

# 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.

## I. INTRODUCTION

Drug addiction has become a big problem for the world today, every day we come across many cases of drug addiction patients, there was a time when there used to be an opening of a new fitness club in our town but nowadays they are been overrun by the drug rehab centers now. So, the situation sits clear in which direction are we moving, what will be the future of our kids, there is no one in this world even the animals who would want their children in one of the Drug rehabilitation centers.

The stats shows that there are almost 21 million Americans who have at least one drug addiction. The numbers are shocking, almost every developing country follows American way of life where they are showed cased with drugs by many influencers. Everyone in today's world is overrun by their Mind (Ahamkar) where they are behaving and living a life that they think is real but is supernaturally being controlled by the fake identity of Surroundings, influencers, country, politics, race, religion etc.

And when they believe that, then their subconscious mind (Ahamkara) starts feeling good same way when you take a drug e.g. coffee, it can make you addict too. If you ever skipped your everyday morning coffee and you start having a little headache, then you are there, that's called addiction and the response is headache. Everyone reacts to different drugs in a different way. Brain has always been a mystery to understand, controlling the brain can overcome the addictions too, but that has to be learnt.

Addiction is something that will give you a sensation and feeling of happiness and goodness by using neuro transmitters where brain acts like a perceptive organ to give the feeling of happiness by releasing different chemical stimulators, like dopamine, endorphin, etc. whereas drug addiction is a phase where an individual uses some drugs as a neuro transmitter to signal the brain to release the neuro stimulators for the will to achieve ecstasy.

The irony is we as a human being are looking for happiness that lies within our body but we are looking an outside source, like a musk deer which has the fragrance element inside his body but is running here and there for that fragrance thinking its outside. Same way we possess the real ecstasy within our body but we don't know the real way to achieve it that's why we are looking for the outside source that acts like a neuro transmitter for the reward that is the feeling of ecstasy.

Most of the people are so busy nowadays that they don't even have time for themselves, bad lifestyle, less sleep, etc. give rise to the stress hormone that is the Cortisol, which ultimately make a person sick and to cure that sickness he takes

drugs which decreases the stress hormone and makes him feel relax. Ultimately, at last the reward factor, that is; happiness is achieved.

Yoga has played a vital role in curing the stress and anxiety along with there are different meditation techniques like Gayatri Mantra, Geeta Path, etc. after a Yoga session can magically decrease the stress hormone and increases the happy hormone.

#### **Objectives:**

1. To study the effect of Yogic lifestyle on people with acute sign of drug addiction that may develop into a chronic addiction or completely dependency of the drugs
2. To study the effect of Meditation on the drug addict people and to improve the quality of life
3. To develop the sense and knowledge of super consciousness among the drug addict through ancient Philosophy.
4. It was a three-arm randomized control trial on the college students undergoing drug addiction related issues.

#### **Causes of Drug Addiction:**

1. Over use of drugs
2. Tolerance due to prolong use of drugs
3. Social surroundings impact
4. Psychic conditions like Depression, stress, etc.
5. Loneliness and lack of support
6. Bad company and physical and sexual abuse

#### **Effects of Drug Addiction:**

1. Hallucination
2. Feeling of ecstasy
3. Increased heart rate
4. Increased blood pressure
5. Less pain
6. Uncontrolled muscle movement
7. Blur vision
8. Giddiness in speaking
9. Less appetite
10. Altered function of brain

Drug addicts may show signs of high dependency on drugs by behaving as if the drugs are necessary for their survival process.

#### **Study 1: - Effect of Yoga on Drug Addiction**

Drug addicted patients may develop a feeling that the only way of survival is by taking drugs and without it they may die, and they even show some signs like restlessness, nausea, giddiness, blood pressure problem, etc. It's all because of the Mind (buddhi) has been into the influence of the Ahamkara (Identity) that now they identify themselves as a drug dependent. Mind(buddhi) is like a two-way sword that works with some permutations and combinations to reach a pleasurable state by looking for shortcuts to save energy thus getting itself mixed into a fake Ahamkara (identity) thus creating a havoc in the whole system.

To balance this Vritti (variation) of mind, an individual can do many asanas to overcome such variations and releasing the toxins accumulated in the body through Sweat, urine and excretion.

For the severely affected patients the micro asanas should be done to warm up the body then slowly and slowly the macro asanas should be introduced to increase the heat in the body for detoxification.

Following asana are found to be very useful for the detoxification of body: -

1. Surya Namaskara (sun Salutation)

2. Paschimottasana (Seated forward Bending)

1. Surya Namaskar (Sun Salutation)

Techniques: -

- Pranama Asana
- Hasto Uttana Asana
- Hasto Pad asana
- Ashwa Sanchalan Asana
- Parvatasana
- Ashtang Namaskar
- Bhujangasana
- Parvatasana
- Ashwa sanchalana asana
- Hasto Pad Asana
- Hasto Uttanasana



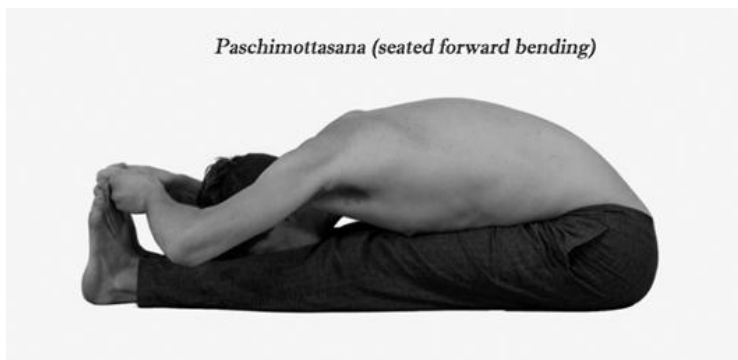
**Benefits: -**

1. It helps cure Insomnia
2. Helps increase the metabolism
3. Improves blood circulation with better oxygen supply to brain
4. Reduce weight
5. Detoxify body through sweating
6. Activates different glands and promote better secretion of hormones.

