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Editorial

Ayurvedic medicine is a system of medicine with historical roots in the Indian subcontinent. Globalized and modernized practices derived from Ayurvedic traditions are a type of complementary or alternative medicine. In the Western world, Ayurveda therapies and practices (which are manifold) have been integrated in general well-ness applications and as well in some cases in medical use.

In this issue of Mahratta we are publishing few papers of scholars who have contributed in this traditional system of medicine and medication. We also have an article on Asset Allocation Management , that aims to balance risk and reward by apportioning a portfolio's assets according to an individual's goals, risk tolerance and investment horizon.

Geetali Mone

Executive Editor

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Importance of Vegadharana as a Hetu of Pranavaha Srotas Vyadhi

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Abstract .

Vega Nirmitti is normal tendency of Sharira. Vega are catagerised as Dharaniya and Adharaniya. Dharaniya means which are supposed to be held and Adharaniya means which are not supposed to be held. Vegadharana is one of the important causes of various Vyadhi. Pranavaha Srotas Vyadhi are not exceptions for this. Vegadharana causes vitiation of Vata, in turn Gati Vikruti of Vata which is central factor of Pranavaha Srotas Vyadhi. Hence Chikitsa is based on mainly Vatanuloman, which will ensure proper Gati of Vata Dosha. Key words . Vegadharana, Hetu, pranavaha Srotas Vyadhi Introduction .

In today fs era lifestyle has changed a lot. We are even neglecting our body urges viz. hunger, sleep, urination, defecation etc. We only look after ourselves

when we become sick. Due to changing life-style no one is healthy at present. People are not aware of the fact that holding natural body urges can lead to many serious disorders. Holding natural body urges is Vegadharana. This major cause of diseases can be avoided by avoiding Vegadharana. Pranavaha srotas is also affected due to Vegadharana1.

Aim .

To study importance of Vegadharana as hetu of Pranavaha Srotas Vyadhi.

Material .

literature in Ayurveda Samhitas

Method .

It is fundamental study. The topic is discussed on following steps .

- o Hypothesis
- o Review of literature
- o Discussion
- o Conclusion

Hypothesis .

Vegadharana is important Hetu of

Pranavaha Srotas Vyadhi.
Review of literature .

which should not be avoided.
Dharana and Udirana of Adharaniya
Vega is the cause of all Vyadhi5.

Vega:

Vega is defined as urge to urinate,

Pranavaha Srotas Vyadhi caused due to following Vegadharana:

| Vyadhi | Cha. Su. 7 | Su. U. 55 | A. H. Su.4 | A. S. Su. 5 |
|-----------------|----------------------|---------------|----------------------------|----------------------------|
| Shvasa | Udgara | Apana | Kasa, Chardi | Kasa, Chardi |
| Hikka | Udgara | Apana, Udgara | Udgara, Kasa | Udgara, Kasa |
| Kasa | — | Apana | Udgara, Chardi | Udgara, Chardi |
| Pratishyaya | Ashru | Apana | Purisha, Ashru | Purisha, Ashru |
| Hrudayoparodha | — | Apana, Udgara | Purisha | Purisha |
| Hrudaye vyatha | — | Trushna | Shukra | Shukra |
| Hrudroga | Ashru, Shrama-shvasa | Shrama-shvasa | Ashru, Shrama-shvasa | Ashru, Shrama-shvasa |
| Hrudayavibandha | Udgara | — | Udgara | Udgara |
| Hrudgada | — | — | Adhovata, Purisha, Trushna | Adhovata, Purisha, Trushna |
| Hrudayamaya | — | — | Kasa | Kasa |

defecate etc2.

Types of Vega:

There are two types of Vega-

1) Adharaniya (Sharir)

2) Dharaniya (manas)

Dharaniya Vega are Lobha, Ersha, Dvesha etc3.

Adhraniya Vega are Adhovata, Urdhvavata, Purisha, Mutra, Kshavathu, Trushnaa, Kshudha etc4. Adharaniya Vega means

Discussion -

Interpretation of Vegadharana:

Vega nirmiti is Prakruta Karma of Vata6.

Though Vata is classified according to Sthana and karma, as a whole it is single entity in the body7.

If any urge is hold i.e. Vegavarodha occurs, it affects not only the Vata responsible for that urge but also other types of Vata as the Gati of

Vata is Avyahata8. Vegadharana causes obstruction in Avyahata Gati resulting in Gativilomata of Vata.

Effect of Vegadharana on Pranavaha Srotasa:

1] Vegadharana affects Pranavayu & produces Hikka, Shvasa etc9.

2] Due to Vegadharana, affected Udana causes Balahani, as Bala is the Prakrut Karma of Udana.

Phupphus are Udana Vayu-Adhara. So Dushti of Udana leads to Phupphus Dushti.

3] Vyanavayu Dushti due to Vegadharana leads to Sarvadehashrita Vyadhi.

4] Vegadharana affects Hrudaya resulting in loss of Prakrut Karma of Sadhaka Pitta & Avalambaka Kapha which are Ashrit at Hrudaya.

Treatment point of view:

Vegadharana cause Vataprakopa resulting in various diseases10. So in Vegadharana Vata is the main which should be treated11.

Deepana, Pachana and Anulomana are the main principles of Vata Vyadhi Chikitsa12.

Malapachana & Anulomana are the general line of treatment in most of the diseases.

Conclusion -

1. क्षयात् संधारणात् रौक्ष्यात् व्यायामात् क्षुधितस्य च ।

प्राणवाहीनि दुष्यन्ति स्रोतांसि अन्यैश्च दारुणैः ॥ च. वि. ५

2. वेगः प्रवृत्ति उन्मुखत्वम् मूत्रपुरीषादिनाम् । चक्रपाणि

3. धारयेत् तु सदा वेगान् हिनेषी प्रेत्यचेह च ।

लोभेषाद्वेषमात्सर्यरागादीनां जितेन्द्रियः ॥ अ. ह. सू. ४/२४

4. वेगान्न धारयेत् वातविण्मूत्रक्षवत्क्षुधाम् ।

निद्राकासश्रमश्वासजृम्भाश्रुच्छदिरितसाम् ॥ अ. ह. सू. ४

5. रोगाः सर्वेऽपि जायन्ते वेगोदीरणधारणैः । अ.ह.सू. ४

6. उत्साहोच्छ्वास___ वेगप्रवर्तनैः ॥ अ. ह. सू. ११
7. यथाऽग्निः पंचधा भिन्नो नामस्थानात्मकर्मभिः ।
भिन्नोऽग्निलः तथा हि एको नामस्थानक्रियामयैः ॥ सु. नि. १/११
8. अव्याहतगतिर्यस्य स्थानस्थः प्रकृतौ स्थितः । च. चि. २८/४
9. प्रायशो कुरुते दुष्टो हिक्काश्वासादिकान् गदान् । सु.नि.१/१३
10. सर्वा हि चेष्टा वातेन स प्राणः प्राणिनां मतः ।
तेनैव योगा जायन्ते तेन चैवोपरुध्यते ॥ च.सू.१७/११६
11. सर्वेषु एतेषु विधिवत् उदवर्तेषु कस्नशः ।
वायोः क्रिया विधातव्याः स्वमार्गप्रतिपत्तये ॥ सु.उ.५५/१९
12. निर्दिष्टं साधनं तत्र भूयिष्ठं ये तु तान् प्रति ।
ततश्चानेकथा प्रायः पवनो यत् प्रकृष्यति ॥
अन्नपानीषथं तस्य युञ्जितातोऽनुलोमनम् । अ.सं.सू.५/१४,१५.