

CRITICAL UNDERSTANDING OF VATA PUREESHA VEGADHARANA AS A NIDANA (RISK FACTORS) IN ARSHAS

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<https://doi.org/10.46607/iamj2911022023>

(Published Online: February 2023)

Open Access

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Article Received: 30/01/2023 - Peer Reviewed: 11/02/2023 - Accepted for Publication: 19/02/2023.



ABSTRACT

Aim: Critical understanding of *Vata Pureesha Vegadharana* as a *Nidana* (risk factors) in *Arshas*

The main aim of the *Ayurveda* is “*Swasthasya Swastha Rakshnam, Athurasya Vikara Prashamanam*”. *Acharya Charaka* has mentioned *Swastha Chathushka* in *Sutrastana*, which guides us to maintain a healthy life. In this *Chathushka*, concepts related to *Ritucharya*, and *Adharaneeya Vega* are detailed. *Arshas* (hemorrhoids) is one of the diseases that is troubling human beings since time immemorial, because of its manifestation at the *Guda Bhaga* (Anal region) which is considered the *Moola* of *Shareera*. The prevalence rate of disease *Arshas* is increasing day by day due to the influence of western food habits and lifestyle modifications such as *Vata* and *Purisha Vegadharana* (improper bowel habit), sedentary lifestyle, strenuous work, prolonged duration of standing or sitting, prolonged traveling or driving. *Nidana* (Cause), the causative factor manifests the disease either quickly or after a certain period in the presence of a favorable environment. Along with *Ahara* (Food), *Vihara* (Activities) also plays a major role in manifesting *Vyadhi* (Diseases) like *Vegadharana* (suppression of natural urges) that are generally neglected. When the urges are suppressed, the physiology of elimination of the toxic substance from the body is

altered that further leading to diseases. Similarly, Vata and Purisha Vegadharana cause Arshas that are mostly ignored among Nidana of Arshas

Keywords: Arsha, Vegadharana, Vata, and Pureesh Vegadharana

INTRODUCTION

Vegas are natural urges and are usually spontaneous. The literary meaning of Vegadharana means, Vegas are Natural urges, And Dharana – Suppression. The body has natural mechanisms in order to eliminate harmful substances, known as Vegas. There are two types of natural urges namely Dharaneeya vegas And Adharaneeya Vega. Adharaneeya Vegas are 13 types². They are Mutra(urine), Purisha(feces), Adhovata(flatus), Shukra(semen), Ashru(tear), Chardi(vomiting), Kshawathu(sneeze), Udgara(belching), Jrumbha(Yawinig), Trishna(Thirst), Kshudha(hunger), Nidra(sleep), and Srama Swasa(dysnea on exertion)³ but according to a few authors they are 14 types because they have included Kasa(cough) Vega-Dharana⁴. Vegadharana leads to diseases due to the imbalance in the harmony of the body's constituents. Vata and Pureesh Vega Dharana cause Arsha. Word Arsha is the union of two words. "Ru" and "Asun" means damages and occur in the anal region (shabdha-

kalpadhruma). Arsha is one among the Astamahagada⁵. Arsha occurs in the Guda region, which is one among the Sadyopranahara Marma⁶ and is well known for its chronicity and difficulty in management.

AIMS AND OBJECTIVES :

- 1 Review of Vata and Pureesha Vegadharana
2. Critical understanding of Vata Pureesha Vegadharana as a Nidana (risk factors) in Arshas

MATERIALS AND METHODS

References from various Samhitas are collected and compiled and further analyzed critically. This is a conceptual type of study all sort of references related to Adharniya vega and Arsha has been collected and compiled from the various available classic text of Ayurveda. Literature available regarding Adharniya Vega from various journals and books was collected. All material is analyzed, and an attempt has been made to draw some fruitful conclusions.

DISCUSSION

Table no 1

Effects of Purish and Vata Vegadharana:

Vega	Charaka ⁷	Sushruta ⁸	Vagabhatta ⁹
Purishanigraha (Suppression of feces)	Pakvashaya Shola(pain in the colon), Shira Shola(head-ache), Vata Varchoaprvartan(retention of flatus and feces), Pinditiudhvestan(cramps in the calf muscles).	Atopa(distention of abdomen with gurgling sound), Shoola(Pain), Parikartan(cutting type of pain in the anal region), Sanga(obstruction of stool).	Pindikoudhvestana, Pratishyaye, Shoriroja, Parikartika, Hridayaparodha.
Apanavatani-graha (Suppression of flatus)	Mala Mutra Vata Sanga(obstruction of feces, urine and flatus), Adhyamana(distention of abdomen) , Kalma(fatigue)	Adhyamana, Shoola, Hridya Uparodha, Shiroruja, Shwasa, Hikka, Kasa, Pratishyaye, Galagraha	Gulma, Udavrata, Kalma, Vata-Mutra-Mala Sanga, Agnivadha, Hridayaroga

