Suppression of natural urges (vegavarodha) is the master key for lifestyle disorders - A critical review

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नमामि धन्वन्तरीमादिदेवं ।
सुरासुरेर्वेन्दित पादपद्धं ॥
लोके जरारुगभयमृत्युनाशानं ।
धातारमीशां विविधोषधीनां ॥
• 20\textsuperscript{th} century- Era of Infectious diseases

• 21\textsuperscript{st} century- Era of life style disorders.
Importance of Mala information of disease

Common causes of diseases:

सर्वेषांमेव रोगाश्च निदानं कुपिता मला:
तत्प्रकोपस्य तु प्रोत्स विविधाहितसेवनम्

Sakena mala vardhate roga vardhate cha
Maintenance of health

• Samadosa
• Samagni
• Samadhatu

• Mala kriya (excretory system)
• Prasana Atma+Indriya+Mana
Vegadharana is main factor for vitiation of Vayu mainly Apana Vayu
Chronological development
diseases due to vegavarodha

Vegavarodha
Apana dusti
Apana + vyana Dusti
Causes Sthanik rogas )
Vitiating other dosa /dhatu /Agni(Ama)
create several diseases in body
Site of Apana & its dysfunction
Diseases; develop due to vegavarodha

Vata
Mutra
purisha

- Retention of Vata(flatus), mutra(urine), sakrut (stool), Agni dusti
- Gulma(tumors,fibroid)
- Udavarta(flatulence)
- Agni dusti-Ama-Amavisa chikitchanam
- Even cardiac diseases occurs due to suppression Adho vata (flatus)
Vegarodha → Arsa (piles/polyp)
उदारा रोगा

औषधां मार्गसंरक्षणात्वालं कुपितोलिनिलः
वर्चःपितकफान् रुद्ध्वा जनयत्युदरं तत् ४०
Dysmenorrhoea (ch.chi.30/25)
Vegadharana; Causes of T.B (Rajajakshma)
Garbhini & Garbha vyapad

चाकाले वेगविधारशं च न सेवेत
Vegavarodha - Teratological disorders - congenital defect in child
Cervical polyps
As viewed through a speculum

Internal Sexual & Reproductive Organs (F)

Uterinefibroid

Why vegavrodha (specially vata, mutra & purisa) so important?

Marma theory

• Site of Apanavayu – two sadyapranahara - Vasti & Guda marma.
• Direct injury to it causes death.
• So vitiation of Apana vayu positively causes reflex action & possibility of disease formation.
ENS Theory

• Rectum – Second brain

• Stimulation of ENS (Enteric nervous system)
  Influence to CNS and impact on all bodily organs.

As per Ens theory vitiation of Apana vayu due to Vegaborodha act on neurohermonal system through ENS further stimulating CNS affect total system biology and able to create diseases.
## Evidence

### Udavartini (Dysmenorrhoea)

<table>
<thead>
<tr>
<th>Study</th>
<th>No.of pts</th>
<th>H/O V.dha</th>
<th>vivandha</th>
<th>Mandagni</th>
<th>Pu.s.du.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anuradha roy(2006)</td>
<td>55</td>
<td>60%</td>
<td></td>
<td>70%</td>
<td></td>
</tr>
<tr>
<td>Kaumodi(2010)</td>
<td>34</td>
<td></td>
<td>76%</td>
<td></td>
<td>40%</td>
</tr>
<tr>
<td>A.Tanna</td>
<td>36</td>
<td></td>
<td>53%</td>
<td></td>
<td>56.10%</td>
</tr>
<tr>
<td>Sajeewani(2014)</td>
<td>24</td>
<td>M-10 Pu-7 =70.08%</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Nipa dobaria Ar.K shaya-2003</td>
<td>30</td>
<td></td>
<td></td>
<td>Vi-80% Adh-90%</td>
<td>33.33%</td>
</tr>
</tbody>
</table>
Dysmenorrhoea (Udavartini)

- Anuradha: 55 pts. (60% H/O Vegadharana related symptoms)
- Kaumodi: 34 pts. (76% H/O Vegadharana related symptoms)
- A.Tanna: 36 pts. (56.1% H/O Vegadharana related symptoms)
- Sajeewani: 24 pts. (70.08% H/O Vegadharana related symptoms)

No. of pts. vs. H/O Vegadharana related symptoms
<table>
<thead>
<tr>
<th></th>
<th>No.of pts</th>
<th>H/O V.Dha</th>
<th>vivandha</th>
<th>Mandagni/ Visamagni</th>
<th>Pu.s.du.</th>
</tr>
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<tbody>
<tr>
<td>Rachana gupta</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td>47%/35%</td>
</tr>
<tr>
<td>Yogesh manani 2014</td>
<td>33</td>
<td>Pu-54.5% M-3.03 A.V21.21%</td>
<td></td>
<td></td>
<td>36%/64%</td>
</tr>
<tr>
<td>Upexa bhimani 2016</td>
<td>17</td>
<td>Pu-52% M-11.76 A.V11.76%</td>
<td></td>
<td></td>
<td>41%/58.82</td>
</tr>
</tbody>
</table>

**PCOD**

<table>
<thead>
<tr>
<th></th>
<th>No.of pts</th>
<th>H/O V.Dha</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Krupa patel 2011</td>
<td>34</td>
<td>29.41%</td>
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<tr>
<td>Pravin Dhote 2015</td>
<td>32</td>
<td>Pu- 90.63% M-90.63% A.V-87.5%</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Fibroid

No of Pts.  | H/O Vegadharana related symptoms
---|---
Rachana | 34 | 64%
Yogesh | 33 | 54.5%
Upexa | 17 | 52%

Legend:
- Blue: No of Pts.
- Red: H/O Vegadharana related symptoms
PCOD

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<tr>
<td>Ashokan</td>
<td>100</td>
<td>90%</td>
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</table>
Treatment for Apana vikriti

उपाचर्येद्वितीयस्तिनिर्हबस्तिस्तैहविविरोक्तेन्द्रनलोमनानाः:

Ushnodaka snana and Usnodaka pana, Nivata sayana
Treatment of vegavarodha

- While it does not prevent

- Ushna abhyanga with vata samak Taila Dashamoola Taila and Abhyantara prayoga of Triphala churna/ Eranda ghrustha haritaki.
Tips for prevention of life style disease

पिबेदमिविवृद्ध्वर्थं न च वेगान् विधार्येत्
ञ्च एकत्रिदीपिकरं नृशां रोगाश्च शमनं प्रति १०७
Beware of Vegadharana