

**A CRITICAL REVIEW ON ADHARANIYA VEGA WITH SPECIAL REFERENCE TO SHUKRA VEGA DHARAN (URGE OF SEMEN)**

<sup>1</sup>\*Ashvin Bagde, <sup>2</sup>Milind Godbole, <sup>3</sup>Kalpana Jadhav, <sup>4</sup>Asha Ramteke and <sup>5</sup>Ravindra Dhimdhime

<sup>1</sup>Assistant Professor, Dept. of Samhita Siddhanta, Govt. Ayurved College, Osmanabad.

<sup>2</sup>Professor, Dept. of Swasthavritta, Y. A. M. P.G. T. & R. C., Kodoli 416114(M.S).

<sup>3</sup>Associate Professor, Dept. of Swasthavritta, Y. A. M. P.G. T. & R. C., Kodoli 416114.

<sup>4</sup>P.G. Scholar, Dept. of Swasthavritta, Y. A. M. P.G. T. & R. C., Kodoli 416114(M.S).

<sup>5</sup>Professor, Dept. of Kriya Sharir, Govt. Ayurved College, Osmanabad, 413501.

Article Received on  
08 Jan. 2018,

Revised on 29 Jan. 2018,  
Accepted on 18 Feb. 2018

DOI: 10.20959/wjpps20183-11120

**\*Corresponding Author****Dr. Ashvin Bagde**

Assistant Professor, Dept. of  
Samhita Siddhanta, Govt.  
Ayurved College,  
Osmanabad.

**ABSTRACT**

In day to day life everyone experiences the natural urges. *Ayurveda* strongly emphasizes on not to suppress natural urges and forcibly calling upon them when there is no natural urge. Since ancient time, various *Acharyas* have clearly mentioned that maximum diseases are caused by forceful suppression of natural urges. Therefore, these natural urges should not be suppressed at any cost. There are thirteen types of *Vegas* mentioned in *Ayurveda* which should not be retained in any condition. If they are suppressed on a regular basis due to any reason, they can lead to various serious health problems. Out of these 13 *Vegas*, Suppression of *Shukra Vega* (urge of seminal discharge)

also should not be retained as others. Controlling urge of semen may lead to impairments in both *Sharirika* and *Manasika Doshas*. If we do it often, this will result in serious complications like pain in genitals and testicles, hernia, cardiac pain and even impotency also. Therefore, for living a normal healthy life, it is necessary that the needs of these natural urges are satisfied instantaneously i.e. as soon as they are explicit. In this review article, attempt is made to explain various consequences of *Shukra Vega Dharana* mentioned in *Ayurvedic* texts and also enlists the management of the complications occurred by suppressing the natural urge of *Shukra Vega* (semen discharge).

**KEYWORDS:** *Ayurveda*, *Adharaniya Vega*, Non-suppressible urges, *Shukra Vega*, Seminal urge.

## INTRODUCTION

Our body is a wonderful complex system which has a number of ways to balance or eliminate the materials which could be harmful to the body. In order to facilitate the elimination of these substances, the body is equipped with urges that appear naturally. There are two types of natural urges. One is suppressible urges and another is non-suppressible urges. In short suppressible urges are those that should be suppressed to prevent disease. In contrast, non-suppressible urges will cause disease if they are suppressed. *Vegas* are vital phenomena which are indicators of normal biological functioning. *Vegas* are very fundamental and important concept of *Ayurveda*. This sector of *Ayurveda* has much significance in clinical practice and yet being ignored.

*Ayurveda* is all about prevention. When we respect our body's natural urges, we create a balanced mind-body health. If we do not suppress our urges, we keep diseases away. *Vegas* (natural urges) are part of bodily functions, in order to fulfill the physiological demand. *Vegas* are created naturally to eliminate the toxins which are produced in our body. Evacuation of natural urges in the proper time and place is essential for the maintenance of perfect health and for the state of homeostasis of the body. So it is very important to respond to these urges and not to suppress them for maintaining the homeostasis of the body which leads to positive health.

In our modern and unhealthy lifestyle, because of shift duty, stressful jobs, lack of exercise, nightlife especially in metropolitan cities we find ourselves actually suppressing some or most of the natural urges of the body. Many times we forcefully suppress the urge to sneeze when sitting in a meeting, the urge to eat when busy with some important work or due to shy nature, the urge to pass urine while watching a favorite show on television or movie, the urge to eliminate flatus or yawn while in public and the urge to pass feces due to lack of facilities etc. If we do it often, we are likely to fall ill and frequent illness will shorten the life span.

