



Critical Review of Navegdhardiya Adhyaya in 7 Th Chapters in Sutra Sthana Charak Samhita

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INTRODUCTION

This third chapter within the group of four chapters on health (swastha chatushka) describes guidelines of promotion of health and prevention of diseases. After describing daily and seasonal regimen in the preceding chapters, the natural urges to excrete toxins and maintain internal homeostasis have been described here. Body excretes metabolic waste through external orifices by various regulatory mechanisms. These mechanisms are termed as 'Vega' (natural urges or processes to excrete toxins i.e. urges). There are thirteen types of physical urges that can be voluntarily controlled up to certain extent.

When these urges are voluntarily suppressed for prolonged period, metabolic toxins are accumulated in the body systems leading to various diseases and local obstructed pathologies. A description of such urges (to suppress excretion), the consequences of suppression, and its management have been detailed here.

Further explanations have been provided to enumerate the basic principles of prevention of disorders and promotion of physical and psychological wellbeing, by emphasizing upon optimum physical exercises (vyayama) and control of emotions respectively. The correct diet, according to body constitution, lifestyle, behavior therapy in the form of code of conduct, mental factors, characters of good companions and bad companions have been listed. Comprehensive information about the prevention and management of endogenous (nija) and exogenous (agantu) diseases is provided.

Adharaniya vega (Non-suppressible urges), consequences of suppression and their management

न वेगान् धारयेद्धीमाञ्जातान् मूत्रपुरीषयोः | न रेतसो न वातस्य न छर्द्याः क्षवथोर्न च॥३॥
नोद्धारस्य न जृम्भाया न वेगान् क्षुत्पिपासयोः | न बाष्पस्य न निद्राया निःश्वासस्य श्रमेण च॥४॥

The intelligent person should not suppress the natural urges initiated by sensations of urine, defecation, sexual desires (release of semen), flatus, vomiting, sneezing, belching (eructation), yawning, hunger, thirst, tears, sleep and exertion induced dyspnea.[3-4]

Expand

एतान् धारयतो जातान् वेगान् रोगा भवन्ति ये | पृथक्पृथक्चिकित्सार्थं तान्मे निगदतः शृणु॥५॥
Separate treatment for diseases arising due to suppression of these natural urges is told henceforth. [5]

Diseases due to suppression of urge of micturition and its treatment

बस्तिमेहनयोः शूलं मूत्रकृच्छ्रं शिरोरुजा | विनामो वङ्क्षणानाहः स्याल्लिङ्गं मूत्रनिग्रहे॥६॥
स्वेदावगाहनाभ्यङ्गान् सर्पिषश्चावपीडकम् | मूत्रे प्रतिहते कुर्यात्त्रिविधं बस्तिकर्म च॥७॥

Suppression of the urge to pass urine causes pain in the bladder and phallus, dysuria, headache, bending of the body and distension of the lower abdomen. [6]

In this case, the treatment includes fomentation, sitz bath, massage, avapeedaka ghee (consumption of ghee in large doses before and after meals) and all the three types of basti (therapeutic enema with oil, decoction and medicine through urinary orifice) is prescribed. [7]

Diseases due to suppression of urge to defecate and its treatment

पक्काशयशिरःशूलं वातवर्चोऽप्रवर्तनम् | पिण्डोऽकोद्रेष्टनाध्मानं पुरीषे स्याद्विधारिते॥८॥
स्वेदाभ्यङ्गावगाहाश्च वर्तयो बस्तिकर्म च | हितं प्रतिहते वर्चस्यन्नपानं प्रमाथि च॥९॥



Suppression of the urge to defecate causes colic pain, headache, retention of fecal matter and flatus, cramps in the calf muscles and distension of abdomen.[8]

In such cases, fomentation, massage, sitz bath, per rectal suppositories, and basti (therapeutic enema) are prescribed and one should take food and drinks that facilitate bowel evacuation to remove obstruction. [9]

3. Diseases due to suppression of urge of ejaculation and its treatment

मेद्रे वृषणयोः शूलमङ्गमर्दो हृदि व्यथा| भवेत् प्रतिहते शुक्रे विबद्धं मूत्रमेव च॥१०॥
तत्राभ्यङ्गोऽवगाहश्च मदिरा चरणायुधाः| शालिः पयो निरूहश्च शस्तं मैथुनमेव च॥११॥

