

A REVIEW OF VEGADHARANA

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ABSTRACT

The human body is an awesome complex system, having numerous ways to balance and to eliminate the harmful substances out of the body. In Ayurveda viewpoint for this purpose, the body is furnished with natural urges known as *Vegas*. Suppression of these natural urges are known as *Vegadharana*. This study was focused to analyze and identify the effects and common clinical features of *Vegadharana* on human body. Secondary data was collected, and results revealed that suppression of *Adharaneeya Vegas* affect Cardiovascular System, Gastrointestinal Tract, Respiratory System, Urinary System and Reproductive System in the body. In addition, common clinical features produced by *Vegadharana* were weakness of the body, constipation, anorexia, headache, diseases of eye, difficulty in micturition, bending of the body and stiffness of the neck. These clinical features and diseases arise due to vitiation of *Vata dosha* through *Vegadharana*. Hence, Ayurveda strongly recommends that not to suppress the urges in any condition.

Keywords: *Vegadharana*, suppression of natural urge, *Vata Dosa*, Ayurveda

INTRODUCTION

Ayurveda, which is the most ancient healing system in the world, guides us to keep the balance between mind, body and spirit in order to live a long and healthy life.

It shows the importance of eliminating the harmful materials from the body. The body has natural defense mechanisms as natural urges in order to eliminate these harmful substances, which is known as *Vegas*. There

are two types of natural urges namely *Dharaneeya vegas* and *Adharaneeya vegas*. *Dharaneeya Vegas* should be suppressed to avoid diseases which include jealousy, anger, grief, fear, ego etc. In vice versa, *Adharaneeya vegas* will cause diseases if they are suppressed.¹ They are feces, urine, sneeze, sleep, flatus etc. Urges are essential sensations, which show that the body is functioning properly. Therefore, *Vegas* are one of the most important concepts of Ayurveda.

Acharya Charaka has specified *Swastha Chathushka* in the *Sutrastana*, which guides us to maintain a healthy life. In this *Chathushka*, some major concepts related with *Ritucharya*, *Adharaneeya Vega*, food regimen, body constitutions etc. are explained. Among these concepts, *Vega dharana* is very important. *Vega* means “natural urge” and *Dharana* means “suppression”. Therefore, *Vegadharana* means forceful suppression of the natural urges. This is a natural detoxification process by which the body is trying to preserve itself. *Vegas* not only keep the body but also the mind in a healthy status when addressed in proper time. Continuous suppression of urges creates many pathological conditions and leads to diseases.

Acharya Susruta explained that, when *Vegas* are forcibly suppressed, it leads to vitiation of *Vata Dosha*. This vitiated *Vata Dosha*, especially *Apana Vata* moves randomly in undesired directions, mainly *Urdhawa gati* (upward direction). This is called *Udavarta* and it interferes with the functioning of the particular *Srotas* (*Sroto Dushti*) and disturbs the whole-body functions; appearing symptoms at whatever areas they are accumulated.²

According to Acharya Vagbhata, when Natural urges are suppressed, *Vata Dosha* become vitiated. Because elimination of the natural urges is the function of *Vata*. The vitiated *Vata* leads to vitiation of *Kapha* and *Pitta dosha*. This *Tridosha* imbalance causes the various types of diseases in all systems.³

The human body has several mechanisms to maintain homeostasis in every physiological function. In order to do that reflexes are very specific and important mechanisms that keep the body in a balance state and excrete the harmful and unwanted substances. It can be voluntary as well as involuntary. According to modern

science, urges are more related with reflexes, because both the reflexes and urges are controlled through the central nervous system, especially the autonomic nervous system. For example, sneezing is a reflex action caused by irritation in the nose. It is made by the expulsion of air through the nose and mouth at a high rate of speed. This action eliminates irritants such as pollen, dust and other irritant substances from the nasal passages and respiratory tract. Sneezing involves in the coordinated action of a number of different muscles such as diaphragm, chest muscle, vocal cord muscle and eyelid muscles, sphincters.⁴ Nerve impulses are sent from the nose to the brain that controls the sneeze response. If it is suppressed, the irritant will stay inside the body and may cause various health problems.

