

A Critical Review on Vata, Mutra & Purisha Vega Dharana

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ABSTRACT

The human body is programmed to undergo some daily functions; this is biorhythm. The body gives signals when these are to be done and it should be obeyed to promote the smooth functioning of the body. These signals are called Vega in Ayurveda. The voluntary control of Vega pertaining to body and non-controlling of Vega pertaining to mind can lead to various diseases in the body.

Keywords: Vega, mutra purisha, vata Vega dharana

Vega

Vega means urge which is involuntary or natural or instinctive impulse. During the digestion of the ingested food there is formation of mutra purisha and vata in the body which is to be eliminated; these are not to be withheld. If controlled or else forced out it can lead to different diseases. [1]

Vega dharana

If a person wants to remain swastha he should not do Vega dharana of the adharaniya Vega i.e., vata, mutra, purisha, kshavathu, trit, kshuta, nidra, kasa, srama, swasa, ashru, retas, chardhi. [2]

Humans do Vega dharana due to various reasons- shyness, work, unavailability of suitable place etc.

Adhovata Vega dharana

Flatus in the body is from 3 different sources – swallowed air, diffusion from blood and from the digestion of food in the intestine, the major contribution from the latter. The composition of the flatus is NO₂, H₂S, CO₂, CH₄ which accounts for the foul smell. a human on an average passes 10-21 flatus per day which is normal.

Retention of feces, urine and flatus, distension of abdomen, pain, fatigue and other abdominal diseases are caused due to suppression of urge to pass flatus. [3]

In such case, external and internal administration of unctuous substance, fomentation, per rectal suppositories, intake of foods and drinks having carminative action and enema are prescribed. [4]

Purisha Vega dharana (suppression of defecation reflex)

Physiology of defecation reflex- after digestion the fecal matter gets collected in the sigmoid colon and rectum. The stretch receptors in these area is stimulated and it sends impulse through the pelvic nerve which then sends the motor signals through the parasympathetic motor division of the pelvic nerve to the internal sphincter allowing it to relax. But the external sphincter is under conscious control by the pudendal nerve and the person should voluntarily control the defecation process.

Constipation, Distension of Colon, Loss of appetite, Irritability, Malnutrition, Fistulae, Fissure, Altered bowel motility are the effects of habitual withholding of bowels

Suppression of the urge to defecate causes colic pain, headache, retention of fecal matter and flatus, cramps in the calf muscles and distension of abdomen. In such cases, fomentation, massage, sitz bath, per rectal suppositories, and enema are prescribed and one should take food and

drinks that facilitate bowel evacuation to remove obstruction. ^[5]

Mutra Vega dharna (suppression of micturition reflex)

Bladder filling causes stretching, which forms the stimulus for the reflex. The afferent and efferent impulses are carried in the pelvic nerve. Rise in volume up to 100 ml, raises the pressure in the bladder to 10 cm of H₂O. Further rise in the volume, i.e., from 100 to 400 ml, does not show a corresponding rise in the intravesical pressure, due to the property of adaptation. The plasticity of the bladder muscle is responsible for accommodating the large volume with little rise in pressure. If the volume rises above 400 ml, the adaptation mechanism fails and the reflex contraction of the bladder occurs causing rise in the pressure. The desire to void urine occurs around 200 to 250 ml of volume. If a suitable place is found to void urine, the central inhibition is removed and the sacral segments produce the reflex contraction of the bladder. The contraction of the bladder and the relaxation of the internal sphincter are caused by the pelvic nerve. The presence of urine in the urethra reinforces the reflex mechanism. That is, the bladder contracts continuously as long as the urine is in the urethra. This ensures complete emptying of the bladder. The presence of urine in the urethra also causes inhibition of pudendal nerve and the external sphincter relaxes. Since this is a somatic muscle, it is under voluntary control. It is possible to stop micturition voluntarily by its contraction. The inhibition of external sphincter allows urine to be expelled outside.

Suppression of the urge to pass urine causes pain in the bladder and phallus, dysuria, headache, bending of the body and distension of the lower abdomen. ^[6]

In this case, the treatment includes fomentation, sitz bath, massage, *avapeedaka ghee* and all the three types of *basti* is prescribed. ^[7]

DISCUSSION

Vegadharana is one of the important root cause for the systemic diseases. Withholding of urges has become a usual practice in the community due to various reasons but its effects are not given much importance. The symptoms in Ayurveda are interpreted based on the long term effect of suppression of urges.

Hepatic and splenic syndromes are thought to be caused by the trapping of gas at the colonic flexures, with subsequent distension of the colon, resulting in upper abdominal discomfort.

Klama is due to constant abdominal discomfort and mechanical irritation of the intestine.

Due to the upward movement of the apana vata all other vata get restricted and hamper the normal expulsion of urine, feces. Agni is also hampered.

Hridgada is due to the upward movement of the vata leads to diaphragmatic irritation

Shoola in purisha Vega dharana is due to increased abdominal pressure,

Pindikodveshta is due reabsorption of sodium from the obstructed stool leading to hypernatremia and dehydration

Shoola in the penis or perineal area during mutra Vega dharana is due to the prolonged holding leading to increased intravesicular pressure causing stretching pain in the penile area, or uti. Urine is normally sterile, and the normal flow of urine usually prevents bacteria from infecting the urinary tract. With urinary retention, the abnormal urine flow gives bacteria at the opening of the urethra a chance to infect the urinary tract. If the bladder becomes stretched too far or for long periods, the muscles may be permanently damaged and lose their ability to contract. Urinary retention causes urine to flow backward into the kidneys. This backward flow, called reflux, may damage or scar the kidneys.

Vakshnanaha is due to the retrograde pressure due to hydronephrosis leading to hydronephrosis causing corticomedullary differentiation leading to loss of stimulation

of pudendal nerve leading to alpa alpa mutra, vinama. [8]
Shirashoola is due to neural pain of due to accumulation of toxins.

CONCLUSION

The primary objective of Ayurveda is preservation of health in healthy so the Vega dharana is explained under roganutpadaniya i.e., prevention of onset of disease. The body reflexes are the natural defence mechanism of the body to eliminate the toxins. If these are not given attention, then it will lead to different diseases in long term. The community should be given the awareness of the concept of vegadharana and its effects for preventing diseases.

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