



REVIEW STUDY OF MUTRA VEGDHARNAM (ADHARNIYA VEGA)

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ABSTRACT

Ayurveda is an ancient medical science that guides in maintaining a healthy mind and body. In order to healthy operations of a normal life some urges are created naturally. These urges are known in Ayurveda as "vega" that is a very fundamental and important concept of Ayurveda. It is essential for our good body and mind health. In our modern lifestyle, we find ourselves actually suppressing some or most of the natural urges of the body over long period which cause vitiation of the *doshas* of body mainly *vata-dosha* and further cause accumulation of toxins (*Ama*) in the body. Urge to void urine is a natural reflex. Holding it will cause the damage of organ and in due course of the time will cause many diseases related to urogenital system. This study will reflect the light on impact of *mutra vegadharnam* on body-mind of human.

KEYWORDS : Natural urges, Mutra vega, Vegadharan.**INTRODUCTION:**

Ayurveda is the oldest system of medicine in the world. It deals with every aspect of life. Ayurveda has two aims i.e. Protection and Promotion of health and secondly cure from disease^{1,2}. For maintenance of the health Acharya Charaka has given one *swastha chatushka* (4 chapter) in the *sutra sthan*³. In that, some important concept related with food quantity, seasonal regimen, *adharmeeya vega* (un suppressible urges), *prakruti* etc. are given. Among these concept of *adharmeeya vega* is very important. Today is the era of hurry, hurry and worry people do not give much importance to their *vegas* (natural urges). Elimination of natural urges on proper time and place is essential for the maintenance of perfect health and for the state of homeostasis of the body. So it is very important to respond to these urges for maintaining the homeostasis of the body which leads to positive health of a person. In present scenario, *mutra vega* is an important *adharmeeya vega* which when forcibly suppress can lead to various symptoms or diseases which can disturb a person's normal healthy life.

LITERATURE REVIEW:

As per Ayurvedic literature review, a major case of all types of diseases is the suppression of *vegas* over a long period of time, also termed as *vegadharana*⁴. Acharya Charaka⁵, Acharya Sushruta⁶ and Acharya Vagbhata⁷ have dedicated a complete chapter on *vegadharanam*, its manifestations and their principles of treatment. Total 14 type of *adharmeeya vega*^{8,9,10} described in ayurvedic classics which are: *Mutra*, *Purish*, *Retas*, *Adhovata*, *chhardi*, *kshavatu*, *udgar*, *jimbha*, *kshut*, *pipasa*, *ashru*, *nidra*, *shram shvasa*, *kasa*, *pitta* and *kapha*. *Mutra* is a metabolic waste and according to Ayurveda, is formed as an end product of digestion. *Mutra* is one among the 3 *malas*, i.e. 3 forms of metabolic wastes. *Pureesha* (stools) and *Sweda* (sweat) are the other 2 *malas*. Solid waste is expelled through stools and liquid wastes are expelled mainly through urine and a small part of it is expelled through sweating process. '*Mutrasya Kleda vahanam*' is the function of *mutra*¹¹. This means to tell that *Mutra* helps in expelling the *kleda* (unwanted fluid) from the body. The food which we take is acted upon by *Pachaka Pitta* (digestive fire) located in the *amashaya* (stomach and upper part of intestine). This fire digests the food and bifurcates it into *sara* and *kitta bhaga*. The *sara bhaga* becomes *rasa* (*sapt dhatus*) and *doshas* (*vata*, *pitta* and *kapha*). *Kitta bhaga* are bifurcated into solid waste (*pureesha*) and urine (*mutra*). Thus *Mutra* is formed by the coordinated functions of *Pachaka Pitta* and its helper *Samana Vayu* (which lay in the proximity of *pachaka pitta*) and is voided with the help of *apana vata*¹². Forcible suppression of *mutra vega* is called '*Mutravega*

Avardha Janya Udavarta' (*Udavarta*). Suppression of the urge for micturition causes *Vastimehana shula*-pain in bladder and phallus, *Mutrakrucha*-dysuria, *Shirashula*-headache, *Vinaama* bending of the body and *Vankshana Anaah*¹³-distension of the lower abdomen.

AIM AND OBJECTIVES:

- 1) To highlight the importance of *Adharaniya vegs* (unholding the natural urges) with special reference of *mutra vega*.
- 2) Analyze the effect of *mutra vegadharnam* on human health.

MATERIAL AND METHOD:

For the material classical texts of Ayurveda viz. *Charak Samhita*, *Sushruta Samhita* and *Astanga Hridaya* with *Ayurved Dipika Teeka* by *Chakrapani*, *Nibandh Sangraha Teeka* by *Dalhana*, *Sarvang Sundara Teeka* by *Arundatta* were consulted as references of *Adharaniya vega*. Literature available on internet and books were collected. These conceptual materials from both the streams of knowledge were compared and analysed critically.