If you are suppressing one of the *Vegas* by chance then it is ok. But if we are suppressing it always then it will be harmful for health and later on these suppressed natural urges could be the main cause of sickness.<sup>[1][2][3]</sup> Therefore *Ayurveda* strongly recommend non suppression of any natural urges. These are the natural calls from our body system which must attend by a person, as and when they appear in order to maintain the balance in the body and to eliminate

an element that might cause imbalance. It may cause disturbances in normal physiological behavior of concerned organ system and subsequently causes various types of diseases.<sup>[4][5][6]</sup> In *Charak Samhita*, *Acharya Charak* mentioned a separate chapter in *Sutra sthana* on non-suppressible urges and suppressible urges. *Acharya Vagbhata* and *Charak* both describe thirteen non suppressible urges which should not be retained at any cost but there is a slight difference that *Acharya Charak* has explained 'Udgara Vega'(urge to belch) instead of 'Kasa Vega'(urge to cough). According to *Vagbhata* all diseases arises from 'Vega-Vidharana' (suppression of natural urges) and 'Vega-Udirana' (premature initiation of natural urges).

One should always heed them because if they are stopped due to any reason, they can lead to various health problems and detriment to long life. Although it is very true that one should never suppress a non-suppressible natural urge, but it is also equally important not to forcibly initiate an urge, as it can create an imbalance in functioning of *Vata dosha* causing *Vata dosha* related disorders. The forceful execution and forceful suppression of *Vega* are equally harmful to the body.

When these *Vega* are frequently and unnaturally suppressed the normal physiological mechanism of body is disturbed and mainly *Vata dosha* gets vitiated. This vitiated *Vata dosha* also disturb the equilibrium state of other two *doshas* i.e. *Pitta* and *Kapha*. Due to some 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.

The suppression of natural urges brings changes in every system of the body such as cardiovascular, respiratory, gastrointestinal, urinary, nervous, endocrine, reproductive and musculoskeletal.

## MATERIALS AND METHODS

This is conceptual type of study. All sorts of references related to *Adharaniya Vega* has been collected and compiled from various available classics texts of *Ayurveda* like *Charak*, *Sushruta*, *Vagbhata Samhita* and *Madhav nidana* with available commentaries. Research articles are also searched from various websites. Literature available regarding *Adharaniya Vegas* from various journals and books were collected. All matter is analyzed and attempt has been made to draw some fruitful conclusions.

**Definition of Vega dharana**

Before going in details regarding *Vegadharan* it is necessary to know that what is *Vega dharan*. The word ‘*Vega dharan*’ is made of two words *Vega* and *Dharan*. Where *Vega* means “natural urge” and *Dharan* means “suppression”. So, collectively the word “*Vega dharan*” means forceful suppression of natural urges. Initiation of urges is normal body activity through which unwanted and waste body products are expelled out from body. This process is timely carried out by body at regular intervals. Repeatedly suppression of *Vegas* creates many pathological conditions favorable for many diseases. This develops in those people who have regular habit of suppressing natural urges over long period and not immediately. There are two types of natural *Vegas* namely *Dharaniya Vegas* (suppressible urges) and *Adharaniya Vegas* (non-suppressible urges). *Dharaniya Vegas* are related to mental status like *Lobha* (greed), *Shoka* (grief), *Bhaya* (fear), *Krodha* (anger), *Earshya* (jealousy) etc. which should be controlled for healthy life. *Adharaniya Vegas* are the physical urges to be completed as and when they arise. The thirteen non suppressible natural urges are as follows.

- 1) *Mutra Vega rodha* (Suppression of urge of urine).
- 2) *Purisha Vega rodha* (Suppression of urge of faeces).
- 3) *Shukra Vega rodha* (Suppression of urge of discharge semen).
- 4) *Apana Vayu Vega rodha* (Suppression of urge of passing flatus).
- 5) *Chardi Vega rodha* (Suppression of urge of vomit).
- 6) *Kshavathu Vega rodha* (Suppression of urge of Sneeze).
- 7) *Udaggar Vega rodha* (Suppression of urge of Belching).
- 8) *Jrumbha Vega rodha* (Suppression of urge of yawning).
- 9) *Kshudha Vega rodha* (Suppression of urge of hunger).
- 10) *Trushna Vega rodha* (Suppression of urge of severe thirst).
- 11) *Bashpa Vega rodha* (Suppression of urge of cry).
- 11) *Nidra Vega rodha* (Suppression of urge of sleep).
- 12) *Shramashwas Vega rodha* (Suppression of urge of breathe heavily on exertion).
- 13) *Kasa Vega rodha* (Suppression of urge of coughing).

**Symptoms caused by *Shukra Vega rodha***

According to *Acharya Charak*, just before the time of ejaculation, if someone forcefully suppresses his sexual desire and forcibly retains the urge of seminal fluid (Seminal discharge), it can cause retrograde ejaculation, increased flow and it causes *Shool* in *Medhra*

and *vrushan* (Swelling and pain at genitals parts especially in penis and testicles). There could also be *Mutra rodha* (difficulty in passing urine), *Hridya vyatha* (discomfort in cardiac region) and *Angmard* (body pain).<sup>[7]</sup> The person might get a *Jwara* (fever).

