ABSTRACT
Ayurveda teach us that all disease being when we are living out of harmony with our environment. The Ramification of understanding the cause of disease are numerous. Model can be created both to prevent and to treat disease. Ayurveda names three causes of disease Prajnaparadha, Asatmendriyarthasamyoga and Parinam. Prajnaparadha (making negligent choices) includes, all those voluntary actions done against the natural law’s to live healthy. In our study, we found that Diwaswapna Ratrijagran and Vega vidharan are some common terms, we can read easily in Nidan of Diseases mentioned in Ayurvedic samhitas. In Ayurveda alike modern system of medicine, all most each and every disease is related to bad life style (Ahara-Vihar). Here we are trying to emphasize role of Vega- Vidharan (Bad life style) as a causative factor in various diseases mentioned in Ayurvedic samhita. According to Ayurveda various diseases are caused by suppression of natural urges (vega vidharan) as testified by Sushruta who has described 13 – types of Udavarta Rogas.

KEYWORDS: Life style disorders, Vega- vidharan, Prajnaparadha, hridya roga.

INTRODUCTION
Life style diseases known internationally as ‘Non communicable Disease (NCD’s) or Chronic Disease of life style (CDL) emerge From inappropriate relationship of people with their environment. According to WHO report 2008, NCD’s are playing important role in human mortality. The leading risk factor globally for mortality is raised blood pressure (responsible
for 13% of deaths globally), followed by tobacco use (9%), raised blood glucose (6%), physical inactivity (6%), and overweight and obesity (5%). NCD’s are a group of diseases that share similar risk factor Which may be due to exposure over many Day’s. According to Ayurveda some of these factors are ‘Dwaswapna (sleep in day time), Ratri-jagran (sleep-less in night) & Vega –Vidharan (Suppression of natural Urges). Today modern system of medicine is able to innumerate some diseases in category of NCD and No doubt these are leading cause of death but view of Ayurvedic medicine may be quite different.

If we will go through nidan\[1\] mentioned for diseases in Ayurvedic texts, We will found, bad life style is most common cause for any disease. In other words, we can say that, according to Ayurvedic science all disease occurs due to unhealthy or bad life style.

Human existence is essentially attributed to constant, continuous oneness of body, mind and soul. We are alive when these constituents are together. In order to healthy operations of these constituents some urges created naturally. These urges are known in Ayurveda as ‘VEGA’ it is essential for our good health not to suppress urges from body. The word “Vegadharan” has two components Vega + Dharan. Thus vegadharan means suppression of natural urges. Granthakar describes thirteen natural urges which should never be suppressed (Adharniya Vegas).\[2\]

Ashtang hridaya and charak both describe 13 non – suppressible Urges but there is a slight difference that Acharya charaka has explain ‘Udgara Vega,’\[3\] (urge to eructation) instead of ‘Kasa vega’ (urge to cough).\[4\]

These Vega’s are

1) Mutra (Suppression of the urge for urination)
2) Purisa (Suppression of urge for defecation)
3) Retas (Suppression of urge for Seminal discharge)
4) Vata (Suppression of urge for Flatus)
5) Chardi (Suppression of urge for Vomiting)
6) Ksavathu (Suppression of urge for Sternutation)
7) Udgara (Suppression of urge for Eructation)
8) Jrmbha(Suppression of urge for Pendiculation)
9) Ksut (Suppression of urge for Hunger)
10) Pipasa (Suppression of urge for Thirst)
11) **Asru** (Suppression of urge for Lachrymation)

12) **Nidra** (Suppression of urge for Sleep)

13) **Sramaswasa** (Suppression of urge for deep Breathing after exercise)

In general means suppression of *vega*, aggravate of *vata* and so why it can be assume that suppression of *vega* will lead to *vata* predominant disorders.

