



Today's Lifestyle and its relation to Naveganadharaniya Adhyaya of Charak Sutra Sthana

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Abstract

The human body produces natural urges at regular interval to cleanse the body system and remove metabolic toxins . this normal mechanism of natural urge is important for presevation of health. Thus the natural urges should not be supressed In order to preseve overall health. Ngeative physical verbal and psychic activities should be restrained. Thirteen (13) natural urges are characterised according to their fucntions. The first 7vurges - micturation, defication, ejaculation of simen, passing flactus, vomiting, sneezing, belching are intended to expel the waste products outside the body from external orifices. Next 6 urges yawning, hunger, thirst, tears sleep and exhertion induced dyspnea are based upon physiological requirements of the body to maintain homeostasis.

Keywords : Vegas, Sympathetic, Parasympathetic, Lifestyle, Disease, Well-being, Stress, Suppressible, Non suppressible

Today's Lifestyle is all about young individuals running around to meet deadlines, ont getting enough sleep, and constantly aiming to reach higher. All this may be needed for maintaining a good life being at the top of your performance in your professional life but your health remains negatively affected. The constant pressure and stress leads to lifestyle diseases like obesity, diabetes, heart disease risk and increased cholesterol. Thus, today's lifestyle has become a disease which leads to various imbalances inside our body. APart from food and exercise we also tend to suppress some of the natural urges called as vegas of our body which again aggravated the doshas thus disbalancing the body and causing health issues. This was rightly



described in Naveganadharaniya Adhyay explained in Sutra Sthana Chapter 7 . Non - suppressible and suppressible natural urges and other factors for health.

This chapter describes preventive measures for endogenous and exogenous diseases. The auto regulated system of the body cleanses out metabolic waste products through various channels and maintains equilibrium in the body. This systematic natural mechanism is termed as Vegas (Natural urges) and should not be suppressed to maintain health. Thirteen (13) types of natural urges and disorders due to their long term suppression are mentioned along with their treatment in the chapter. That means for maintaining psychological and social well being, for prevention of psycho spiritual disorders the above mentioned non suppressible urges or vegas should not be controlled.

नवेगानधारयेतधीमाञ्जातानमूत्रपुरीषयोः।

नरेतसोनवातस्यनछर्दयाःक्षवथोर्नच॥3॥

नउदगारस्यनजृम्भायानवेगान्क्षुत्पिपासयोः।

नवाष्पस्यननिद्रायानिःश्वासस्यश्रमेणच॥४॥

Meaning : The intelligent person should not suppress the natural urges initiated by sensation of urine defecation, sexual desire, flatus, vomiting, sneezing, belching, yawning, hunger, thirst, tears, sleep and exertion-induced dyspnea.

This chapter described an auto regulated system of the body which helps cleans out metabolic waste through various channels and maintain equilibrium in the body. These thirteen (13) types of natural urges should not be suppressed to maintain health. This third chapter which is within the group chapters on health (Swastha Chatushka) describes guidelines of promotion of health and prevention of disease. After describing daily and seasonal regiments Achrya Charaka explains the methods of maintaining internal homeostasis by the various regulatory



