

Abstract

Background: *ḍharaneeya vegas* Questionnaire is a cost-effective screening tool to detect the suppression of emotions among a group of people. Further the data can be used to interpret the risk of psychosomatic disorders in future.

Aim: The aim of this study is to Develop and validate *ḍharaneeya vegas* questionnaire as a screening tool to observe the level of suppression of anger in yoga practitioners 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. Quantitative and qualitative methods were used. As it was a survey design there was no particular intervention.

Result: Level of suppression is more in students and working people. Also, the current pandemic scenario has played an important role in increasing the emotional suppression among the people. *āyurveda* explains different methods for controlling the emotions but instead people suppress the emotions which makes them prone to different psychosomatic disorders in future. Preliminary psychometric validation was also attempted using exploratory factor analysis

Conclusion: Concept of *ḍharaneeya vegas* in *āyurveda* 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. *āyurveda* suggest methods like meditation, and adopting proper lifestyle for controlling or managing these *ḍharaneeya vegas* in proper manner.