### Diseases, Related to Vega - Vidharan

1) **Vata-Vyadhi** (Diseases of Nervous System)\(^5\)

2) **Hridya Roga** (Heart Disease)\(^6\)

3) **Rajyakshma** (Tuberculosis)\(^7\)

4) **Hikka-Swas** (Diseases of Respiratory System)\(^8\)

5) **Kushta** (Skin Disorders)\(^9\)

6) **Udavarta** (Abnormal movement of *Vayu*)\(^10\)

7) **Sukrashmri** (Urinary Calculi)\(^11\)

8) **Kasa** (Cough)\(^12\)

9) **Murchha** (Syncope)\(^13\)

10) **Atisar** (Diarrhoea)\(^14\)

Now it is clear that, suppression of natural urges leads many diseases and that’s why a Physician should must consider involvement of “VATA” and *Nidan pariwaran* during management of these diseases. Here we can say that *vega vidharan* result in various long term disease processes culminating in high mortality rates attributable to ‘*vata vridhi*.

The important fact is that these life style disorders may be prevented. There is abundant evidence (Sadavritta) To Support the argument that a large percentage of life style disorders are preventable by changing the risk factor like *Diwaswapna*, *Ratrijagran* and *Veghavidharan*.

### Hridaya roga in Ayurveda\(^15\)

Physical exertion, drastic and excessive purgation and enema, anxiety, fear, terror and faulty management of disorders, suppression of vomiting and ama reducing and injury These are causative factor of heart disease.
Abnormal complexion, fainting, fever, cough, hiccup, dyspnoea, distaste, in mouth, thirst, mental confusion, vomiting excitement of kapha and consequent distress anorexia and other various symptoms arises in heart disease.

In predominance of vata, particularly there are vacantness in heart, palpitation wasting, tearing, obstructed movement and mental confusion.

From pitta there are feeling of darkness, distress, burning sensation, mental confusion, terror, heart, pyrexia and yellowishness. In that caused by three doses all the above symptoms are found. In the heart disease caused by krämi (organism) there is intense discomfort and piercing pain with itching.

**Cause of Vegasandharan**
Ayurveda has describe that vegas are essential to remove excreta and play important role in Physiology of body.

While explaining Vegasandgharanajanya Rajyaksma possible causes for vega sandharan is listed. Because of apprehension pre-occupation, sitting in front of of king or master, at the feet of the preceptor or while gambling or attending meetings of gentlemen or in the midst of women or while traveling in high or low vehicles.\(^{[16]}\)

**DISCUSSION**

Dharan is basic cause for many but not all diseases. All the natural urges function under the influence of Vayu. So suppressing of these urges impair the Vayu. Vayu when provoked creates all diseases. Because Vata is generally provoked in multi ways and forms Therefore treatment one to be selected aiming at pacifying the Dosas and moving Vata in proper direction. This is the basic idea given by Caraka in the treatment listed for each Vega.

Vagbhata has given stress to the regular Sodhana of the body even if the person is following Swasthayvritta, still by the Kalaparinam, there is accumulation of dirt on it and it needs cleaning is the similar used for the clarification. So these are various urges and symptoms arising out of their suppression. The most significant observation is that, at seven times, heart related symptoms are mentioned. It is our duty to seriously look at this concept, while global cardiac epidemic to break out.
CONCLUSION
Ayurveda has its own physiological and pathological explanation of diseases affecting human population. Ayurveda deals basically with relation between individual and environment. Every Granthkar (Author) tells us some Sadvritta (Good life style) Which are keys to healthy living and any diversion from these can lead to disease. Among various causes of disease Diwaswapan, Ratri jagran and Veg-vidharan are some well known bad life styles and must be avoided. People who voluntary suppress their natural Vega, invites many diseases.

Here we are categorising all those diseases as ‘Life style disorders due to Vega vidharan’ and hope that it will help a physician, during management of same. We found that heart disease is common in people who are occasionally suppressing Purisa, Retas, Vata, Udgara, Asru, Sramaswasa, Kasa Vega.

Here, it seems that Vega vidharan is a potential causative factor for Hridya Roga. As we have mentioned some diseases in this study like Atisar, Kasa, Hridya Roga etc. needs further scientific study for better explanation. Which will ultimately improve understanding and management of selected diseases.

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