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CONCEPT OF VEGADHARANA AS PER ACHARYA CHARAKA- A REVIEW ARTICLE

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ABSTRACT:

Ayurveda is a science of life. Although Ayurveda is considered as ancient healing system but actually Ayurveda is an art of living the life, which deals with every aspect of life. Prevention of the health of a healthy person and complete care of a diseased person are two aims of Ayurveda. Since health protection is the first aim, therefore, *Swasthya Chatushka* described first by *Acharya Charaka*. Vegas are naturally occurring body phenomenon, which play an important role in bodily equilibrium and maintenance of the health. *Vega* means natural urge and *Dharana* means suppression, so collectively the word *Vega Dharana* means forceful suppression of natural urge. Initiation of urges is normal body activity through which unwanted and waste body products are expelled out from body. This process is timely carried out by body at regular intervals. Since ancient time various *Acharyas* have clearly mentioned that maximum diseases are caused by forceful suppression of natural urges. Today our life style includes time management for various commitments, where *Vega Dharana* is commonly found to occur. These *Vega Dharana* are causing various diseases in different *Srotas* according to the *Kha Vaigunya* present in the body. The symptoms of *Vega dharana* not only comprise to a single *Srotas*, but found in more than one *srotas*. *Srotas* are the body transporting channels through which *Sravana* of *Dosha*, *Dhatu* and *Mala* takes place. *Srotas* performs such function which helps to nourish the entire body.

KEYWORD: *Vega, Dharniya Vega, Srotas, Srotodusti.*

INTRODUCTION

In Ayurveda, *Acharyas* had explained Human body as worlds most sophisticated and powerful mind-body health system. According to *Acharya Sushruta*, *Swasthya* 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], *Ritucharya*^[3], *Patha-Apathya Aahar*^[4], *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- *Asatmyaindriyarth Sanyog* (*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 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.”

Thirteen *Adharniya Vegas* are explained by *Acharya Charaka* as follows

1) *Mutra Vegavarodhajanya Rogas/ Laksanas*

Suppression of *Mutra Vega* leads to – *Shoola* in *Basti* and *Mehan* (pain in bladder and phallus), *Mutrakrichhra* (dysuria), *Shiroruja* (headache), *Vinama* (bending of the body), *Anaha* in *Vankshana Pradesha* (distension of the lower abdomen), such *Lakshana* are seen.

Chikitsa – For the management of *Mutra Vega Dharana Janya Rogas*, *Swedana Avagaha*, *Abhayanga*, *Avapeedaka Sneha* with *Ghruta* and all the three types of *Basti* should be given.

2) *Purisha Vegavarodhajanya Rogas/ Lakshanas* Suppression of *Purisha Vega* may leads to, *Pakwashaya Shoola* (colic pain), *Shira Shoola* (headache), *Varcha* and *Vata Apravartanam* (retention of faeces and flatus), *Pindikodveshtana* (cramps in the calf muscles), *Adhamana* (distension of abdomen).

Chikitsa – For the *Chikitsa Swedana* (formentation), *Abhayanga* (massage), *Avagaha* (tub bath), *Varti Prayoga* (suppositories), *Basti* (enema), and *Pramathi Annapana* (laxative food) should be given.

3) *Retas Vegavarodhajanya Rogas / Lakshanas* – Suppression of *Retas Vega* causes, *Medra Vrushana Shoola* (pain in the phallus and testicles), *Angamarda* (malaise), *Hridaya Vyatha* (cardiac pain), *Mutra Vibdhata* (retention of urine).

Chikitsa – *Abhayanga*, *Avagaha*, *Madirapana*, *Shali* rice, *Paya* (milk), *Niruha Basti*, *Maithuna* is advised in these conditions.

4) *Adhovata Vegavarodhajanya Rogas/ Lakshanas* – If one suppresses the *Vega* of *Adhovata* it causes, *Purisha Sanga* (retention of faeces), *Mutra Sanga* (retention of urine), *Vata Sanga* (retention of flatus), *Adhamana* (distension of abdomen), *Klama* (exhaustion), *Ruja* (pain), and other *Udara Vikaras* caused by vitiation of *Vata*.

Chikitsa – *Snehana* (oleation), *Swedana*, *Varti*, *Ahara* which does the *Vata Shaman* with *Vatanulomaka Basti Karma* should be done.

