

A CRITICAL ANALYSIS ON VEGADHARANA: A REVIEW ARTICLE

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ABSTRACT

The human body is very like a computer in many ways. It has long been known that our physical, mental and emotional patterns are not random, but undergo cyclical changes called as biorhythms. The body knows because of its built-in software exactly what it needs to do and when to do it, in order to maintain the healthy operation of all its systems, and with the help of its internal clock it creates a number of perfectly natural urges to alert us to the need to perform certain actions. These urges are known in *Ayurveda* as '*Vega*'. *Vega* is a very fundamental and important concept of *Ayurveda*. It is essential for our good health not to suppress intentionally, but, suppress the urges which are concerned with the mind.

Keywords: *Vega*, protection mechanism, long term intentional suppression, natural urge, *Adharaniya Vega*.

INTRODUCTION

Systems are the most complex of the component units of the human body. 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. In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally¹. There are two types of natural urges: *Adharaneeya Vega's* (Non suppressible urges), *Dharaneeya Vega's* (Suppressible urges). Symptoms due to long term intentional suppression of natural body urges are may be acute, sub-acute or chronic. According to *Ayurveda*, there are thirteen types of natural urges in the body which should not be suppressed. These are the natural calls from body, which a person must attend to, as and when they appear in order to maintain the equilibrium of *doshas* and *dhatu*s (Body humors and tissues)

and to eliminate toxins out of the body. The thirteen non-suppressible natural urges are Urge to pass urine (*Mootra*), Urge to eliminate feces (*Pureesha*), Urge to eliminate semen (*Retas*), Urge to pass out flatus (*Vata*), Urge to vomit (*Chardi*), Urge to sneeze (*Kshavadhu*), Urge for Belching (*Udgara*), Urge to yawn (*Jhumbha*), Urge to eat hunger (*Kshuth*), Urge to drink water (*Thrishna*), Urge to shed tears or cry (*Bhaspha*), Urge to sleep (*Nidra*) and Urge for heavy or fast breathing caused by over exertion (*Shrama-Swasa*). In our modern lifestyle, we find ourselves actually suppressing some or most of the natural urges of the body - we forcefully suppress the urge to sneeze in a meeting, the urge to eat when busy with work, the urge to pass urine while watching a favorite show on television or in distant travelling & the urge to eliminate feces is suppressed due to inadequate toilet facilities. These long terms suppression

of natural urges could be the cause of sickness. The suppression of natural urges brings changes in every system of the body such as cardiovascular, respiratory, gastrointestinal, urinary, nervous, endocrine, re-

productive and musculoskeletal disorders. An attempt has been made to critically analyze the pathology behind suppression of body reflexes in order to prevent diseases.²

SANKHYA OF ADHARANIYA VEGA

Sl. No	AUTHORS	No. of Vega's
1.	Charaka	13 ³
2.	Sushruta	13 ⁴
3.	Bhavaprakasha	13 ⁵
4.	Ashtanga Hridaya: Vagbhata explained <i>Kasa Vega-Dharana</i> & he included <i>Udgara</i> in <i>Vata Vega</i> ,	14 ⁶
5.	Bhela Samhita	12 ⁷

1. MUTRA-VEGADHARANA (MICTURITION REFLEX)

Physiology-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 metabolites⁸.

PROBABLE INTERPRETATION OF LAKSHANA'S PRODUCED BY MUTRA VEGADHARANA

Basti, Meha Shula/ pain in bladder and penile region), **Mutrakrechra** (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 infections⁹. **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**¹⁰. Is 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: may be due to neuralgic pain, compressional causes or the pain caused by raised toxins in blood during the filtration in kidneys or in long run due to Uraemia.

2. PURISHA VEGADHARANA (DEFECATION REFLEX)

Physiology of defecation: 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, these are found after maximum absorption from large intestine and bacterial action in the colon¹¹.

