



- Suppression of urge of Sternutation: Controlling the sneeze results in stiffness in neck region, headache, facial paralysis, migraine, weakness in senses etc.
- Suppression of urge for Eructation: Hiccough, tremor, sense of obstruction in heart and chest, cough.
- Suppression of urge for Pendioulation: Flexion of body, convulsion, spasm, naesthesia, tremor, etc.
- Suppression of the urge for hunger: Emaciation, weakness, discoloration, pain in body, giddiness.
- Suppression of the urge for thirst: Dryness of throat and mouth, fatigue, depression, pain in cardiac region.
- Suppression of the urge for Lachymation: Cold, cardiac diseases, eye disease, giddiness.
- Suppression of urge for sleep: Yawning, sleepy behavior, heaviness in eyes.
- Suppression of urge for deep breathing after exercise: Stupor, cardiac diseases etc.

Above thirteen urges should not be produced forcibly neither they should be suppressed. All the above mentioned suppressions are responsible for reduced Agni. In shastras, religion and beliefs Agni has special mention and descriptions of its prayer, respect and disrespect are laid down and considered the same. Infact to be away from the reasons responsible for agni mandya is the true way to worship Agni; joining hands, offering prayers and gifts are not the actual signs of worshiping. As we can see that almost all diseases are caused due to reduced Agni