



STUDY ON VEGA DHARANA (SUPPRESSION OF NATURAL URGES) AND ITS HEALTH IMPLICATIONS: A SURVEY- BASED ANALYSIS

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Abstract : In Ayurvedic literature, Vega Dharana (the voluntary suppression of natural bodily urges) is recognized as a primary etiology for various acute and chronic physical and psychological disorders. To evaluate the prevalence of suppressing various natural urges among young adults and assess its association with immediate post-suppression symptoms and self-reported health outcomes. A cross-sectional survey was administered to 17 participants aged 19 to 24. Quantitative data were collected on the frequency of suppressing 12 specific natural urges (Vegas), immediate physiological responses, and long-term health problems. Descriptive statistics were used to analyze response frequencies and percentages. Suppression of tears (Ashru, 88.2%), sleep (Nidra, 82.4%), and hunger (Kshudha, 76.5%) were the most frequently reported. The primary acute symptoms triggered by urge suppression included headaches (58.8%), facial pain/deviation-like symptoms (58.8%), and abdominal pain/bloating (52.9%). Long-term, participants predominantly reported headache disorders (52.9%) and anxiety or stress-related issues (52.9%). The findings strongly align with classical Ayurvedic principles, indicating that non-suppressible urges—particularly emotional and metabolic ones—are frequently inhibited by young adults, leading to both localized physical discomfort and systemic/psychological disturbances.

IndexTerms - Vega Dharan,Urges,Swasthya,Doshas,Metabolism,PhysiologicalReflexes

I.INTRODUCTION

In Ayurvedic jurisprudence, health (Swasthya) is maintained through a state of equilibrium among physiological processes, metabolic fire (Agni), and mental well-being. A critical concept in preventative health is Vega Dharana—the suppression of Adharaniya Vegas (un-suppressible natural urges). Classical texts identify 13 or 14 primary natural urges—including micturition (Mutra), defecation (Purisha), sneezing (Kshavathu), crying (Ashru), sleep (Nidra), hunger (Kshudha), yawning (Jrmbha), thirst (Trshna), vomiting (Chardi), flatus (Vata), ejaculation (Shukra), and coughing

(Kasa)—which, if habitually suppressed, disturb the natural movement of Vata Dosha (particularly Apana and Udana Vata), causing various clinical pathologies (Udavarta).

Modern lifestyles, academic pressures, and social contexts often compel individuals to inhibit these physiological reflexes. This study aims to survey young adults to map the pattern of urge suppression and analyze its self-reported clinical consequences.

II.METHODS

2.1 Study Design & Sampling

This cross-sectional observational survey targeted a cohort of young adults. A total of 17 responses were gathered via an online structured Google Form questionnaire.

https://docs.google.com/forms/d/e/1FAIpQLSeAarSpGvEVrOmCvaEZXYuIat_darjkQL2ZZWNxQ09uwbf4Rg/viewform?usp=publish-editor

2.2 Data Collection & Variables

The instrument collected data across four major sections:

1. **Demographic & Baseline Characteristics:** Age, gender, and contact details.
2. **Frequency of Vega Dharana:** Self-reported suppression rates (Never, Rarely, Often, Always) across 12 natural urges (Mutra, Purisha, Kshavathu/Shwasa, Ashru, Nidra, Kshudha, Jrm-bha, Trshna, Chardi, Vata, Shukra, Kasa).
3. **Acute/Immediate Symptoms:** Multiple-choice selection of post-suppression symptoms (e.g., abdominal pain, headache, sleep disturbance).
4. **Associated Health Conditions:** Diagnosed or self-reported conditions attributed to urge suppression (e.g., Gulma, constipation, headache disorders, anxiety).

2.3 Statistical Analysis

Categorical variables were summarized as absolute frequencies (*N*) and percentages (%).

III.RESULTS

3.1 Demographic Profile

A total of *N*=17 participants completed the survey.

