



VEGAVARODHA: PHILOSOPHICAL AND APPLIED ASPECTS OF DHARANEYYA AND ADHARANEYYA VEGAS

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ABSTRACT:

Patients come to an *Ayurveda vaidya* seeking a spiritual-touch, psychological-relief in addition to physical health benefits. This feature made *Ayurveda* a special classics of science.

Concept of *vega* is one among various non-pharmacological methods to prevent diseases and promote health. *Ayurveda* emphasizes more on *nidaana-parivarjana* in order to fulfill its aim. As *dhaaraneeya-vegas* are concerned with mental factors, they have direct influence on mind through spiritual and philosophical aspects, having control over them is indicated as how *arishad-vargas* and *rajo-tamogunas* are advised to be controlled.


Adhaaraneeyavegas are concerned with physical-factors, which impact body physiology. A recent research development called Gut-Microbiome theory proves the relation between mind-body, as the microbes present in the gut communicate with brain through neural-signals. This can be comprehended and applied in the context of *hita-mitaahara* and its impact on mind-body.

Acharyacharaka explains the term *chinta* as “*Vishaadorogavardhananaam*” and *sadaatura*, which are apt in regardance with concept *vega*. *Vegas* act as biological-indicators in keeping homeostatic balance of the body.

Concept of *vegaavarodha* is the dynamic validation that comprises philosophical and applied aspects which substantiates *Ayurveda* is the mind-body science. So, this theoretical study of compilation determines to establish significance of philosophical and applied aspects of *dhaaraneya* and *adhaaraneeyavegas*.

KEYWORDS:

Vegas, Nidaana-parivarjana, Philosophical-aspects, Arishadvargas, Gut-microbiome theory, Mind-body, Sadaatura, Biological-rhythms.

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