PROBABLE INTERPRETATION OF LAKSHANA'S PRODUCED BY PURISHA VEGADHARANA

Pakwashaya Shula (pain abdomen) is due to increased abdominal pressure, **Pindikodveshta** - accumulation & stagnation of fecal matter in large intestine leads to reabsorption of sodium which may give rise to a condition called as hypernatremia, this leads to dehydration of cells & causes muscle cramps. Acharya Vagbhata described that these symptoms are also the symptoms due to suppression of **Purisha** & **Adhovata**. **Hridhi vyatha**- excess straining, over-exertion triggers a fatal heart arrhythmia in some.

Mukhena-vit pravrtti - 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 vomiting¹².

3. **ADHOVATA VEGADHARANA: (FLATUS PASSING REFLEX)**

Physiology of gases: 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 & vinegar¹³.

INTERPRETATION OF LAKSHANA'S (SYMPTOMS) PRODUCED BY ADHO-VATA

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, Dr̥ṣṭivadhā: 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 distention 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, Jatavata Sanchaya:** Hepatic and Splenic Flexure Syndromes are thought to be caused by the trapping of gas at the colonic flexures, with subsequent distention 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.¹⁴

4. **SHUKRA VEGA DHARANA: (SEMINAL DISCHARGE REFLEX)**

Physiology of Sexual urge: Is a spinal reflex integrated at sacral and lumbar level, stimulation is bi-fold, psychic stimulation from brain and actual sexual stimulation from sex organs. Penis erection caused by parasympathetic impulses, these fibers secrete nitrous oxide, acetyl-choline, Lubrication occurs by mucous of urethral & bulbo-urethral glands under para-sympathetic control. Emission, ejaculation is sympathetic action. Suppression of sex desires causes nervous diseases like neurosis and psychological maldevelopment¹⁵.

INTERPRETATION OF LAKSHANAS (SYMPTOMS) PRODUCED BY SHUKRA VEGA

Medra Vrushana Shula: Retained semen may cause Testicular & seminal vesicular congestion resulting in Inflammatory pain, discomfort in penile region & testicles. Upon arousal there may be increase in central dopamine nervous function. **Mushka Shotha** - Expansion of seminal vesicles and testicular ducts releases prostaglandins and stimulates local sympathetic nerves and anxious stressful responses in an attempt to expel semen out of the body.¹⁶ Symptoms are Blood in urine, (*Jwara*) UTI, Epididymitis & (*Shandhyata*) Infertility. **Hridhi-vyatha:** The renin-angiotensin mechanism is a metabolic pathway that leads to hormonal production involved in blood pressure regulation. Angiotensin II causes blood vessels to constrict and raises blood pressure and it stimulates the release of aldosterone which signals the kidneys to retain sodium and water which again raises **Blood Pressure**.¹⁷

5. **ASHRU VEGADHARANA: (TEARS REFLEX)**

Physiology: When a tear is produced from the lacrimal gland that sits in between eyeball & eyelid after spontaneously blinking of eyes. Tear gets spreaded as a film across the eye. Tear can drain off down the lacrimal punctum and secondary draining through the nose.

Nasal tears nourishes and lubricates eyes, reflex tears helps to wash out irritants from foreign particles or vapors and psychic tears are produced in response to that strong emotions experienced from stress, pleasure, anger, sadness, physical pain and suffering. It has natural pain killer called Leucine, Enkephalin.¹⁸

INTERPRETATION OF LAKSHANA'S (SYMPTOMS) PRODUCED BY ASHRU VEGA

Suppression give rise to: Sleeping disorders (*Shiro-Ruja, Akshi Gaurava*), Lowered immune system, depression, and Anxiety symptoms like feeling tensed, restless, rapid breathing, and persistent negative thoughts can have serious negative impacts in day to day life. **Aruchi:** Serotonin is a neurotransmitter that regulates mood, plays a role in both anxiety and the feeling of hunger. Since, those with anxiety usually have a serotonin balance issue, this may be the reason that many people lose their appetite causing other digestive problems.¹⁹ **Hridhi-vyatha:** People who suffer from chronic anxiety are more likely than others to suffer from atrial fibrillation and sudden myocardial infarction. Due to their propensity for high blood pressure & impaired heart rate increases their heart risk. Wallops of emotions also can cause sudden death due to life-threatening abnormal heart rhythms and hypertension.²⁰