- **Gender Distribution:** Females comprised 64.7% (*n*=11) and Males comprised 35.3% (*n*=6) of the sample.
- **Age Distribution:** Participants ranged from 19 to 24 years, with 19-year-olds (35.3%, *n*=6) and 20-year-olds (29.4%, *n*=5) making up the majority.

Table 1:Age distribution and number

Age (Years)	Count (<i>n</i>)	Percentage (%)
19	6	35.3%
20	5	29.4%
21	3	17.6%

Age (Years)	Count (n)	Percentage (%)
22	1	5.9%
23	1	5.9%
24	1	5.9%

• **Patterns of Vega Dharana (Urge Suppression):**

Table 2: The frequency of suppressing each natural urge

Natural Urge (Vega)	Never	Rarely	Often	Always	Total Suppressing (Rarely + Often + Always)
1. Urge to Urinate (Mutra)	5 (29.4%)	9 (52.9%)	3 (17.6%)	0 (0.0%)	12 (70.6%)
2. Urge to Defecate (Purisha)	7 (41.2%)	10 (58.8%)	0 (0.0%)	0 (0.0%)	10 (58.8%)
3. Urge to Sneeze (Kshavathu)	12 (70.6%)	4 (23.5%)	1 (5.9%)	0 (0.0%)	5 (29.4%)
4. Urge to Cry (Ashru)	2 (11.8%)	3 (17.6%)	7 (41.2%)	5 (29.4%)	15 (88.2%)
5. Urge to Sleep (Nidra)	3 (17.6%)	7 (41.2%)	7 (41.2%)	0 (0.0%)	14 (82.4%)
6. Urge to Eat (Kshudha)	4 (23.5%)	8 (47.1%)	4 (23.5%)	1 (5.9%)	13 (76.5%)
7. Urge to Yawn (Jrmbha)	9 (52.9%)	8 (47.1%)	0 (0.0%)	0 (0.0%)	8 (47.1%)
8. Urge to Drink (Trshna)	10 (58.8%)	7 (41.2%)	0 (0.0%)	0 (0.0%)	7 (41.2%)
9. Urge to Vomit (Chardi)	11 (64.7%)	6 (35.3%)	0 (0.0%)	0 (0.0%)	6 (35.3%)
10. Urge to Pass Gas (Vata)	5 (29.4%)	10 (58.8%)	1 (5.9%)	1 (5.9%)	12 (70.6%)

Natural Urge (Vega)	Never	Rarely	Often	Always	Total Suppressing (Rarely + Often + Always)
11. Seminal Urge (Shukra)	11 (64.7%)	3 (17.6%)	3 (17.6%)	0 (0.0%)	6 (35.3%)
12. Urge to Cough (Kasa)	11 (64.7%)	4 (23.5%)	2 (11.8%)	0 (0.0%)	6 (35.3%)

3.2 Key Findings on Urge Suppression:

- **Most Suppressed:** Tears (Ashru - 88.2%), Sleep (Nidra - 82.4%), and Hunger (Kshudha - 76.5%).
- **Frequently Incurred "Often/Always" Habits:** Crying (70.6% often/always) and Sleep (41.2% often).
- **Least Suppressed:** Sneezing (Kshavathu - 29.4%), Vomiting (Chardi - 35.3%), Seminal urge (Shukra - 35.3%), and Cough (Kasa - 35.3%).

3.3 Acute Symptoms Following Urge Suppression

When asked about symptoms experienced directly after suppressing urges (multiple options allowed):

1. **Headache (Shirahsula):** 10 respondents (58.8%)
2. **Facial Pain / Deviation (Ardita-like symptoms):** 10 respondents (58.8%)
3. **Abdominal Pain / Bloating (Adhmana / Udarashula):** 9 respondents (52.9%)
4. **Heaviness of Head (Gurutva):** 8 respondents (47.1%)
5. **General Weakness / Fatigue (Klama / Daurbalya):** 6 respondents (35.3%)
6. **Sleep Disturbance (Nidranasha):** 5 respondents (29.4%)
7. **Constipation (Vibandha):** 4 respondents (23.5%)
8. **Neck Stiffness (Manyastambha):** 3 respondents (17.6%)
9. **Chest Pain / Palpitation (Hrdroga):** 3 respondents (17.6%)
10. **Acidity / Burning Sensation (Amlapitta / Hrddaha):** 3 respondents (17.6%)
11. **Flatulence / Gas Trouble (Anaha / Adhmana):** 1 respondent (5.9%)

