

A Cross Sectional Survey Study of Nirogi Rajasthan for Getting Healthy Longevity by Decline Apaana Vayugata Adharniya Vega

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ABSTRACT

Ayurveda, the traditional Indian medical system is considered as world's ancient medical system. It is holistic approach to health which is designed to help people live a longer, healthy and well balanced life. The major texts of Ayurveda namely Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya have clearly stated that objectives of Ayurveda are to maintain the positive health of a healthy person and cure the disease of the patient. Ayurveda Samhitas have mentioned that Vega Vidharan i.e. suppression of natural urges can cause minor to severe diseases. One of the important Vega controlled by Apaana Vayu is Malavega, Mutravega and Adhovaat. A system is an organization of varying numbers and kinds of organs so arranged that together they can perform complex functions for the body, which eliminates the waste products. The suppression of these natural urges leads to a pathological state that paves way too many diseases in long run.

Key Words: Vega Vidharan, Ayurveda, Healthy life, Mala Vega, Natural Urges.

I. INTRODUCTION

Ayurveda is an ancient science that guides in maintaining a healthy mind and body. There are many secrets in Ayurveda knowledge for a happy living. There is a separate chapter called "Navegandharniya", which gives keys to a happy life like the impulses to be avoided and not to be avoided.

In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally called Vega. The

word Vega means natural urge and Dharan refers to suppression of natural urge. There are two types of natural urges Dharniya, are those which are to be avoided or suppressible urges. Adharniya are those which should not be avoided or non-suppressible urges. The root cause of many diseases lays in the excess of Dharaniya Vegas, such as Manasik Vega, Kayik Vega, Vachaik Vega etc. On the other hand Acharya Charak¹, Shushrut², Bhavprakash³ have mentioned 13, Acharya Vagbhata⁴ 14 and Bhel Samhita⁵ mentioned 12 Adharniya Vega which cannot be hold for long time because holding these can lead to serious diseases.

According to Charaka Samhita, the urges like passing flatus (Aadho Vaat), urine (Mutra), feces (Mala), and ejaculation of semen (Shukra) should not be controlled. The involuntary actions like sneezing (Shvathu), yawning (Jrambha), Heavy work breathing (Shram Shwaash), coughing (Kaas), Bleching (Udgaar) and vomiting (Chardi) are the natural responses of body. Holding these urges back can cause discomfort to body. Natural body demands like Hunger (Kshudha), thirst (Trishna) and sleep (Nidra) have to be fulfilled properly.

In today's hectic life many social, emotional, psychological, physiological, occupational, sanitary aspects influence the daily routine to suppress the natural urges for longer time. Charak Acharya has given concept of Sadatura⁶, i.e. individuals who suppress natural urges due to engagement in their duties always suffer from various diseases.

1. **Shrotriya**- Their life is always engaged in studying Vedas, ritual performances.
2. **Raja Sevaka**- This group is always preoccupied with such acts that would cause gratification to king's mind, exposed to excessive worry and fear.
3. **Veshya**- They are depending upon the men, the Vishay's devotes her selves to their entertainment constantly by keeping her body clean through various cosmetics, ornaments.
4. **Panyajivi**- Their life lead a constantly sedentary lifestyles & being excessively attached to greediness, involving in their profession of selling & purchasing goods are more susceptible, Therefore, they fail to attend to natural urges are more prone to suffer.

II. REVIEW OF LITERATURE: APAAN VAYU GATA VEGA VIDHARAN

In our modern lifestyle, we find ourselves actually suppressing some or most of the natural urges of the body Malavega (urge to defecate) is the most common natural urge found to be suppressed in current days, mostly due to occupational habits and inadequate sanitary facilities. Vidharana (suppression or withholding) of this particular Vega also involves other Vega such as Adhovaat (flatus or wind) and Mutra (urine), which are also under the control of Apaana Vayu. Thus, Malavega, Mutravega, Adhovaat Vidharana has potential to cause manifold harmful effects on one's health.

A. MALAVEGA VIDHARAN

Malavega Vidharan According to Charakacharya (Ch.Su.7/8), Purishavegadarana causes Pakwashaya Shula (Intestinal Colic Pain), Shira Shula (headache), Adhovata and Purisha Apravartana (no passage of flatus and stool), Pindikodveshtana (pain in calf region) and Adhmana (flatulence).

