



ISSN 2456-3110

Vol 9 · Issue 12

December 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

Review on *Trishna Vegadharana* w.s.r. to *Badhirya*

Saran Raj MG

Assistant Professor, Department of Dravya Guna Vigyana, Sai Ayurveda Medical College and Research Institute, Khandala, Aurangabad, Maharashtra, India.

ABSTRACT

Ayurveda is the ancient system of medicine which details about various concepts about maintaining the health of a healthy people and curing the disease of affected. *Adhaaraneeya Vega* (suppressing natural urges) is such a concept which explained as the common cause for many health related issues. Among them *Badhirya* (deafness) is explained as a complication of suppression of urge of Thirst (*Trishna Vega Dharana*). There for this review article attempt to explain *Trishna Vegadharana* with reference to *Badhirya*.

Key words: *Vegadharana, Badhirya, suppression of natural urge, Vata Dosha*

INTRODUCTION

Ayurveda is the ancient system of medicine which details about the various concepts about maintaining the health of a healthy people and curing the disease of affected. This is only possible by following the concept of *Dinacharya* (daily regime), *Ritucharya* (seasonal regime) and *Sadvrutta* (Good conduct). Ayurveda explains about 13 different type of urges which is not to be suppressed or initiated forcibly. *Acharyas* termed this urge as *Vegas* which is occur naturally and one should not make an attempt to stop them. Due to lack of this knowledge or some situations and current life style makes a person to suppress these urges forcibly. Later on by a habitual suppression of these *Vegas* serious illness starts to develop in the body and mind. *Trishna* (suppression of urge of thirst)

is also a type of such urge which leads to many illness and *Badhirya* (gradual hearing loss) is one among them which is becoming the common issue in any age group presently. Lets discuss this topic with support of classical reference available about *Badhirya* and modern physiology of hearing.

AIM AND OBJECTIVES

Aim of this literature review study is to collect and compile all available reference about *Trishna Vegadharana* and *Badhirya* from different classical texts and modern physiology of hearing.

MATERIALS AND METHODS

This is a literary review study hence each and every details available from Ayurveda classical texts and modern physiology are collected and compiled for better understanding of this topic and an attempt have been made to draw a conclusion.

REVIEW OF LITERATURE

Vegadharana (suppression of natural urges) is against the *Sadvrutta* (good conduct) explained in Ayurveda. Every illness occur in the body is either by suppressing natural urges forcibly or initiating it in wrong time. There are 13 different urges explained in Ayurveda which should not be suppressed or initiated forcibly. Following are the details of *Trishna Vegadharana* and after effects by different *Acharyas*.

Address for correspondence:

Dr. Saran Raj MG

Assistant Professor, Department of Dravya Guna Vigyana, Sai Ayurveda Medical College and Research Institute, Khandala, Aurangabad, Maharashtra, India.

E-mail: saranrajmg2013@gmail.com

Submission Date: 09/11/2024 Accepted Date: 22/12/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.12.32](https://doi.org/10.21760/jaims.9.12.32)

Acharya Charaka	Acharya Susruta	Acharya Vagbhata
Kanta Asya Sosha (dryness of throat and mouth)	Kanta Sosha (dryness in throat)	Sosha (dryness of mouth)
Badhirya (Loss of hearing)	Shravana Avarodha (difficulty in hearing)	Angasada (Tiredness)
Hridaya Vyadha (cardiac discomfort)	Hridaya Vyadha (precordial discomfort)	Badhirya (loss of hearing)
		Sammoha
		Brama
		Hrithgada (precordial discomfort)

