

Role of Yoga in Drugs Abuse

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Abstract: *The most severe type of alcohol abuse is alcohol dependency. It is a chronic disease marked by excessive alcohol intake that compromises physical and mental health, as well as familial and social obligations. Despite major health, family, or legal issues, an alcoholic would continue to drink. Both hereditary and environmental variables have an impact on it. Yoga is often less expensive than other professional interventions for stress reduction and self-soothing. Yogasana and pranayama, when done correctly and on a regular basis, can help to quiet the mind and relieve stress.*

Keywords: Alcohol, Drugs, Yoga, World Health Organisation, Tobacco, Health

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