



Roganutpadaniya Adhyaya As A Preventive Healthcare Model: An Analytical Study Of Adharaneeya Vega In Ayurveda

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ABSTRACT:

Background: Preventive healthcare is a fundamental principle of Ayurveda, emphasizing the preservation of health through regulation of lifestyle and behaviour. The concept of disease prevention is systematically elaborated in the *Roganutpadaniya Adhyaya* of Ashtanga Hridaya (Sutra /Sthana, Chapter 4), which highlights the avoidance of etiological factors (*Nidana Parivarjana*) and the importance of maintaining physiological balance. Among these, the concept of *Adharaneeya Vega* (non-suppressible natural urges) plays a crucial role, as their suppression (*Vega Dharana*) is identified as a significant cause of disease manifestation. **Aim:**

To analytically evaluate *Roganutpadaniya Adhyaya* as a preventive healthcare model with special reference to *Adharaneeya Vega* and its role in maintaining health and preventing disease. **Materials and Methods:** This study is a conceptual and analytical review based on classical Ayurvedic literature, primarily Ashtanga Hridaya, along with supporting references from other classical texts and contemporary biomedical literature. Data were collected through textual review and interpreted using a comparative analytical approach to correlate Ayurvedic concepts with modern physiological understanding. **Results:** The study reveals that *Adharaneeya Vegas* represent essential physiological reflexes necessary for the maintenance of homeostasis. Suppression of these urges leads to disturbance in Dosha, impairment of normal physiological processes, and obstruction of bodily channels (*Srotas*), thereby initiating disease pathogenesis. Each suppressed urge is associated with specific clinical manifestations. Modern correlations suggest that these urges are regulated by neurophysiological and autonomic mechanisms, and their suppression may contribute to functional and psychosomatic disorders. **Conclusion:** *Roganutpadaniya Adhyaya* provides a comprehensive preventive framework in Ayurveda, wherein the proper management of *Adharaneeya Vega* serves as a key strategy for disease prevention. This concept holds significant relevance in the context of modern lifestyle disorders, highlighting the need to respect natural physiological urges to maintain holistic health.

Keywords:

Adharaneeya Vega, Roganutpadaniya Adhyaya, Ashtanga Hridaya, Preventive Ayurveda, Vega Dharana, Lifestyle Disorders.

1. INTRODUCTION:

1.1 Concept of Swasthasya Swasthya Rakshanam:

Ayurveda, the ancient system of medicine, primarily emphasizes the preservation of health and prevention of disease rather than mere curative treatment. This fundamental objective is encapsulated in the classical dictum “*Swasthasya Swasthya Rakshanam, Aturasya Vikara Prashamanam,*” which highlights the dual aim of maintaining health in the healthy and alleviating disease in the diseased [1]. The concept of *Swasthya* is defined as the state of equilibrium of *Dosha*, *Dhatu*, and *Mala*, along with proper functioning of *Agni* and a balanced state of mind and senses [2].

Preventive healthcare in Ayurveda is achieved through systematic regulation of lifestyle practices, including *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), and *Sadvritta* (ethical conduct). These principles are designed to maintain physiological harmony and prevent the initiation of pathological processes by avoiding causative factors (*Nidana*) [3].

1.2 Roganutpadaniya Adhyaya: Preventive Dimension:

The concept of disease prevention is elaborately described in *Roganutpadaniya Adhyaya* of *Ashtanga Hridaya* (Sutra Sthana, Chapter 4). The term *Roganutpadaniya* literally means “prevention of disease occurrence,” and it emphasizes the principle of *Nidana Parivarjana*, which is considered the foremost approach in preventing diseases [4].

Although preventive principles are also discussed in *Charaka Samhita* (Sutra Sthana), the structured approach to prevention through behavioral and lifestyle modifications is prominently outlined in *Ashtanga Hridaya*. This chapter highlights that improper lifestyle practices, particularly suppression of natural physiological urges, play a crucial role in the initiation of disease.

