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REVIEW STUDY

INCIDENCE OF MUTRAVEGA-VIDHARANA: A CURSE OF MODERN LIFESTYLE

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ABSTRACT:

INTRODUCTION

Suppression of any natural urge is said to be responsible for manifestation of the diseases, according to Ayurveda. Therefore, the correlation between various disorders and the history of suppression of natural urge is a matter of interest.

MATERIAL AND METHODS

We, in the Outdoor Patients Department of Swasthyarakshan at Govt. Ayurved College, Nagpur, receive a variety of patients referred by various other Outdoor Patients Departments. Of them, we obtained history of any practice of suppression of nature's urge. The retrospective analysis of 50 such patients in the light of their occupational botheration was done.

RESULT

It was observed that majority of the diseases could be attributed to their occupation and their lifestyle. The incidence of suppression of urge of urination i.e. mutra-vegavidharana was found out to be very high; which was a fall out of lack of hygienic public urinals at their workplaces.

CONCLUSION

Though mutravigavidharana is not a direct cause of the Lifestyle Disorders (LSD) as per the classical Samhitas, it still has a correlation with LSD. This validates the concept of emergence of all sorts of diseases from the suppression of natural urges

KEY WORDS: *Incidence. lifestyle. mutra-vegavidharana. occupation. retrospective*

Introduction

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Human body, according to *Ayurveda* is defined as the thing that keeps on undergoing degenerative changes¹. This disintegration or degeneration is attributed to the metabolism which a body has to undergo every second. Livelihood is the manifestation of numerous physiological functions including digestion. The physiology of digestion starts with ingestion and it attains the conclusion with

the excretion. Hence the process of excretion is indeed of major importance. It is the peculiarity of *Ayurveda* that it has seriously viewed the relation between suppression of natural urges and the pathogenesis of the diseases. It is regarded that disease is generated because of 2 major causes, one of them being *Agnimandya*² and the other being *Vega-vidharana*³.

AIMS AND OBJECTIVES

1. To find the incidence of suppression of the urge of micturation various patients
2. To retrospect the lifestyle botherations of such patients
3. To analyze the correlation between the Mutravega-vidharana and the occurrence of the disease

MATERIAL AND METHODS

As we render services in the *Swasthyarakshan* Outdoor Patients Department (OPD) of Government *Ayurved* College, Nagpur, we come across the patients who have already been diagnosed and referred by other OPDs.

Hence, we have to note the case history, especially *Hetus* of the patients and advice them *Pathya-apathya* and lifestyle modification accordingly.

From the record available to us, I have identified patients suffering from various lifestyles related diseases. As a part of routine work, we ask them about the history of any suppression of urge of micturation (*Mutravegavidharana*). Their occupations are also taken note of.

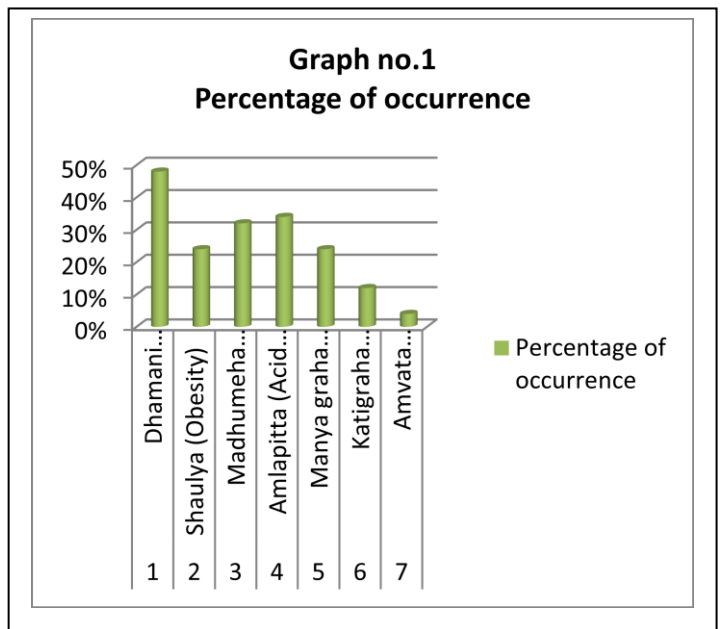
Although the work is intentional, the data collection was not an intentional one. The record was kept as a routine matter and hence retrospective analysis was initiated. Data of 50 such patients is assembled for analysis. Subjective analysis of the incidence of *Mutravegavidharana* is done in the light of their occupation and lifestyle.

OBSERVATIONS AND RESULTS

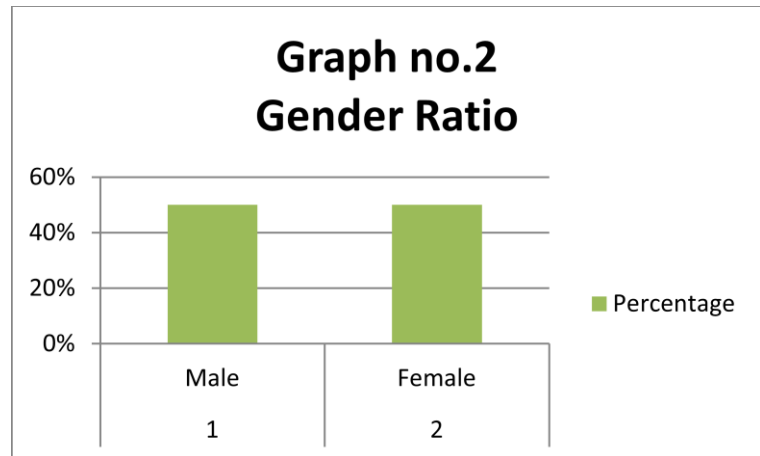
Incidence of Diseases:

It was found that the diseases that we came across were as follows:

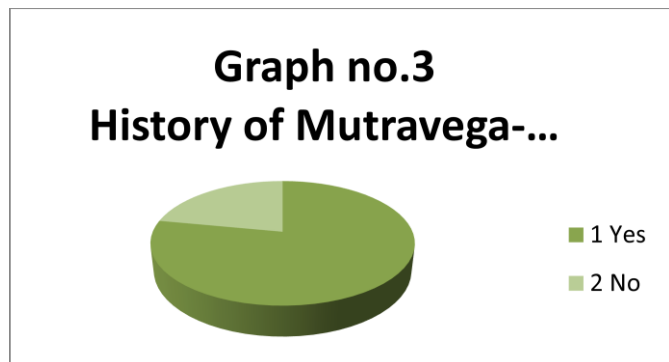
| SL.no. | Disease | % of occurrence |
|--------|-----------------------------------|-----------------|
| 1. | DhamaniPratichaya (Hypertension) | 48% |
| 2. | Shaulya (Obesity) | 24% |
| 3. | Madhumeha (Diabetes Mellitus) | 32% |
| 4. | Amlapitta (Acid Peptic Disease) | 34% |
| 5. | Manyagraha (Cervical Spondylosis) | 24% |
| 6. | Katigraha (Lumbar Spondylosis) | 12% |
| 7. | Amvata (Rheumatoid Arthritis) | 4% |



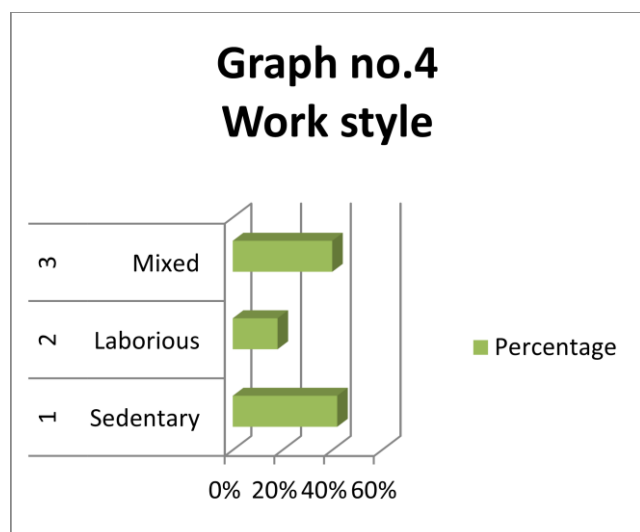
| Sr. no. | Gender | Percentage |
|---------|--------|------------|
| 1. | Male | 50% |
| 2. | Female | 50% |



| Sr.no. | H/o Mutravega-vidharana | % |
|--------|-------------------------|-----|
| 1. | Yes | 78% |
| 2. | No | 22% |



| Sr.no. | Occupation type | % |
|--------|-----------------|-----|
| 1. | Sedentary | 42% |
| 2. | Laborious | 18% |
| 3. | Mixed | 40% |



DISCUSSION

The total of percentage occurrence does not come out to be 100 because in most of the patients, two or more diseases were co-existent. The spondylotic disorders tend to co-exist with Acid Peptic Disease (APD) or Hypertension or both. The co-existence of Diabetes and Obesity is again reiterated. Interestingly the prevalence of Life Style Diseases (LSD) is as much as 50% in both the genders. A spectrum of occupations is seen in the patients. The occupations that we came across were Student, Bank officer, Clerk, Computer work, Driver, Govt. service, Housewife, Marketing, Own shop, Paddy worker, *Papadudyog* and Teaching. Most of the occupations lead to the sedentary workstyle.

The incidence of suppression of urge of urination i.e. *mutra-vegavidharana* was found out to be very high. i.e. 78%. In most of the cases, it is attributed to the lack of hygienic urinals at the workplace. Some patients had to succumb to the working botherations like deadlines and fear of embarrassment, especially females.

It is quite surprising that no patient was complaining of the classic symptoms described in *Samhitas* that arise due to suppression of *Mutravega*. The only exception was *Anga-bhanga*⁴. This complaint of body-ache was virtually told

by almost all the patients who had history of *mutra-vegavidharana*. To add to one's surprise *mutravegavidharana* does not find direct mention in the aetiology of most of the diseases found⁵. *Vega-vidharana* is one of the *hetus* of *Vatavyadhi*⁶ and *Amlapitta*⁷. Still, considering the fact that *mutra* comes under the *Apan-kshetra*, occurrence of these LSDs can very well be attributed to *Adhovatanigraha*.

CONCLUSION

Lifestyle of the date is prone to land the persons into various Lifestyle related diseases (LSD). The persons suffering from LSD tend to have the history of *mutravegavidharana*. This suppression of micturation urge is a result of their workstyle. In most of the cases, the lack of hygienic urinals is the most important factor. Though *mutravegavidharana* is not a direct cause of these LSD as per the classical *Samhitas*, it still has a correlation with LSD. This validates the concept of emergence of all sorts of diseases from the suppression of natural urges i.e. *Adharniyavegas*.

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