According to modern view sleep is an important part of the daily routine. It is necessary to a number of brain functions, including how nerve cells (neurons) communicate with each other. Sleep influences almost each and every type of tissue and system in the body mainly the brain, heart, liver and lungs. Further, functions including metabolism, hormone regulation, immune functions and disease resistance. Research shows that a chronic lack of sleep or getting poor quality sleep increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes mellitus, depression and obesity. Night shift workers frequently have trouble falling asleep when they go to bed, and also have trouble staying at work because; their natural circadian rhythm and sleep – wake cycle is disrupted. In the case of jet lag, circadian rhythms become uncoordinated with the time of day when people fly to a different time zone, creating a mismatch between their internal clock and the actual clock.

In the present era because of sedentary lifestyle, pressure of workload, changes in the sleeping pattern and mealtime etc.; people tend to forcefully suppress most of the *Adharaneeya Vegas*. Such as, suppress the urge to pass urine during long journeys or in meetings or lectures; suppress the urge to sleep during night shifts or while over using social media; suppress the urge of hunger when feeling depressed or fasting, when busy with work or study; suppress the urge to pass feces due

to absence of facilities or when busy with work; suppress the urge of sneezing, yawning and flatus, while in public places due to shyness etc. It does not matter if the urges are suppressed occasionally, but if urges are

suppressed often, then it will be harmful for the health and after onwards *Vegadharana* could be the main cause of ill health.

How Vegadharana leads to manifestation of the disease?

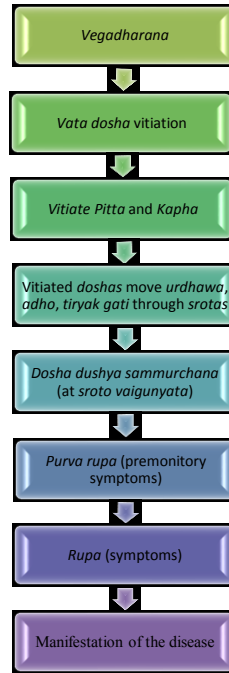


Figure 1: Disease manifestation by *Vegadharana* ^{2,3}

Acharya Charaka mentioned thirteen types of *Adharaneeya Vegas*, and Acharya Vagbhata mentioned fourteen *Vegas*, and the same thirteen *Vegas* under the *Udavarta* disease by Acharya Susruta. According to authentic texts, Acharyas stated about *Dharaneeya Vegas* They are as follows: ⁵

1. *Krodha* (anger)
2. *Vishada* (anguish)
3. *Chittovega* (anxiety)
4. *Mada* (arrogance)
5. *Ahankara* (ego)
6. *Irshya* (envy)
7. *Bhaya* (fear)

that one who wants of his well-being during his lifetime and after death, should suppress the *Dharaneeya Vegas* of harshness and cruelties – mentally, orally and physically. Most of the *Dharaneeya Vegas* are mental urges.

8. *Lobha* (greediness)
9. *Shoka* (grief)
10. *Dainya* (inferiority complex)
11. *Abhyasuya* (jealousy)
12. *Kama* (lust)
13. *Maana* (pride)
14. *Nirlajjatha* (shamelessness)

In addition, Acharyas stated about *Adharaneeya Vegas*, those should not be suppressed at any cost, those common thirteen *Vegas* are: ⁶

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. <i>Mutra</i> - urine 2. <i>Purisha</i> - feces | <ol style="list-style-type: none"> 3. <i>Retasa</i> - semen 4. <i>Vata</i> - flatus |
|--|---|

5. *Chardi* - vomit
6. *Kshavathu* - sneeze
7. *Udgara* - eructation
8. *Jrumbha* - yawn
9. *Kshudha* - hunger

Acharya Vagbhata added *Kasa vega* as *Adharaneeya Vega* instead of *Udgara vega*.^{3, 8} Various types of diseases occurred by suppression of above-mentioned *Vegas*. Such harmful effects are explained below according to *Vruhatraya*.^{7, 9}

