



Dharniya Vega – A Conceptual study

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Abstract-In today's busy and competitive lifestyles, *Dharniya Vega* is also the cause of many serious illnesses. The oppression, exploitation, violence, and unrest that persists throughout the world today stem from the failure to curb the tendency toward disruptive mental emotions, which is the primary cause of society's decline. The subject matter in which age is described is called Ayurveda. In this world, the age of every person is different and for its increase, the Acharyas have suggested various measures so that by following them, along with worldly happiness and health, spiritual salvation can also be achieved. To protect the health of a healthy person, the Acharyas have described the adoption of *Dharanayi Vegas* under the *Swasthya Chatushka*.

Key Words-*Dharanayi Vega, Ayurved*

Introduction- Vega is a natural tendency developed in a living being which leads it towards a particular action, like *bhaya* leads to running away from an adverse situation and defending itself, *krodha* leads to dominating an adverse situation and *Lobha* leads to acquiring a favourable thing and *Dwesha* leads to abandoning an unfavourable thing.

Those whose *Dharana* or stopping is beneficial for health are called *Dharaniya Veg*. Not *Dharana* them can harm the mental and physical health of the person in the long run.

Types- *Acharya Charaka* described three types of *Dharniya Vega*:

1. *Dharniya Maansik Vega*
2. *Dharniya Vaachik Vega*
3. *Dharniya sharirik Vega*

1. Dharniya Maansik Vega- Maansik Vega like *Lobha*, *Shoka*, *Bhaya*, *Krodha*, *Ahankaar*, *Nirlajjata*, *Irshya*, *Atiraag*, *Abhidhya* etc. should be controlled.

The *Acharyas* have explained the control or retention of Vegas related to the mind of a person from the point of view of maintaining health. Because the mind is such an organ of the body which can acquire

knowledge by receiving sense objects and keeping the senses under its control is the work of this bi-sensory mind for which it keeps on making efforts.

2. Dharniya Vaachik Vega- Talking too much, speaking too harshly, using false statements and saying things at inappropriate times, etc., should be controlled.

Explaining the importance of the tongue, it has been said that it is necessary to know and follow the rules while eating and speaking because both overeating and over-speaking can be fatal instantly.

3. Dharniya sharirik Vega- All physical tendencies that are intended to harm others should be stopped, such as adultery, theft, and violence.

without the progress of society, the progress of the country is impossible and the character of an individual plays an important role in the building of society. Without the development of good character, it is impossible to imagine an advanced and progressive society.

Importance from the health perspective

❖ **Origin of Diseases-** According to Ayurveda, just as the body remains healthy due to the balanced functioning of doshas, dhatus and faeces, similarly, to remain healthy, it is very important for the soul, senses and mind to remain happy because if these remain unhappy, a person cannot attain good health. If the *Dharniya Vega* are not dharana, Raja and Tama increase. If the Vegas are not dharan, then the physical defects present in the body also get imbalanced due to their influence and cause the emergence of disease.

❖ **Dhatu Sambandh-** Like *Doshas*, *Dhatu* also play an important role in the physical and mental health of human beings. Not Dharan Maansik Vegas them leads to Dhatu kshya, resulting in Dhatu Pradoshaj disorders.

❖ **Srotodushti-** Due to not dharan Dharaniya Maansik Vega, there is *Srotodushti* like *Udakvaha* due to fear, *Swedvah* due to anger, grief and fear. due to *Srotodushti*, the Rasa dhatus is not properly eliminated through the sources, which leads to the origin of various diseases.

❖ **Aamotpatti-** Food provides strength, complexion, happiness and longevity to the body. Acharya Charak has instructed to eat food with full concentration on the dietary rules and regulations. Even after taking adequate food, if a person consumes food with lust, anger, attachment, jealousy, grief, pride or with a sad mind, then that food becomes the cause of the development of Ama, which gives rise to disorders caused by Ama *Dosha*. Due to worry, grief, fear, anger, sadness etc., even nutritious food eaten in appropriate quantity is not digested properly.

❖ **Ojas** - The finest essence of the dhatus, from Rasa to Shukra, is called Ojas, and this is the true strength. *Ojas* is lost through injury, depletion of *Dhatus*, anger, grief and hard work.

❖ **Janpadodwansha-** In the *Charaka Samhita*, the root cause of the destruction of the people is considered to be unrighteousness. Those people in whom greed, anger, attachment and ego increase, they suppress the weak people and fight with each other with weapons to destroy their brothers and others or others attack them. In ancient times, religion was considered the cause of good health, and such people were free from greed, grief, anger, fear, etc. Adopting these fundamental factors is essential for achieving mental health. In the treatment of *Janpadodhvansha*, speaking the truth, showing mercy, giving charity, worshipping the gods and following good conduct have been suggested.

Discussions- Due to the present-day lifestyle, mutual rivalry, jealousy, etc., which reflect emotions like greed, anger, attachment, pride, etc. in humans, human peace has been destroyed and impure feelings have arisen in their minds, which undoubtedly have an adverse effect on the mental health of the

individual. Lustful desires are also a major reason for the decline in mental health, due to which intellect and physical strength are continuously eroding and one is quickly becoming afflicted with diseases caused by old age. It is beyond imagination to what low levels jealousy, greed, anger, attachment, pride, etc. can bring down human society and how much unrest and sorrow they can cause in society. The root cause of oppression, exploitation, violence and unrest in the whole world is not to stop the *Dharniya Vega*. Therefore, if we want to spread happiness, peace and kindness in the society and the world, then we should try to Dharana the *Dharniya Vega*.

Conclusions- Among the essential resources for leading a systematic life, health has a place. Acharyas have first said that only a healthy body can be capable of gathering and consuming happiness, peace and resources of nature. Therefore, for promotion of health, it is very important for a person to Dharan Maansik Vega along with his diet and lifestyle. If a person Dharan Maansik Vega as per Ayurveda, then he can avoid most of the diseases occurring in the present times.

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