*Acharya Sushruta* has mentioned the symptoms of suppression of urge to seminal discharge same as *Acharya Charaka*. Additionally he described formation of *Shukraashmari* (seminal calculi/spermolith) and *Klaibyata* (impotency).<sup>[8]</sup> Suppression of sex desires causes nervous diseases like neurosis and psychological mal development.<sup>[9]</sup>

## TREATMENT

The symptoms caused due to suppression of *Shukra Vega* (seminal discharge) should be treated with *Abhyanga* (medicated oil massage to groin region), *Avagaha Sweda* (hot water tub bath or sitz bath), *Madira* (type of wine), modified nutritional diet (meat of *charanyudha* (Cock/hen), *Shali rice* (*Oryza Sativa* Linn.), *Paya* (milk), *Niruha basti* (medicated enema) and *Maithuna* (sexual intercourse).<sup>[10][11][12]</sup>

## CONCLUSION

From above various references, a conclusion is drawn that *Vegadharana* (suppression of natural urges) is one of the most important root causes for different systemic diseases. According to *Ayurveda*, the first line of treatment in all type of diseases is “*Nidaana parivarjanam hi Chikitsa*” means avoiding the cause is the treatment. Therefore, all diseases which are caused by the suppression of natural urges can be prevented simply by avoiding suppression of them.

*Ayurveda* highlights the importance of *Vegadharana* as a principal causative factor of diseases therefore for living a normal healthy life, it is necessary that the natural urges have to be passed in proper time and place without suppressing them. Through this article, we can make people aware to avoid suppression of natural urges, so that they may not suffer from corresponding diseases.

## REFERENCES

1. Charak Samhita with Charak Chandrika Hindi commentary, by Dr. Brahmanand Tripathi and Dr. Ganga Sahay Pandey, Sutra Sthana Chapter 7, Verse 25 page No. 173 Chaukhamba Surbharti Prakashan, 2007.
2. Sushruta Samhita edited by Kaviraj Ambikadutta Shastri, Uttar Sthana, chapter 55, Verse

- No. 4 Page 404. Chaukhamba Sanskrit Sansthan, Varanasi, 2007.
3. Ashtanga Hridaya, with Vidyotini Hindi commentary of Kaviraj Atrideva Gupta Sutra Sthana, Chapter 4, Verse No. 1 Page.43 Chaukhambha Prakashan, Varanasi, 2009.
  4. Charak Samhita with Charak Chandrika Hindi commentary, by Dr. Brahmanand Tripathi and Dr. Ganga Sahay Pandey, Sutra Sthana Chapter 7, Verse 5 page No. 163 Chaukhamba Surbharti Prakashan, 2007.
  5. Sushruta Samhita edited by Kaviraj Ambikadutta Shastri, Uttar Sthana, chapter 55, Verse No. 4 Page 404 Chaukhamba Sanskrit Sansthan, Varanasi, 2007.
  6. Ashtanga Hridaya, with Vidyotini Hindi commentary of Kaviraj Atrideva Gupta Sutra Sthana, Chapter 4, Verse No. 21 Page.46 Chaukhambha Prakashan, Varanasi, 2009.
  7. Charak Samhita with Charak Chandrika Hindi commentary, by Dr. Brahmanand Tripathi and Dr. Ganga Sahay Pandey, Sutra Sthana Chapter 7, Verse 10 page No. 165 Chaukhamba Surbharti Prakashan, 2007.
  8. Sushruta Samhita edited by Kaviraj Ambikadutta Shastri, Uttar Sthana, chapter 55, Verse No. 15 Page 407. Chaukhamba Sanskrit Sansthan, Varanasi, 2007.
  9. My Cosmos for You. Importance of semen preservation!! 2016. Available from: <http://mycosmos4u.blogspot.com/2010/05/importance-of-semen-preservation.html>.
  10. Charak Samhita with Charak Chandrika Hindi commentary, by Dr. Brahmanand Tripathi and Dr. Ganga Sahay Pandey, Sutra Sthana Chapter 7, Verse 11 page No. 166 Chaukhamba Surbharti Prakashan, 2007.
  11. Sushruta Samhita edited by Kaviraj Ambikadutta Shastri, Uttar Sthana, chapter 55, Verse No. 32-33 Page 410. Chaukhamba Sanskrit Sansthan, Varanasi, 2007.
  12. Ashtanga Hridaya, with Vidyotini Hindi commentary of Kaviraj Atrideva Gupta Sutra Sthana, Chapter 4, Verse No. 20 Page.46 Chaukhambha Prakashan, Varanasi, 2009.