

Abstract

Background:

Thought behind this research to develop a tool for *dhāraṇīya vega* analyses and prevent psychosomatic disorders. It's a cost-effective tool.

Aim:

To develop a questioner for analyzing Tool development for the screening of emotional suppression (*dhāraṇīya vega*), this can be a cause of the psychosomatic disorder.

Methodology:

The study employed a tool development method through which a *dhāraṇīya vega* questionnaire with 11 constructs were developed. There was no inclusion or exclusion criteria. Circulated the questioner by social media. Collection of data done in excel sheet then analyses conducted through jasp software. It's a survey design

Result:

Through data, it was observed that people tend to suppress their emotions depending upon 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. *āyurveda* explains different methods for controlling the emotions but instead, people suppress the emotions which makes them prone to different psychosomatic disorders in the future.

Conclusion:

The Concept of *dhāraṇīya vega* in *āyurveda* expounds on *vega* 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 individual does not control or manage their emotions in a proper manner. *āyurveda* suggests methods like meditation and adopting a proper lifestyle for controlling or managing these *dhāraṇīya vegas* in a proper manner.