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Reducing Drug Addictions through Yoga Therapy

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Abstract: *Studying about the drug addiction by studying the causes and factors that makes a health individual a drug addict. Taking care of the sense of thought that the sense of well-being and happiness that is ecstasy can only be gained through the drugs. The research includes the basic introduction of drug addiction by knowing the definition of drug addiction easily by differentiating the effect of drugs into three parts that is Drug abuse, addiction and dependency. The research explains the fundamental intelligence of creation that is functioning within us so the dimension that exist freely, which is free from the memory that we gather and try to alter it with our senses has to be understood. The state of super consciousness is being explained to overcome the feeling of ecstasy through the fundamentals of Yoga and ancient Indian Philosophy. The research was done to control the cause of drug addiction, which has become a big problem for the whole world and is consuming young lives every day. Studying about the side effects of giving up drugs and learning about the yogic ways by which the drug addiction can be reduced and at last curing the consequences of giving up drugs after addiction. The program began with an experiment of coffee that caused addiction and later on it was cured using yogic lifestyle that includes shatkarma (cleansing technique), Yoga Asana, meditation and philosophy of Bhagwad Gita to cure the addicts.*

Keywords: Drug Addiction, Super Consciousness, Philosophy, Yoga Asana, Shatkarma, Meditation, etc.

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