When the urge to ejaculate is suppressed, the symptoms like pain in the penis, testicles, body ache, pain in cardiac region, and retention of urine are observed. [10]

In that case massage, sitz bath, madira (alcoholic drinks), chicken, shali rice (*Oryza sativa* Linn.), milk, enema with decoction and proper sexual intercourse (in order to ejaculate semen) are prescribed. [11]

4. Diseases due to suppression of urge to pass flatulence and its treatment

सङ्गो विण्मूत्रवातानामाध्मानं वेदना क्लमः| जठरे वातजाश्चान्ये रोगाः स्युर्वातनिग्रहात्॥१२॥
स्नेहस्वेदविधिस्तत्र वर्तयो भोजनानि च| पानानि वस्तयश्चैव शस्तं वातानुलोमनम्॥१३॥

Retention of feces, urine and flatus, distension of abdomen, pain, fatigue and other abdominal diseases are caused due to suppression of urge to pass flatus. [12]

In such case, external and internal administration of unctuous substance, fomentation, per rectal suppositories, intake of foods and drinks having carminative action and therapeutic enema are prescribed. [13]

5. Diseases due to suppression of urge of vomiting and its treatment

कण्डुकोठारुचिर्व्यङ्गशोथपाण्ड्वामयज्वराः| कुष्ठहृल्लासवीसर्पाश्छर्दिनिग्रहजा गदाः॥१४॥
भुक्त्वा प्रच्छर्दनं धूमो लङ्घनं रक्तमोक्षणम्| रुक्षान्नपानं व्यायामो विरेकश्चात्र शस्यते॥१५॥

Pruritus, urticaria, aversion (to food), vyanga (discoloration of face), shotha (edema), pandu (pallor/anaemia), jwara (fever), kushtha (skin diseases), nausea and visarpa (erysipelas) are caused by the suppression of the urges of vomiting. [14]

In such cases, Prachchardana(therapeutic induction of vomiting), dhumapana (therapeutic inhalation of smoke) , langhana (therapeutic fasting), rakta mokshana (bloodletting), foods that are dry in properties, drinks, vyayama (physical exercise) and virechana (therapeutic purgation) are prescribed. [15]

6. Diseases due to suppression of urge of sneezing and its treatment

मन्यास्तम्भः शिरःशूलमर्दितार्धाविभेदकौ| इन्द्रियाणां च दौर्बल्यं क्षवथोः स्याद्विधारणात्॥१६॥
तत्रोर्ध्वजत्रुकेऽभ्यङ्गः स्वेदो धूमः सनावनः| हितं वातघ्नमाद्यं च घृतं चौत्तरभक्तिकम्॥१७॥

Neck stiffness, headache, facial paralysis, pain in half side of face and head, weakness of sense organs and locomotor organs are caused by the suppression of the urge to sneeze. [16]

In such cases, the treatment includes abhyanga (therapeutic massage) and swedana (fomentation) on the supra-clavicular region, dhooma (use of medicated smoke) along with administering navana (nasal drops), foods prescribed for alleviation of vata and consumption of ghee after meals. [17]

7. Diseases due to suppression of urge of belching and its treatment

हिक्का श्वासोऽरुचिः कम्पो विबन्धो हृदयोरसोः| उद्गारनिग्रहात्तत्र हिक्कायास्तुल्यमौषधम्॥१८॥



Hiccups, dyspnea, aversion (to food), tremors, and feeling of congestion in the cardiac and chest region are caused due to suppression of belching or eructation. It should be treated on similar lines of hikka (hiccups). [18]

8. Diseases due to suppression of urge of yawning and its treatment

विनामाक्षेपसङ्कोचाः सुप्तिः कम्पः प्रवेपनम्। जृम्भाया निग्रहात्तत्र सर्वं वातघ्नमौषधम्॥१९॥

Crookedness of body, convulsions, contractions (of muscles), numbness, tremors and trembling are caused by the suppression of yawning. Treatment for this includes all vata pacifying measures. [19]

