



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

ISSN: 2582-7634

Volume 2, Issue-10



# IJIM

INDEXED

October 2021



# International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

## An appraisal on ill effects of Nidra, Mutra and Purisha Veg-vidharana on Health.

**Chougule AR**

Associate Professor, Dept of Samhita Sidhhant  
RJS Ayurved College and Research Centre, Kopargaon.(Maharashtra),India.

**Abstract:**

Natural desires that regulate the system's equilibrium in response to the basic processes of the body. In Ayurveda, the concept of Adharniya Vega, or the non-suppression of natural desires, is well defined, and its influence in the production of sickness is also highlighted. There are thirteen different types of natural impulses that should not be suppressed since they can have serious implications if they are. As holding vega are directly related to Doha imbalance and accumulate the toxins in the body and produces various disease by vitiation of vata, pitta and kapha. Even if one has a lot of work, one should not hold the vega like Mutra, Pursiha, or Nidra. As nidra is a key part of good health, and Mutra and Pursiha vega are excretion type of vega from body, it's important to get rid of it as soon as possible to avoid any adverse health impacts.

**Keywords:** Nidra, Mutra, Pursiha, vega, vegadharan

**Corresponding Author:****Dr. Archana Rahul Chougule**

Associate Prof (Reader)

Rashtrasant Janardan Swami Ayurved College and Research Center, Kokamthan, Kopargaon.

Email: [drarchana1012@gmail.com](mailto:drarchana1012@gmail.com) mobile no. 84466 81980

**How to cite this article:** Chougule AR. An appraisal on ill effects of Nidra, Mutra and Purisha Veg-vidharana on Health. Int J Ind Med 2021;2(10):27-32

**INTRODUCTION:**

Ayurveda is a traditional system of medicine in India. The Ayurvedic system of medication is based on many centuries of experience in medical practice with the aims as protection and promotion of health. Acharya have described Dincharya (daily regimen), Ritucharya (regimen to be followed according to season), Sadavritta (regimen of good conduct) etc. in detail to maintain the good health.

Vegas are natural urges in response to the biological functions of the organism, adjusting the balance of the system. There are two types of natural urges: Adharaneeya Vega (Non-suppressible urges), Dharaneeya Vega (suppressible urges). Acharya Charaka has told Swastha Chatuska in the Sutrasthana. In this Chatuska, some imperative concepts related with food quantity, Ritu Charya (seasonal regimen), Adharneeya Vega (Non-Suppressible Urges), Prakruti etc are given.[1] There are 13 types of natural urges in the body which should not be suppressed and that can cause grievous repercussions when forcibly ignored.[2] In addition to these vegas, 14<sup>th</sup> vega is mentioned by Acharya Vagbhata.[3]

**Objectives:** To review the Vegadharan of Nidra, Mutra and Purisha and its adverse effects on health.

**Methodology:****Source of Data:**

Literary review made from the *Brihatrayees*, *Laghutrayees*, and other classical books including journals, presented papers, previous work done and co-related, analysed with the knowledge of contemporary science on the subject.

**Method of the collection of the data:**

Books, journals, presented papers were reviewed and related information collected.

**Concept on suppression of Common vega:**

The word 'Vegadharan' has two mechanisms 'Vega + Dharan'; Vega means natural urge & Dharan is suppression, thus Vegadharan means suppression of natural urges.

**Types of Vegas:**

The body produces 13 types of vegas, which should not be suppressed for any reason. They are as below mentioned-

**Adharaniya vega (non-suppressible urges): [4,5,6,7]**

The intelligent person should not suppress the natural urges initiated by sensations of urine, defecation, sexual

desires (release of semen), flatus, vomiting, sneezing, belching (eructation), yawning, hunger, thirst, tears, sleep and exertion induced Dyspnoea.

1. Vata (adho vata) – urge to fart or pass the flatus
2. Vita (pureesha) – urge for defecation.
3. Mutra – urge for urination.
4. Kshavathu – urge to sneeze
5. Trut – urge to drink water or thirst reflex
6. Kshudha – urge to take food or hunger reflex
7. Nidra – urge to sleep
8. Kasa – urge to cough
9. Shrama shwasa – urge of breathing on exertion
10. Jrumbha – urge to yawn
11. Ashru – urge to weep, tears
12. Chhardi – urge to vomit
13. Retas – urge for ejaculation of semen

#### **Suppression of urge of Nidra:[8,9]**

Suppression of the Vega of nidra causes delusion, Jrumbha (more of yawns), Angamarda (Body pain), Tandra (drowsiness), constipation, generalized body pains, Shiroroga (feeling of heaviness in head) and Akshigourav (feeling of heaviness in the eyes).

#### **Suppression of urge of Mutra(urine):[10,11]**

##### **Mutra Vega rodha :**

Mutravega(Urination) is the release of urine from the urinary bladder through the urethra to the outside of the body. Suppressing the vega to pass mutra causes pains in the body especially Basti Shool (pain in urinary bladder) Mehana Shoola (pain in penis), Mutrakruchata (difficulty in micturition), Shiroruja (headache), Malaavrodha (constipation). In healthy humans, the process of urination is under voluntary control. In infants, some elderly individuals, and those with neurological injury, urination may occur as a reflex. It is normal for adult humans to urinate up to seven times during the day.[12] The urine fills the bladder and helps in the maintenances of the water balance of the body and excessive fluid of the body is removed by this Mutra. Function of Mutra is maintenance of Kleda around all the cells. Kelda is moisture.[13]

##### **Purish:[14,15,16]**

Person who suppresses the Vega of Purisha develops Pakwashaya Shool (pain in large intestine), Shiroshool (headache), Purish Apravarthanam (obstruction of stool), Vata Apravarthanam (obstruction of

flatus), Pindiko dveshtana (cramps in calf muscles) and Aadhmanam (distension of abdomen).