According to Sushrutacharya (Su.Ut.55/8), Purisha Vegadharana causes Atopa, Shula, Parikartana (cutting type of pain in Guda, Basti), Purisha Sanga (inability to pass stool), Urdhvavata (frequent belching), Purisha Pravrutti from Mukha.

According to Vagbhatacharya (A.H.Su.4/3), Purisha Vegadharana causes Pindikodveshtana, Pratishyaya, Shiroruja, Urdhvavayu, Parikartana, Hrudayoparodha, Vit Pravrutti from Mukha and Adhovatarodhajanya Lakshna. These are Gulma, Udavarta, Rujha, Klama,

Adhovata-Mutra-Purisha Sanga, Drushtivadha, Agnivadha, Hrudgada.

Formation of Feces (Purisha)

Defecation reflex voiding of feces is known as defecation. Feces is formed in the large intestine and stored in sigmoid colon. By the influence of an appropriate stimulus, it is expelled out through the anus. Faeces composed of dead bacteria, fat, inorganic matter, proteins, undigested roughage, dries digestive juices, bile pigments, sloughed cells, odoriferous products include Indole, Skatole, Mercaptans and hydrogen sulphide, and these are found after maximum absorption from large intestine and bacterial action in the colon⁷.

Assessment of Malavega Vidharana Initiation of urges is normal body activity through which unwanted waste products are expelled out. This process is timely carried out by body at regular intervals & controlled by nervous system, suppression of which not only stops the elimination of waste products but also brings strain and disorders of nervous system causing various types of diseases affecting the body. This develops in those who have regular habit of suppressing natural urges over long period and may not be observed immediately. Thus, in clinical practice, it is important to take a detail history of each patient with special emphasis on various Vega Vidharana.

In this context assessment of Malavega Vidharana can be done with following points:
1. Duration of voluntary Malavega Vidharana;
2. Duration of voluntary Malavega Vidharana between awakening & time of first defecation;
3. Chronicity of voluntary Malavega Vidharana over months or years.

Assessment of Symptoms

Following symptoms as mentioned in Brihatrayi should be keenly assessed through prashnapariksha of the patients.

- **Pakvashyashula** (Abdominal pain, usually colic), a disorder characterized by a sensation of marked discomfort in the abdominal region.
- **Shirshula** (Headache), pain in any region of head.
- **Vata Apravartana** (Retention of flatus), a disorder characterized by irregular and infrequent or difficult evacuation of the flatus.
- **Varcho Apravartana** (Retention of feces), a disorder characterized by irregular and

infrequent or difficult evacuation of the bowels.

- **Pindikodveshtana** (Cramps in calf muscles) constipation cause back pain which can lead to pain or cramps in leg or other area of body.
- **Aadhman** (Abdominal distension), a disorder characterized by self-reported feeling of uncomfortable fullness of the abdomen.
- **Aatop** (Rumbling sounds of bowel), a disorder characterized by self-reported rumbling sounds of bowel; Shula (Pain in abdomen).
- **Parikartana** (Pricking pain in anus), a disorder characterized by a marked discomfort due to pricking sensation in the anal region.
- **Urdhva Vata** (upward movement of gas), a disorder characterized by self-reported feeling of upward movement of gas.
- **Mukhen vittappravriti** (Emesis of fecal matter by mouth), peristaltic waves occur in an attempt to decompress the intestine, Strong contractions of the intestinal muscles push the contents backwards through the pyloric sphincter into the stomach may lead to faecal vomiting.
- **Pratishyaya** (Rhinitis), experience of any of the following symptoms runny nose, sneezing, congestion, post-nasal drip, itching inside nose.
- **Hrid Uprodha** (Chest tightness), a disorder characterized by self-reported feeling of chest tightness.
- **Gulma** (Palpable mass in abdomen) gas feel like knots and moving in intestine.
- **Klama** (Fatigue) because of malnutrition when colon holds toxic fecal material, intestine decrease absorbing of nutrients from food.
- **Drishtighaat** (Blindness) functional loss of vision. National Eye Institute (NEI) a study on mice found that bacteria of gut trigger an inflammatory eye disorder known as autoimmune uveitis.