**“Vegan na dharayet vegan jatan mutra-purīṣayoḥ |
Retasaḥ kṣavathu-udgara kasa-shvasa-ashru nidrayaḥ ||” [4]**

One should not suppress natural urges such as urination, defecation, ejaculation, sneezing, belching, coughing, dyspnea, crying, and sleep.

1.3 Concept of Adharaneeya Vega:

Adharaneeya Vega refers to the natural physiological urges that should not be suppressed under any circumstances. These urges are essential reflexes that maintain internal homeostasis and facilitate the elimination of metabolic waste products [5]. The timely expression of these urges ensures proper functioning of bodily systems, while their suppression (*Vega Dharana*) leads to disturbance in physiological processes and contributes to disease manifestation.

“Hikkaya jṛimbhayas cha tṛiṣṇa-kṣudhadyakams cha ||” [4]

Similarly, urges such as hiccup, yawning, thirst, and hunger should not be suppressed. Another classical statement highlights the direct relationship between suppression of urges and disease causation: “*Vega dharanat vyadhayah*” [6] Diseases arise due to suppression of natural urges.

1.4 Relevance in Modern Healthcare:

In the contemporary era, rapid urbanization, sedentary lifestyle, occupational stress, and irregular daily routines have significantly increased the tendency to suppress natural urges. Practices such as delaying urination, skipping meals, ignoring thirst, and inadequate sleep are commonly observed. These behaviours disrupt normal physiological functions and contribute to the development of various disorders, including gastrointestinal disturbances such as irritable bowel syndrome (IBS), urinary tract infections, sleep disorders, and metabolic imbalances [7–9].

Modern physiology explains these urges as neurophysiological reflexes regulated by the central nervous system and autonomic nervous system. Suppression of these reflexes can lead to dysfunction in regulatory mechanisms, resulting in functional and psychosomatic disorders [10]. This provides a scientific basis for the Ayurvedic concept of *Vega Dharana*.

1.5 Gap in Preventive Healthcare Models:

Despite significant advancements in modern medicine, preventive healthcare models primarily focus on risk factor modification and disease screening, often overlooking behavioural responses to physiological signals. The importance of responding to natural bodily urges is largely neglected, creating a gap in holistic preventive strategies.

Ayurveda, through the concept of *Adharaneeya Vega*, offers a unique and practical model emphasizing behavioural regulation based on physiological needs. However, this concept remains underexplored in contemporary research and public health frameworks.

1.6 Rationale of the Study:

Considering the increasing burden of lifestyle-related disorders and the limitations of current preventive approaches, there is a need to revisit classical Ayurvedic concepts and evaluate their relevance in modern healthcare. Therefore, the present study aims to analyze *Roganutpadaniya Adhyaya* as a preventive healthcare model with special reference to *Adharaneeya Vega*, and to establish its role in maintaining physiological balance and preventing disease in the contemporary context.

2. AIM AND OBJECTIVES:

2.1 Aim:

- To analytically evaluate the concept of *Adharaneeya Vega* as a preventive healthcare model with special reference to its role in maintaining physiological balance and preventing disease.

2.2 Objectives:

- To study the concept of *Adharaneeya Vega* and its significance in disease prevention as described in classical Ayurvedic texts.
- To analyze the physiological and pathological implications of *Vega Dharana* (suppression of natural urges).
- To correlate the Ayurvedic concept of *Adharaneeya Vega* with modern physiological mechanisms and evaluate its relevance in contemporary preventive healthcare.

3. MATERIALS AND METHODS:

3.1 Study Design: The present study is a **conceptual, analytical, and descriptive review** aimed at evaluating the preventive significance of *Adharaneeya Vega* as described in classical Ayurvedic literature. The study adopts a qualitative approach to analyze traditional concepts and correlate them with contemporary biomedical understanding.

3.2 Sources of Data:

3.2.1 Classical Sources: Primary data were collected from classical Ayurvedic texts, including *Ashtanga Hridaya* (Sutra Sthana, *Roganutpadaniya Adhyaya*), *Charaka Samhita*, and *Ashtanga Sangraha*. These texts were systematically reviewed to extract references related to *Adharaneeya Vega*, *Vega Dharana*, and their role in disease prevention.