1. Suppression of urination urge.¹⁰

Suppression of *Mutra Vega* leads to *Basti Shoola* and *Meha* - pain in urinary bladder and phallus, *Shiro Rujah* - headache, *Vinama* - bending of the body forwards, *Anaha* in *Vangshana Pradhesh* - distention in groin, *Mutra Kruchcha* - difficulty in micturition, *Anga Banga* - body pain, *Mutra Ashmari* - urinary calculi, *Udavarta*, *Alpa Alpa Mutrata* and constipation. Forceful suppression of the urine urge leads to increase intravascular pressure and it causes prolonged pain in urethral area and also it leads to urinary tract infection due to increase in concentration of urine.

2. Suppression of defecation urge.¹⁰

Purisha Vega dharana leads to *pakvashaya* and *shirah shula* - colic pain and headache, *varcha apavartanam* - obstruction of stool, *vata apavartanam* - obstruction of flatus, *pindikodveshtana* - cramps in calf muscle, *parikarta* - anal itching sensation, *mukhena vit pravrtti* - foul breath, feces vomiting, *adhmana* - distention of abdomen, *pratishyaya* - running nose, *urdhava vayu* - upward movement of *vata*, *hrudayasya uparodana* - stiffening feeling in chest region.¹¹

3. Suppression of seminal urge.

Shukra Vega Dharana leads to *Medhra Vrushana Shula* - pain and swelling in penis and testicles, *Angamarda* - body pain,¹¹ *Hruda Vyadhi* - discomfort in heart, *Jwara* - fever, *Mutra Vibaddhatha* - obstruction in urination, *Shukra Ashmari* - seminal calculi, *Sraavanam* - oozing of semen, *Shwayathu* - swelling in genital region, *Vruddhi* - hernia, *Shandatha* - impotency¹¹ and suppression of sex desires leads to nervous diseases such as psychological mal development and neurosis.¹²

10. *Pipasa* - thirst
11. *Bashpa* - tears
12. *Nidra* - sleep
13. *Shrama shwasa* - breathing on exertion

4. Suppression of flatus urge.¹⁰

Adhovata Vegadharana leads to *Purisha Sanga* - obstruction of stool, *Mutra Sanga* - obstruction of the urine, *Vata Sanga* - obstruction of the flatus, *Adhmana* - distention of abdomen, *Klama* - exhaustion, *jathara ruja*, *udhara vikaras*, *gulma* - abdominal tumor, *Udhavarta* - upward movement of *Vata*, *Ruk* - pain in abdomen, *Drushti Vata* - blurring of vision, *Agni Vata* - loss of digestive power, *Hrd Gadaha* - disease of heart.

5. Suppression of vomiting urge¹³

Chardi Vegadharana leads to *Kandu* - itching, *Kota* - skin eruptions, *Aruchi* - anorexia, *Vyanga* - pigmentation on face, *Shotha* - oedema, *Pandu* - anemia, *Jwara*, *Kushta* - skin disease, *Hrullasa* - nausea, *Visarpa* - erysipelas, *Akshi Roga* - eye disorders, *Kasa* - cough, *Shwasa* - dyspnoea, *Shwayathu* - inflammation.

6. Suppression of sneeze urge¹⁴

Suppression of *Kshawathu Vega* leads to *Manyasthamba* - stiffness of the neck, *Shirah Shula*, *Ardita* - facial paralysis, *ardhavabhedhaka* - partial headache, *Durbalatha* of *Indriya* - weakness of sensory organs.

7. Suppression of eructation urge

Udhgara Vega Dharana leads *Hikka* - hiccup, *Shwasadyspnoea*, *Aruchi* - anorexia, *Kampa* - tremors, *Vibhanda* - constipation, *Hrdhaya Raso Sthamba* - stiffening sensation in chest region, *Adhmana* - bloating, *Kasa* - cough.

8. Suppression of yawning urge

Jrumbha Vega Dharana leads to *Vinama* - bending of the body, *Akshepa* - convulsions, *Sankocha* - contraction of the body, *Supti* - numbness, *Sthamba*, *Manyasthamba* - neck stiffness, *Pravepanam* - shaking of the body.