3.4 Diagnosed / Self-Reported Health Problems

In terms of lasting or chronic health problems perceived as linked to urge suppression:

- **Headache Disorders:** 9 respondents (52.9%)
- **Anxiety / Stress-Related Issues:** 9 respondents (52.9%)
- **Constipation:** 4 respondents (23.5%)
- **Sinus / Nasal Issues:** 2 respondents (11.8%)
- **Neurological / Psychosomatic Issues:** 2 respondents (11.8%)
- **Gulma (Abdominal tumor/lump):** 1 respondent (5.9%)
- Other conditions listed in options (Piles, Fissure, Dysuria, Urinary Retention, Chronic Cough) reported 0 cases.

IV.DISCUSSION

The findings demonstrate a clear pattern where psychosocial and lifestyle factors heavily influence the suppression of specific natural urges.

1. High Rate of Emotional & Metabolic Invalidation:

- Ashru Dharana (Suppression of Tears): Suppressed by 88.2% of participants. In classical Ayurveda, inhibiting tear reflexes leads to eye disorders, cardiac discomfort (Hrdroga), vertigo, and catarrh.
- Nidra Dharana (Suppression of Sleep): Inhibited by 82.4%. Ayurveda highlights that sleep retention leads to delusions, heaviness in the head/eyes (Shirogurutva), exhaustion, and neurological distress, matching the high rates of headaches (58.8%) and fatigue (35.3%) observed in this sample.
- Kshudha Dharana (Suppression of Hunger): Inhibited by 76.5%. This disrupts Agni (digestive fire), causing body aches, anorexia, debility, and abdominal cramps.

2. Neurological and Gastrointestinal Manifestations:

- Modern neurophysiology confirms that suppressing involuntary autonomic or somatic reflexes puts the autonomic nervous system into a state of sympathetic dominance, triggering tension-type headaches, muscular hypertonicity (neck stiffness/facial tightness), and altered gastrointestinal motility (bloating and constipation).

3. Psychosomatic Impact:

- Over half the sample (52.9%) reported chronic headache disorders and anxiety/stress-related problems. This reflects the Ayurvedic concept of Pragya-paradha (intellectual error/willful violation of natural laws), where suppressing bodily signals generates psychological morbidity.

V.CONCLUSION:

The survey findings demonstrate a clear correlation between the suppression of natural body urges (*Vegadharana*) and the occurrence of both short-term physiological symptoms and long-term health disorders, closely aligning with classical Ayurvedic principles.

- **Prevalence of Urge Suppression:** Among the various natural urges, suppression of the urge to cry/tears (47.1% reported "Often" or "Always"), urge to sleep (41.2% "Often"), and urge to eat/hunger (35.3% "Often" or "Always") were the most frequently suppressed by respondents. Conversely, urges to defecate, drink, vomit, and cough were rarely or never suppressed by the vast majority.
- **Immediate Symptoms:** The most prominent symptoms experienced post-suppression included Headaches (*Shirahshula*) and Abdominal Pain/Bloating (*Adhmana/Udarashula*), each reported by 58.8% (10/17) of respondents, followed closely by Heaviness of the Head (47.1%) and General Weakness/Fatigue (35.3%).
- **Associated Health Conditions:** When evaluating long-term or diagnosed health problems linked to urge suppression, Headache Disorders and Anxiety/Stress-related issues were the dominant outcomes, each reported by 52.9% (9/17) of participants, followed by Constipation (23.5%).

Overall, the data underscores that routine suppression of non-suppressible natural urges—particularly emotional (crying) and routine behavioral urges (sleep and hunger)—serves as a notable contributor to neurological, psychological, and gastrointestinal distress among young adults.