3.2.2 Modern Sources: Secondary data were obtained from standard textbooks of physiology and pathology, along with peer-reviewed articles indexed in PubMed and other scientific databases. Publications from international organizations, including reports on preventive healthcare, were also reviewed to understand the modern perspective and correlate it with Ayurvedic principles.

3.3 Method of Data Collection: Data were collected through a comprehensive literary review of both classical and modern sources. Relevant *Shlokas* pertaining to *Adharaneeya Vega* were identified and interpreted with the help of classical commentaries. Key concepts related to *Vega Dharana*, *Dosha vitiation*, and disease causation were systematically compiled. In parallel, modern scientific

literature was reviewed to gather information on neurophysiological mechanisms and the effects of suppression of natural urges on human health.

3.4 Method of Analysis: The collected data were analyzed using a conceptual and comparative framework. Ayurvedic principles were critically evaluated and correlated with modern physiological and pathological mechanisms. The *Adharaneeya Vegas* were categorized based on their physiological roles and associated disease outcomes. The findings were then interpreted analytically to assess their preventive significance and applicability in contemporary healthcare settings.

4. CONCEPTUAL REVIEW:

4.1 Roganutpadaniya Adhyaya: Overview and Preventive Significance:

Roganutpadaniya Adhyaya described in Ashtanga Hridaya (Sutra Sthana, Chapter 4) provides a systematic framework for disease prevention. The term *Roganutpadaniya* signifies “prevention of disease occurrence,” which is achieved primarily through *Nidana Parivarjana* (avoidance of causative factors) [11]. This principle forms the cornerstone of preventive healthcare in Ayurveda.

The chapter emphasizes that maintenance of equilibrium of *Dosha*, proper functioning of *Agni*, and unobstructed flow within *Srotas* are essential for sustaining health. Disturbance in these factors leads to disease manifestation. Among various preventive measures, regulation of natural urges (*Vega*) is highlighted as a key determinant of health. Suppression of these urges (*Vega Dharana*) is considered an important etiological factor in the pathogenesis of diseases [12].

Thus, *Roganutpadaniya Adhyaya* can be regarded as a classical preventive healthcare model that integrates lifestyle, behaviour, and physiological regulation to prevent disease.

4.2 Adharaneeya Vega: Definition and Types:

The term *Vega* refers to natural physiological urges or reflexes that arise in the body as part of normal functioning. *Adharaneeya Vega* denotes those urges that should not be suppressed, as their expression is essential for maintaining homeostasis [11]. *Vega Dharana* (suppression of urges) interferes with normal physiological processes, leading to imbalance of *Dosha* and subsequent disease development. Classical Ayurvedic texts enumerate thirteen *Adharaneeya Vegas*, each having a specific physiological function.

Table 1: Adharaneeya Vegas and Their Physiological Functions

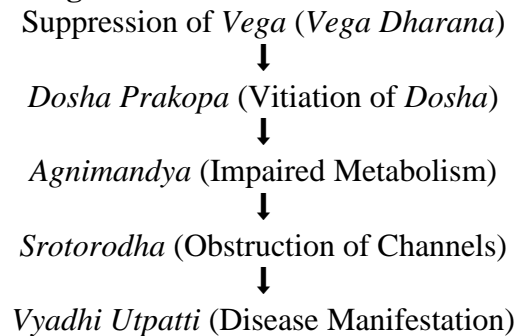
S. No.	Adharaneeya Vega	Physiological Function
1	<i>Mutra</i> (Urination)	Excretion of liquid waste, fluid balance
2	<i>Purisha</i> (Defecation)	Elimination of solid waste
3	<i>Retas</i> (Semen)	Reproductive function
4	<i>Kshavathu</i> (Sneezing)	Clearing nasal passages
5	<i>Udgara</i> (Belching)	Expulsion of gastric air
6	<i>Kasa</i> (Cough)	Clearing respiratory tract
7	<i>Shwasa</i> (Breathing)	Oxygen exchange
8	<i>Ashru</i> (Tears)	Emotional expression, eye lubrication
9	<i>Nidra</i> (Sleep)	Restoration of body and mind
10	<i>Hikka</i> (Hiccup)	Reflex diaphragmatic movement
11	<i>Jrimbha</i> (Yawning)	Oxygenation, fatigue regulation
12	<i>Trishna</i> (Thirst)	Hydration balance
13	<i>Kshudha</i> (Hunger)	Energy requirement signalling

These urges collectively regulate excretory, respiratory, neurological, and metabolic functions. Their proper expression maintains physiological equilibrium, while suppression disrupts normal functioning and initiates pathological changes [13].