### **Discussion:**

The concept of Adharniya Vega or non-suppression of natural urges is well described in Ayurveda and its role in production of disease is also emphasized. There are 13 *Vegas* described by different *Acharyas* along with disorders on their suppression and their treatment. 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 and Prolonged hours of voluntary controlling the urge cause greater increase in concentration of urine can be correlated to urinary tract infections which cause Mutrakrucho (Dysuria).

Accumulation of urine in Kidney or bladder region causes neuralgic pains caused by neuritis (Spinal nerves compression) resulting into Angabhanga (myalgia), Sirahshula (headache) compressional causes or the pain caused by raised toxins in blood during the filtration in kidneys or in long run due to Uraemia. The others symptoms of forcible suppression of urination includes Ashmari (urinary calculi), Basti vedana (pain

in the region of the urinary bladder), Medhra vedana (pain in the penis), Vankshana vedana (pain in the groin), Poorve cha prayo rogaaha - diseases mentioned in the 'adhovata vega avarodha' and 'pureesha vega avarodha' also get manifest by suppression of urine.

Considering the frequency and quantity of Purisha vega, second most common vega which may hold by many. It is also inevitable daily urge One of the functions of Apana is to expel the feces. It is metabolic by product Person who suppresses the Vega of Purisha develops Pakwashaya Shool (pain in large intestine), Shiroshool (headache), Purish Apravarthanam (obstruction of stool), Vata Apravarthanam (obstruction of flatus), Pindiko dveshtana etc symptoms.

Due to continuous holding of Nidra vega (urge to sleep) for the various reasons includes night shift of jobs, illness, night duties or some other problem and effects of suppression of sleep includes Moha (delusion), Murdha gourava (heaviness of head), Akshi gouravam (heaviness of the eyes), Alasya (laziness, lassitude), Jrumbha (yawning), Angabhanga (body pains).

**Conclusion:**

Vega is a very essential and imperative concept of Ayurveda. It is vital for our good health not to suppress urges from body, but suppress the urges which are concerned with the mind. So, in spite of having very busy work one should not hold the vega like Mutra, Pursiha and Nidra. As nidra is main pillar of a good health and two other vega are excretion and need to evacuate it timely to avoid any ill effects on health.

**References:**

1. Acharya Charaka Charak Samhita. Brahmanand Tripathi, editor. 1st ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/25. p.173
2. Acharya YT, editor. Charaka Samhita of Agnivesha, Sutra Sthana; Dirghajivitiya Adhyaya. Ch.1, Ver. 15. Reprint Edition. Varanasi: Chaukhamba Orientalia; 2014. Page 6.
3. Ravidutta Tripathi, editor, Ashtanga Sangraha, Second Edition Chaukhamba Sanskrit Sansthan Varanasi, India; 1992. p. 84.
4. Acharya Y.T.Charaka samhita With Ayurveda Dipika Commentary By Chakrapanidutta, Reprint Edition(2013), Chaukhambapublishers, Sutrasthana, Chap. 7/6-11 Pg. No 49-50
5. Murthy Srikantha.R K hindi Translation of Sushruta samhita Edition: Reprint 2012 Chaukhamba Orientalia Varanasi. Vol III Uttarasthana Chap. 55/4-16 Pg No 361-363
6. Gupta Atrideva.on Ashtangahridaya by Vagbhata. Editor. 1st Ed. Varanasi:Chaukhambha prakashan; 2009. Chap. Sutra Sthana, 4/23. Pg.No46.
7. Acharya YT, editor. Charaka Samhita of Agnivesha, Sutra Sthana; Dirghajivitiya Adhyaya. Ch.7, Ver. 3. Reprint Edition. Varanasi: Chaukhambha Orientalia; 2014. Page 26.
8. Charaka. Charak Samhita. Brahmanand Tripathi, editor. 1st ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/22. p.171.
9. Sushruta. Sushruta Samhita. Ambikadutta Shastri, editor.2nd ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2007. Uttar Sthana, 55/17. p.408.
10. Charaka. Charak Samhita. Brahmanand Tripathi, editor. 1st ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/6. p.164.
11. Sushruta. Sushruta Samhita. Ambikadutta, Shastri, editor. 2nd ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2007. Uttar Sthana, 55/9-10. p.405.
12. Vagbhata. Ashtanga Hridaya. Atrideva Gupta, editor. 1st ed. Varanasi: Chaukhambha Prakashan; 2009. Sutra Sthana, 4/4. p.43.
13. The Charak Samhita (with translation in Hindi, Gujarati, English) Volume 2, Chaukhamba Orientalia Varanasi, Jaikrishnadas Ayurveda Series 151, Vimana Sthana chapter 5, page no. 809

14. Charaka. Charak Samhita. Brahmanand Tripathi, editor. 1st ed. Varanasi: Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 7/8. p.164.
15. Sushruta. Sushruta Samhita. Ambikadutta Shastri, editor. 2nd ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2007. Uttar Sthana, 55/8. p.405.

16. Vagbhata. Ashtanga Hridaya. Atrideva Gupta, editor. 1st ed. Varanasi: Chaukhambha Prakashan; 2009. Sutra Sthana, 4/3. p.43.

**Source of Support : none declared**

**Conflict of interest : Nil**

© 2021 IJIM (An International Journal of Indian Medicine | Official Publication of Ayurveda Research & Career Academy.(ARCA)