B. MUTRA VEGADHARANA

Urine formation it begins with filtration of large units of fluids through the glomerular capillaries into Bowman's capsule. The concentration of filtrate includes most salts, organic molecules with low molecular weight substances such as calcium and fatty acids, inorganic salts, organic compounds like proteins, hormones, wide range of metabolites.⁸

Assessment of Symptoms

Following symptoms as mentioned in Brihatrayi should be keenly assessed through prashnapariksha of the patients.

- **Basti Shula, Meha Shula:** Pain in bladder and penile region.
- **Mutrakrchra** (Dysuria): Intentional holding of urine leads to increase in intra-vesicular pressure causing stretching pain in penile/urethral area & bladder region which is very common among females & prolonged hours of voluntary controlling the urge cause greater increase in concentration of urine can be correlated to urinary tract infections.
- **Vankṣaṇa Anaha**(Distension): Retrograde pressure leading to Hydronephrosis causing Corticomedullary differentiation end-up in loss of stimulation of pudendal nerve.
- **Alpa-Alpa Mutra:** Scanty urine.
- **Vinama:** Bending back is specifically narrated by Acharya Charaka. It simply a result of heavy bladder, un-evacuated fluid loaded Kidneys; this does not mean any spinal vertebral ailment.
- **Angabhanga** (myalgia): Accumulation of fluid in KUB region. These are the different neuralgic pains caused by neuritis (Spinal nerves compression).
- **Sirahshula** (headache): Due to neuralgic pain, compression causes or the pain caused by raised toxins in blood during the filtration in kidneys or in long run due to uraemia.

C. ADHOVATA VEGADHARANA:

Gases called flatus can enter GIT from 3 sources:

1. Swallowed air,
2. Gases formed inside gut as a result of bacterial action,
3. Gases that diffuse from the blood into the GIT.

These gases are expelled through belching. Certain foods are known to cause greater expulsion of flatus like beans, cabbage, onion, cauliflower, corn & vinegar⁹.

Assessment of Symptoms

Following symptoms as mentioned in Brihatrayi should be keenly assessed through prashnapariksha of the patients.

- **Mutra Sanga:** This heavy accumulation of solids in neighboring part of bladder hampers physiological separation of fluid matter from

solid waste or Pakva Annarasa from Samana Vayu reduces the quantity & quality of urine thus causes Mutrasanga.

- **Pratishyaya:** Runny nose.
- **Dristivadha:** Assimilations of toxins and various allergens into the blood. They can cause and predispose these conditions along with other precipitating causes.
- **Shirashula:** The cause of the headache is not due to nervous impulses from colon but it possibly results from absorbed toxic products and from changes in the circulatory system resulting from loss of fluid into the gut.
- **Klama:** The symptoms seem mostly to result from a prolonged distension and mechanical irritation of the rectum.
- **Mukhena vit pravrtti:** Feculent emesis occurs with obstruction of the distal small intestine or colon, small intestine bacterial overgrowth complicating chronic intestinal pseudo obstruction and gastro colic fistulae/Bad breath.
- **Koshtashula, Anaha, Udavarta, Jatar vata Sanchaya:** Hepatic and Splenic Flexure Syndromes are thought to be caused by the trapping of gas at the colonic flexures, with subsequent distension of the colon, resulting in upper abdominal discomfort.
- **Hridgada:** Pain may be referred to the chest, shoulder and neck because of diaphragmatic irritation and may simulate myocardial ischemia. Symptoms are improved by defecation or enema during an attack.

Each symptom should be further graded as per the severity such as:

- No symptom,

- Occasional or intermittent symptoms,
- Persistent symptoms with regular use of laxatives or enemas,
- limiting daily activities,
- Severe symptoms limiting self care and further requiring hospitalization and Urgent intervention as indicated.

