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## A Literary Study of Effects of Suppression of Natural Urges

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### ABSTRACT

The human body is a wonderful complex system which eliminates the materials which are not useful to the body. In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally. The word Vega means natural urge and dharan refers to suppression of natural urge. There are two types of natural urges Dharaniya and Adharaniya Dharaniya are those which are to be avoided or suppressible urges. Adharaniya are those which should not be avoided or non-suppressible urges. Here a study is done of the diseases that are caused due to suppression of natural urges.

### KEYWORDS

*Adharaniya vega, Non - suppressible urges*



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## INTRODUCTION

The involuntary actions like sneezing, yawning, breathing, coughing and vomiting are the natural responses of the body. Holding these urges back can cause discomfort to body. In this study the different diseases that are caused due to suppression of natural diseases are discussed.

According to Charak the following are the non-suppressible urges-

### Non-Suppressible Urges<sup>1</sup>

1. Urge of Urination.
2. Urge of Defecation.
3. Urge of Semen.
4. Urge of Flatus.
5. Urge of Vomitting.
6. Urge of Sneezing.
7. Urge of Eructation.
8. Urge of Yawning.
9. Urge of Hunger.
10. Urge of thirst.
11. Urge of tears.
12. Urge of sleep.
13. Urge of breathing.

### Diseases Caused Due to Suppression of Natural Urges

Acharya Vagbhata in his Astanga sangraha suggests methods to prevent diseases. These are explained in chapter Roganutpadaniya which means methods to prevent occurrence of diseases<sup>2</sup>.

The first step in prevention of any disease is not to suppress natural urges. The following urges should never be suppressed. The urges like passing flatus, urine, feces, should not be controlled.

Charak has mentioned the non-suppressible urges in the chapter 7 of sutra sthan i.e *Na vegan a dharaniya adhyaya*.

Susruta has mentioned the same in the chapter 55 of Uttara tantra i.e *Udavarta Pratishedamadyaya*. Susruta has mentioned 13 types of udavarta due to suppression of natural urges<sup>3</sup>.

According to charak the following are the 13 non-suppressible urges mentioned<sup>4</sup>.

### 1. URGE OF URINATION (Mutravegarodh)

#### Holding the urge of micturition results in

- a. Pain in the bladder.
- b. Dysuria.
- c. Headache.
- d. Bending of the body. Distention of the lower abdomen.

### 2. DEFECATION REFLEX (Malavegarodh).

#### Holding the urge of defecation causes

- a. Colic pain.
- b. Headache.
- c. Retention of feces and flatus.
- d. Cramps in the calf muscles.
- e. Distention of Abdomen.



### **3. SEMINAL DISCHARGE REFLEX**

(Shukra Vegarodh)

#### **Holding the urge of semen discharge causes**

- a. Pain in the phallus and testicles.
- b. Malaise.
- c. Cardiac pain.
- d. Retention of urine.

### **4. SNEEZING REFLEX** (Kshavathu Vegarodh)

#### **Holding the urge of sneezing reflex causes**

- a. Torticollis.
- b. Headache.
- c. Facial Paralysis.
- d. Hemicrania.
- e. Weakness of the sense organs.

### **5. VOMITTING REFLEX** (Chardi Vegarodh)

- a. Pruritus.
- b. Urticaria.
- c. Anorexia.
- d. Black pigmentation of face.
- e. Oedema.
- f. Anaemia.
- g. Fever.
- h. Skin Diseases.
- i. Nausea.
- j. Erysipelas.

### **6. FLATUS PASSING REFLEX** (Vata Vegarodh)

#### **Holding the urge of flatus causes**

- a. Retention of Flatus, faeces and urine.
- b. Distention of abdomen.
- c. Pain.
- d. Exhaustion.
- e. Other abdominal diseases due to vitiation of vata.

### **7. ERUCTATION REFLEX** (Udgara Vegarodh).

#### **Holding the urge causes**

- a. Hiccough.
- b. Dyspnoea.
- c. Anorexia.
- d. Tremor.
- e. Obstruction in the proper functioning of heart and lungs.

### **8. YAWNING REFLEX** (Jrimbha Vegarodh).

#### **Suppression of yawning causes**

- a. Bending.
- b. Convulsion.
- c. Contractions.
- d. Numbness.
- e. Tremor and shaking of the body.

### **9. HUNGER REFLEX** (Kshut Vegarodh)

#### **By suppressing hunger one subjects himself to**

- a. Emaciation.
- b. Weakness.
- c. Change in bodily complexion
- d. Malaise.
- e. Anorexia and Giddiness.

### **10. THIRST REFLEX** (Pipasa Vegarodh)

#### **Suppression of thirst causes**



- a. Dryness of throat and mouth.
- b. Deafness.
- c. Exhaustion.
- d. Weakness.
- e. Cardiac pain.

### **11. TEAR REFLEX (Vashpa Vegarodh)**

#### **By suppressing tear one gets**

- a. Rhinitis.
- b. Eye diseases.
- c. Heart Diseases.
- d. Anorexia.
- e. Giddiness.

### **12. URGE OF SLEEP**

#### **Suppression of the urge of sleep causes**

1. Yawning
2. Malaise
3. Drowsiness
4. Headache
5. Heaviness in eyes

### **13. BREATHING REFLEX**

#### **By suppression of the urge of breathing coming out of exertion causes**

1. Phantom tumour
2. Heart diseases
3. Fainting

## **DISCUSSION**

The main aim of Ayurveda is to maintain the health of the healthy and to cure the diseased<sup>5</sup>. By not suppressing the non-suppressible urges one can be free from different variety of diseases.

One desirous of his well being during his lifetime and after, should suppress urges relating to rashness and evil deeds – mentally, orally and physically<sup>6</sup>.

## **CONCLUSION**

In this present era of day to day busy life one involved in their activities suppress different non-suppressible urges leading to different unhealthy conditions. On the other hand one should suppress the urges relating to grief, greed, fear, anger, vanity, shamelessness, jealousy<sup>7</sup>.

One should also refrain from urge of speaking extremely harsh words, back biting ,lying and use of untimely words. Violence to others whatsoever ,urges relating to such physical actions including adultery ,theft,and persecution are to be avoided.



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