

Designing and development of scale to test *Dharaniya vega* according to Ayurveda to observe the suppression of emotions

ABSTRACT

Introduction:

Ayurveda, the ancient healing system that is originated in India explains us to keep balance between body and mind in order to live healthy. The term Vega means “natural urge” and the term Dharana means “suppression”. The root cause of most of diseases or disorders in present days are due to excess of Dharaniya vega.

Aim:

The aim of this study is to Develop and validate a questionnaire on concept of vega dharana as a screening tool to observe the level of suppression of emotional urges that people do on the daily basis which can further lead to different psychosomatic disorders.

Methodology:

The study employed tool development method through which a questionnaire with 10 items was developed. No specific inclusion or exclusion criteria was done. The questionnaire was circulated in Google form with the help of different means of social media. Data was collected through Google Excel sheet which was further analyzed and interpreted.

Result:

Level of suppression is more in students. Also, the current pandemic scenario has played an important role in increasing the emotional suppression among the people. Preliminary psychometric validation was also attempted using exploratory factor analysis

Conclusion:

Concept of *Dharaniya vega* in Ayurveda expound on Vegas essentially required to be controlled in healthy manner, to maintain the health and prevent occurrence of disease. However, from above analysis it is clear that diseased individual do not control or manage their emotions in a proper manner. Ayurveda suggest methods like meditation, and adopting proper lifestyle for controlling or managing these *Dharaniya vega* in proper manner.