

# Ayurvedic Perspective of De-Addiction

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**Abstract:** *Addiction is a chronic, relapsing condition characterized by compulsive substance use despite harmful consequences. Ayurveda conceptualizes addiction (Vyasanā) not merely as a physical dependency but as a psychosomatic disorder rooted in Prajñāparādha (intellectual blasphemy), vitiation of Manas Doṣas (Rajas and Tamas), Vāta aggravation, Oja-kṣaya, and Dhātu depletion. Classical Ayurvedic texts describe alcohol addiction under Madatyaya and recognize harmful habits under Vyasanam and Manasa Vikāra. The Ayurvedic approach to de-addiction emphasizes holistic management through Śodhana (purification), Śamana (pacification), Rasāyana (rejuvenation), Sattvavajaya (psychotherapy), and Daiva Vyapāśraya (spiritual therapy), along with regulation of diet, lifestyle, and conduct. This review systematically presents the Ayurvedic etiopathogenesis, chikitsā siddhānta, psychological framework, dietary principles, withdrawal management, and rehabilitation strategies, with correlations to modern de-addiction concepts. Ayurveda thus offers a multidimensional, sustainable, and person-centred model for recovery and relapse prevention.<sup>1</sup>*

**Keywords:** Vyasanā, Madatyaya, De-addiction, Sattvavajaya, Prajñāparādha, Ayurveda, Substance Use Disorder

## I. INTRODUCTION

Addiction is defined as a compulsive and uncontrollable dependence on psychoactive substances such as alcohol, tobacco, cannabis, opioids, or maladaptive behaviours like gambling and digital addiction. Modern medicine classifies addiction as a neurobehavioural disorder involving dysregulation of reward circuitry.

Ayurveda adopts a broader and integrative understanding. Classical texts describe addiction under Madatyaya (alcohol intoxication), Madyaja Vikāra, Vyasanam (harmful habits), Prajñāparādha (failure of intellect), and Manasa Vikāra (mental disorders).<sup>2-4</sup> Addiction is understood as a Manasa-Sharīrika Vyādhī, arising from dominance of Rajas and Tamas, aggravated Vāta, depletion of Meda and Ojas, and impairment of Dhī, Dhṛti, and Smṛti.<sup>5</sup>

Thus, de-addiction (Vyāsana-Mukti) in Ayurveda aims not merely at abstinence but at restoration of mental clarity, self-control, tissue integrity, and sattvic living.

## II. ETIOLOGY: AYURVEDIC UNDERSTANDING OF ADDICTION (NIDĀNA)

### 2.1 Prajnaparadha

Prajnaparadha refers to the misuse of intellect, wherein an individual knowingly indulges in harmful activities:

धीधृतिस्मृतिविभष्टः कर्म यत् कुरुतेऽशुभम्।  
प्रज्ञापराधं तं विद्यात् सर्वदोषप्रकोपणम्॥१०२॥

Repeated indulgence weakens Dhī (discrimination), Dhṛti (restraint), and Smṛti (memory of consequences), sustaining addictive behaviour.<sup>6</sup>

### 2.2 Increase of Rajas and Tamas

Rajas promotes desire, impulsivity, agitation, and craving, while Tamas produces ignorance, inertia, and dependence. Substance use enhances these Manas Doṣas, suppressing Sattva and clarity of mind.<sup>7</sup>



### 2.3 Daurbalya of Manas (Mental Weakness)

Psychological stress, grief, anxiety, loneliness, and depression weaken mental resilience (Manasika Daurbalya), prompting individuals to seek temporary relief through intoxicants.<sup>8</sup>

### 2.4 Āchār and Social Factors

Association with addicted individuals, occupational stress, irregular lifestyle, and availability of substances contribute to addiction and are included under Mithyāyoga of Kāla, Indriya, and Karma.<sup>9</sup>

### 2.5 Vāta Prakopa

Chronic substance use produces Rūkṣa and Tīkṣṇa effects on tissues, leading to Dhātu-kṣaya and Vāta aggravation. Manifestations include restlessness, anxiety, insomnia, tremors, and intense cravings during withdrawal.<sup>10</sup>

### 2.6 Manovaha Srotoduṣṭi

Continuous indulgence vitiates Manovaha Srotas, resulting in impaired cognition, distorted judgement, emotional instability, and loss of self-control.<sup>11</sup>

## III. SAMPRĀPTI

The Samprāpti of addiction is cyclic, progressive, and self-perpetuating, involving both Mānasika and Śārīrīka components:

Initiation by Prajñāparādha → impairment of Dhī-Dhṛti-Smṛti

Dominance of Rajas and Tamas → craving and impulsivity

Manovaha Srotoduṣṭi → distorted perception

Repeated indulgence → behavioural reinforcement

Vāta Prakopa → anxiety, insomnia, tremors

Pitta Anubandha → irritability, anger, hepatic dysfunction

Kapha Anubandha → dullness, lethargy, psychological dependence

Dhātu-kṣaya (Meda, Majjā) → neuro-hormonal imbalance

Oja-kṣaya → fear, depression, poor resilience

Āma formation → obstruction of Srotas and persistence of craving

This creates a **Samprāpti-chakra**, wherein withdrawal distress again provokes indulgence unless therapeutically interrupted.<sup>12</sup>

## IV. AYURVEDIC DE-ADDICTION APPROACH (CHIKITSĀ SIDDHĀNTA)

Ayurveda advocates a holistic, staged, and individualized treatment strategy.

