphasize the importance of mindfulness in speech. Mindful speech is about being aware of what we are saying, why we are saying it, and how it will impact others. This approach has numerous benefits for mental well-being:

1. Developing Emotional Intelligence

Mindful communication fosters emotional intelligence, as it allows a person to reflect on their emotions before expressing them. Instead of reacting impulsively, one learns to respond in a more measured and thoughtful way, leading to better mental clarity and emotional balance.

2. Reducing Mental Agitation

By consciously controlling speech and avoiding excessive or unnecessary talk, the mind stays calm and

focused. Silent contemplation, when practiced regularly, helps the mind maintain peace and reduces agitation caused by external stimuli.

3. Fostering Healthy Relationships

Balanced speech encourages open, honest, and compassionate communication. This nurtures trust and understanding in relationships, reducing mental stress and emotional conflicts. It also helps to prevent the negative impact of verbal misunderstandings, ensuring that relationships remain harmonious.

Techniques for controlling *Vachik Vega*

In *Ayurveda*, certain techniques are recommended to help manage the urge to speak, ensuring a positive effect on mental health:

1. Practice of Silence (*Mauna Vrat*)

Periodic silence, or *Mauna Vrat*, is a practice in *Ayurveda* that allows individuals to conserve mental energy and attain mental clarity. By abstaining from speech for certain periods, one can experience calmness, improve mental focus, and gain deeper self-awareness.

2. *Pranayama* (Breathing Exercises)

Breathing exercises like *Nadi Shodhana* (alternate nostril breathing) and *Sheetali Pranayama* help to calm the mind and regulate emotions. This, in turn, helps in controlling impulsive speech and balancing the urge to express emotions through words.

3. Meditation and Mindfulness

Regular meditation helps develop mindfulness, allowing individuals to observe their thoughts and emotions before expressing them verbally. This awareness is key to preventing impulsive speech, thereby maintaining mental and emotional balance.

4. *Sattvic* Diet and Lifestyle

Ayurveda emphasizes the role of a *Sattvic* (pure) diet and lifestyle in balancing the mind. A *Sattvic* diet nourishes the mind, promotes calmness, and helps maintain emotional stability, which directly impacts how a person communicates. A calm and centered

mind naturally speaks with kindness, clarity, and purpose.

CONCLUSION

The control and mindful expression of *Vachik Vega* are essential for mental well-being, as speech is intricately connected to emotional and psychological health. *Ayurveda's* approach to speech highlights the importance of balance - both in expressing and controlling what we say. Unrestrained speech can disturb the mind, leading to anger, guilt, stress, and anxiety, while suppressed communication can result in emotional tension and frustration. Practicing mindfulness in speech, incorporating periods of silence, and maintaining a *Sattvic* lifestyle can help in achieving mental clarity and emotional harmony. Understanding the impact of *Vachik Dharaniya Vega* is vital for maintaining a balanced mind, healthy relationships, and overall mental peace.

REFERENCES

1. Dhyani A., Gaidhane.A, Choudhari.G, Dave S, Choudhary S.Strengthening Response towards promoting Mental Health in India: A Narrative Review. Cureus [Internet], Oct., 2022; [cited 2024 April 11]; 14(10). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9671264/> DOI: 10.7759/cureus.30435

2. Sharma R., Dash.B., editor. Charaka Samitha of Agnivesha, Sutra Sthana. Ch.7, Ver.3.1st edition, Varanasi: Choukhambha Sanskrit Series office, 2018; 146.
3. Vagbhata, Vagbhata's Astanga Hridayam, edited by Prof.Murthy.K.R. Sutra Sthana. Ch.4, Ver. 24.1st edition, Varanasi: Krishnadas Acadamy, 2004; 49.
4. Kushawaha H, editor. Commentary Ayurveda Dipika of Chakrapanidutta of Charaka Samhitha of Charaka, Sutra Sthana; NaVegandharaniya: Ch7, Ver.27. Varanasi: Chaukhambha Orientalia, 2018; 109.
5. Murthy.S., editor. Susruta Samhita of Susruta, Sutra Sthana. Ch.1, Ver.24.1st edition, Varanasi: Chaukhambha Orientalia, 2000; 8.
6. Sharma.R, Dash B., editor. Charaka Samitha of Agnivesha, Sutra Sthana. Ch.8, Ver.27.1st edition, Varanasi: Choukhambha Sanskrit Series office; 2018.p.179.

How to cite this article: Nand Kishor Jindal, Rekh Raj Meena, Ashok Kumar Sharma. Effect of Vachik Dharaniya Vega on Mental Health. J Ayurveda Integr Med Sci 2024;10:193-196.
<http://dx.doi.org/10.21760/jaims.9.10.31>

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