

VEGA SANDHARANAM ANAROGYAKARANAM (DISEASES ARISE DUE TO SUPPRESSION OF NATURAL URGES)

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ABSTRACT

In present lifestyle there are many circumstantial problems which compel a person to retain the natural urges. The symptoms arising due to suppression of these urges are listed by *Acharyahs* 5000 years ago in their texts. Due to race of achieving goals suppression of natural urges are becoming common now days. Many social, officials, emotional, psychological, physiological, occupational, hygienic, addictions, abuses, habits and habitats are responsible to retain the natural urges for longer time which are briefly indicated in *Ayurvedic* text (C.Ni.6/6 & Su.Ci.34/10). But in modern lifestyle the same basic problems made this condition more serious, especially in females, in service employee, carrier aspirator young, hard working conditions, poor hygienic conditions, retarded mental faculties and diseased persons are easy targets to suppression induced diseases.

A clinical survey of 500 volunteers was conducted based on the *Purisha Vegavidharan* aspect for ruling out the relation between pathological changes occurring due to suppression of natural urge of Defecation.

Keywords: Vegasandharan, Purisha Vegavidharan.

INTRODUCTION

The disease process in *Ayurveda* is very specific to the diseased individual. Same time some common disease processing factors are narrated in text. Among these common factors *Mandagni*, *Malinahara* and *Udirna Vegavidharan* are commonest in many of the diseases. Among these three factors *Acharya Charaka* considers *Vegavidharan*¹ as a single causative factor of ILL HEALTH². To signify this etiological factor, *Acharya Vagbhata* describes that all the diseases will be manifested due to the forceful expulsion and voluntary suppression of natural urges³. However it is considered as a volitional transgression can cause disease⁴, can impair a conception⁵ and can cause

premature death⁶. No other work should be done with suppressed natural urges⁷.

AIMS AND OBJECTIVES:

1. Diagnostic Survey Study of present lifestyle ailments caused by the *Purisha Vegavidharana*.
2. To draw the corrective measures for this problem.

MATERIALS AND METHODS:

1. Selection of cases:
 - Group Distribution: Group A-450 Healthy Volunteers, Group B-50 patients.
 - Source: The volunteers were taken from the students and faculty of

N.I.A., Jaipur; the patients were taken from the hospitals of N.I.A., Jaipur.

- Age: 20-50 yrs. of both sexes
2. Inclusion and exclusion criteria:
- In case of healthy volunteers, all were taken from medical stream at undergraduate, postgraduate and postdoctoral level; between 20-50 yrs. for assessment of their lifestyle pattern with the difference of three decades. In the same way the patients were also taken from same age group with a simple exclusion criterion of some grave diseases with multifocal in multi dimensions and unable to pinpoint the etiology.
 - No drug was given to the patients but they were given a good convincing applicable healthy lifestyle changes especially in *Vegavidharan* aspect.
3. Assessment criteria:

- The present study is concisely based on the *Purisha Vegavidharana*. The symptoms appeared after suppression of this urge and retention pattern of this urge was noticed subjectively. For this purpose, following grading pattern was adopted:

- Duration of Defecation Retention:
- Retention of defecation was observed in three ways:
- Retention A: Time period between awakening & time of first defecation in a day
- Retention B: Duration of voluntary suppression of natural urge of defecation.
- Retention C: Frequency of voluntary suppression of natural urge of defecation.

GRADING OF RETENTION A AND B:

Table No. 1

S. No.	Duration	Category	Grade
1.	>3 hour	Very High	a
2.	2-3 hour	High	b
3.	<2->1 hour	Middle	c
4.	<1 hour	Low	d
5.	No Retention	No	e

GRADING OF RETENTION C: **Table No. 2**

S. No.	Duration	Category	Grade
1.	>8 per month	Very High	a
2.	4-8 per month	High	b
3.	2-3 per month	Middle	c
4.	1 per month	Low	d
5.	No Retention	No	e

DEFECATION PATTERN OF GROUP A :Table No. 3

S. No.	VARIABLES	FEATURES	TOTAL	PROFILE	%AGE
1.	Defecation	Just after awakening	450	124	27.56%
		After some time		162	36.00%
		After inducing factor		158	35.11%
		Irregular		006	01.33%
2.	Frequency	One time	450	249	55.33%
		Two times		181	40.22%
		Three times		019	04.22%
		Four times		001	00.22%
3.	Type	Well Formed	450	194	43.11%

