Importance of Adharaniya Vega as Hetu Vichar in Line of Ayurvedic Treatment – A Case Report

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Abstract
According to basic principles of Ayurveda the *hetus* (causative factor) play important role in disease pathogenesis. *Asatmyendriyarthasyanyog, Pradnyaparadha, Kala* are the basic and essential categories of *Hetu*; responsible for *Rogotpatti*. The *vega vidharana* or *udirana* (suppression or exaggeration of natural urges) is nothing but a kind of *Pradnyparadha*, which ultimately leads to disease formation. *Vega vidharana* is observed to be the major cause in various physical and mental diseases. In *Astang Hrudayam* 13 types of *Adharaniya vegas* are described. Suppression of natural urge like *chhardi* is said to create skin diseases. An attempt is made here to study the importance of *adharaniya vegas* in disease pathogenesis with a case study of *chhardi vega vidharana* as *hetu* in skin disease.

Keywords

*Adharaniya vega, Chhardi vega, Vega vidharana, Pradnyaparadha*
INTRODUCTION

The science of Ayurveda aims on both that is to maintain the normal health of a healthy person and to cure the diseased person. As Ayurveda has given prime importance to maintaining normal health, the sutrasthana of Astang hridayam is designed. Acharya Vagbhata described Adharaniya vega in 4th adhyaya. The prefix ‘A’ denotes sense of negation, ‘dharana’ means control and vega means natural urge. There are two types of vegas that is Dharaniya and adharaniya. Dharaniya vegas are related to mental status like moha (grid), dvesha (jealousy) which should be controlled for healthy life. Adharaniya vegas are the physical urges to be completed as and when they arise. So for normal health one should not suppress or exaggerate these Adharaniya vegas. There are 13 vegas described as Adharniya vega. In this study attempt has been made to find out a rational and scientific explanation as to how vega vidharana plays a major role in pathogenesis of various diseases. After thorough review and discussion on literary part of adharaniya vegas, a case study of chhardi vega vidharana which is a major cause in various skin diseases, is presented.

AIM

To study the Importance of Adharaniya Vega as Hetu Vichar with special reference to chhardi vega vidharana.

OBJECTIVES

1. To study adharaniya vega as hetu of rogotpatti.
2. To validate line of treatment of chhardi vega vidharana as per classics.

MATERIALS AND METHODS

Considering Ashtang Hrudayam as main text for reference whole work is presented in two sections.

1) Conceptual study
2) A Case study

Conceptual study

Acharya Vagbhata in Ashtang Hridayam, has first explained healthy lifestyle in dinacharya and rutucharya adhyayas. The next adhyaya is Roganupadaniya adhyaya. Here the preventive majors of sharir and manas diseases are explained under the heading of Adharaniya and Dharaniya vegas. The Adharaniya vegas are the natural urges. These are 13 in number relating to flatus, feaces, urine, semen, vomiting, sneezing, eructation, yawning, hunger, thirst, tear, sleep and rapid breathing caused by over exertion.
The Vata dosha with its chala guna is responsible for functioning of natural urges. So suppression of these adharaniya vegas results into disturbance in Vata gunas and functioning\(^5\). Though specific diseases and deformities are ascribed to these adharaniya vegas. It was stated that the vega vidharana (the control of natural urge) or vega udirana (unwanted pressure for natural urge) is definitely the causative factor in each and every diseases\(^6\). Various effects of vega vidharana are enlisted in the following table\(^7\).

**Table 1** Effects of Vega Vidharana

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Vega(natural urge)</th>
<th>Physiological</th>
<th>Avayava (organ related)</th>
<th>Psychological</th>
<th>Generalized diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vata (flatus)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Vit (faeces)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Mutra (urine)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Kshava (sneezing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Trut (thirst)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>6</td>
<td>Kshudha (hunger)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Nidra (sleep)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Kasa (coughing)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Shramaswasa (breathing caused by over exertion)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Jrumbha (yawning)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Ashru (tear)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Chhardi (vomiting)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Retas (semen)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

**PATHOGENESIS**

In Ayurvedic basic principles the Vata dosha has more importance due to its chala guna. With this property the Vata moves throughout the body and also responsible for every movement in the body. The Kapha and Pitta doshas can’t move without Vata dosha\(^8\).

Vata dosha is responsible for normal functioning of these natural urge. The suppression of these natural urges results into vitiation of Vata dosha by its chala guna. It results into vikrut gati (abnormal direction or functioning) i.e., urdhva (upward), adho (downward), or tiryak (peripheral ). As these are abnormal gatis, it disturbs the health by itself and with other doshas too.

**Why chhardi vega vidharana**

Vomiting is considered as against social manners. The vomiting has a very irritating process and results into immediate weakness
and other side effects. So now a day’s patients try to avoid vomiting and for this purpose they prefer to take medicine to suppress it.