9. Suppression of hunger urge

Kshudha Vegadharana leads to *Krushata* - emaciation, *Daurbalya* - weakness of body, *Vaivarnyata* -

discoloration of the skin, *Tandra* – malaise, *Angamarda*, *Aruchi*, *Bhrama* - giddiness, *Glani* - debility, *Shula* – pain in the abdomen.

10. Suppression of thirst urge

Pipasa Vegadharana leads to *Kanta Shosha* – dryness of throat and mouth, *Bhadirya* – deafness, *Sada* – exhaustion, *Hrda Vyatha*– discomfort in chest, *Shrama* – tiredness, *Sammoha* – loss of consciousness, *Bhrama*.

11. Suppression of tears urge

Bhashpa Vegadharana leads to *Akshi* and *Shiro Roga* – head and eye related diseases, *Prathishyaya*, *Aruchi*, *Bhrama*, *Gulma*, common cold, heart disease, *Man-yasthamba*, tumors in abdomen.

12. Suppression of sleeping urge

Suppression of *Nidra Vega* leads to *Angamarda*, *Jrumbha* – frequent yawning, *Tandra*, *Moha* - delusions, *Murdha Gaurava* – heaviness of head, *Akshi Gaurava* – heaviness of eye, *Alasya* – lassitude.

13. Suppression of breathing on exertion urge

Shrama Shawasa Vegadharana leads to *Sammoha* – loss of consciousness, *Hrd Roga*, *Gulma*, respiratory disorders.

14. Suppression of coughing urge

Kasa Vegadharana leads to *Shosha* - emaciation, *Hidhma* - hiccup, *Hrudhamaya* – cardiac disorders, *Shwasa* - dyspnoea, *Aruchi* – anorexia.

Results:

Table 1: List of *Adharaneeya Vegas* according to Ayurveda classics (*Vruhatraya*)^{15, 16, 17}

No.	Urges	Caraka	Susruta	Ash.Hrd
1	<i>Mutra</i> (urine)	✓	✓	✓
2	<i>Purisha</i> (feces)	✓	✓	✓
3	<i>Retasa</i> (semen)	✓	✓	✓
4	<i>Vata</i> (flatus)	✓	✓	✓
5	<i>Chardi</i> (vomit)	✓	✓	✓
6	<i>Kshavathu</i> (sneeze)	✓	✓	✓
7	<i>Udgara</i> (eructation)	✓	✓	✓
8	<i>Jrumbha</i> (yawn)	✓	✓	✓
9	<i>Kshudha</i> (hunger)	✓	✓	✓
10	<i>Pipasa</i> (thirst)	✓	✓	✓
11	<i>Bashpa</i> (tears)	✓	✓	✓
12	<i>Nidra</i> (sleep)	✓	✓	✓
13	<i>Shrama shwasa</i> (breathing on exertion)	✓	✓	✓
14	<i>Kasa</i> (cough)	✗	✗	✓
15	<i>Pitta</i>	✗	✗	✗
16	<i>Kapha</i>	✗	✗	✗

Table- 1 shows the *Adharaneeya Vega* and responding the urges in proper time is the key factor in protecting the health. Most of the diseases arise from suppression of the non-suppressible urges. If these urges are respected in proper time and in proper way, diseases can

be avoided. The table - 2 and Figure-2 clearly shows that how *Vegadharana* affect some systems in the body and manifest common clinical features.

Table 2: Mostly affected systems of the body with responsible urges.

No.	Affected system	Suppressible urges	Number of urges
1.	Urinary system	<i>Mutra Vega</i> , <i>Shukra Vega</i> , <i>Adhovata Vega</i>	03
2.	Respiratory system	<i>Purisha Vega</i> , <i>Udgara Vega</i> , <i>Chardi Vega</i> , <i>Kasa Vega</i>	04
3.	Cardiovascular system	<i>Shukra Vega</i> , <i>Purisha Vega</i> , <i>Adhovata Vega</i> , <i>Udgara Vega</i> , <i>Trushna Vega</i> , <i>Kasa Vega</i> , <i>Shramaja Shwasa Vega</i>	07
4.	Gastrointestinal system	<i>Udgara Vega</i> , <i>Adhovata Vega</i> , <i>Bashpa Vega</i> , <i>Shramaja Shwasa Vega</i> , <i>Kshuda Vega</i> , <i>Kasa Vega</i> , <i>Purisha Vega</i>	07
5.	Reproductive system	<i>Shukra Vega</i> , <i>Mutra Vega</i>	02