		Semisolid		192	42.67%
		Hard		061	13.56%
		Irregular		003	00.67%
4.	Intake of Inducing Factors	Nothing	450	097	21.56%
		Water	450	248	55.11%
		Warm Water	450	027	06.00%
		Tea	450	134	29.78%
		Milk	450	015	03.33%
		Exercise	450	008	01.78%
		Tobacco	450	002	00.44%
5.	Drug Intake	No	450	357	79.33%
		Occasionally		081	18.00%
		Regularly		012	02.67%
6.	Bowel Evacuation	Complete	450	382	84.89%
		Incomplete		068	15.11%
7.	Time taken in Defecation	< 10 minutes	450	318	70.67%
		10-15 minutes		127	28.22%
		>15 minutes		005	01.11%

DEFECATION PATTERN OF GROUP B :Table No. 4

S. No.	VARIABLES	FEATURES	TOTAL	PROFILE	%AGE
1.	Defecation	Just after awakening	50	00	00.00%
		After some time		25	50.00%
		After inducing factor		25	50.00%
		Irregular		00	00.00%
2.	Frequency	One time	50	33	66.00%
		Two times		12	24.00%
		Three times		03	06.00%
		Four times		01	02.00%
3.	Type	Well Formed	50	00	00.00%
		Semisolid		08	16.00%
		Hard		42	84.00%
		Irregular		00	00.00%
4.	Intake of Inducing Factors	Nothing	50	00	00.00%
		Water	50	41	82.00%
		Warm Water	50	29	58.00%
		Tea	50	33	66.00%
		Milk	50	04	08.00%
		Exercise	50	01	02.00%
		Tobacco	50	02	04.00%
5.	Drug Intake	No	50	02	04.00%
		Occasionally		39	78.00%
		Regularly		09	18.00%
6.	Bowel Evacuation	Complete	50	03	06.00%
		Incomplete		47	94.00%
7.	Time taken in Defecation	< 10 minutes	50	00	00.00%
		10-15 minutes		50	100.0%
		>15 minutes		00	00.00%

Table No. 5: GRADING OF DEFECAATION RETENTION IN GROUP A

S. No.	RETENTION TYPE	GRADE	TOTAL	PROFILE	PERCENTAGE
1.	Retention A	a	450	003	00.67%
		b		008	01.78%
		c		051	11.33%
		d		264	58.67%
		e		124	27.56%
2.	Retention B	a	450	071	15.78%
		b		028	06.22%
		c		056	12.44%
		d		225	50.00%
		e		070	15.56%
3.	Retention C	a	450	029	06.44%
		b		279	62.00%
		c		047	10.44%
		d		025	05.56%
		e		070	15.56%

GRADING OF DEFECAATION RETENTION IN GROUP B: Table No. 6

S. No.	RETENTION TYPE	GRADE	TOTAL	PROFILE	PERCENTAGE
1.	Retention A	a	50	10	20.00%
		b		16	32.00%
		c		20	40.00%
		d		04	08.00%
		e		00	00.00%
2.	Retention B	a	50	43	86.00%
		b		00	00.00%
		c		07	14.00%
		d		00	00.00%
		e		00	00.00%
3.	Retention C	a	50	01	02.00%
		b		40	80.00%
		c		01	02.00%
		d		08	16.00%
		e		01	02.00%

SUBJECTIVE SYMPTOMS OF DEFECAATION SUPPRESSION ANALYSED IN GROUP A :Table No. 7

S. No.	VARIABLES	TOTAL	PROFILE	PERCENTAGE
1.	Heaviness in Abdomen	450	170	37.78%
2.	<i>Udvarta</i>	450	066	14.67%
3.	<i>Vibandha</i>	450	141	31.33%
4.	<i>Pindikodvestana</i>	450	033	07.33%
5.	<i>Pakvashayashula</i>	450	066	14.67%
6.	<i>Sirashula</i>	450	102	22.67%
7.	<i>Klama</i>	450	003	00.67%
8.	<i>Arti</i>	450	258	57.33%
9.	<i>Aruchi</i>	450	001	00.22%
10.	<i>Amlapitta</i>	450	069	15.33%

11.	<i>Pratisyaya/Kasa/Svasa</i>	450	058	12.89%
12.	<i>Netra Roga (Weak Eyesight)</i>	450	000	00.00%
13.	<i>Asrha</i>	450	013	02.89%
14.	<i>Tvaka Vikara</i>	450	008	01.78%
15.	<i>Halitosis</i>	450	000	00.00%
16.	<i>Urdhva Vata</i>	450	004	00.89%
17.	<i>Jwara</i>	450	001	00.22%
18.	<i>Avasada</i>	450	003	00.67%
19.	<i>Sandishula</i>	450	001	00.22%
20.	<i>Pravahika</i>	450	027	06.00%
21.	<i>Shotha</i>	450	000	00.00%
22.	<i>Hair loss / Darunaka</i>	450	001	00.22%
23.	<i>Grahani</i>	450	009	02.00%
24.	Asymptomatic	450	007	01.56%