**Chhardi vega vidharana lakshana -**
According to Acharya Vagbhata due to the *chhardi vega vidharana* (vomiting urge)⁹ the following skin diseases are observed

**Ayurvedic terms - Probable modern Diagnosis**

<table>
<thead>
<tr>
<th>Visarp</th>
<th>- Erysipelas /Herpes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kotha</td>
<td>- Urticaria</td>
</tr>
<tr>
<td>Kushtha</td>
<td>- Leprosy /All skin diseases</td>
</tr>
<tr>
<td>Pandu</td>
<td>- Anemia</td>
</tr>
<tr>
<td>Kandu</td>
<td>- Itching</td>
</tr>
<tr>
<td>Vyanga</td>
<td>- Cholasma of face</td>
</tr>
<tr>
<td>Shvayathu</td>
<td>- Oedema.</td>
</tr>
</tbody>
</table>

**Samprapti of chhardi vega vidharana (Pathologenesis) -**
According to Charak Samhita all types of *chhardi vega* originate from *Amashaya(stomach)*. In the pathology of *chhardi vega*, due to causative factors like unhealthy life style the *Kapha and Pitta doshas* get vitiated in stomach. Utklishta Kapha doshas also have the same seat i.e., Amashaya. These doshas try to come out from nearest opening of stomach i.e., from mouth. If this urge is suppressed then the *urdhva gati* of *Vata dosha* is mainly disturbed. So that *virudha or vikrut gati* of *Vata dosha* takes place.

In Ayurveda Koshtha – Shakha gati( center to periphery) of *tridoshas* is described which is one of the important mode of *roga nirmiti* ( pathogenesis of diseases )¹¹ .The *twacha* or skin is mainly included in *shakha marga.*¹² As the *utklishta doshas* (*Kapha and Pitta*) are present in *koshta* in normal *chhardi vegas*, the disturbed *Vata dosha* due to *chhardi vega vidharana* takes these doshas from *koshta region to shakha marga*. The *sthansamshraya* of *doshas* in *twacha* causes skin disease. Thus the *chhardi vega vidharana* causes skin diseases by this pathology.

**Treatment of chhardi vega vidharana –**
Classical treatment for diseases caused by *chhardi vega vidharana*¹³ is as follows-

- **Gandusha**
- **Dhumapana** – To reduce vitiated *Kapha dosha*
- **Ruksha bhojan**
- **Langhan** – when there is less quantity of vitiated *doshas*
- **Vaman** – when the vitiated doshas are in excess and /or in *utklishta Avastha*.
- **Raktmokshan** – to let the blood vitiated by doshas.
- **Virechana** – to treat vitiated Pitta and Vata dosha.
  - It helps to normalize the chala quality of Vata dosha.
- **Sakshar lavana tail Abhyang** – to treat the skin texture.

Here a case study related to *Chhardi vega vidharana* is presented in which classical line of treatment is given –

### 2) A CASE STUDY

- **Name of patient** – XYZ
- **Age** - 38 yrs
- **Gender** – female
- **Address** – A/P Pune.

- **Signs and Symptoms:**
  - Reddish white patches on hands - 1 yr
  - Scaling and cracks at the patches - 11 months
  - Continuous itching at the patches - 10 months
  - Due to itching initially watery discharge came
  - More scratching blood may came.
  - 1 yr

- Same symptoms observed on feet
  - 6 months

- **Previous History of disease:**
  - Patient had severe acidity (urdhvaga amlaPitta) since last 2 years
  - She had tendency to vomit in hyperacidity that used to give her relief
  - Since last one year she was taking antacids at higher dose for hyperacidity, continuously that’s why she didn’t vomit.
  - Then she developed the above symptoms 1st on the hands and since last 6 months on feet.

**Diagnosis** – *Kotha* (urticaria)

- **Treatment:**
  - In present case as per classical line of treatment *shodhana* through *vamana* and *raktamokshana* for local lesions was determined.

1) **Shodhan**-
  - **Vaman** – *Purva karma* - *Snehana* and *Swedana* done to bring vitiated *Kapha Pitta doshas* from *shakha* to *kostha*.
    - *Snehana with Panchatikta ghrita* - 1st day -30 ml
    - 2nd day -60 ml
    - 3rd day -120 ml
    - *Sarvang swedana* with *Dashamula kwath*, during *snehana* process.
  - *Vaman* was done with *Yashtimadhu phanta* - 8 liters and *madan phala phanta* – 200 ml.
-60% relief in symptoms like patches and itching was noted.
After 7 days of Vaman therapy Shaman treatment was given.

2) Shaman-
1. Kamdudha - 250mg TDS for Pitta shaman
2. Manjishthadi kadha - 20ml twice a day (freshly prepared)
   –for purification of blood
   -Given for 2 months
3) Raktramokshan –The impure blood was removed with the help of jalauka (leech) from affected area. The process of raktmokshana was done for 20 days with a gap for 3 times that resulted into fast relief in symptoms.
4) Pathya (Dietary advice) was suggested for next 3 months.
   After 2 months more than 90 % relief in symptoms was noted. No patches on hands and feet were noticed.

DISCUSSION
In day to day life everyone experiences the natural urges. Due to some or other cause if suppression or exaggeration of these natural urges is done by anyone; temporary roga lakshanas will be produced. But if the same habit continues frequently and for longer duration, diseases will be produced.

In present case study of Chhardi vega vidharana; chala guna of Vayu is disturbed as well as utklisha Kapha & Pitta doshas are expelled from koshtha to shakha. These doshas after sthansamshray produced skin disease like Utricaria. By Shodhan Chikitsa like Vamana, doshas are brought to their normal seat. This leads to subsiding symptoms of disease. At last due to pathya palana & normal habits regarding natural urges the disease got completely relieved.

CONCLUSION
Thus in present case study it can be concluded that the chhardi vega vidharana played an important role in generation of the disease utricaria. Classical treatment of utricaria as well as chhardi vega vidharana is vaman. After vaman process miraculous results in relief of symptoms was noted. So for healthy life one must follow dincharya and rutucharya and to cure diseases one must avoid the causative factors and take proper Ayurvedic treatment.
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