### 4.1 Śodhana Chikitsā (Purification Therapy)

#### Vamana:

Indicated in Kapha-dominant states and Madatyaya to expel accumulated Kapha and reduce craving.<sup>13</sup>

#### Virechana:

Effective in Pitta-Rajas dominance, emotional instability, and hepatic involvement.<sup>14</sup>

#### Basti Therapy:

Most effective for Vāta-dominant withdrawal states.

Anuvāsana Basti nourishes and calms; Nirūha Basti detoxifies and regulates.

Yoga Basti is ideal.<sup>15</sup>

#### Nasya:

Purifies Manovaha Srotas, improves cognition, and reduces anxiety and craving.<sup>16</sup>

#### 4.2 Šamana Chikitsā

##### Medhya Rasāyana:

Brahmī, Maṇḍūkāparnī, Śhankhapushpī, Yashtimadhu, Gudūchi

##### Anti-craving and calming drugs:

Aśhvagandhā, Jatāmānshi, Tagara, Vachā, Pippalī, Harītakī

##### Drugs for Madatyaya:

Drākshā, Guduchi, Dhātakī, Ikshu rasa, Yastimadhu<sup>17</sup>

#### 4.3 Rasāyana Therapy

Chyāvanaprāśa, Aśhvagandhā Rasāyana, Brahma Rasāyana, and Āmalakī Rasāyana restore Dhātus, Ojas, immunity, cognition, sleep, and emotional stability.<sup>18</sup>

### V. AYURVEDIC PSYCHOLOGICAL MODEL OF DE-ADDICTION

#### 5.1 Correction of Prajñāparādhā

Restoration of Dhī, Dhṛti, and Smṛti through Śodhana, Medhya Rasāyana, and counselling directly breaks the addictive cycle.<sup>19</sup>

#### 5.2 Sattvavajaya Chikitsā

Sattvavajaya involves mental restraint, behavioural correction, emotional counselling, strengthening of Sattva, and withdrawal from harmful objects, paralleling modern CBT and motivational therapy.<sup>20</sup>

#### 5.3 Daiva Vyapāśraya Chikitsā

Mantra, meditation, prayer, yogic discipline, and sattvic association reduce Rajas and Tamas, strengthening inner resilience.<sup>21</sup>

### VI. ROLE OF DINACARYĀ AND LIFESTYLE

Ayurveda regards **Dinacaryā** (daily regimen) as a fundamental pillar for maintaining mental discipline, restraint, and emotional stability—qualities that are severely impaired in addiction. Irregular lifestyle, disturbed sleep-wake cycles, erratic eating habits, and lack of routine aggravate Rajas and Tamas, thereby intensifying cravings and relapse tendencies. Charaka emphasizes the importance of righteous conduct and disciplined living:

आचाराद्धि बलं बुद्धिरारोग्यं चाभिजायते।

आचारलक्षणो हयेष आयुर्वेदः प्रकीर्तिः॥

— चरकसंहिता, चिकित्सास्थान 1/30<sup>22</sup>

Addiction is primarily a disorder of Dhṛti-bhramśa (loss of willpower) and Rajas-Tamas dominance of Manas. Observance of proper daily conduct and disciplined lifestyle (Dinacharyā) restores self-control (धृती), mental strength, and health, which are essential for withdrawal and relapse prevention.

#### 6.1 Nidrā (Sleep Regulation)

Nidrā is one of the Trayopastambhas and plays a central role in regulating Dhī, Dhṛti, and Smṛti. Sleep deprivation aggravates Vāta and Rajas, resulting in anxiety, impulsivity, irritability, and increased craving.

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः।

त्रिष्येभ्यो निर्वतन्ते तदा स्वप्निति मानवः॥३५॥<sup>23</sup>

Adequate sleep restores emotional stability, reduces withdrawal-related distress, and improves cognitive control.

## 6.2 Vyayāma (Physical Exercise)

Moderate physical exercise enhances metabolic strength, circulation, and mental resilience. Vyayāma reduces Tamas, promotes Sattva, and improves endogenous reward mechanisms, thereby reducing dependence on intoxicants.

**शरीरचेष्टा या चेष्टा स्थैर्यार्था बलवर्धिनी।**

**देहव्यायामसङ्ख्याता मात्रया तां समाचरेत्॥३१॥**<sup>24</sup>

## 6.3 Yoga and Prānāyāma

Yoga and Prānāyāma directly influence **Manovaha Srotas** and autonomic balance. Practices such as Nāḍīśodhana, Bhrāmarī, Śītalī, and Anuloma–Viloma pacify Vāta and Rajas, reduce anxiety, and stabilize the mind.

