



## LITERARY REVIEW ON DHARANIYA VEGA IN ASHTANGA HRIDAYA

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## ABSTRACT

Ayurveda is the most ancient system of medicine, not just in India but also in the world. It mentioned the correlations of body and mind and how our emotions affect our overall health. Vega Dharana is not just about withholding or letting go of urges but about respecting the body's dynamics and expressions. When we respect them, we receive respect in return in the form of balanced mind-body health. Ashtanga Hridaya Sutrasthana 4th chapter in which Dharaneeya Vegas are explained is named Rogaan Anutpaadaneeya Adhyaya meaning those which do not allow diseases to manifest. In this chapter there is a description of Adharaniya Vega and Dharaniya Vega. Dharaniya Vega<sup>1</sup> suggests that if the Vegas are not suppressed, it will turn into mental disorders; to attain the Mansika Swasthya we must suppress these Dharaniya Vega. It also implies that we can either invite or prevent many diseases by ignoring or addressing the body's small expressions, respectively.

When the body wants to expel something to protect itself in the long run, just cooperate and allow the body to express itself naturally. The remote control of our health lies in our own hands. All you need to do is use it skill fully. Simply admire and address the body's expressions at the proper time, and you'll find yourself in the best of health. Some Vegas must be suppressed to keep our mind in ideal state.

**Keywords:** Dharaniya Vega, Manasika Swasthya ,suppression & urges.

## INTRODUCTION

Ayurveda was the most advanced medical science in ancient times and till today the way Ayurveda can explain body-mind relation no other science can do it that effectively. Ayurveda is the science which goes beyond the body, it writes about the mind, emotions and how emotional urges affect our mental health and simultaneously our body.

The first four chapters of the Ashtanga Hridayam<sup>2</sup> Sutrasthana lay the foundational principles of Ayurveda, offering an understanding of health, disease, and lifestyle management. Chapter- 1 has emphasized the desire for a long and healthy life. Chapter 2 outlines the ideal daily routine, emphasizing the importance of balance in diet, sleep, and activities that is Dinacharya. Chapter 3 extends this discussion to seasonal routines, focusing on adapting lifestyle practices to different climatic conditions that, is Ritucharya. Chapter 4, titled 'Roganutpadaniya' deals with the prevention of diseases, highlights the importance of a balanced lifestyle and early intervention. Together, these chapters provide a holistic approach to maintaining health and preventing illness, aligning the individual's lifestyle with the natural rhythms of the environment. The chapter underscores the importance of maintaining balance in the body by teaching about the natural urges of the body one should not control Adharaniya Vega and natural urges of the mind one should prevent that is Dharaniya Vega.

### MATERIALS AND METHODS:

Review of the literature of Dharaniya Vega from Ashtanga Hridaya with its commentaries with contemporary relevance.

### DHARANIYA VEGA

He who desires happiness in this life and the afterlife should control these urges. The description of five Dharaniya Vegas, the natural urges of the mind that an individual must suppress, are listed below,

- Lobha– Greed.
- Irshya – Enviousness.
- Dwesha – Hatred.
- Matsarya –Jealousy.
- Raga –Unlawful, excessive attraction.

### 1) LOBHA:

As per the commentator of Ashtanga Hridaya, Arun Dutta, written in Sarvanga Sundara, Lobha is-“गृहतृष्णेत्यादिः”<sup>3</sup>.

Lobha means having an intense and selfish desire for something, particularly wealth, power, or possessions. It goes beyond basic needs or reasonable desire, often leading individuals to want more than what is necessary or fair, even at the expense of others. Lobha, i.e., greed, can manifest in various forms, such as exploiting others, hoarding resources, and constantly seeking material gain. One should control this urge and follow Sadvritta to attain mental peace.

### 2) IRSHAD:

As per the commentator of Ashtanga Hridaya, Aruna Dutta, written in Sarvanga Sundara, Irsha is “असूया”<sup>4</sup>.

Envy is a feeling of resentment or discontentment that arises when one desires something another possesses, such as their qualities, achievements, or possessions. Envy is focused on wanting what someone else has and feeling bitterness or unhappiness. Envy often leads to negative emotions like frustration, anger, and a sense of inadequacy, as the envious person may feel inferior or deprived compared to others. This emotion can strain relationships and harm one's mental well-being if not suppressed.

### 3) DWESHA:

As per the commentator of Ashtanga Hridaya, Aruna Dutta written in Sarvanga Sundara, Dwesha is “वैरम्”<sup>5</sup>.

Hate is an intense and deep-seated hatred or hostility toward someone or something. It involves a fierce aggression or loathing that can manifest in both emotional and behavioral ways. Hate often arises from a perceived wrong, threat, or deep-seated resentment, leading to negative thoughts and actions aimed at the object of hatred. This powerful emotion can consume an individual, leading to destructive behaviors, conflicts, and a significant impact on mental and physical well-

being. It can also strain relationships and perpetuate cycles of hostility and aggression.

#### 4) MATSARYA:

As per the commentator of Ashtanga Hridaya, Aruna Dutta written in Sarvanga Sundara, Matsarya is “परगुणासहिष्णुत्वम्”<sup>6</sup>.

Jealousy is an emotional response to the fear or threat of losing something valuable to someone else, often in the context of relationships or status, unlike envy, which focuses on wanting what someone else has. If not managed appropriately, jealousy can lead to insecurity, possessiveness, loss of mind, and, in some cases, destructive behavior.

#### 5) RAGA:

- As per the commentator of Ashtanga Hridaya, Arun Dutta written in Sarvanga Sundara, Raga is “प्रीतिः”<sup>7</sup>.

In Ayurveda, "Raga", i.e. attachment, is considered one of the primary causes of suffering. It is viewed as a mental state that binds an individual to material possessions, desires, and emotions, leading to imbalance and disharmony. Excessive attachment can lead to mental unrest, possessiveness, and eventually physical ailments. Mental Gunas: Ayurveda identifies three qualities of the mind called Gunas—Satwa (purity), Rajas (passion), and Tamas (inertia). Raga is closely linked with Rajas, the quality of desire and activity. An overactive Rajas can lead to excessive attachment, causing mental and emotional disturbances. Detachment or non-attachment (Vairagya) is encouraged in Ayurveda to counteract the effects of Raga. Practices like meditation and self-reflection help to cultivate a balanced state of mind, reducing the hold of attachment. Ayurveda also emphasizes the spiritual dimension, where attachment is a barrier to achieving higher consciousness. Letting go of attachment is crucial for spiritual growth and attaining a state of contentment and peace. Attachment is a mental and emotional imbalance that can lead to physical and spiritual disharmony. Ayurveda advocates for practices that promote detachment, balance, and

self-awareness to overcome the negative impacts of attachment in life and become happy in this life and the afterlife.

## CONCLUSION

The concept of Dharaniya Vega in Ayurveda focuses on controlling or suppressing certain urges to maintain health and prevent disease. To be happy in both worlds, i.e. Ihaloka - in this life and Parloka – life in the afterword, one should always control and suppress urges like Lobha, Irshya, Dwesha, Matsarya and Raga. These Dharaniya Vegas are related to psychological traits but significantly impact physical health. In diseased states, managing these urges is also crucial for treatment. These urges can sometimes manifest as symptoms. Managing Dharaniya Vega is vital for health promotion and disease prevention, forming an integral part of Sadvritta and Achara Rasayana practices. Thus, controlling and suppressing Dharaniya Vega is crucial in preventing illness, achieving happiness and living a healthy life.

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