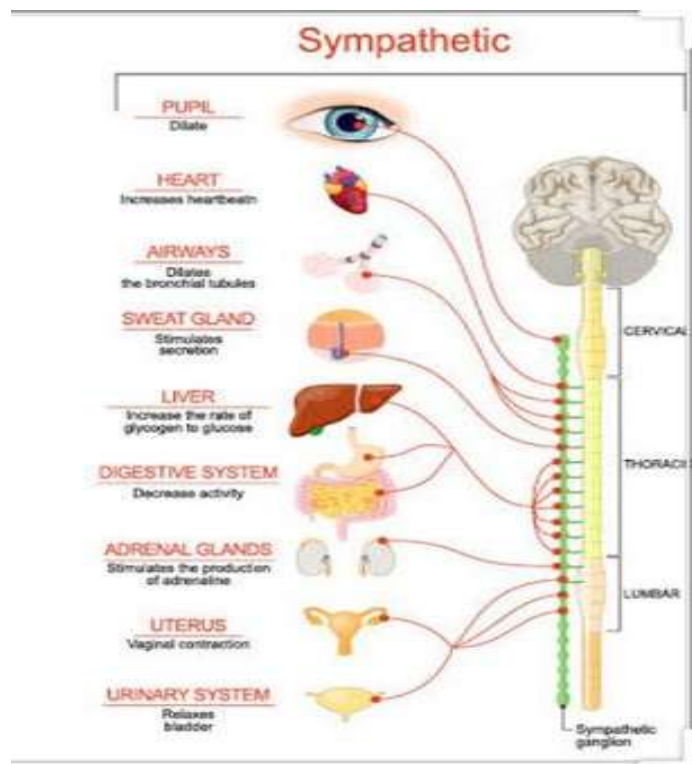
mechanisms of the body termed as Vegas. These thirteen (13) types of Physical urges can be voluntarily controlled up to a certain extent. When these urges are suppressed for a prolonged period metabolic toxins get accumulated in the body system leading to various diseases and local obstructed pathologies. A detailed description of such urges, the consequences of suppression and its management has been mentioned in this chapter.

When compared to modern science the thirteen (13) vegas which are mentioned are regulated by the sympathetic nervous system which is the part of the autonomic nervous system that supplies internal organs, smooth muscles and glands. It controls largely unconscious and regulated body functions such as heart rate, its force of contraction, digestion, respiratory rate, pupillary response, urination etc. This system is the primary mechanism in control of the fight or flight response. Autonomic nervous system is regulated by integrated reflexes through the brainstem to the spinal cord and organs. Autonomic functions include control of respiration, cardiac regulation, vasomotor activity and reflex actions such as coughing, sneezing, swallowing and vomiting. The hypothalamus just above the brainstem acts as an integrator for autonomic function receiving autonomic regulatory input from the limbic system.

The autonomic system is divided into two branches: the sympathetic nervous system which is considered as the fight or flight system and the parasympathetic nervous system which is considered as the rest and the digest system, Both of these have the opposite action. One is excitatory and the other is inhibitory. A more modern characterization of the sympathetic system is a quick response mobilising system and parasympathetic is a slowly activated damping system. When you look at the thirteen vegas told by Acharya Charak they all fall in the action of the sympathetic nervous system. So when you suppress these naturally occurring urges repeatedly you tend to disturb the body mechanism which is unconsciously regulated and thus disturbing the body to get into a diseased state. Hence utmost care has to be taken not to suppress these natural occurring urges of the body.



Although the ANS (Autonomic Nervous System) is also known as the visceral nervous system and although most of its fiber carry non-somatic information to the CNS (Central Nervous System) , many authors still consider it only connected with the motor side. Most autonomous functions are involuntary but they can often work in conjunction with the somatic nervous system which provides voluntary control.



Diseases Cause due to suppression of each Vega

1. Disease caused due to suppression of urge of urination or micturition.
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.
2. Diseases due to suppression of urge to defecate.
Suppression of the urge to defecate causes colic pain, headache, retension of fecal matter and flatus, cramps in the calf muscles and distension of abdomen.



3. Diseases due to suppression of urge of ejaculation.

When the urge to ejaculate is suppressed, symptoms like pain in the penis, testicles, body ache, pain in the cardiac region, and retention of urine are observed.

4. Diseases due to suppression of urge to pass flatulence.

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

5. Diseases due to suppression of urge of vomiting

Pruritus, urticaria, aversion (to food), vyanga (discoloration of face), shotha (edema), pandu (pallor/anaemia), jwara (fever), kushtha (skin diseases), nausea and visarpa (erysipelas) are caused by the suppression of the urges of vomiting.

6. Diseases due to suppression of the urge of sneezing.

Neck stiffness, headache, facial paralysis, pain in half side of face and head, weakness of sense organs and locomotor organs are caused by the suppression of the urge to sneeze.

7. Diseases due to suppression of the urge of belching.

Hiccups, dyspnea, aversion (to food), tremors, and feeling of congestion in the cardiac and chest region are caused due to suppression of belching or eruction.