9. Diseases due to suppression of urge of hunger and its treatment

काश्यदौर्बल्यवैवर्ण्यमङ्गमदोऽरुचिर्भ्रमः। क्षुद्रेगनिग्रहात्तत्र स्निग्धोष्णं लघु भोजनम्॥२०॥

Emaciation, weakness, change in body complexion, generalized body ache, aversion (to food) and dizziness are caused by suppressing hunger. In such cases, unctuous, hot and light (easily digestible) food is advised. [20]

10. Diseases due to suppression of urge of thirst and its treatment

कण्ठास्यशोषो बाधिर्यं श्रमः सादो हृदि व्यथा। पिपासानिग्रहात्तत्र शीतं तर्पणमिष्यते॥२१॥

Dryness of throat and mouth, deafness, feeling of exhaustion, weakness and cardiac pain are caused by the suppression of thirst (or the urge to drink). In that case, cold refreshing and satiating drinks are advised. [21]

11. Diseases due to suppression of urge of tears and its treatment

प्रतिश्यायोऽक्षिरोगश्च हृद्रोगश्चारुचिर्भ्रमः। बाष्पनिग्रहणात्तत्र स्वप्नो मद्यं प्रियाः कथाः॥२२॥

Rhinitis, eye diseases, cardiac diseases, aversion (to food) and dizziness are caused by suppressing urge to cry (due to grief). The treatment includes sleep (rest), intake of wine and pleasing stories or positive conversations. [22]

12. Diseases due to suppression of urge of sleep and its treatment

जृम्भाऽङ्गमर्दस्तन्द्रा च शिरोरोगोऽक्षिगौरवम्। निद्राविधारणात्तत्र स्वप्नः संवाहनानि च॥२३॥

Yawning, body ache, drowsiness, diseases of head and heaviness in the eyes are caused by suppression of the urge to sleep. Resorting to sound sleep and samvahana (gentle massage) is advised in such cases. [23]

13. Diseases due to suppression of urge of exertion induced dyspnea and its treatment

गुल्महृद्रोगसम्मोहाः श्रमनिःश्वासधारणात्। जायन्ते तत्र विश्रामो वातघ्न्यश्च क्रिया हिताः॥२४॥

Gulma (lump in abdomen), cardiac diseases and confused state of mind are caused by suppression of dyspnea (due to exertion). In that case, proper rest and regimen for the alleviation of vata are advised. [24]

Expand

वेगनिग्रहजा रोगा य एते परिकीर्तिताः। इच्छंस्तेषामनुत्पत्तिं वेगानेतान्न धारयेत्॥२५॥

Diseases caused by the suppression of various natural urges have been described in this chapter. The person desirous of preventing these diseases should not suppress any of these natural urges. [25]

Summary

तत्र श्लोकाः- वेगा वेगसमुत्थाश्च रोगास्तेषां च भेषजम्। येषां वेगा विधार्याश्च यदर्थं यद्विधाहितम्॥६३॥
उचिते चाहिते वर्ज्ये सेव्ये चानुचिते क्रमः। यथाप्रकृतिं चाहारो मलायनगदौषधम्॥६४॥



भविष्यतामनुत्पत्तौ रोगाणामौषधं च यत्| वर्ज्याः सेव्याश्च पुरुषा धीमताऽऽत्मसुखार्थिनाः॥६५॥
विधिना दधि सेव्यं च येन यस्मात्तदत्रिजः| नवेगान्धारणेऽध्याये सर्वमेवावदन्मुनिः॥६६॥

To summarize : All natural urges, diseases arising due to their suppression and their management, urges that are to be suppressed, appropriate and inappropriate diet and lifestyles, the sequence for adoption of healthy practices and discarding unhealthy ones, proper diet according to the natural body constitution, the diseases relating to the excretory orifices and their treatment, preventive measures of impending diseases and management , characteristics of good persons whose company should be kept by intelligent people desirous of his wellbeing, and those of bad persons whose company intelligent persons should avoid, and rules regarding consumption of curd - as told by Atreya have been described in this chapter on 'non suppression of natural urges.' [63-66].

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