

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

Ashwini Patil<sup>1\*</sup> and Mrudula Joshi<sup>2</sup>

<sup>1,2</sup>Department of Samskrita Samhita Siddhanta, Dr. D.Y. Patil College of Ayurved & Research Centre, Pimpri, Pune, Maharashtra, India

#### Abstract

According to basic principles of Ayurveda the *hetus* (causative factor) play important role in disease pathogenesis. *Asatmyendriyarthasanyog*, *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 *Pradnyaparadha*, 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*



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## 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<sup>1</sup>. As *Ayurveda* has given prime importance to maintaining normal health, the *sutrasthana* of *Ashtang hridayam* is designed. Acharya *Vagbhata* described *Adharaniya vegas* in 4<sup>th</sup> *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 *Adharaniya vegas*.

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 vegas* as *hetu* of *rogotpatti*.
2. To validate line of treatment of *chhardi vega vidharana* as per classics.

## MATERIALS AND METHODS

Considering *Ashtang Hridayam* 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*<sup>2</sup>. The next *adhyaya* is *Roganyutpadaniya 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<sup>3,4</sup>.

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<sup>5</sup>. 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<sup>6</sup>. Various effects of *vega vidharana* are enlisted in the following table<sup>7</sup>.

**Table 1** Effects of Vega Vidharana

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

## 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*<sup>8</sup>.

*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)<sup>9</sup> the following skin diseases are observed

#### **Ayurvedic terms - Probable modern**

#### **Diagnosis**

<b><i>Visarp</i></b>	- Erysipelas /Herpes
<b><i>Kotha</i></b>	- Urticaria
<b><i>Kushtha</i></b>	- Leprosy /All skin diseases
<b><i>Pandu</i></b>	- Anemia
<b><i>Kandu</i></b>	- Itching
<b><i>Vyanga</i></b>	- Cholasma of face
<b><i>Shvayathu</i></b>	- Oedema.

### ***Samprapti of chhardi vega vidharana (Pathologogenesis) -***

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<sup>10</sup>. *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 )<sup>11</sup>. The *twacha* or skin is mainly included in *shakha marga*.<sup>12</sup> 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*<sup>13</sup> 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 1<sup>st</sup> 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* - 1<sup>st</sup> day
- 30 ml

- 2<sup>nd</sup> day -60ml

- 3<sup>rd</sup> day -120ml

- Sarvang swedana* with *Dashamula kwath*, during *snehana* process.

- Vaman* was done with *Yashtimadhu phanta*
- 8 liters and *madan phala phanta* – 200ml.

-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) ***Raktmokshan***-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 *utklishta Kapha & Pitta* doshas are expelled from *koshtha to shakha*. These doshas after *sthansamshray* produced skin disease like Utricia. 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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