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## Review Article

### RELATION BETWEEN ADHARNIYAVEGA AND HRIDROGA WITH REFERENCE TO CARDIOVASCULAR DISEASES: A REVIEW

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#### ABSTRACT

Cardiovascular disease is leading cause of death worldwide. Most of the cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco chewing, unhealthy dietary habits, physical inactivity, alcohol consumption, and overweight. *Adharaniya Vega* (Suppression of Natural Urges) is one of the foremost causes of all disease. All Ayurvedic texts have mentioned *Adharaniya Vega* is most important cause for *Hridroga*. Suppression of natural urges is very common in today's era and especially jobs like office work, taxi driver, teaching etc. and it leads to disease like cardiovascular disease, digestive disorder, gynaecological problem, urinary tract infection etc. Through this review study we have enlighten reference in classic Ayurvedic text and paper published in various research journal regarding cardiovascular disease and its relation to suppression of natural urges. Addressing risk factor suppression of natural urges for cardiovascular disease along with above mentioned risk factor we can prevent it in community.

**Keywords:** CVD, Adhamiya Vega, Hridroga, Natural urges

#### INTRODUCTION

Cardiovascular Disease is principal cause of death in India also. It was estimated there are 54.5 million cases of CVD and every 4<sup>th</sup> death in India is because of CVD.<sup>1</sup> There are number of risk factor mentioned by modern science like unhealthy diet, lack of exercise, tobacco, alcohol and stress etc. people are aware about this risk factor but still burden of CVD increases day by day in the society. In all Ayurvedic classic text common risk factor for Hridroga (Cardiovascular Disease) are mentioned like eating of heavy diet, unctious food, heavy work, stress, eating food before digestion of previous taking food, Abhighata, excessive consumption astringent and food and most significant that is Vega Dharana (Suppression of Natural Urges)<sup>2</sup> and people are not attentive about that. All disease is because of Vega Dharana (Suppression of Natural Urges).<sup>3</sup>

The word "Vegadharan" has two components Vega + Dharan. Thus, Vegadharan means suppression of natural urges. Ayurvedic Samhita's describes thirteen natural urges which should never be suppressed (Adhamiya Vegas).

Authors of Ashtang Sangraha and Charaka Samhita have described 13 non – suppressible urges. There is a slight difference

that Acharya Charaka has explain Udgara Vega,<sup>4</sup> (urge to eructation) instead of Kasavega (urge to cough).<sup>5</sup>

These Vega's are

1. Vata (Suppression of urge for Flatus)
2. Purisha (Suppression of urge for Defecation)
3. Mutra (Suppression of the urge for Urination)
4. Kshavathu (Suppression of urge for Sneezing)
5. Trishna (Suppression of urge for Thirst)
6. Kshudha (Suppression of urge for Hunger)
7. Nidra (Suppression of urge for Sleep)
8. Kasa (Suppression of urge for Cough)
9. Shramashwasa (Suppression of urge for deep Breathing after exercise)
10. Jrumbha (Suppression of urge for Yawning)
11. Ashru (Suppression of urge for Lachrymation)
12. Chhardi (Suppression of urge for Vomiting)
13. Shukra (Suppression of urge for Ejaculation)
14. Udgara (Suppression of urge for Eructation) (mentioned only by Charaka Samhita)

Table 1: Causes of Hridroga (Cardiovascular Disease) as Vega Dharana according to Samhita

Chardymasandharn hridrogkartruni	Vegadhato Kurvantihridaybadhamhridroga		Vegavidharnaishchhridamaya	Vegavidharnaishchhridamaya
*Ch. Su. 26/77	**Su. Ut. 43/1		#Bha. Ma.34/1	##Ma.Ni. 29/1

\*Ch. Su. – Charak Samhita Sutrasthana, \*\*Su. Ut. – Sushrut Samhita Uttartantra, #Bha. Ma. – BhavaprakashaMadhyama Khanda, ##Ma. Ni. – Madhav Nidana.

In all Samhita Hetu (causes) of Hridroga is Vega dharana but they specifically mentioned some Adharniya-Vega and type of Hridroga

**Table 2: Compilation of diseases mentioned like Hridroga (Cardiovascular Disease), Hridayavyatha (Ischemic Heart Disease), Hridaya-Uparodha (Cardiac Failure)**

Adharniya Vega	Ashtang Samgraha	Ashtang Hridaya	Charaka Samhita	Sushrut Samhita	Madhav Nidan	Bhaprakash
Vata (Suppression of urge for Flatus)	Hridrog	Hridrog	-	Hridaya-Uparodha	-	-
Purisha (Suppression of urge for defecation)	Hridrog, Hridaya-Uparodha	Hridrog, Hridaya-Uparodha	-	-	-	-
Mutra (Suppression of the urge for urination)	Hridrog, Hridaya-Uparodha	Hridrog, Hridaya-Uparodha	-	-	-	-
Udgara (Suppression of urge for Eructation)	Hridaya-Vibandha	Hridaya- Vibandha	Hridaya-Vibandha			Hridaya-Vyatha
Trishna (Suppression of urge for Thirst)	Hridrog	Hridrog	Hridaya-Vyatha	Hridaya-Vyatha	Hridaya-Vyatha	Hridaya-Vyatha
Kasa (Suppression of urge for Cough)	Hridrog	Hridrog	-	-	-	-
Shramashwasa (Suppression of urge for deep breathing)	Hridrog	Hridrog	Hridrog	Hridrog	Hridrog	Hridrog
Ashru (Suppression of urge for Lachrymation)	Hridrog	Hridrog	Hridrog	-	-	-
Shukra (Suppression of urge for Seminal discharge)	Hridaya-Vyatha	Hridaya-Vyatha	Hridaya-Vyatha	-	-	-

