

Dhāraṇīya- Adhāraṇīya vega
(Suppressible and Non Suppressible Urges)

- The normal physical and mental sensations which arise in the body are called as Vega.

- Urges which should be suppressed:- Greed, grief, fear, anger, egoism, shamelessness, jealousy, excessive affliction, desire for someone else's wealth etc. urges related to mind should always be controlled. One should always strive to control one's mind.

- Urges which should not be suppressed:- Urine, stool, flatus, vomiting, sneezing, belching, yawning, hunger, thirst, tear, sleep etc. are urges related to body which should never be suppressed, otherwise they cause various diseases like headache, cramps in the calf muscles, chest pain, skin disorders, fever etc.