

ABSTRACT

Background: Dhārṇīya 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: This study aims to observe the level of suppression of emotional urges with the help of the dhārṇīya vegā questionnaire as a screening tool.

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 collection, we came to know that people suppress their emotional urges depending on their day-to-day routine. The suppression of emotional urges is mostly in students and working people. And in the current pandemic situation, it has been increased. Ayurveda has explained different methods for controlling the emotions but then to people suppress the emotions and lead to different psychological disorders in future.

Conclusion: The concept of dhārṇīya vegā in Ayurveda expounds on Vegas essentially required to be controlled healthily, to maintain the health and prevent the occurrence of disease. However, from the above analysis, it is clear that diseased individuals do not control or manage their emotions in a proper manner. Ayurveda suggests methods like meditation and adopting a proper lifestyle for controlling or managing this dhārṇīya vegā in a proper manner.