



# COMPREHENSIVE REVIEW ON THE RELATIONSHIP WITH SUPPRESSION OF URGES AND HRIDAYA ROGA (CARDIOVASCULAR DISEASES) W.S.R. TO ASHTANGA HRIDAYA.

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## ABSTRACT:

This comprehensive review explores the intricate relationship between *Hridaya roga* (cardiovascular disease) due to the suppression of physiological urges in Ayurveda. Drawing upon classical Ayurvedic texts and contemporary literature this paper examines how the suppression of urges can contribute to the development and exacerbation of cardiovascular disorders. The review delves into Ayurvedic perspectives on the impact of urge suppression on heart health. According to *Ashtang Hridaya* there are 14 *Adharniya Vegas*<sup>[1]</sup> out of these few of the natural urge on suppression causes *Hridaya Roga*. In this review we are going to study these *Adharniya Vegas* and furthermore, it discusses preventive and therapeutic strategies from Ayurveda to address both the suppression of urges and its associated cardiovascular implications.

**KEYWORDS:** *Adharniya Vega*, natural urge, *Ayurveda*, *Hridaya Roga*, cardiovascular disorders.

## INTRODUCTION:

Cardiovascular diseases (CVDs) stand as the primary cause of mortality on a global scale. Statistics indicate that in 2019, approximately 17.9 million individuals succumbed to CVDs, accounting for 32% of all worldwide deaths. Among these fatalities, a staggering 85% were attributed to heart attacks and strokes. It's noteworthy that over three-quarters of deaths related to CVDs occur within low- and middle-income nations<sup>[2]</sup>. *Hridaya* is an important *Marma* explained in Ayurvedic Samhitas where *Vyan Vayu*, *Sadhak Pitta*, *Avalambaka Kapha* & *Ojasa* are located<sup>[3]</sup>. Ayurveda plays major role in prevention with help of *Dincharya*, *Ritucharya* & *Swastha Vritta Acharan*. Ayurveda had explained some *Adharniya vega* (urges that should not be suppressed) which on suppression may cause fatal morbid disease condition in healthy individual such as cardiovascular disorders. So, this *Adharniya Vega's* can be a part of prevention from this co-morbid condition. So, in this Review article we are going to highlight the natural urges which may cause heart disease when suppressed for longer durations.

## AIM AND OBJECTIVES:

1. To study the role of *Adharniya Vegas* in manifestation of *Hridaya roga* (cardiovascular disease).
2. To study the prevention and management of *Hridaya roga* (cardiovascular disease) caused by *Vega vidharna*.

## MATERIALS AND METHODS:

The literature for this review article has been sourced from Ayurvedic text *Ashtanga Hridaya*.

## REVIEW OF LITERATURE:

A comprehensive review of classical Ayurvedic texts such as *Ashtanga Hridaya* was conducted to understand the theoretical framework and concepts related to *Adharniya Vegas* and their correlation to *Hridaya Roga* (Cardiovascular disorders).

**ROLE OF VAAT DOSHA:**

In Sanskrit, "Vega" (वेग) generally translates to "force," "speed," or "impulse." It's a term used to describe the concept of velocity, momentum, or the rapid movement of something. In various contexts, *Vega* can refer to different types of forces or impulses, whether physical, emotional, or metaphorical. It's a term that's found in ancient Sanskrit texts and continues to be used in modern Indian languages. So, *Vega* is related to movement and the only *dosha* in body which can be co-related to momentum is *Vaat Dosha*, hence when there is suppression of urges it disturbs the Gati (movement) of *Vaat Dosha* creating disturbance in normal function of body which may cause *Vikruti* (diseases).

We will further study in detail the *Adharniya Vegas* in which there is description of Hridaya related pathology in tabulated format and its management according to *Ashtanga Hridaya*.

