

ABSTRACT

Background:

Dhāraniya vegā 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 the future.

Aim:

The aim of this study is to use the *Dhāraniya vegā* questionnaire as a screening tool to observe the level of suppression of emotional urges that people do on a daily basis which can further lead to different psychosomatic disorders.

Methodology:

The study employed a tool development method through which a questionnaire with 10 abstracts was developed. There were no specific inclusion or exclusion criteria. The questionnaire was circulated in Google form with the help of different means of social media. Data was collected through a Google Excel sheet which was further analyzed and interpreted. Quantitative as well as qualitative methods were used. As it was a survey design there was no particular intervention.

Result:

Through data, it was observed that people tend to suppress their emotions depending on the situation they face in day-to-day life. The level of suppression was more in students and working people. Also, the current pandemic scenario has played an important role in increasing the emotional suppression among the people. Ayurveda explains different methods for controlling emotions but instead, people suppress the emotions which makes them prone to different psychosomatic disorders in the future.

Conclusion:

The concept of *Dhāraniya vegā* in Ayurveda expounds on Vegas essentially required to be controlled in a healthy manner, to maintain health and prevent the occurrence of disease. However, from the above analysis, it is clear that diseased individual does not control or

manage their emotions in a proper manner. Ayurveda suggests methods like meditation and adopting a proper lifestyle for controlling or managing these *Dhāraniya vegā* in a proper manner.

Keywords: *Dhāraniya vegā*, inferiority complex, urges