Arshas

According to Ayurveda Arsha is the gift of a sedentary lifestyle. Vegadhara is one of the Nidana (risk factors)for the Arshas¹⁰. There is Mamsankura (similarly the sprouts of muscles) which obstruct the passage of

the stool i,e rectum, hence it is called Arsha¹¹. It is also called many names they are Guda Keela(Pedunculated or horn in the anus)Payuroga(Disease of the anus) Mamsankura(Fleshy sprout)Mamsa

prarsha (Muscle extra outlet growth in the anus)¹². Arsha is classified based on their origin they are Sahaja and Janmottarakalaja¹³. Based on the per rectal bleeding nature, they are Aardra and Shushka¹⁴, based on

the predominance of Doshas, there are six types of Arsha – those caused by Vata, Pitta, Kapha, Rakta, and Sannipata¹⁵, and the congenital one. **Nidana :**

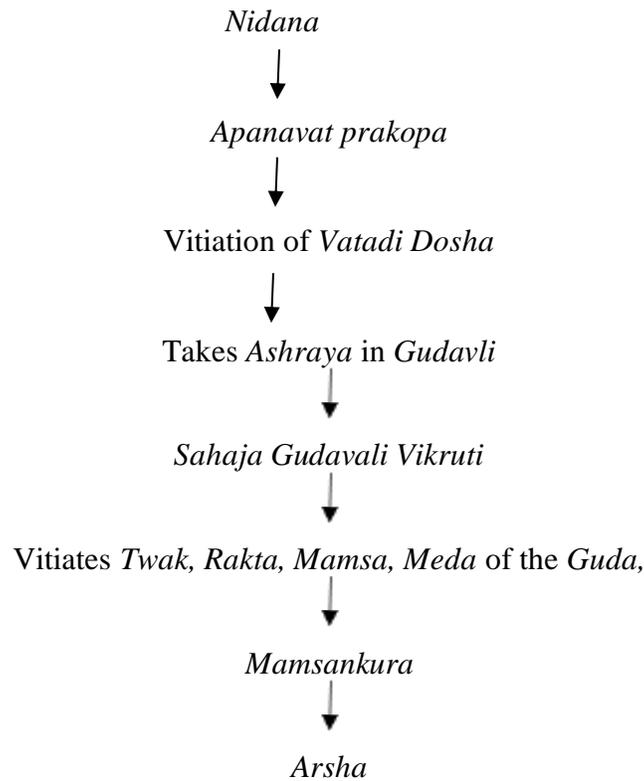
Table no 2

In a person whose power of digestion is afflicted, Mala (waste products) gets accumulated in excess because of the following¹⁶:

AHARAJA :	VIHARA	PANCHAKARMA JANAYA:
Intake of : <ul style="list-style-type: none"> • , Abhishandi (which obstructs the channels of circulation), • Vidahi (which causes a burning sensation) • Viruddha (mutually contradictory food) • Kilata (cream of milk), Takrapindaka (cream of curd), Bisa (thick lotus stalk), Mrinala (thin lotus stalk), Krounchaadana Kasheruka, Srngataka, Taruta, • freshly harvested corns and cereals, and tender radish. • heavy fruits, vegetables, pickles, Haritaka (vegetables used uncooked), Mardaka, Vasa (muscle fat), the meat of head and legs of animals, stale, putrid, and Sankirna Anna (food prepared by the mixture of different items, like rice and meat). • Mandaka (immature curds) wrongly (excessively) • fermented wines. • Drinking polluted and heavy water; 	<ul style="list-style-type: none"> • Avyavaya or Adhivyavaya (lack of sex-act or repeated sex act). • Sleep during the daytime. • Habitually resorting to pleasant beds, seats, and location. • Use of rough, irregular, and hard seats. • Use of vehicles carried by improperly trained animals or vehicles carried by Camels. • continued and excessive strain. Forcible attempts for passing flatus, urine, and stool. <ul style="list-style-type: none"> • Suppression of manifested urges; and • Miscarriage, the pressure of the pregnant uterus, and abnormal delivery in the case of women. 	<ul style="list-style-type: none"> • Intake of Sneha (oleation therapy) in excess; • Non-use of elimination therapies. • Wrong application of Basti karma (enema therapy);