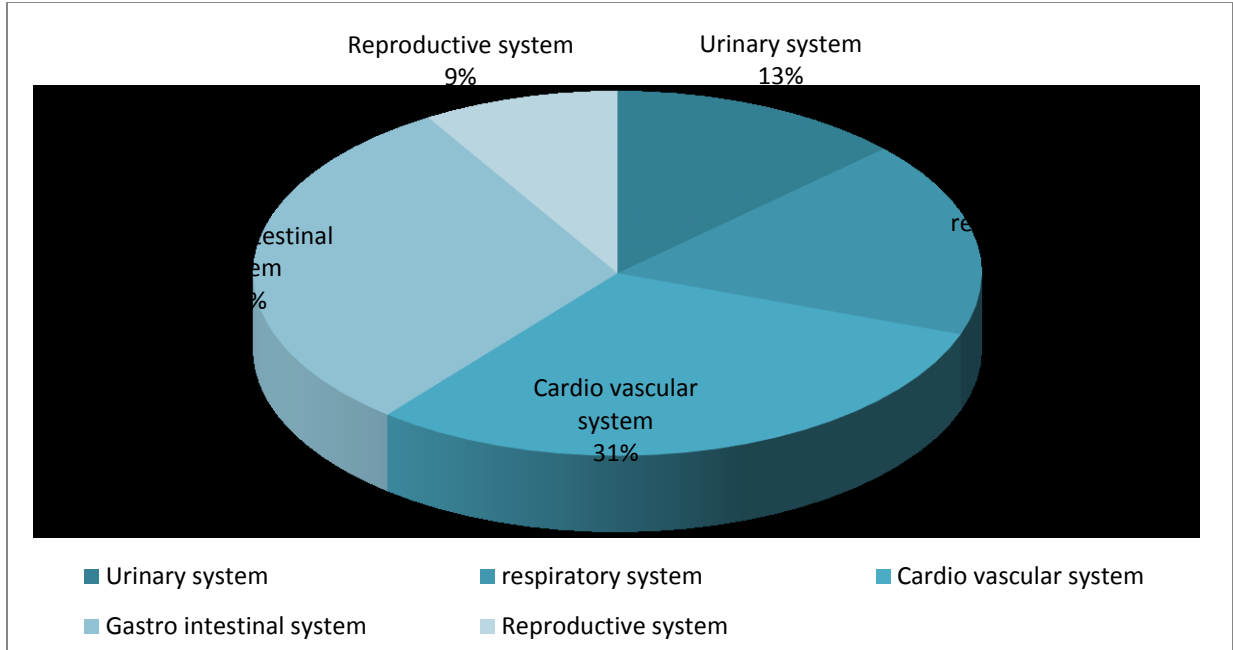


Figure 2: Percentage wise distribution of different systems related for urges suppression

Table 3: Distribution of common clinical features of urge suppression.

No.	Main clinical feature	Suppressible urges	Number of urges
1.	Headache	<i>Mutra Vega, Purisha Vega, Kshavathu Vega</i>	03
2.	Constipation	<i>Adhovata Vega, Udgara Vega, Nidra Vega, Mutra Vega</i>	04
3.	Eye diseases	<i>Bhaspa Vega, Chardi Vega, Nidra Vega</i>	03
4.	Deafness	<i>Trushna Vega</i>	01
5.	Fart obstruction	<i>Adhovata Vega</i>	01
6.	Difficult in micturition	<i>Mutra Vega, Adhovata Vega, Shukra Vega</i>	03
7.	Bending of the body	<i>Mutra Vega, Jrumba Vega</i>	02
8.	Weakness of the body	<i>Shramaja Shwasa Vega, Nidra Vega, Trushna Vega, Kshuda Vega, Adovata Vega</i>	05
9.	Skin lesion	<i>Chardi Vega</i>	01
10.	Itching	<i>Chardi Vega</i>	01
11.	Weakness of sensory organ	<i>Kshavathu Vega</i>	01
12.	Discomfort	<i>Chardi Vega</i>	01
13.	Stiffness of the neck	<i>Kshavathu Vega, Jrumba Vega</i>	02
14.	Anorexia	<i>Chardi Vega, Kshuda Vega, Bashpa Vega, Kasa Vega</i>	04