Table No. 8: SUBJECTIVE SYMPTOMS OF DEFECATION SUPPRESSION IN GROUP B

S. No.	VARIABLES	TOTAL	PROFILE	PERCENTAGE
1.	Heaviness in Abdomen	50	50	100.0%
2.	<i>Udvarta</i>	50	50	100.0%
3.	<i>Vibandha</i>	50	50	100.0%
4.	<i>Pindikodvestana</i>	50	49	98.00%
5.	<i>Pakvashayashula</i>	50	45	90.00%
6.	<i>Sirashula</i>	50	38	76.00%
7.	<i>Klama</i>	50	37	74.00%
8.	<i>Arti</i>	50	30	60.00%
9.	<i>Aruchi</i>	50	30	60.00%
10.	<i>Amlapitta</i>	50	26	52.00%
11.	<i>Pratisyaya/Kasa/Svasa</i>	50	25	50.00%
12.	<i>Netra Roga (Weak Eyesight)</i>	50	19	38.00%
13.	<i>Asrha</i>	50	17	34.00%
14.	<i>Tvaka Vikara</i>	50	15	30.00%
15.	<i>Halitosis</i>	50	15	30.00%
16.	<i>Urdhva Vata</i>	50	11	22.00%
17.	<i>Jwara</i>	50	07	14.00%
18.	<i>Avasada</i>	50	06	12.00%
19.	<i>Sandishula</i>	50	04	08.00%
20.	<i>Pravahika</i>	50	03	06.00%
21.	<i>Shotha</i>	50	02	04.00%
22.	<i>Hair loss / Darunaka</i>	50	02	04.00%
23.	<i>Grahani</i>	50	01	02.00%
24.	Asymptomatic	50	00	00.00%

DISCUSSION

So far the results obtained in Group A were having a mild retention i.e. Graded and those persons who are arising <1 hour can be taken in involuntary action.

After awakening again a good number of subjects were retaining for <1 hour Grade d and this happened mostly 2-8 times in a month i.e. a medium Grade b and c retention of Retention C.

In Group B, cases were suffering from involuntary Retention A i.e. 80% were moderate to severe involuntary retainers who needs prompt remedy. Retention B gives worse information about the patients where 86% were having severe retention; this was voluntarily so immediate correction was in very much need. Retention C was about the frequency in month and this was again worrying reason where the patients had moderate to severe frequency of suppression per month i.e. 82% were having this retention 4-8 times in a month.

Table No. 7 and 8 contains the results for subjective symptoms. In Group A where Heaviness in abdomen and Discomfort or *Arti* were highly felt problems in most of the subjects whereas many symptoms were nearly absent which are mentioned in various texts. Those were *Klama*, *Arsha*, *Aruchi*, *Udavarta* Halitosis and *Grahani*. In spite of a big sample size, these symptoms were remained nearly absent then the question arises for the existence of unavailable symptoms.

In Group B, when the patients were observed for subjective symptoms nearly 100% patients felt Heaviness in abdomen, *Udavarta*, *Vibandha*, *Pindikodvestana*, *Pakvashayashula*, *Sirashula*, *Klama*, *Arti*, *Aruchi* and *Amlapitta*; *Pratisyaya*, Weak eyesight and *Arsha* nearly 35% whereas *Tvaka Vikara*, Halitosis and *Urdhva Vata* are also at considerable level in the patients but *Jwara*, *Avasada*, *Sandishula*, *Pravahika*, *Shotha*, Hair loss and *Grahani* were the symptoms which were least available in the patients.

CONCLUSION

- Defecation pattern was studied in good detail which included timings, frequency, and consistency, inducing factor, drug support, bowel evacuation and grades of pathological changes in

defecation pattern. Use of variety of purgatives and other defecating agents is proven harmful for satisfactory evacuation.

- Voluntary and involuntary retentions were categorized during the sleep and after awakening suppressions. Involuntary retentions were found to play a major role in Group B who had a habit of suppressing their urges which can be considered as predisposing factors of their disease process.
- Out of the symptoms listed in the text for *Purisha Veganigraha*, very few of them were found in volunteers but in Group B almost symptoms were found in a serious range. Heaviness in *Vankshana* is main characteristic symptom of *Purisha Veganigraha* in both groups.
- The present study concluded that all the symptoms which were mentioned in ancient text arising due to *Purish Vegavidharan* were present in the both the groups though the symptoms were less in Group A then group B where symptoms were more aggravated as they were already suffering with some diseases which can be considered as this might happen due to their suppression of natural urge of defecation.
- The suppression of defecating urge in group A might lead to pathological changes which was not concluded as the course of study was of short duration but gives an explanation that these physiological dysfunctions can lead to the pathological changes if *vegavidharan* is continued constantly. As the results were encouraging a further long duration study should be carried out.

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