Vegas plays an important role in maintaining equilibrium. Initiation of the urges helps with normal body activity through which unwanted waste products are expelled. Many diseases are caused due to controlling urges. Arsha is one of the diseases produced due to the suppression of the natural urges of Vata and Purisha. Purish is one among the Trimala which has the function of Avasthambana¹⁷. When properly formed Pakwa Ahara (Digested food) comes to the Pakwashaya (colon) in the form of Mala (Stool), the function of Purishavaha Srotas starts. Purishavaha Srotas is the place for Purisha Nirmiti (formation of stool), Purisha Dharana (holds the stool), and Visarjana (expulsion of stool)¹⁸. Purishadhara Kala is placed near Yakrut (liver), including Antra (colons)¹⁹. Undukastha

Mala Vibhajana is done by Purishadhara Kala (The organ of excretory system) and here Vata is also get nourished and the excess goes from the Guda Pradesh (Anal region). Purishadhara Kala separates Mala Bhaga into Drava-Mala (liquid portion of the stool) and Ghana-Mala (solid portion of the stool)²⁰. Once Vata and Purish Vegas are suppressed it causes Apanavata Vaigunya. This Apanavata vitiates the other Vatadi Dosh²¹ which affects the Pakvashaya by Dharana of these Vegas leads are the causes of disease manifestation. So, by Dharana (holding) of Vata and Pureesha Doshas get vitiates. These take Ashraya (shelter) in Gudavli (spinter) and cause Sahaja Gudavali Vikruti there, Further, it vitiates Twak (skin), Rakta (blood), Mamsa (muscles), and Meda (adipose tissue) of the Guda²², and produces Mamsankura.



In contemporary understanding, *Adhovata* and *Purish Vegadharana* are flatulence and defecation reflexes. The gases called flatus can enter GIT from three sources they are Swallowed air, gases formed inside the gut as a result of bacterial action, and gases that diffuse from the blood into the GIT. These gases are expelled through belching and flatus. Certain foods are known to cause greater expulsion of gas²³. If any controlling of the Flatulence, increases the pressure over the small intestine and colonic flexures, with subsequent distention of the colon, also it shows an effect on the gut microbes and, fecal matter in the colon that has to be defecated. It is a complex function that requires coordinated involvement from the gastrointestinal system, the nervous system, as well as the muscu-

loskeletal system. Colonic mass movements and peristalsis move intestinal contents distally into the rectum. Rectal filling activates mechanoreceptors in the rectal wall causing awareness of the need to defecate. As stool reaches the rectum, a small amount is allowed to pass through to the anal canal by an involuntary relaxation of the internal anal sphincter. This action is known as the recto-anal inhibitory reflex, which is the process of determining if the rectal contents are of the gaseous, solid, or liquid form. Next contraction of the abdominal muscles and performing the Valsalva maneuver while simultaneously relaxing the external anal sphincter and puborectalis muscle will expel feces from the body due to the pressure gradient generated between the rectum and anal canal. After fecal expulsion, the closing reflex occurs, which involves the ex-

ternal anal sphincter regaining its tone to maintain continence at rest. If any suppression of urges occurs leads to maximum absorption from the large intestine and bacterial action in the colon accumulation & stagnation of fecal matter in the large intestine causing reabsorption of sodium which may give rise to a condition called hypematremia, this leads to dehydration of cells and that causes Constipation. Constipation and prolonged straining are because by hard stool and increased intra-abdominal pressure. It could lead to obstruction of venous return, resulting in engorgement of the hemorrhoidal plexus. Defecation of hard fecal material increases the shearing force on the anal cushions that cause hemorrhoids.

CONCLUSION

“Nidana Parivarjana Evam Chikitsa ”so first one should find out the Nidana before treating the Rogi. Acharya’s under Roganutpadaniya Adhyaya describes the importance of Vegadharana in causing diseases. These body reflexes are maintaining the body’s harmony and protective mechanisms which defend the body against many diseases, if these natural processes are hindered, then there will be many. Complications eventually.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Ashwini Cholin C: Critical Understanding of Vata Pureesha Vegadharana as A Nidana (Risk Factors) in Arshas. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: http://www.iamj.in/posts/images/upload/399_404.pdf