### Objectives

- To highlight the importance of Adharniyavega.
- To analyze the effects of Adharniyavega on *Hridroga* (Cardio-Vascular-disease)

For this study, the basic and conceptual materials have been collected from the Ayurvedic classics i.e. Brihatrayee and Laghutrayee mainly the Charaka Samhita, Susruta Samhita, Madhav Nidan, Ashtang Samgraha, Ashtang Hridaya and other classics with the available commentaries, as well as PUBMED, DHARA, GOOGLE SCHOLAR and various reference books to be reviewed.

### DISCUSSION

Vegadharana of Adhovata (Flatus), Mala (defecation) and Mutra (Urination) leads to reverse a natural pathway of Apana Vayu and there is vitiation of Vata and Rasa Dhadu Duti and it leads to Hridroga.<sup>6</sup>

Suppression of Natural urges like Adhovata (Flatus), Mala (defecation) leads to constipation and constipation is one of the leading causes of cardiovascular disease. Women with moderate and sever constipation experienced more Cardiovascular event (14.2 and 19.1 /1000 per year respectively compared with no constipation (9.6/ 1000-person year). Constipation is marker for cardiovascular risk factor and increased cardiovascular risk.<sup>7</sup>

Cardiovascular is implicated in the development of atherosclerosis potentially through altered Gut Micro-biota. It's association with incident cardiovascular disease. Patients with constipation had 12 % higher all causes of mortality, 11 % higher incidence cardiovascular disease and 19 % higher incidence of Ischemic heart disease.<sup>8</sup>

Suppression of Trishna (thirst) and Ashru (lacrimation) also leads to Rasa Dhadu Dusti and it produces Hridroga.

One study showed that Japanese taxi drivers with an increased risk of cardiovascular disease had increased blood coagulation and hematocrit probably due to a low water intake.<sup>9</sup>

Hypohydration is recognized as association with some cancer, cardiovascular disease and diabetes.<sup>10</sup>

Stress and sorrow are one of the leading causes of cardiovascular disease and in most of cases it is release by lacrimation if suppress the natural urge of lacrimation it leads to increase stress. Stress can lead to changes in the serum level of many hormones including glucocorticoids, catecholamine, growth hormone and prolactin. And it leads to cardiovascular disease, obesity, diabetes etc.<sup>11</sup>

Udagara (Eructation), Kasa (cough) and Shramaswasa (deep breathing) is function of Prana vayu and by suppression natural urges of its lead to Hridrog because Sthana of Prana vayu is Hridaya (Heart).

An intact cough reflex is important to protect the lung from injurious substances and to clear excess secretions. A suppression of cough reflex may be harmful or even fatal in respiratory disease and cardiovascular diseases.<sup>12</sup>

After Suppression of the urge for urination (*Mutra*) there was a significant increase in all of the neurohumoral parameters after voluntary maximal retention of urine i.e.- blood pressure, pulse rate, respiration rate, plasma catecholamine, plasma serotonin, and urinary catecholamine, and urinary 5-HIAA.<sup>13</sup>

An increase in blood pressure and catecholamine indicates stress. Any sort of stress resulting in catecholamine secretion in humans is primarily because of sympathetic nervous system stimulation. A rise in pulse rate and respiration rate could be explained based on tachycardia caused by stress. An upsurge of serotonin could be interpreted as a nonspecific response to stressful situation. There was a significant increase in neurohumors which creates stress disorders including cardiovascular disease.

Suppression of Vega of Shukra (semen) leads to vitiation of Vata and it causes Hridroga. According to Sigmund Freud, the father of psychology, suppression sexual desire was the chief psychological problem and lead to cardiovascular disorder.

In present era during travelling, watching television, jobs like work in corporate office, drivers, barber, traffic police, shopkeeper, salesman etc. most of the time all-natural urges are suppressed forcefully because of social etiquettes and especially by the female. Therefore, number of diseases is increased day by day; because root cause of all disease according to Ayurveda is suppression of natural urges. (Rogasarveapijayante vegodimadharanai)

## CONCLUSION

All Ayurvedic text motioned different diseases caused by Suppression of Natural urges in detailed but out 13 Adharniya Vega 9 Adharniya Vega leads to different types of Hridroga (cardiovascular disease). Therefore, it can be one of the major risk factors for increase the prevalence and incidence rate of cardiovascular disease in present situation. Through health education and awareness to the people about effects of suppression of natural urges on health we can prevent number of disease and especially cardiovascular disease (Sankshapatana Nidaanaparivarjanam hi Chikitsa). Some studies were done on different center on relation of suppression of natural urges and some disease, but further studies are essential to show statistical consequence of relation of cardiovascular diseases and suppression of natural urges.

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