Akshi shula: Suppression of tears can develop 'dry eye', which can cause pain and even lead to vision loss (*Akshi roga*).²¹

6. CHARDI VEGADHARANA: (Vomiting reflex)

Physiology of vomiting: Contents of vomitus- Act of vomiting expels the content of the stomach, the pH of it is almost always highly acidic, sometimes vomitus may be streaked in blood called blood vomitus, usually blood from lower GIT usually undergoes oxidation, secretion of bile in vomitus gives green color of vomit, in case of intestinal obstruction the vomitus may contain fecal contents.²²

INTERPRETATION OF LAKSHANA'S (SYMPTOMS) PRODUCED BY CHARDI VEGA

Vomiting is usually a beneficial process to help protect a person from serious injuries/ even death. The

body reacts quickly & violently to rid the stomach contents. When the toxins are absorbed back in the blood stream leading to increase in heart rate, respiratory rate, chills, vomiting & nausea and can cause hypotension & septicaemia.²³ These endotoxins are from ingested food allergens leads to food poisoning, E-coli toxins from stale food enters the blood, Impairs liver functions. Due to chronic suppression of vomiting can cause build-up of toxins which are noticed on skin as skin rashes, itching (*kandu*), headache, acne, eczema/inflammatory skin diseases (*Kushta*).²³

7. KSHAWATHU VEGA DHARANA (SNEEZING REFLEX)

Physiology of sneezing: Sneeze reflex is very much like the cough reflex except that it applies to the nasal passage, instead of the lower respiratory passages. The irritation is by nasal passage ways, reflex is triggered by 5th cranial nerve to the medulla. A series of reactions similar to those for cough reflex takes place, thus helping to clear the nasal passages of foreign matter.²⁴

INTERPRETATION OF LAKSHANA'S (SYMPTOMS) PRODUCED BY KSHWATHU VEGA

Study shows plugging the nose; closing buccal cavity generates pressure up to 174mm of hg in nose. Suppression of this causes a massive buildup of pressure in head (*Shirashula*) which leads to injuries. Burst eardrums (*Indriya-Daurbalya*), tearing of blood vessels and damage to sinuses & in rare cases brain hemorrhage (*Ardita*).²⁵ **Ear drum reflex-** Nose is connected to Eustachian tube to mid ear, holding back a sneeze cause a ruptured ear drum leads to giddiness and hear impairment.

Cracked ribs: holding a sneeze will cause injury to the diaphragm. This might conjointly cause a neck injury from an unexpected extension of the neck (*Manyastambha*). Other complications: the violent sneeze by some, who had sinus surgery, will push air into the area around eye and cause it to bulge or push air into brain cavity can cause intense headache / even stroke.²⁵

8. **UDGARA VEGA-DHARANA: (BELCHING REFLEX)**

Physiology: Belching is a regurgitation of a mixture of swallowed air, nitrogen, oxygen, carbon-dioxide, gastric & pancreatic juices. Act of voiding depends upon the motor integrity of myenteric plexus, part of ENS and also upon the integrity of lower esophageal sphincter tone & vagal competence.²⁶

INTERPRETATIONS OF SYMPTOMS PRODUCED BY *UDGARA VEGADHARANA*

As Sushruta, Bhavaprakasha explains *Adharaniya Vega* as the *Nidana* of *Udavarta roga*^{27,28} -serious complications may arise due to its suppression as mentioned by *Sushruta-ghora Vikara*, which needs further research studies.