Clinical implications of Vega Vidharana Various observational studies and experiential data suggest that there is a strong and positive cause effect relationship between Vega Vidharana and manifested symptoms as common as frequent headaches to functional vision loss, chest pain, etc. Habitual suppression of urges in long term can result in Kha-Vaigunya of many vital Srotasas and further leading to many lifestyle disorders of gastrointestinal, cardiovascular, metabolic, neurological, psychosomatic, gynecological, urological and many other systems. While evaluating differential diagnosis, Malavega Vidharana should be considered as one of the prime etiopathological factors in such disease conditions. It will be certainly helpful to emphasize on not suppressing the urges of feces and other natural urges in view of “Nidaan Parivarjana” as “First Line of Treatment”.

AIM

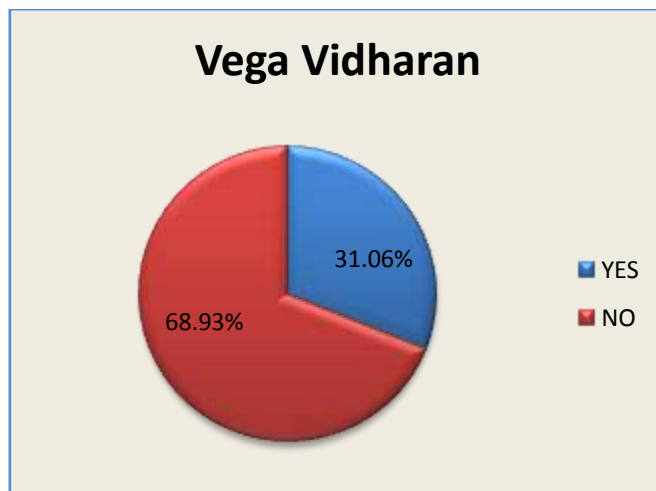
Aim of this survey study is to accessing the association of controlling natural urges with some disease and its utility for healthy and blissful life in current era in the geographical area of Rajasthan in elderly healthy people aged 60 year and above (n=1500)

SURVEY STUDY

Table No.1: Healthy Individuals respective to Vega Vidharan

S. No.	Vega Vidharan	No. of Cases	Percentage
1.	Yes	466	31.06%
2.	No	1034	68.93%
3.	Total	1500	100.00%

Graph No.1: Percentage distribution of Vega Vidharan



M.M.M. Govt. Ayurveda College, Udaipur has conducted cross-sectional survey study by the method of questionnaire through direct or telephonic method. We conducted this study on the 1500 elderly people aged 60 years and above with good health. In this study we found 466 people (31.06%) people have the habit of Vega Vidharan while other 1034 people (68.93%) haven't any habit of Vega Vidharan.

III. RESULT

Vega Vidharana itself a unique concept of Ayurveda explained in Roganuttpadaneeya Adhyaya. Urges are the physiological body reflexes to eliminate toxins out of the body. If this physiology is altered, then it leads to pathology due to disturbance in the normal body physiology. There is mentioning of hridroga a symptom due to long term suppression of Adharaniya Vega. In order to maintain health & prevent such serious illnesses, Vega Vidharana should be avoided & proper treatment to balance Vata Dosha should be followed accordingly because when Vayu is impaired then Neurological, hormonal and mental functions are also altered.

IV. DISCUSSION

Reflexes are not given importance while explaining about physiology, but instead concentrated on the contents of that particular excretory product/waste material about to get

expelled from the body and symptoms are interpreted logically depending upon the long term suppression of body toxins and its reabsorption in to the blood circulation and its consequences are discussed. Always the diseases are produced due to the forceful creation of unmanifested urge & suppression of manifested urge. Ignorance leads to Vata Dosha vitiation and causes diseases.

V. CONCLUSION

Prevention is better than cure' ('Swasthasay Swasthyarakshanam'), the same has been mentioned by Acharya's under Roganuttpadaniya Adhyaya which describes the importance of Vega Vidharana in causing the diseases. Psychosomatic diseases and life style diseases can be prevented by following Sadvritta, Aachar Rasayan regarding Adharaniya Vega. These body reflexes are the protective mechanisms which defend the body against many diseases, if these natural processes are hampered, and then there will be many local and systemic complications over the time. The symptoms arising due to suppression of these urges are listed in the major texts of Ayurveda. These preventive principles can be propagated through school and public education to promote physical, mental and social health and to prevent the diseases as Ayurveda should always follow to "Nirogi Jeevan".

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