4.3 Pathophysiology of Vega Dharana:

Suppression of *Adharaneeya Vega* leads to a sequence of pathological events, which can be explained in terms of Ayurvedic pathogenesis. Initially, suppression causes disturbance in normal physiological reflexes, leading to *Dosha Prakopa* (vitiation of Dosha). This is followed by impairment of *Agni* and obstruction of *Srotas*, ultimately resulting in disease manifestation [14].

Flowchart 1: Pathogenesis of Vega Dharana



From a modern perspective, this sequence can be correlated with disruption of neurophysiological reflexes and homeostatic imbalance. Suppression of natural urges leads to altered autonomic responses, hormonal imbalance, and impaired physiological functioning, thereby contributing to disease development [15].

4.4 Disease Manifestations due to Vega Dharana:

Each *Adharaneeya Vega* is associated with specific pathological conditions when suppressed. Classical Ayurvedic texts describe a wide range of symptoms arising from *Vega Dharana*, which can be correlated with modern clinical conditions. These manifestations primarily result from disturbance of *Dosha*, impairment of *Agni*, and obstruction of *Srotas*, ultimately leading to disease development.

Table 2: Suppression of Adharaneeya Vega and Associated Manifestations

S. No.	Suppressed Vega	Ayurvedic Manifestations	Modern Correlation
1	<i>Mutra</i> (Urine)	<i>Basti Shoola, Mutrakrichra</i>	UTI, urinary retention
2	<i>Purisha</i> (Feces)	<i>Vibandha, Adhmana, Udara Shoola</i>	Constipation, IBS
3	<i>Retas</i> (Semen)	<i>Klaibya, Shukra Dushti</i>	Sexual dysfunction
4	<i>Kshavathu</i> (Sneezing)	<i>Shiroroga, Indriya Daurbalya</i>	Headache, sinusitis
5	<i>Udgara</i> (Belching)	<i>Ajeerna, Hrid Udar Gaurava</i>	Indigestion, bloating
6	<i>Kasa</i> (Cough)	<i>Kasa Vriddhi, Urah Shoola</i>	Chronic cough, respiratory irritation
7	<i>Shwasa</i> (Dyspnoea)	<i>Shwasa Vriddhi, Pranavaha Dushti</i>	Breathlessness, respiratory disorders
8	<i>Ashru</i> (Tears)	<i>Netra Roga, Manasik Vikara</i>	Eye strain, emotional stress
9	<i>Nidra</i> (Sleep)	<i>Angamarda, Tandra, Jrimbha</i>	Insomnia, fatigue
10	<i>Hikka</i> (Hiccup)	<i>Hikka Vriddhi, Urah Kampa</i>	Persistent hiccup, diaphragm irritation
11	<i>Jrimbha</i> (Yawning)	<i>Gatra Stambha, Klama</i>	Fatigue, neuromuscular stress
12	<i>Trishna</i> (Thirst)	<i>Daha, Shosha</i>	Dehydration, electrolyte imbalance
13	<i>Kshudha</i> (Hunger)	<i>Daurbalya, Agnimandya</i>	Hypoglycaemia, metabolic disturbance

Suppression of urination (*Mutra Vega Dharana*) may lead to urinary retention and infections due to prolonged stagnation of urine, whereas suppression of defecation (*Purisha Vega Dharana*) results in constipation and gastrointestinal disturbances. Similarly, suppression of sleep (*Nidra Vega*) contributes to fatigue, cognitive impairment, and stress-related disorders. Ignoring hunger and thirst disrupts metabolic and fluid balance, leading to systemic weakness and dehydration. These observations clearly demonstrate the clinical relevance of *Vega Dharana* in disease causation and highlight its importance in preventive healthcare [16].