9. **JRUMBHA VEGADHARANA (YAWNING REFLEX)**

Physiology of yawning: Stimulus like boredom, fatigue, stress & sleepiness produces complete jaw extension followed by inhalation, eye closure, stretching of ear drum and exhalation.

Stress, sleepiness & boredom increases breathing rate/ decreases heart rate may result in less oxygen in blood produces yawning which helps to bring more oxygen and acts as a nervous stimulant by flexing joints & increased heart rate²⁹.

INTERPRETATIONS OF SYMPTOMS PRODUCED BY *JRUMBHA VEGADHARANA*

Manyasthambha: With-holding urge of yawning repetitively causing muscular weakness due to neck strain and extra pressure on spine with early wear and tear produces cervical pain. **Teevra Karna Roga & Nasa Roga:** Eustachian tube blocks after suppression of yawning (which usually opens while yawning) due to the blockage, pressure builds-up leads to ear baro-trauma (features: dizziness, nasal bleed, rarely severe ear drum injuries)³⁰. **Akshi roga (andhyata)** inadequate aqueous drainage of tears after prolong suppression leads to altered intraocular pressure & continued suppression leads to macular damage with optic nerve impairments. **Kampa, Vepathu, Akshepa** (neurological conditions) frequent suppression may be lead to consequences of

thermoregulatory dysfunction associated with the brain injury.³¹

10. **TRISHNA (THIRST REFLEX)**

Physiology: Thirst is the craving for fluids, resulting in the basic instinct of animals to drink. It is an essential mechanism involved in fluid balance in our body. Thirst is produced when there is depletion in intracellular or extracellular fluid volume³².

INTERPRETATIONS OF *LAKSHANA'S* PRODUCED BY *TRISHNA VEGADHARANA*

Bhrama & Moha: Insufficient fluid intake results in hypovolemia which is the most common cause of hypotension, where the pumping ability of the heart alters. Severely low blood pressure can deprive the brain and other vital organs of oxygen and nutrients produces dizziness & mental confusion.³³ **Hrid-vyatha:** Extended hours of thirst suppression may result in low blood pressure causes an inadequate flow of blood to the body's organs produces heart attacks. **Angasada:** Dehydration causes intracellular acidosis & thereby inhibiting glycolysis enzymes & slows ATP production. **Kantasya Shosha:** Saliva that normally moistens your mouth and throat on dehydration causing hypo-salivation & dry sensation of mouth. **Bhadirya:** Inner ear is an organ filled with fluid gets affected due to dehydration. It needs adequate blood flow to supply nutrients. As dehydration sets in, blood volume decreases and mineral imbalances occur, affecting the inner ear's fluid hearing loss.³³

11. **KSHUDHA: (HUNGER REFLEX)**

Physiology: The amount of food that a person ingests is determined principally by intrinsic desire for food called hunger. The type of food that a person preferentially seeks is determined by appetite. These mechanisms in themselves are extremely important. Automatic regulatory systems are for maintaining an adequate nutritional supply for the body.³⁴

INTERPRETATIONS OF SYMPTOMS PRODUCED BY *KSHUDHA VEGADHARANA*

Bhrama: On suppression there will be intracellular acidosis where there will be depletion in production of ATP & decreased glycogen production results in

hypoglycemia in which giddiness is a symptom, joint pain due to calcium deficiency (**Shula, Anga-Marda**) and low levels of blood calcium alters heart muscle functioning (**Hridi-vyatha**) Mal-nutrition/nutritional deficiency/ Electrolyte imbalance, iron deficiency gives rise to anaemia especially in females (**Glani**), Muscle wasting due to mal-nutrition (**Karshya**). **Drushtinasha** may be due to Vit A deficiency leads to eye problems & Psychological disturbances due to folate deficiency.³⁵

12. NIDRA VEGADHARANA (SLEEP REFLEX)

Physiology: Excitatory areas of upper brain stem & reticular activating system, simply fatigued during the day & became inactive produces sleep.³⁶