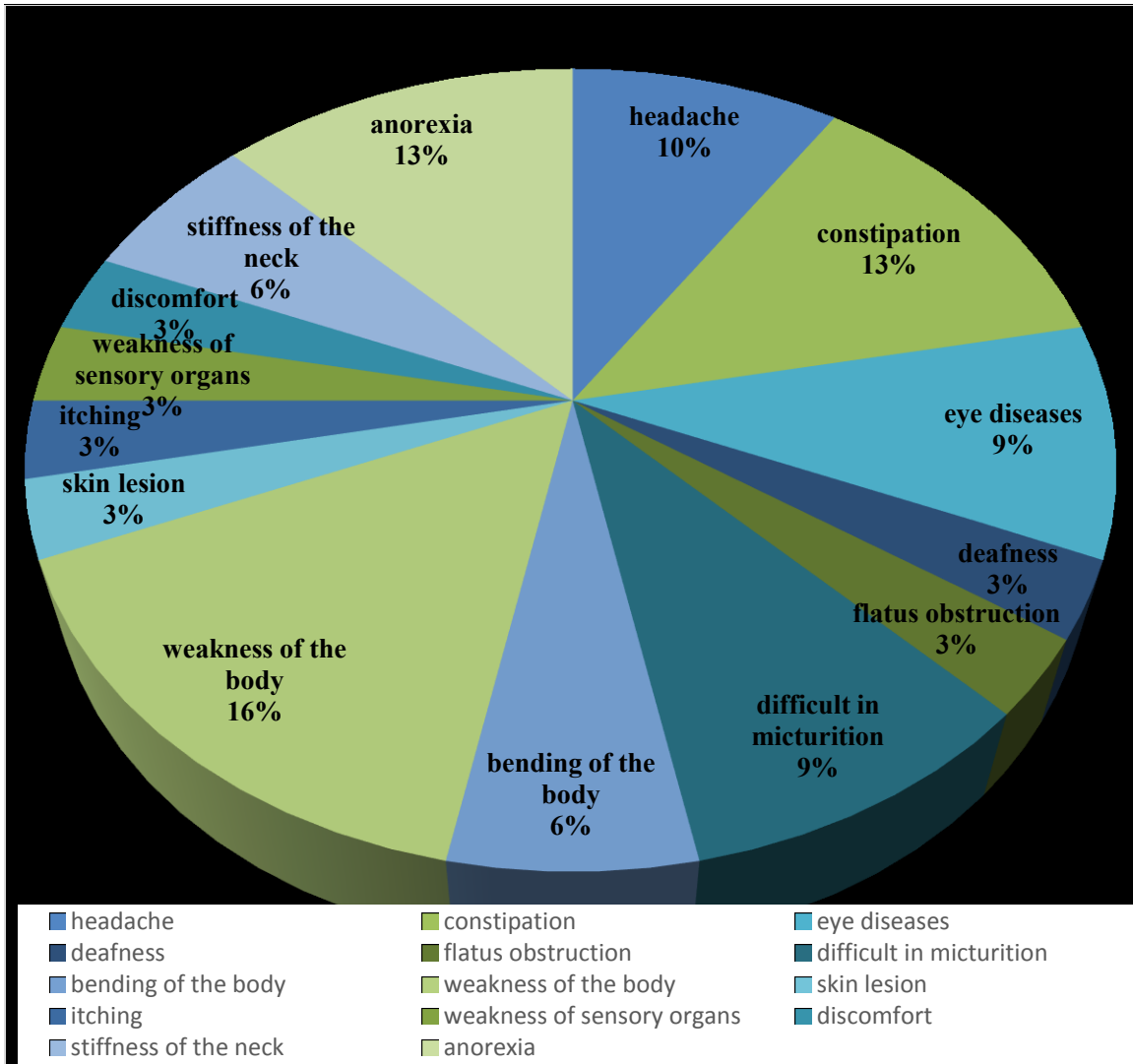


Figure 3: Percentages wise distribution of common clinical features of urge suppression.