4.5 Analytical Interpretation:

The concept of *Adharaneeya Vega* reflects a highly advanced understanding of physiological reflexes and their role in maintaining homeostasis. In Ayurveda, these urges are considered essential biological signals that regulate internal balance and ensure proper functioning of the body. The classical explanation of disease causation through *Dosha Prakopa* and *Srotorodha* shows a strong conceptual parallel with modern understanding of physiological dysregulation.

From a contemporary perspective, natural urges are governed by neurophysiological mechanisms involving the central and autonomic nervous systems. Suppression of these urges disrupts normal reflex pathways, leading to functional disturbances, accumulation of metabolic waste, and activation of stress responses. This may further result in psychosomatic disorders, highlighting the interconnection between physical and mental health.

Thus, *Adharaneeya Vega* represents a crucial interface between behaviour and physiology. It emphasizes that timely response to internal bodily signals is essential for maintaining health and preventing disease. This concept provides a simple yet powerful preventive model, particularly relevant in the modern era where lifestyle-related disorders are on the rise. By incorporating these principles into daily life, the burden of chronic diseases can be significantly reduced, making it a valuable tool in contemporary preventive healthcare [15,16].

Among the *Adharaneeya Vegas*, *Nidra* (sleep) holds a pivotal role in maintaining both physical and मानसिक equilibrium. Suppression of the sleep urge (*Nidra Vega Dharana*) leads to *Vata* aggravation, resulting in symptoms such as *Angamarda* (body ache), *Tandra* (drowsiness), *Bhrama* (giddiness), and impaired cognitive function. From a physiological perspective, sleep is essential for neuronal restoration, hormonal regulation, and metabolic homeostasis. Its suppression disrupts circadian rhythm and neuroendocrine balance, thereby predisposing individuals to chronic disorders. Thus, *Nidra Vega* is not merely a passive state but an active restorative process essential for maintaining systemic stability [11,16].

5. DISCUSSION:

5.1 Preventive Paradigm of Ayurveda vs Modern Medicine:

Ayurveda adopts a fundamentally preventive approach to healthcare, emphasizing maintenance of health through regulation of lifestyle, diet, and behaviour. In contrast, modern medicine has traditionally focused more on diagnosis and treatment of disease, with preventive strategies largely limited to risk factor modification and screening programs. The concept of *Adharaneeya Vega* represents a unique behavioural preventive model, wherein disease can be avoided by simply responding appropriately to natural physiological urges [17].

The principle of *Nidana Parivarjana* described in classical Ayurvedic texts underscores that avoidance of causative factors is the most effective form of treatment. In this context, suppression of natural urges (*Vega Dharana*) is identified as a key etiological factor in disease pathogenesis. This highlights the proactive and anticipatory nature of Ayurvedic preventive strategies.

5.2 Neurophysiological Basis of Adharaneeya Vega:

From a modern scientific perspective, natural urges such as urination, defecation, hunger, thirst, and sleep are regulated by complex neurophysiological mechanisms involving the central nervous system (CNS) and autonomic nervous system (ANS). These urges are mediated through reflex pathways that involve sensory receptors, neural circuits, and effector responses, ensuring maintenance of internal homeostasis [18].

For example, the urge to urinate is controlled by the micturition reflex involving the spinal cord and higher cortical centres, while hunger and thirst are regulated by hypothalamic centres. Suppression of these urges interferes with normal neural signalling, leading to dysregulation of physiological processes. Prolonged suppression may result in functional disorders such as urinary retention, constipation, and metabolic imbalance [19].

5.3 Role of Autonomic Nervous System and Stress Response:

The suppression of natural urges can activate stress pathways mediated by the hypothalamic–pituitary–adrenal (HPA) axis. Chronic inhibition of physiological reflexes leads to sustained activation of the sympathetic nervous system, resulting in increased stress hormone levels such as cortisol [20].