2. Paschimottasana (Seated Forward Bending)

Techniques: -

- Lift the legs forward and sit down.
- Grab the thumbs of the feet with your middle finger and index finger, take a deep breath and try to keep the head on your knees.
- Then slowly lift your head and return to the starting position. Repeat this pose 12-15 times daily.



*Paschimottasana (seated forward bending)*

#### **Benefits:**

1. Good for weight loss and detoxification
2. Lowers back pain and massage the pancreas; thus, helps in diabetes.
3. Provide strength to the core muscles and back muscles too.
4. This asana also strengthens the thigh muscles.
5. It is also good for stomach, as it cures the gas trouble or acidity with better stool movement.
6. It also makes the backbone flexible and strong and cures back pain.

#### **Study 2: Effect of Meditation on Drug Addiction**

Meditation can make a great influence on the mind of the patients by creating a feeling of calmness and reducing the hyper activity of drugs in the mind and the brain. Meditation techniques can make a person realize the difference between the gross body and the subtle body by working on the energy circle. Meditation makes an aggressive person full of love and joy.

The concept of spiritual meditation can also be taken in action. The word spiritual does not have a specific definition. It in simple words can be defined as a holy connection of the inner self with the ultimate cosmos, it can be understood as a concept of realizing the purpose of life, definition of life, morality, compassion, etc. It can be done through mindfulness meditation, realization of who you are, vipasana meditation, compassion therapy, etc. while harnessing the mind, if we manage to go from Bahirmukhi (gross) meditation to antarmukhi (subtle) meditation then even gods can become our slave.

With Meditation one can look inside his body with the eyes he never had and realize the beauty of creation lies within him and can feel the completeness within himself, thus making his mind more conscious and healthier than it was ever before. The sambhavi mudra can be of very useful when done can activate the pineal gland that helps a person by decreasing the side effects of drugs.

#### **Study 3: Awakening of Consciousness or Citta by Studying Ancient Philosophy**

There has been a lot of questions in a person's mind no matter how happy, sad, young, old, rich, poor, etc. he is. Everyday these questions tangle a person's mind like an insect trapped in spider web and give rise to vrittis (modifications) that later on becomes a big problem for everyone. These vrittis (modifications) are the root cause of the drug addiction as it is a kind of mind modification too. As mentioned in various Yogic texts the vrittis (modifications) can be cured by following the Patanjali Yoga Sutra.

Bhagwad Gita one of the most influential ancient philosophies that describes three major Yoga that is Jarm, Bhakti and Gnan Yoga. It gives a complete guidance on how to live your life at its fullest capacity and how to deal with a problem coming to life. It lights the flame of consciousness in a human being.

Patanjali Yoga sutras turned out to be the ancient philosophy to cure the modifications of mind of a drug addicted person. As mentioned in Yoga sutras, while trying to control the Citta Vrittis (modifications) various disturbances may occur that may create problems in mental growth, they are called Antaraya (disturbances) like mental disease, hallucination, doubt, laziness, carelessness, non-achievement of stage, physical and mental pain, etc.

To control this disturbance, one should accept the faith in Yoga and practice asana and concentrate in the path of yoga, that way the physical and mental pain will be gone along with the Citta Vritti.

## **II. RESULT**

**Weight Balance:** - due to the introduction of Yogic Lifestyle there was a significant change in the weight of the people. Before the Yoga therapy most of the people had disturbed digestion, hormonal disturbance, breathing problem, constipation, etc. Most of the people found positive effect on their health.

**Proper Sleeping Pattern and Concentration:** - very good sleeping pattern was observed without any need of sleeping pills, earlier there was a heavy dependency in drugs for sleep. The power to control the minor dependency of drugs was also seen, leading to better lifestyle.

**Psychological Test:** - There was a significantly better decrease in anxiety and depression scores as measured with the Hospital anxiety and Depression Inventory, following the intervention in the yoga. Less toxin levels in blood were marked leading to better quality of life.

## **III. CONCLUSION**

The main purpose of this research was to examine the theoretical evidence of Yoga therapy on the different types of drug addictions and the ways to cure the drug addictions and their side effects while going through treatment. Yoga asana played a very important role in making the group physically strong and decreasing the levels of stress and anxiety and fulfilling the concept of "a healthy soul lies in a healthy body".

Meditation and philosophy played a critical role in making the group mentally strong by increasing the will power by awakening the model of consciousness and awakening of the concept of moral code and conduct in the society. Thus, this study provides the evidence for the beneficial effects of yoga in reducing the causes of Drug addiction through Yoga Therapy.

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