**प्राणायामैर्देहदोषान् धारयेत् चित्तनिश्चलम्। (हठ्योगप्रदीपिका)**<sup>25</sup>

Prānāyāma exerts a therapeutic effect in de-addiction by modulating autonomic balance, stabilizing mental fluctuations, and enhancing Dhṛti (willpower). Classical texts state that Prānāyāma burns vitiated doṣas and steadies the mind, which clinically correlates with reduction in craving, anxiety, irritability, and withdrawal-related restlessness commonly seen in substance dependence. Regular practice promotes parasympathetic dominance, improves impulse control, and facilitates emotional regulation, thereby counteracting Rajas–Tamas predominance and Prajñāparādha underlying addictive behavior. Thus, Prānāyāma functions as an effective Sattvavajaya-based non-pharmacological intervention in comprehensive Ayurvedic de-addiction management.

## 6.4 Meditation (Dhyāna)

Meditation enhances self-awareness, emotional regulation, and mental restraint. It strengthens Sattva and enables conscious disengagement from addictive impulses, thereby supporting long-term abstinence.

Thus, Dinacaryā acts as a Achar Rasāyana, crucial for relapse prevention.<sup>22</sup>

## VII. Management of Withdrawal Symptoms

Anxiety – Aśvagandhā, Jatāmāṁsi, Abhyanga

Insomnia – Ghṛta, Jātiphala, Śirodhārā

Digestive issues – Trikaṭu, Pañcakola

Fatigue – Rasāyana, Kṣīrapāka

## VIII. DIET (ĀHĀRA) IN DE-ADDICTION

Āhāra has a direct influence on both **Sharīra** and **Manas**. Improper diet aggravates Rajas and Tamas, whereas Sāttvika āhāra nourishes Dhātus, Ojas, and mental clarity.

Charaka states:

**आहारसम्भवं वस्तु रोगाश्चाहारसम्भवाः।  
हिताहितविशेषाच्च विशेषः सुखदुःखयोः॥४७॥**<sup>27</sup>

## 8.1 Recommended Diet (Pathya Āhāra)

The diet in de-addiction should be:

Warm (Uṣṇa)

Light (Laghu)

Easily digestible

Predominantly Sāttvika

Recommended foods include:

Milk and ghee (Oja-vardhaka)

Fruits and coconut water

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578

Mung dal and light soups  
 Whole grains (rice, wheat)  
 Kṣīrapāka preparations of Medhya herbs  
 This diet pacifies Vāta, rebuilds Dhātus, supports neurochemical balance, and reduces cravings.

### 8.2 Foods to Avoid (Apathya Āhāra)

Foods that aggravate Rajas and Tamas should be avoided:

Excessively spicy, sour, and pungent foods  
 Alcohol and fermented items  
 Red meat and heavy fried foods  
 Processed and stimulant foods  
 Stress-induced overeating  
 Charaka cautions:

इत्यसत्त्वयेन्द्रियार्थसंयोगः, प्रज्ञापराधः,  
 परिणामश्चेति त्रयस्त्रिविधविकल्पा हेतवो विकाराणां;  
 समयोगयुक्तास्तु प्रकृतिहेतवो भवन्ति॥४३॥<sup>28</sup>

Disciplined dietary conduct maintains Agni, prevents Āma formation, and supports mental clarity.

## IX. SPIRITUAL AND SOCIAL REHABILITATION

Spiritual and social rehabilitation plays a vital role in long-term de-addiction by correcting Dhṛti-bhramśa, reducing Rajas-Tamas, and promoting Sattva guṇa. Practices such as Satsaṅga and Sevā foster positive cognition, ethical restraint, and emotional resilience, thereby reducing craving-related triggers and relapse vulnerability. Journaling and guided self-reflection enhance Smṛti and Dhi by improving awareness of emotional and situational triggers, while a supervised daily routine stabilizes Manas through structure and discipline. Participation in group-based yoga and meditation programs provides autonomic calming, anxiety reduction, and social accountability, all of which strengthen willpower (Dhṛti) and impulse control. Collectively, these interventions act as effective Sattvavajaya-based relapse-prevention strategies when integrated with dietary regulation, Dinacaryā, and therapeutic care.<sup>29-31</sup>

## X. CONCLUSION

Ayurveda provides a comprehensive, holistic, and sustainable framework for de-addiction by addressing not only substance withdrawal but the root causes embedded in mind, behaviour, and lifestyle. Addiction is understood as a Manasa-Śhārīrika Vyādhi arising from Prajñāparādha, dominance of Rajas and Tamas, Vāta aggravation, Dhātu-kṣaya, and Oja depletion.

Śodhana removes accumulated Doṣas and toxins; Śamana and Medhya Rasāyana restore neuropsychological balance; Rasāyana therapy rebuilds Dhātus and resilience; Sattvavajaya Chikitsā corrects maladaptive cognition and behaviour; Daiva Vyapāśraya strengthens spiritual anchoring; while Dinacharyā, Āhāra, Yoga, and Satsaṅga ensure long-term stability and relapse prevention.

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