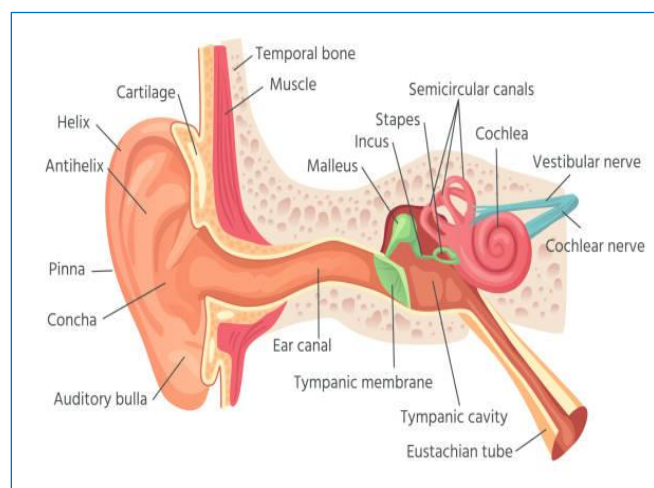
Physiology of Hearing

Anatomy and Physiology of inner ear

The inner ear consist of mainly three parts cochlea, semi circular canals (labyrinth) and vestibule. Cochlea supports hearing and vestibule and labyrinth supports balancing of the body.

Role of cochlea in hearing

Cochlea is filled with fluid and shaped like a snail. Sound enters the outer ear and hit the tympanic membrane causing the tiny middle ear bones (malleus, incus, stapes) to move. The stapes found in the oval window (small hole) in the cochlea. When it moves it makes ripples in your cochleas fluid. The ripple moves the stereocilia in the inner and outer hair cells sparks an electrical signal that your auditory nerve carriers to your brains temporal lobe perceives the electrical signal as sound.



Samprapthi of Badhirya

The main cause of the *Karnanada* (tinnitus) is vitiated *Vayu* which get located in the *Sabdavaha Srothas* (sound carrying channels). In classics it is mentioned that not treating the *Karnanada* may leads to *Badhirya* (loss of hearing). In other way vitiated *Vayu* accompanied with vitiated *Kapha* also blocks the channel leads to *Badhirya*.

RESULT AND DISCUSSION

By compiling different aspect about *Vegadharana*, *Badhirya*, physiology of hearing we can understand that fluid part filled with in the cochlea plays major role in sound hearing by producing vibration that ripple moves the stereocilia to produce an electrical signal that is to be carried by auditory nerve to the brain as sound signal.

Suppressing the urge of thirst will surely give an effect of dehydration in the body. As cochlea is filled with a fluid part dehydration of the body will cause dryness in the inner ear area which is filled with fluid part and it may increase the *Ruksha Guna* of *Vayu* leads to its vitiation as per classics. Any imbalance in the fluid part may surely affect the movement and vibrations of these parts and in result it will leads to disturbance in carrying sound signal to the brain.

CONCLUSION

By analyzing all these data, it is clear that suppressing natural urges will harm the body in many ways. Dehydration of the body will lead to fluid loss in any part of the body. The cochlea present in inner ear which is filled with fluid and helps in transport of sound signal. *Trishna Vegadharana* will increase the *Ruksha Guna* in the body which will leads to vitiation of *Vayu* and which will produce dryness in inner ear part leads to fluid imbalance and it may disturb the transport of sound carrying signal to the brain result in gradual loss of hearing. It can be concluded by this literature study that urge of thirst to be never suppressed or it may adversely affect the function of hearing.

REFERENCES

1. Charaka. Charaka Samhita. Sharma RK, Dash VB, editors. Reprint 2014 ed. Varanasi: Chowkambha Sanskrit Series; 2014. Sutra Sthana 7/21. p. 149.
2. Sushruta. Sushruta Samhita. Singhal GD, editor. 2nd ed. Varanasi: Chaukambha Sanskrit Pratisthan; 2007. Uttara Sthana 55/16, 20/7,8. p. 123.
3. Vagbhata. Ashtanga Hridaya. Gupta KA, commentator. Sutra Sthana, Chapter 4, Verse 21, p. 46. Varanasi: Chaukambha Prakashan; 2009.
4. Dhingra PL, Dhingra S. Diseases of Ear, Nose and Throat and Head and Neck Surgery. 6th ed. India: Elsevier; 2014. Chapter 2, p. 15.

How to cite this article: Saran Raj MG. Review on Trishna Vegadharana w.s.r. to Badhirya. J Ayurveda Integr Med Sci 2024;12:245-247.
<http://dx.doi.org/10.21760/jaims.9.12.32>

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