

Role of Yoga in Drugs Abuse

Varsha Semwal¹ and Mrs. Savita Patil²

Student, Department of Yogic Science¹

Faculty, Department of Yogic Science²

Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

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

I. INTRODUCTION

Alcohol Dependence Syndrome (ADS) is a cluster of behavioural, perceptual, and physiological abnormalities that occur with repeated alcohol use and include a strong urge to consume the drug, as well as difficulty controlling its use despite its harmful consequences. It has an impact on day-to-day tasks and duties, and it might lead to physical withdrawal. The dependence syndrome may be present for a single psychoactive substance (such as smoke, alcohol, or diazepam), a group of substances (such as opioid medicines), or a broader spectrum of pharmacologically distinct psychoactive substances (ICD-10).

According to the World Health Organization, the global disease problem associated to alcohol and illicit substance addiction causes more than 5% of the overall disease burden, and the harmful use of alcohol claims 2,5 million lives each year. [2] There is growing worry concerning drug use disorders since relapse rates remain as high as 95 percent in the first year following alcohol or tobacco withdrawal. [3] [4] Anxiety triggers relapse due to interconnected cognitive, mental, physiological, and behavioural processes. Some of these mechanisms include a conservative attitude toward alcohol-related signals, mental repression, a lack of emotional control, and emotional reactivity, all of which lead to recurrent drug-seeking behaviour.

Southeast Asia and the Western Pacific areas continue to see rising alcohol consumption patterns. Between 1980 and 2000, the Southeast Asian region's pure alcohol consumption per capita climbed by more than 50%. Similarly, between 1970 and 1972, India's per capita alcohol consumption surged by 106.7 percent. In 2005, India's overall number of alcohol users was 62.5 million, with 17 percent of them being dependent. Alcohol-related hospital admissions accounted for 20 percent to 30 percent of all hospital admissions. [6] The lowest prevalence rate (7%) is found in Gujarat's western region, while the greatest (75.0%) is found in Arunachal Pradesh. In Southern India, the prevalence of existing alcohol usage has ranged between 33% and 50%. In Pondicherry, the general rate of alcohol usage among people aged 18 was 9.7%, with males accounting for 17.1% of the total. The age group 46-55 years had the highest frequency (17.1 percent). Illiterates with only a primary education had the highest rate of occurrence, which decreased as education level increased. One-third of users began drinking before the age of 20, and the most prevalent reason for this was to relieve pain or weariness caused by their professional work.

To de-addict the patient, numerous treatment methods and medications are used. A successful therapy episode and departure from a brief treatment period may not always imply long-term recovery. It is only seen as a stepping stone on the road to recovery for an addict. And the journey back to health might be difficult: Negative emotional states like worry and sadness, boredom, day-to-day pressures, and insufficient coping skills are all common relapse triggers. This is where yoga can play an important therapeutic role in helping recovering addicts stay sober and avoid relapse.

Addiction is a big issue in the United States. Every year, seventeen million Americans report being addicted to alcohol. Opioids such as Heroin, Fentanyl, and Morphine are responsible for tens of thousands of deaths each year. Not only have loved ones died as a result of substance abuse, but addiction costs the United States \$740 billion every year. As a result,

there have been numerous campaigns against substance misuse, as well as treatments that can help. Along with standard pharmaceuticals and Cognitive Behavioral Therapy, holistic treatments such as meditation and yoga have become increasingly important treatments for substance dependence.

II. YOGIC BELIEFS AND SUBSTANCE ABUSE

Yoga and meditation have long been thought of as a way to relieve physical and emotional discomfort by introducing rhythm and breathing to the mind and body. Different yogic practises have different perspectives on drug and alcohol abuse. Drugs, according to yogic principles, interfere with consciousness and disrupt the body's energy centres. Students of Kundalini yoga are advised not to use drugs since "energies in the body may spiral out of control," resulting in their abstinence.

Yoga concentrates and grounds the mind, which is beneficial to people who are suffering substance abuse. Yoga, despite the highs of exhilaration and the lows of sadness, generates a sense of comfort and connection. Endorphins, or "feel good hormones," are released as a result of linking the body while taking deep breaths, creating a natural high throughout the brain. I walked out of class feeling new, grounded, balanced, alive, and most importantly, feeling like I was going to be okay, says a woman who practised yoga while recovering from addiction. I absolutely adored it.

She returned later because she discovered that yoga reduced her reactivity, provided a secure group, and allowed her to control her thoughts. These are only a few of the many post-addiction benefits of yoga, and many of them have helped her anxiety and insomnia. I also taught her lessons about willpower and gave her a new outlook on life.

III. YOGA AND COCAINE-USE DISORDERS

Only one study has compared the effects of yoga on cocaine-abusing patients. The efficacy of yoga or meditation versus no intervention was evaluated in 24 HIV-positive crack cocaine users in this randomised controlled trial. When compared to the control condition, the study arm's overall score on the Perceived Stress Scale and the Impact of Events Scale improved significantly after two months of intervention. Although the intervention improved QoL slightly, there was no discernible difference in serum cortisol or dehydroepiandrosterone levels.

IV. AYURVEDIC ASPECT OF ALCOHOL ADDICTION

Oak satmya (Acquired homologation) is a term used by Acharya Charak to describe a substance that becomes homologous through time. In the Ayurveddipika, Acharya Chakrapani noted that the Apathya (unwholesome) substance is more about innocuous if it becomes homologous over time, even though it may be poison. The process through which a person becomes physiologically dependent on a substance as a result of repeated use is known as drug addiction. In this case, the addict is also homogeneous with alcohol. As a result, the processes of addiction and Satmya are quite similar. The only difference is that Satmya has less yearning after withdrawal than addiction. In his Mahakavya Bhagvatgeeta, Mahrshi Vedavyas also mentions that the Sidha purush (Ascetic) are free of all indulgences, but the common people are not since the perception of material remains in the body. As a result, the alcohol-addicted person will attempt to abstain from alcohol, but his body will remind him, causing him to crave it.

V. CONCLUSION

Astang yoga includes asana (posture), pranayama (breath control), pratyahara (sense withdrawal), dharana (concentration), and dhyana (meditation), all of which can help with anxiety, agitation, insomnia, memory loss, and a variety of other disorders that can arise from alcohol addiction and withdrawal. It also strengthens the patient's willpower to lessen or eliminate the risk of relapse. In a nutshell, Ashtang Yoga is a set of activities that stimulate a wide range of addiction recovery themes; it is a set of approaches for improving its subject's physical, cognitive, emotional, social, and recreational needs.

Substance abuse disorders are one of the most serious public health issues in the world, and they are one of the leading causes of morbidity and mortality. Despite this, the therapeutic choices for these illnesses are somewhat restricted. Because of the multiple domains of symptoms (e.g., cognitive, somatic, behavioural, psychological, etc.) present in patients with substance-use disorders, managing these diseases is difficult. As a result, substance abuse treatment must incorporate a variety of strategies that can address each of these dimensions. According to our findings, yoga and

associated therapies appear to be a beneficial technique, particularly in the treatment of nicotine addiction. Yoga and other complementary therapies appear to be a promising treatment option. Although the majority of the studies indicated positive short-term outcomes, they should be taken with caution due to the use of indirect measures like QoL, depression rating scale scores, and stress markers. As a result, studies examining the long-term benefits of yoga on substance-use disorders using objective indicators of drug usage are needed. In addition, investigations with a thorough study design are needed to develop an evidence base and advocate yoga for the treatment of substance abuse disorders.

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