



Dharniya Vega - Suppression of Emotions and its Effect

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Basic principles of Ayurveda emphasize the importance of Hetu (causative factor) in disease pathogenesis. Indulgence in Dharaniya Vega (urges to be suppressed or controlled) acts as a factor in the cascade of pathogenesis. Understanding the concept of Dharaniya Vegas is very helpful in health promotion. It is quite interesting to note that these Dharaniya Vegas are connected to emotional states of mind. The natural urges of mind are important aspects of the living body and significantly determine the health or diseased state of an individual. Individual desirous of health should control these urges by gaining control over sense organs. These Dharaniya Vegas, if not controlled can lead to Tridosha Prakopa (vitiating of body humors) and result in varied psychosomatic manifestations. In the present article an attempt has been made to explore the concept of suppression of Dharniya Vega and its effect.

Keywords: Dharniya Vega, Ayurveda, Natural Urges, Emotions, Mental Health

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Introduction

In the ancient science of *Ayurveda*, the human body & mind are seen as interconnected entities whose harmony determines overall wellbeing. One of the critical concepts in this holistic system is that of *Vega*- natural urges impulses. *Vega* encompasses both physiological functions such as hunger, thirst, sneezing & urination and psychological emotions like anger, grief, fear and desire. *Vegas* are natural urges that are classified into *Adharniya* and *Dharniya Vega*. "*Na Vegan Dharyetu Dhimaan Jathan*".[2]

Vega which is already present in the body and should not be suppressed is known as *Adharniya Vega*. "*Dharyed Vegan Hitarthiha Pretya Chehacha*" [3] means the person who wants *Hita* in *Iha* & *Parloke* (during life and after death) should always stop the *Vegas* of evil (forbidden), rashness and condemnable actions of mind, speech and body, it is known as *Dharniya Vega*.

In *Ayurved* literature *Acharya Charak* mentioned 3 types of *Dharniya Vega*. 1) *Mansik*, 2) *Vaachik*, 3) *Sharirik*.

1) Mansik Dharniya Vega: These are *Lobha*, *Krodh*, *Bhay*, *Shok*, *Ahenkaar*, *Nirlajjata*, *Irshya*, *Atiraag*, *Abhidhy*, If one can control this *Mansik Vegas* then there is less possibility to have mental disease.

2) Vaachik Dharniya Vega: *Parush* (rude behaviour), *Snehkasya* (snitcher), *Anritsya* (lie), *Vakasyaa Akaal* (untimely talk). This should be controlled to maintain self-respect and dignity in society.

3) Shaaririk Dharniya Vega: Activity which harms others, desire for other women (except wife), violence should not be done.

Materials and Methods

The literature search was done from the database like PubMed and MEDLINE and classical texts like *Charaka Samhita*, *Astanga Hridaya* and *Astanga Samgrah*. Review of peer reviewed original research articles were done. Articles were selected using the search terms "*Dharaniya Vega*". Articles were screened by reading titles and abstracts and were initially excluded if they did not refer to *Dharaniya Vega*.

Discussion

In this competitive world due to increased professional & personal stress, individuals are more prone to mental ailments & sometimes physical disorder. As human is a social animal and he should be physically & mentally devoid of affliction to maintain a good relationship with himself and with other individuals in the society. For this one can, adhere to the practice of *Dharniya Vega*.

The term *Dharniya* means that which should be controlled or restrained. However, control does not imply suppression. *Ayurveda* advises against pushing down or if ignoring emotional experiences. Instead, it recommends mindful awareness and appropriate expression. The key lies in recognizing the emotions, understanding its root cause and then choosing a response that aligns with long term wellbeing and harmony.

Key emotions in Dharniya Vega

Lobha is "*Vishaye Anuchitha Prarthana*"[4] greed or desire to acquire more than a need. It is a desire for something especially wealth, power and food.

Shok is "*Putradhibhi Viyoge Dainyam*"[4] grief or Sadness due to loss of dear one.

Bhaya is "*Apakarakas Anusandhanajam Dainyam*" [4] fear of facing harmful things.

Krodha is "*Pradeysho Yena Prajwalitham Iva Atmanam Manyate*"[4] prepare one to harm other

Maana (*Ahenkaar*) is "*Sat Asat Gunaadhya Aropena Atmaani Utkarsh pratyayah*" [4] - self esteem or feeling of superiority.

Nirlajjata is "*Jigupsitha Gopanaacha*"[4] - desire for things that one is not able to achieve.

Ershya is "*Samane Dravyae Parsambandha Pratishedga Eccha Ershya*"[4] - desire for this belonging to others.

Atiraaga is "*Uchita Eva Vishaye Purah Punah Pravartanam Eccha*"[4] - too much attachment.