8. Diseases due to suppression of the urge of yawning..

Crookedness of the body, convulsions, contractions (of muscles), numbness, tremors and trembling are caused by the suppression of yawning.

9. Diseases due to suppression of the urge of hunger.

Emaciation, weakness, change in body complexion, generalized body ache, aversion (to food) and dizziness are caused by suppressing hunger.

10. Diseases due to suppression of urge of thirst

Dryness of throat and mouth, deafness, feeling of exhaustion, weakness and cardiac pain are caused by the suppression of thirst (or the urge to drink).



11. Diseases due to suppression of urge of tears

Rhinitis, eye diseases, cardiac diseases, aversion (to food) and dizziness are caused by suppressing the urge to cry (due to grief). The treatment includes sleep (rest), intake of wine and pleasing stories of positive conversations.

12. Diseases due to suppression of urge of sleep

Yawning, body ache, drowsiness, diseases of the head and heaviness in the eyes are caused by suppression of the urge to sleep.

13. Diseases due to suppression of urge of exertion induced dyspnea

Gulma (lump in abdomen), cardiac diseases and confused state of mind are caused by suppression of dyspnea (due to exertion).

Dharniya Vega - Restraint of psychological urges (suppressible urges)

इमांस्तुधारयेद्वेगान्हितार्थीप्रेत्यचेहच। साहसानामशस्तानांमनोवाक्कायकर्मणाम्॥26॥

A person willing for his own well-being, in this life and after (death), should suppress the urges to engage in adventures, and extreme activities of psyche, speech and body.

लोभशोकभयक्रोधमनेगान्विधारयेत्। नैर्लज्ज्येष्यातिरागाणाम भध्यायाश्चबुद्धिमान्॥27॥

An intelligent person should control greed, grief, fear, anger, egoism, shamelessness (impudence), jealousy, excessive affliction (in anything), and desire to acquire someone else's wealth.

Earlier the Acharyas mentioned about non - suppressive vegas and here they are mentioning the urges that should be suppressed by an individual for his well being. The adharaniya vegas are the ones generated unconsciously by parasympathetic stimulation which should not be stopped or suppressed. whereas the dharaniya vegas lead to stimulation of the sympathetic nervous system which creates a fight of fright reaction in the body. Leading to secretion of adrenaline



which triggers a sympathetic response. Hence the Acharyas knew well in advance that these sympathetic stimulations can cause hormonal disbalance in our body thus leading to various lifestyle diseases and also genetic disorders. Moreover, research has shown that excessive adrenaline secretion can have an effect on the brain and also the thyroid gland, which in turn causes a disbalance in the homogeneous functioning of the body. Thus, we can explain the rise of cancer and other related problems in today's era.

The urges that should be suppressed and that which should not be suppressed should be understood in detail and applied in our day to life along with the other diagnostic tools like dosha dushya parikshan, so that we can understand the root cause of the disease and cure the problem from its root.

Conclusion

Normally, physical and mental faculties of an individual function through the interaction of dosha with dhātu and in this process, mala are formed and excreted out of the body. Health is a delicate balance between these three factors. The imbalance results in diseases. Mala is the end product of digestion and metabolism and must be excreted out at regular intervals through specific orifices. The elimination process is controlled by voluntary reflex mechanisms to a certain extent. These are known as Vega or movement. The word vega is defined by Chakrapani as pravritti meaning action and unmukhtvam meaning those which are intended to get expelled. When there is long term voluntary suppression, specific waste products get accumulated leading to specific diseases. All urges are initiated predominantly by vata and the treatments include alleviation of vata.

As the Acharyas have mentioned non suppressive vegas, they have also mentioned suppressive vegas. The character of an individual is assessed by his psyche, speech, activities and his overall behaviour. The negative activities, which are harmful for one's own character as well as social well-being, should be suppressed. The basic emotions that express positive attitude need to be maintained, while those with negative origin are to be controlled and given up. These prescribed activities help towards a better development of one's personality in this life as well



as in the afterlife. The objective of this course is to achieve complete health in aspects of physical, mental and spiritual well being in order to attain four purushartha viz dharma (eternal virtuous duties), artha (wealth) karma (passion) and moksha (salvation).

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