This chronic stress response contributes to the development of psychosomatic disorders, including hypertension, anxiety, and gastrointestinal disturbances. Ayurveda explains this phenomenon through *Dosha Prakopa*, particularly *Vata* imbalance, which is responsible for the regulation of movement and neural activity in the body. Thus, the Ayurvedic concept of *Vega Dharana* aligns closely with modern understanding of stress physiology.

5.4 Gut-Brain Axis and Gastrointestinal Disorders:

The gut-brain axis represents a bidirectional communication system between the central nervous system and the gastrointestinal tract. Suppression of urges related to hunger (*Kshudha*) and defecation (*Purisha*) directly affects this axis, leading to functional gastrointestinal disorders such as irritable bowel syndrome (IBS) [21].

Modern research suggests that stress and irregular bowel habits disrupt gut motility, alter microbiota composition, and affect intestinal permeability. These changes contribute to symptoms such as abdominal pain, bloating, and altered bowel movements. The Ayurvedic description of *Vega Dharana* leading to *Agnimandya* and *Vibandha* closely correlates with these findings, demonstrating the relevance of classical concepts in understanding modern gastrointestinal disorders.

5.5 Psychosomatic Disorders and Behavioural Impact:

The suppression of natural urges not only affects physical health but also has significant psychological implications. Urges such as crying (*Ashru*) and sleep (*Nidra*) are closely linked to emotional regulation and mental well-being. Their suppression can lead to psychological stress, irritability, and cognitive dysfunction.

Modern studies indicate that chronic stress and emotional suppression are major contributors to psychosomatic disorders, where psychological factors manifest as physical symptoms. Conditions such as tension headaches, chronic fatigue, and anxiety disorders can be linked to prolonged suppression of natural physiological and emotional responses [22]. This highlights the holistic perspective of Ayurveda, which integrates physical and mental health.

5.6 Relevance in Lifestyle Disorders:

In the current era, lifestyle disorders such as obesity, diabetes, hypertension, and metabolic syndrome are rapidly increasing. These conditions are often associated with irregular habits, including improper diet, lack of sleep, and suppression of natural urges. The concept of *Adharaneeya Vega* provides a simple yet effective preventive strategy by encouraging individuals to follow natural biological rhythms.

For instance, irregular eating patterns disrupt hunger signals and metabolic processes, while sleep deprivation affects hormonal balance and increases the risk of chronic diseases. Similarly, suppression of urination and defecation contributes to urinary and gastrointestinal disorders. Thus, adherence to *Adharaneeya Vega* principles can significantly reduce the risk of lifestyle-related diseases [23].

5.7 Public Health Implications:

The concept of *Adharaneeya Vega* has important implications for public health, particularly in the prevention of non-communicable diseases (NCDs). Promoting awareness about the importance of responding to natural bodily urges can serve as a cost-effective and easily implementable strategy for disease prevention.

Public health initiatives can incorporate these principles into health education programs, emphasizing behavioural modification and lifestyle regulation. This approach aligns with global health strategies that focus on prevention and health promotion rather than treatment alone. Integration of Ayurvedic principles into modern healthcare systems can enhance the effectiveness of preventive strategies and improve overall health outcomes [24].

5.8 Integrative Perspective:

The concept of *Adharaneeya Vega* represents a convergence of traditional Ayurvedic knowledge and modern biomedical science. While Ayurveda explains disease causation through *Dosha imbalance* and *Srotorodha*, modern medicine attributes it to neurophysiological dysfunction and homeostatic imbalance. Both perspectives emphasize the importance of maintaining natural physiological rhythms.

Thus, *Adharaneeya Vega* can be considered an early form of lifestyle medicine, focusing on behavioural regulation and self-awareness. Its integration into contemporary healthcare can provide a holistic and sustainable approach to disease prevention and health promotion.