5) *Chardi Vegavarodhajany Rogas/ Lakshana* – Suppression of *Chardi Vega* leads to *Kandu* (pruritus), *Kotha* (urticaria), *Aruchi* (anorexia), *Vyanga* (black pigmentation of face), *Shotha* (oedema), *Pandu* (anemia), *Jwara* (fever), *Kushtha* (skin diseases), *Hrillasa* (nausea) and *Visarpa* (erysipelas).

Chikitsa – First immediately *Vamana Karma* should be done after food. *Dhumapana*, *Langhana*, *Raktamokshana*, *Ruksha anna sevana*, *Vyayama*, *Virechana* should be done.

6) *Kshvathu Vegavarodhajany Rogas/ Lakshana* – By suppressing the *Kshvathu vega*, *Manyastambha*, *Shirashoola*, *Ardita* (facial paralysis), *Ardhambhedaka* (hemicrania), *Durbalta* of *Indriyas* (weakness of the sense organs) may occur.

Chikitsa – *Abhyanga* above the shoulder region, *Dhumapana*, *Nasya*, *Sevana* of *Vatahara Ahara*, *Ghruta Sevana* should be done after food is beneficial.

7) *Udgara Vegavarodhajanya Rogas / Lakshanas* Suppression of *Udgara vega* leads to, *Hikka* (hiccup), *Aruch* (anorexia), *Shwasa* (dyspnoea), *Kampa* (tremor), *Vibandha* in *Hridaya* and *Uras pradesha* (obstacles in the proper functioning of heart and lungs). *Chikitsa* – Treatment should be same as *Hikka Roga Chikitsa*. *Snehana Chikitsa* should be gives as *Ghruta Pana*, *Basti*, *Peya*, *Yusha*, *Ksheera*, *Mamsarasa*, *Snigdha dhuma*, *Snigdha avaleha*, *Abhyanga*, *Parisheka* should be given.

8) *Jrimbha Vegavarodhajanya Rogas / Lakshana Jrimbha Vega Dharana* leads to, *Vinama* (bending of the body), *Akshepa* (convulsion), *Sankocha* (contractions), *Supti* (numbness), *Kampavata* (tremor), *Pravepanam* (shaking of the body) All these diseases are caused by vitiation of *Vata*.

Chikitsa – The treatments for these are the drugs used for alleviating *Vata*.

9) *Kshudha Vegavarodhajanya Rogas / Lakshanas* – *Kshudha vega dharana* leads to, *Krishata* (one subjects himself to emaciation), *Daurbalyata* (weakness), *Vaivarnyata* (change in bodily complexion), *Angamarda* (malaise), *Aruchi* (anorexia), *Bhrama* (giddiness).

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

10) *Pipasa Vegavarodhajanya Rogas / Lakshanas* Suppression of *Pipasa Vega* leads to *Kantha Asya Shosha* (dryness of throat and mouth), *Badhira* (deafness), *Sada* (exhaustion), *Hridi Vyatha* (cardiac pain).

Chikitsa – For the treatment of *Pipasa janya rogas*, *Sheeta virya chikitsa* should be done. *Vatanulomana* and *Pitta shaman chikitsa* has to be adopted like *Truna pancha moola sadhita Peya*, *Manda*, *Yusha*, *Dhanyaambu* should be given.

11) *Vashpa Vegavarodhajanya Rogas / Lakshana Vashpa Vega Dharana* causes, *Pratishyaya* (rhinitis), *Akshi rogas* (eye diseases), *Hrida rogas* (heart diseases), *Aruchi*, *Bhrama*.

Chikitsa – *Swapana* (good sleep), *Madyapana* (intake of wine), *Priya katha* (mind soothing stories / thoughts).

12) *Nidra Vegavarodhajanya Rogas / Lakshanas* Suppression of *Nidra vega* may leads to, *Jrimbha* (yawning), *Angamarda* (malaise), *Tandra* (drowsiness), *Shirorogas* (headache), *Akshi gaurav* (heaviness in eyes).

Chikitsa – *Swapna* (sound sleep), *Samvahana* (body massage) is the treatment for *Nidra vega dharana*.

13) *Shramaja Nishwasa Vegavarodhajanya Rogas/ Lakshanas* by the suppression of breathing coming out of exertion, *Gulma* (tumour), *Hrida rogas* (heart diseases), *Sammoha* (fainting) are caused.

Chikitsa – First patient should take *Vishrama* (rest) and then *Vatanashaka* treatment should be given.

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