INTERPRETATIONS OF SYMPTOMS PRODUCED BY NIDRA VEGADHARANA

Shirashula due to hyperactivity of pain sensitive structures (facial muscles, eye strain, physical exhaustion- increased level of stress hormones) **Shirashula, Akshigaurava, Angabhanga. Tandra, shirogaurava** due to prolonged deprivation of sleep imbalances in thyroid hormones (underactive thyroid) leading to restlessness, fatigue, poor concentration & increased risk of depression.³⁷

13. KASA VEGADHARANA (COUGH REFLEX)

Physiology: The bronchi and trachea are so sensitive to light touch that very slight amount of foreign matter or other causes of irritation initiates the cough reflex.³⁸

Phlegm is a liquid secreted by mucous membrane of mammals and particularly which is expelled by coughing (sputum) it contains proteins, immunoglobulins, lipids. Color varies depending on the constituents. It may be a carrier of larvae of intestinal parasites (hook worm), tuberculous bacteria, dust particles, salt, blood (severe infections), tar (smokers), allergens and dead cells.³⁹

INTERPRETATIONS OF SYMPTOMS PRODUCED BY KASA VEGADHARANA:

Tat vridhi: Coughs that are more productive get gummy mucous out of lungs. When you're sick, problem goes away in a few days, if suppressed irritation increases leads to more coughing⁴⁰.

Swasa: Eosinophilic bronchitis where abundant eosinophils in sputum, on cough (sputum) suppression Aggravates acute exacerbation of COPD.⁴¹ **Hridroga:** Suppression of infection, Bacterial pneumonia. In adults elevates the risk for adverse cardiac events like heart failure, arrhythmias & heart attacks⁴².

Shosha: Weight loss can result from a decrease in body fluid, muscle mass, or fat, other causes of weight loss include, infections gastroenteritis, parasite infection, depression, bowel diseases. Swallowed infected sputum results in secondary infections with direct penetration of mucosa by organism⁴³.

14. SRAMA SWASA: (PANTING PROCESS)

Physiology of panting: It's a method of cooling used by many mammals, most birds some reptiles accomplished by means of the evaporation of water from internal body surfaces like other forms of evaporative cooling. Example perspiration, panting expends large amount of water, which must be replaced in the animal is to maintain effective heat regulation⁴⁴.

INTERPRETATIONS OF SYMPTOMS PRODUCED BY SRAMASWASA VEGADHARANA

Breath-holding raises blood carbon dioxide levels stimulates primary urge to breathe, If suppressed further then carbon-dioxide builds up in blood where oxygen is metabolized & it needs to be expelled as a waste product.⁴⁵ **Susceptible Groups** are Mountaineers at High Altitude, Piolets, deep sea divers, Swimmers. **Shirovikara (Shirashula)** -Carbon dioxide builds up in blood Triggers a reflex which increases breathing & access to oxygen. On suppression Carbon-dioxide elevates in blood (hypercapnia - features are headache, confusion, decreased neural activity, muscle twitches. Prolonged breath-holding leads to hypoventilation & hypercapnia.

C/F Are: Reduced Neural Activity (**Moha**), Increased Cardiac Output There by Elevates Blood Pressure (**Hridi-vyatha**)⁴⁶

Sadaatura:

According to Charaka, these are the group of people who are exposed to diseases due to their wrong practices are *Shrotriya's*, their life is always engaged in studying Vedas, ritual performances,

Raja sevaka's, this group is always preoccupied with such acts that would cause gratification to king's mind, exposed to excessive worry and fear.

Veshya's are depending upon the whims / moods of men, the *veshya's* devotes her selves to their entertainment constantly by keeping her body clean through various cosmetics, ornaments and *Panyajivi's* 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.