The suppression of *Nidra Vega* has significant implications in modern lifestyle disorders, particularly those related to stress and mental health. Chronic sleep deprivation activates the hypothalamic–pituitary–adrenal (HPA) axis, leading to elevated cortisol levels and sympathetic overactivity. This contributes to the development of conditions such as hypertension, anxiety, depression, and metabolic syndrome. The Ayurvedic understanding of *Nidra Vega Dharana* causing *Vata Prakopa* closely correlates with modern concepts of sleep deprivation-induced neurophysiological dysfunction. Furthermore, disruption of the sleep-wake cycle adversely affects the gut-brain axis, increasing the risk of functional disorders such as IBS. This highlights the relevance of *Nidra* as a key factor in both preventive and therapeutic domains [20–22].

6. ADHARANEeya VEGA AS A PREVENTIVE HEALTHCARE MODEL:

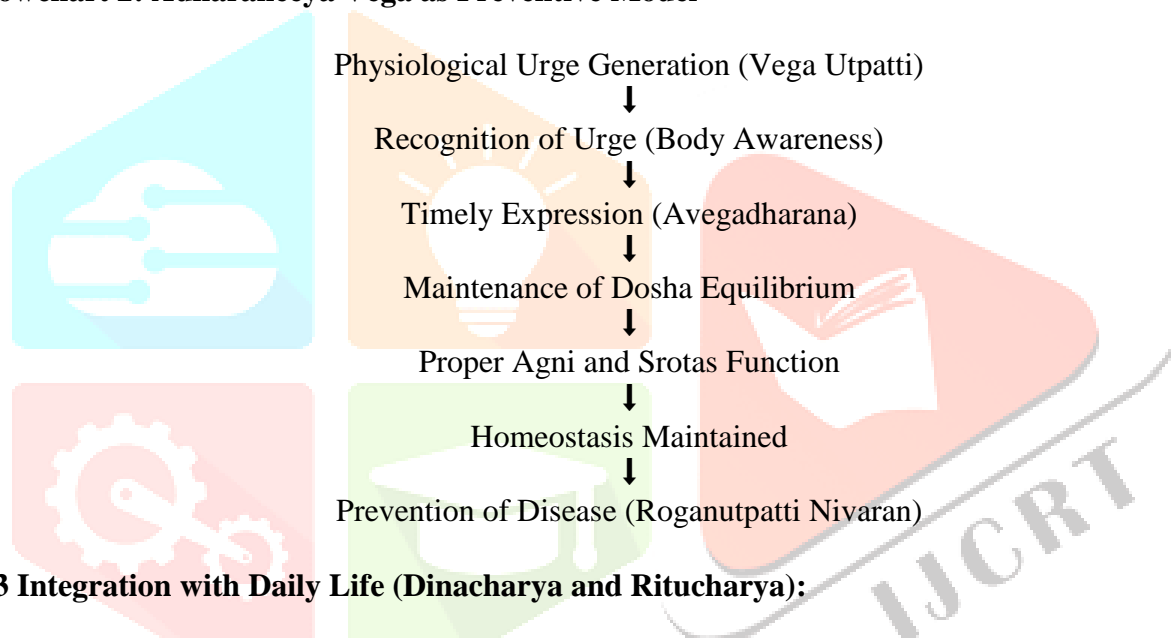
6.1 Conceptual Framework:

The concept of *Adharaneeya Vega* represents a fundamental behavioural model for disease prevention in Ayurveda. It emphasizes the importance of responding appropriately and timely to natural physiological urges, thereby maintaining internal homeostasis. Unlike reactive approaches that focus on disease management, this model promotes proactive regulation of bodily functions to prevent the initiation of pathological processes.

Natural urges act as biological signals indicating the need for elimination, nourishment, rest, or emotional release. Timely expression of these urges ensures proper functioning of *Dosha*, optimal *Agni*, and unobstructed flow within *Srotas*. Suppression (*Vega Dharana*) disrupts these mechanisms, leading to imbalance and disease. Thus, *Adharaneeya Vega* serves as a simple yet effective preventive strategy rooted in physiological awareness and behavioural discipline [25].