Abhidhya is "*Manasa Para Abhidroha Chintanam*" [4] - Planning in *Manas* to Cause agony to others.

Each of these emotions, when left unacknowledged or repressed, contributes to psychological disturbances and, over time, can manifest as physical ailments.

1. Krodha (Anger): Suppressing anger can lead to internalized stress and *Pitta* imbalance, manifesting as acidity, inflammation, or hypertension.

2. Shoka (Grief): Unprocessed grief can disturb the *Kapha Dosha*, resulting in depression, fatigue, and emotional heaviness.

3. Bhaya (Fear): Fear affects the *Vata Dosha*, leading to anxiety, restlessness, insomnia, or digestive issues.

4. Lobha (Greed) and Mada (Pride): These can fuel mental agitation and imbalance among all three *Doshas*.

5. Moha (Delusion/Attachment): Can result in confusion, lack of clarity, and impaired judgment.

Modern Understanding of Emotional Suppression

Modern psychology and neuroscience affirm *Ayurveda's* view that emotions, if not processed properly, can have long-term consequences on health.

Research shows that emotional suppression:

- Increases cortisol (stress hormone) levels. Weakens the immune system.
- Reduces the ability to form close, trusting relationships.
- Increases the risk of anxiety and depression.
- Physiologically, chronic emotional suppression is linked to cardiovascular diseases, gastrointestinal disorders (like IBS), and autoimmune issues.
- From a psychological perspective, it contributes to low self-esteem, reduced emotional intelligence, and poor coping mechanisms.

Effects of suppressing Dharniya Vega

1. Mental and Emotional Impact

Anxiety and Panic Disorders: Repressed fear or trauma can build internal tension, eventually resulting in panic attacks.

Depression: Suppressed sadness or chronic grief may lead to emotional numbness and depression.

Anger Issues: Repressed anger often transforms into irritability, passive aggression, or sudden emotional outbursts.

2. Physical Manifestations

Digestive Issues: *Vata* and *Pitta* imbalance due to emotional repression may lead to indigestion, bloating, or ulcers.

Cardiovascular Problems: Chronic emotional stress is a risk factor for high blood pressure and heart disease.

Hormonal Imbalance: Emotional suppression may affect adrenal and thyroid function, disrupting metabolic health.

3. Behavioral and Social Consequences

Poor communication, unresolved conflicts, emotional isolation, and difficulties in maintaining relationships are common effects of emotional suppression.

Individuals may develop unhealthy coping habits like overeating, substance abuse, or withdrawal from social life.

Ayurvedic strategies for managing emotions

Ayurveda offers a number of tools and lifestyle practices to manage *Dharniya Vega* in a healthy, sustainable way:

1. Self-awareness (Swadhyaya)

Understanding one's emotions, thought patterns, and behaviors is the first step. Daily reflection, journaling, or introspection practices help in recognizing emotional tendencies.

2. Pranayama and Meditation

Breathing techniques like *Anulom Vilom*, *Bhramari*, and alternate nostril breathing help balance the nervous system and calm emotional turbulence.

Meditation enhances mindfulness, reduces reactivity, and fosters emotional clarity.

3. Herbal Support

Certain *Ayurvedic* herbs are known to support mental and emotional well-being:

- *Ashwagandha*: Reduces stress and anxiety.
- *Brahmi*: Enhances memory and calms the mind.
- *Shankhpushpi*: Acts as a brain tonic and emotional stabilizer.
- *Jatamansi*: Balances *Vata* and helps with insomnia and nervous tension.

4. Sattvic Diet and Lifestyle

A diet rich in fresh fruits, vegetables, whole grains, and light, easy-to-digest meals promotes a *Sattvic* (pure, harmonious) state of mind. Avoiding overly spicy, stale, or processed food helps maintain mental clarity.

5. Emotional Expression

Healthy outlets such as speaking with a trusted friend, counseling, art therapy, music, or dance can help release stored emotions.

6. Routine (*Dinacharya*)

Following a daily routine provides stability and a grounding effect, especially for individuals prone to emotional imbalances.

Conclusion

The *Ayurvedic* approach to *Dharaniya Vega* offers profound insight into the art of emotional regulation. Rather than suppressing emotions, *Ayurveda* encourages us to observe, understand, and guide our emotional energies toward constructive expression. This integrative approach aligns with both ancient wisdom and modern psychology, offering a path toward true emotional freedom and holistic health. In managing emotions consciously, we not only protect our mental and physical well-being but also cultivate deeper relationships, self-awareness, and spiritual growth. In a world increasingly recognizing the importance of mental health, the teachings of *Ayurveda* remain as relevant and powerful as ever.

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