DISCUSSION

Natural urges are the body reflexes that eliminate the toxic substances and maintain the health. It clearly shows that every system of the body gets affected by *Vega Dharana*. i.e. Respiratory system is influenced by suppression of *Purisha Vega*, *Chardi Vega*, *Udgara Vega* and *Kasa Vega*; Cardio vascular system is affected by suppression of *Shukra Vega*, *Purisha Vega*, *Adhovata Vega*, *Udgara Vega*, *Trushna Vega*, *Kasa Vega* and *Shramaja Shwasa Vega*; Gastro intestinal System is damaged by suppression of *Udgara Vega*, *Adhovata*, *Bashpa Vega*, *Shramaja Shwasa Vega*, *Kshuda Vega*, *Kasa Vega*, *Purisha Vega*; Urinary system is damaged by suppression of *Mutra Vega*, *Shukra*

Vega, *Adhovata Vega*; Reproductive system or genital organs are affected by *dharana* of *Shukra Vega*, *Mutra Vega*. In addition, suppression of the non-suppressible urges, produce various clinical features in human body and can be acute or chronic. Headache is caused by suppression of *Mutra Vega*, *Purisha Vega*, *Kshavathu Vega*; Constipation occurs by suppression of *Adhovata Vega*, *Udgara Vega*, *Nidra Vega*; Eye diseases are caused by suppression of *Bashpa Vega*, *Chardi Vega*, *Nidra Vega*; Deafness is produced by suppression of *Trushna Vega*; Obstruction of urine, feces, flatus are caused by suppression of *Adhovata Vega*; *Dharana* of *Shramaja Shwasa Vega*, *Nidra Vega*, *Trushna Vega*, *Kshuda Vega*, *Adhovata Vega* lead to weakness of the

body. Suppression of *Kshavatu Vega* leads to weakness of sensory organs; Skin lesions, discolorations, itching are caused by *Chardi Vega*.

Figure -2 shows that Cardiovascular System is affected by 31%, it revealed that CVS is the mostly affected system by *Vegadharana*. Further, Gastrointestinal System is affected by 30%, Respiratory System by 17%, Urinary System by 13% and reproductive system by 9%, due to suppression of *Adharaneeya Vegas*. According to the clinical features, it shows that weakness of the body is produced by *Vegadharana* by 16%. Constipation and Anorexia have equal percentages of 13%, headache has 10%, Eye diseases and Difficult in micturition have 9%, Stiffness of the neck and Bending of the body have 6% and all the other clinical features have 3% influence by *Vegadharana*. The urges shall not be artificially created when they are not impending. We have to allow their natural manifestation. Suppressing the non-suppressible urges, non-suppressing the suppressible urges and forceful initiation of the urges mainly disturb the *Vata Dosha* in the body. Ayurveda emphasize that *Vata Dosha* is the main *Dosha* that keeps other *Doshas* in equilibrium, so if *Vata Dosha* is vitiated other humors also will be imbalanced from their normalcy.

CONCLUSION

Suppression of *Adharaneeya Vegas* affects some systems of the human body. Cardiovascular and Gastrointestinal systems are the mostly affected systems. Out of thirteen *Vegas*, seven *Vegas* play major role in both systems. Common clinical features produced by *Vegadharana* were weakness of the body, constipation, anorexia, headache, diseases of eye, difficulty in micturition, bending of the body and stiffness of the neck. Weakness of the body and anorexia are the commonest clinical features produced by *Vegadharana*. When *Vegas* are forcibly suppressed, it leads to vitiation of *Vata Dosha*.

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