IMPORTANCE OF VEGADHARANA ON DISEASE MANIFESTATION

Vegadharana itself a unique concept of *Ayurveda* explained in *Roganutpadaneeya 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*. Various symptoms related to the urinary system like mainly, renal calculi, infertility in *Shukra Vega Dharana*, these are due to *Apana Vayu Vaigunya*, if *Vayu* is impaired then higher mental functions are altered. In *Purisha Vega dharana* and in many other *Vegadharana Hridroga* has been described. Mainly, Skin diseases and *Ardita* (facial paralysis) given in *Kshawathu Vega*, in *Khsudha Drushti Naasha* (loss of eye sight).so, In order to maintain health & prevent such serious illnesses, *vegadharana* should be avoided & proper treatment to balance *Vata Dosha* should be followed accordingly.

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 re-absorption in to the blood circulation and its consequences are discussed. These are some of the interpretations made based on articles published & there are no such evidences related to the *Vegadharana* and its consequences related to its long term suppression, but an attempt is made by studying thoroughly and understanding the basic physiology of body reflexes. There are many more interpretations also can be withdrawn, but depending on their own *yukti* many assessments are made ranging from acute complications to late and severe complications grading can be done

There are such symptoms mentioned in *Samhitas* which can't be correlated to any future consequences, but still an attempt is made here to understand the limitations of *Ayurveda*

Shukra is *Sarvasharira Vyapti* present even in females, here *Shukra* not only refers to male sperms but also sexual urge can also be considered, and there is mentioning of *hridroga* (heart diseases) on prolong suppression of sexual urge/ sperm ejaculation which needs further evaluation, because there are many hormones comes into action, here especially this *Vegadharana* is associated with physical as well as psychological aspects, which needs further evaluation and also there are many topics in *Ayurveda* like abstaining from sexual intercourse, following celibacy (*brahmacharya*) where *shukra* has to be retained, there are many benefits in retention of *shukra dhatu* as well, also needs further clarification. Usually tears are suppressed more by men than women, here *hridroga* a symptom mentioned in its *Lakshanas (symptoms)* caused by its intentional suppression, as CVD's are the leading cause of death in India, hence it could be prevented to some extent by means of *harshana* therapy and by means of *satvavjaya chikitsa*. Instead of understanding physiology of vomiting, here in this context the contents of vomitus which is retained is important to know

the *Lakshanas (symptoms)* mentioned i.e Skin diseases, there are no such evidences which proves that long term suppression of vomiting leads to skin diseases. Yawning is such a reflex which we experience very often in day to day life, the complications here described by Acharya's are complicated, but this can be only understood as long term consequences. There is a clear description about long standing symptoms of dehydration mentioned by Acharya's in *Trishna vegadharana*. *Kshuda Vegadharana* leads to malnutrition, vitamin deficiencies which correlates easily to the *Lakshanas (symptoms)* produced by its suppression. Cough suppression is also interpreted as retained infected phlegm and its *Lakshanas (symptoms)* are critically analyzed. Usually *Srama Swasa* is natural, and it's not suppressed, but it's usually seen in deep sea divers, swimmers who with-hold their breath. Five preventive measures like *Vegadharana* (suppression of natural urges), *Vegodeerana* (forceful action of unmanifested urge), *Shodhana*(purification), *Bruhmana* (nourishing), *Bhutadya-Sparshana*, afflicted with *Bhutadi* factors should be done irrespective of time. 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.

CONCLUSION

'Prevention is better than cure', the same has been mentioned by Acharya's under *Rogannutpadaniya adhyaya* which describes the importance of *Vegadharana* in causing the diseases.

Psychosomatic diseases and life style diseases can be prevented by following *Sadvritta* regarding *Adharaniya Vega*. These body reflexes are the protective mechanisms which defend the body against many diseases, if this natural processes are hampered, then there will be many complications overtime. This preventive principle can be propagated through school education & mass education to promote physical, mental and social health and to prevent the diseases.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Aimon Sadaf et al: A Critical Analysis On Vegadharana: A Review Article. International Ayurvedic Medical Journal {online} 2018 {cited October, 2018} Available from: http://www.iamj.in/posts/images/upload/2312_2321.pdf