Sr.No.	<i>Adharniya Vega</i>	Heart related Symptom	Treatment
1	<i>Adhovata</i> <sup>[4]</sup> (Suppression of flatus)	<i>Hridagada</i> Heart diseases	<i>Falvarti</i> (rectal wicks - suppositories), <i>Abhyanga</i> (oil massage), <i>Awagaha</i> (immersion bath - tub bath), <i>Swedana</i> (sudation therapy) <i>Basti Karma</i> (enema therapy).
2	<i>Purisha</i> <sup>[5]</sup> (Suppression of faeces)	<i>Hridayasya uparodhanam</i> Distress in heart region	Treatment of <i>Adhovata avrodha</i> with foods and drinks which are laxatives and purgatives are to be used.
3	<i>Udgara Vega</i> <sup>[6]</sup> (Suppression of belching)	<i>Vibandho Hridaya Urasah</i> Feeling of Obstruction in heart and chest region	<i>Hikka Chikitsa</i> <sup>[12]</sup> <i>Snidgdha lavan tailaktam Swedai upacharet</i> (Salt mixed oil massage and Sudation therapy) <i>Grathit kapha Vilayan and Nirharan</i> (Stagnant Kapha dosha is liquified and removed from channels) <i>Marutasch Anulomata</i> (Gati of Vaat dosha is normalised)
4	<i>Trushna Vega</i> <sup>[7]</sup> (Suppression of thirst)	<i>Hridagada</i> Heart diseases	<i>Shita Sarvo Vidhirhitah</i> ( <i>Shita Guna yukta Ahar Vihar</i> we have to use for the treatment).
5	<i>Kasa Vega</i> <sup>[8]</sup> (Suppression of Cough)	<i>Hridaamayah</i> Heart diseases	<i>Kasa Chikitsa</i> <sup>[13]</sup> According to Dosha involvement treatment, <i>Basti</i> (Enema therapy), <i>Abhyanga</i> (oil massage), <i>Awagaha</i> (immersion bath - tub bath), <i>Swedana</i> (sudation therapy) <i>Snigdha Virechan</i> (Oil based purgatives)
6	<i>Shramashwasa Vega</i> <sup>[9]</sup> (Suppression of exhaustion dyspnoea)	<i>Hrida Roga</i> Heart diseases	<i>Vishranti</i> (taking rest) <i>Vaatghnashch Kriyakramah</i> (Treatment and procedure of vitiated <i>Vaat dosha</i> for its <i>Shaman</i> )
7	<i>Ashru Vega</i> <sup>[10]</sup> (Suppression of tears)	<i>Hrida Roga</i> Heart diseases	<i>Swapno</i> (sound sleep) <i>Madyam</i> (wine or alcoholic beverages) <i>Priyah Katha</i> (Hearing pleasant stories)
8	<i>Shukra Vega</i> <sup>[11]</sup> (Suppression of semen)	<i>Hridavyatha</i> (Discomfort at heart region)	<i>Tamrachuda</i> (Rooster chicken) <i>Sura</i> (Beer) <i>Shali</i> (Rice) <i>Basti</i> (enema therapy). <i>Abhyanga</i> (oil massage) <i>Awagaha</i> (immersion bath - tub bath) <i>Basti Shuddhikar Siddha Ksheer</i> (Milk processed with drugs which clean the bladder) <i>Priyah Striyah</i> (Spend time with loving women)

**DISCUSSION:**

The discussion section of this review delves into the intricate relationship between the suppression of physiological urges and the manifestation of cardiovascular diseases according to Ayurveda. It highlights the significance of understanding and addressing these urges in preventive and therapeutic strategies for cardiovascular health.

***Adharniya Vegas* and Cardiovascular Disorders:**

The review identifies and discusses several *Adharniya Vegas*, or natural urges, whose suppression can lead to cardiovascular disorders. These include the suppression of flatus, faeces, belching, thirst, cough, exhaustion dyspnoea, tears, and semen. Each suppression is correlated with specific symptoms related to heart health, such as heart diseases, distress in the heart region, feeling of obstruction in the heart and chest, and discomfort in the heart region.

**Role of Vaat Dosh:**

The discussion emphasizes the role of *Vaat Dosh* in the manifestation of cardiovascular disorders due to the suppression of urges. *Vaat Dosh*, associated with movement and momentum, is disrupted when urges are suppressed, leading to disturbances in the normal functioning of the body and the onset of diseases.

**Treatment Approaches:**

For each *Adharniya Vega*, the review provides insights into therapeutic approaches recommended by Ayurveda to address both the suppression of urges and its associated cardiovascular implications. As we had seen that *Vaat dosha* plays major role in disturbance of normal momentum the treatment protocol revolve's around the management of *Vaat Dosh*, these approaches include various Ayurvedic therapies such as rectal wicks, oil massage, immersion bath, sudation therapy, enema therapy, laxatives, purgatives and specific dietary and lifestyle recommendations.

**Prevention and Management:**

The review underscores the importance of prevention and management strategies in Ayurveda for maintaining cardiovascular health. It highlights the significance of adhering to *Dincharya* (daily routine), *Ritucharya* (seasonal regimen), and *Swastha Vritta Acharan* (healthy lifestyle practices) to prevent the suppression of urges and mitigate the risk of cardiovascular diseases. Yoga and meditation also offers holistic approaches to cardiovascular health, complementing traditional medical interventions and lifestyle changes.

**CONCLUSION:**

In conclusion, this review elucidates the complex interplay between the suppression of natural urges and the development of cardiovascular disorders according to Ayurveda. It underscores the importance of recognizing and addressing *Adharniya Vegas* in preventive and therapeutic strategies for maintaining heart health. By understanding and implementing Ayurvedic principles, individuals can mitigate the risk of cardiovascular diseases and promote overall well-being. Ayurveda offers a holistic approach to cardiovascular health, integrating physical, mental, and spiritual well-being to achieve optimal health outcomes. So, we can conclude that the eight *Adharniya Vegas* explained above are involved in causing heart diseases. Further research and exploration in this area could lead to the development of more personalized and effective interventions for preventing and managing cardiovascular diseases.

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