6.2 Preventive Model (Flow Representation):

Flowchart 2: Adharaneeya Vega as Preventive Model



6.3 Integration with Daily Life (Dinacharya and Ritucharya):

The practical applicability of *Adharaneeya Vega* is best realized when integrated into daily and seasonal regimens. In *Dinacharya*, individuals are advised to follow regular habits such as timely evacuation of bowel and bladder, proper sleep, adequate hydration, and balanced dietary intake. Similarly, *Ritucharya* emphasizes adaptation of lifestyle according to seasonal variations, ensuring that physiological demands are met appropriately.

In modern life, irregular schedules, occupational stress, and digital distractions often lead to neglect or suppression of natural urges. Reinstating Ayurvedic lifestyle practices helps restore circadian rhythm and physiological balance, thereby reducing susceptibility to chronic disorders [26].

6.4 Practical Applications in Modern Lifestyle:

The concept of *Adharaneeya Vega* can be effectively applied in contemporary healthcare through simple behavioral modifications:

- **Timely Urination and Defecation:** Avoid delaying natural elimination to prevent urinary and gastrointestinal disorders.
- **Regulated Eating Habits:** Respond to hunger signals to maintain metabolic balance and prevent digestive disturbances.
- **Adequate Hydration:** Address thirst promptly to maintain fluid and electrolyte balance.
- **Proper Sleep Hygiene:** Respect sleep urges to support neurological and psychological health.

- **Emotional Expression:** Allow natural emotional responses such as crying to reduce psychological stress.

These practices align with modern preventive health strategies that emphasize lifestyle modification and self-regulation.

6.5 Public Health and Preventive Significance:

The incorporation of *Adharaneeya Vega* principles into public health strategies can significantly reduce the burden of lifestyle-related disorders. Awareness programs focusing on body awareness and natural urge regulation can serve as cost-effective interventions for preventing non-communicable diseases.

From an integrative perspective, this concept bridges traditional Ayurvedic wisdom with modern preventive medicine. It highlights that health can be preserved not only through medical interventions but also through mindful living and respect for natural physiological processes [27,28].

Within the preventive framework of *Adharaneeya Vega*, proper regulation of *Nidra* is essential for maintaining overall health. Adherence to regular sleep patterns aligned with circadian rhythms, as recommended in *Dinacharya*, ensures optimal functioning of *Agni*, mental clarity, and physical strength. Avoidance of late-night activities, excessive screen exposure, and irregular sleep schedules is crucial in preventing *Nidra Vega Dharana*. Incorporating simple measures such as fixed sleep timings, relaxation techniques, and environmental modifications can significantly improve sleep quality. Thus, respecting the natural urge for sleep serves as a practical and effective strategy in preventing lifestyle-related disorders and promoting holistic well-being [25–27].

7. CONCLUSION:

The concept of *Adharaneeya Vega*, as elaborated in *Roganutpadaniya Adhyaya* of Ashtanga Hridaya, represents a fundamental and practical approach to preventive healthcare in Ayurveda. It emphasizes that natural physiological urges are essential indicators of internal homeostasis, and their timely expression is crucial for maintaining the equilibrium of *Dosha*, proper functioning of *Agni*, and unobstructed flow of *Srotas*.

Suppression of these urges (*Vega Dharana*) disrupts normal physiological processes, leading to *Dosha Prakopa*, metabolic impairment, and ultimately disease manifestation. The classical descriptions of disease causation due to suppression of natural urges show remarkable similarity with modern concepts of neurophysiological dysfunction, stress response, and psychosomatic disorders. This highlights the scientific relevance and timeless applicability of Ayurvedic principles.

In the present era, where lifestyle disorders such as gastrointestinal disturbances, urinary problems, sleep disorders, and stress-related conditions are increasingly prevalent, the concept of *Adharaneeya Vega* offers a simple, cost-effective, and behavior-based preventive strategy. By encouraging individuals to respect natural biological rhythms and respond appropriately to bodily signals, it provides a holistic approach to health maintenance.

Future research should focus on clinical validation and integration of these principles into modern preventive healthcare models and public health strategies. The incorporation of *Adharaneeya Vega* into lifestyle interventions has the potential to significantly reduce disease burden and promote overall well-being.

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