DISCUSSION:

Detailed descriptions concerning the complications caused due to *Vegadharana* are given in the classics. A review of these would help to articulate the necessity of preventing the habit/practice of *Vegadharana* among healthy as well as sick people.

DEFINITION OF VEGA DHARANAM:

The word "*Vega dharana*" is composed of two words i.e. *Vega*+*Dharana*. Here *Vega* means "natural urge" and *Dharana* means "suppression". Hence the word "*Vega dharana*" means suppression of natural urges. Initiation of urges is normal body activity through which unwanted and waste body 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 not immediately. Ayurveda explains that there are different natural urges exerted by human body and for well-being of the human body some urges are to be suppressed and the rest should never be suppressed. There are two types of natural urges namely *Dharniya Vegas* (suppressible urges) and *Adharaniya Vegas* (non suppressible urges)¹⁴.

EFFECT OF MUTRA VEGA DHARANAM:

The symptoms of forcible suppression of 'urges to urinate' are as below mentioned^{15,16} –

- Vasti shulam – Pain in the urinary bladder (hypogastric region), below navel region.
- Mehana / Medhra shulam – Pain in the penis (genitals).
- Mutra krichchram – Difficulty in urination, dysuria.
- Shirorujam / Murdhni Shulam – Headache
- Vinaama – Bending of the body due to severe pain
- Vankshana anaha – Swelling and discomfort in the lower abdomen and groins due to distended bladder.
- Alpam alpam mutram – scanty urination with frequency of urination.
- Guda shulam – Pain in the anal region.
- Vankshana shula – Pain in groin.
- Mushka shula – Pain in testes.
- Nabhi shula – Pain in the navel region.

General principles of management of disorders arising due to forcible suppression of mutra (urine) vega¹⁷ –

- Swedana – sweating therapy, fomentation, sudatio
- Abhyanga – herbal oil massage (general body massage and local massage around the pubic area, abdomen, pelvic region and around the genitals can also be done)
- Avagaha – tub bath or sitz bath in herbal liquids like decoctions, oil, milk etc
- Varti (rectal and or urethral suppositories)
- Vasti karma – therapeutic enemas with medicated (herbal) decoctions, oils, ghee and or milk
- Pramathee anna pana (Vid bhedi annapana) – foods which help in easy passage of stools
- Specific management of disorders caused due to forcible suppression of 'urges for urination'¹⁸.
- Swedana – Sudation
- Avagahana – Tub bath
- Abhyanga – herbal oil massage
- Avapeedana Ghruta – Ghruta or medicated ghee should be administered before the food. Again, after the digestion of the food, the medicated ghee should be given in uttama matra or larger dose. This is called as avapeedana ghruta or avapeedana sarpi.

Trividha Vasti Karma – 3 types of medicated enemas should be administered in this condition.

MODERN PRESPECTIVE:

All those periods of retention of urine while holding urine as a habit, can produce severe urinary infections, bacterial infections that affect the urinary tract and causes the diseases therein. This happens of the germs which settle in the bladder for long duration. In due course of time and when this condition is neglected, the infection can ascend to spread to the kidneys. This will lead to much more serious conditions. They are as follows:

- Kidney stones
- Prone to Urinary Tract Infection
- Cystitis
- Weakening of bladder walls and urinary retention

Other consequences and adverse effects – Constant and strong pain while urinating

- Feve
- Shivering chills (cold)
- Pain in abdomen
- Cramps
- Anxiety

PEOPLE WHO PRONE TO MUTRA VEGA DHARNAM:

Those who give top priority to mails, messages, conferences and discussions, at the peak of which they consider attending the natural urges including that of urinating secondary. Many

people, especially women who do not like to evacuate their bladder while in a party or public function or celebration and also feel shy to ask someone to provide their restroom for urinating. Reluctance of using public toilets or toilets in 'open areas' or in trains (while in travel) because of fear of 'unclean toilets and chances of hiring infection' Those habituated of holding the urinary urge while prioritizing other works like women in 'morning blues of finishing the household works and dispatching family members to work', students in classroom, etc.. Those who have bathroom procrastination, an obsessive habit of postponing going to the bathroom due to laziness.

CONCLUSION:

From above discussion, a conclusion is drawn that suppression of natural urges are root cause of many diseases. Vega are vital phenomena which are indicators of normal biological functioning. Suppression of these natural urges, vitiates the Dosha, predominantly Vata leading to complications which might range from minor symptoms like irritations, to diseases like Gulma, Arsha, and Shwasa etc. Suppression of these natural urges can be prevented simply by avoiding suppression of any of them. Therefore proper indulgence of Adharneeya Vega is necessary to maintain the health. Therefore, we need to allow the body to function normally, without intervening into any of its proceedings. When they are let alone to get expelled from time to time, the vegas will help us maintain our health. 'Just listen to your body language and respond accordingly, don't meddle with its functions and enjoy good health'.

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