

Role of Yoga Practices in the Management of Drug Abuser

Kumar, Pankaj¹ and Naveen²

¹Research Scholar, Department of Yoga, Central University of Haryana, India

²Assistant Professor; Department of Yoga, Central University of Haryana, India

Abstract

Drug addiction has been a severe problem in India in the past several decades affecting not just a person who is drug addict and his family but many segments of society. There are number of causes for taking drugs such, for fun, stress, family factor, peer pressure etc. Many medications are easily available in the markets which are legal and some are not easily available since they are unlawful. A person starts abusing the drugs because after using it, he starts feeling wonderful and worry free and then he gets addicted to it. There are different treatments which are crucial for ending the cycle of addiction. As addiction is a chronic disease it requires long time therapy and recovery, and it is not easy for a drug addict to refrain from the drug. But along with all other approaches that are accessible for the treatments of drug abusers, Yoga practices play very vital part. Yoga assists in reducing stress, avoids relapse, and lowers symptoms of withdrawal and drug appetite. With help of this paper, researcher is trying to describe the importance of yoga and meditation in the treatment and rehabilitation of drug addicts, which help the drug addicts to come out of this trauma of addiction and that helps them to start their own life in some new version with the rehabilitation. To reach up to the goal researcher is utilizing secondary method.

Keywords- Drug, Drug addicts, Treatment, Yoga, Rehabilitation

Introduction

Drug abuse is the generic word used to describe the excessive and habitual use of some form of substance such as alcohol, marijuana or cocaine. These drugs typically lead to loss of physical and mental control and

drive the person into a condition of drunkenness. Drug addiction is also known as Substance addiction and is recognized to be a medical problem that develops over time with extended consumption of substances since they are destructive to the body. Previously, drug

abuse related to the abuse of illicit or hard to obtain narcotics, but over the years prescription pharmaceuticals, alcohol and tobacco have become the leading causes of drug abuse. Drug abuse is the principal social problem which is overwhelming the youth all over the world, yet its extent and features varies from location to region. Drug misuse has become a significant concern in our culture.

“One of the most important lessons learned in recent years is that we cannot simply deal with health or discipline in isolation; these issues are interrelated and will require interdisciplinary solution. (GEN Peter W. Chiarelli, 2012 Army 2020 Report, P.6)

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

As per the report magnitude of substance use in India released by Ministry of Social Justice and Empowerment, Government of India and National Drug Dependence Treatment Centre, AIIMS, New Delhi, All India Institute of

Medical Science (AIIMS) in 2019: alcohol is the most abused substance in India. Around 16 crore people (14.6%) between the age of 10–75 years consume alcohol and out of them, 5.2% are dependent on alcohol. And around 5 crore Indians reported to have used cannabis and opioids. It is estimated that about 8.5 lakh people who inject drugs and are addicted.

Yoga Practices as a Solution-

The first step towards the recovery is to recognize that the use of drug has become problem in person’s life which is disturbing the quality of life. When the individual acknowledges the detrimental impact of substance on his life, there are number of therapeutic alternatives open to him. Substance addiction is a recurring condition and relapse is return to use of substance after an attempt to stop its usage. It starts, with the voluntary act of using drugs, but eventually, a person does not remain in a position to prevent himself from taking those substances and it results into drug addiction. Treatment of drug addiction is achievable but it’s not simple, because addiction is a chronic disease. Addiction treatment allows someone to not prolong taking drugs and to be actively involved in the family, at job, and in the society. There is not one treatment that is suited for everyone. The

therapies for drug addiction include behavioural therapy, application, medical devices and medicine, to reduce withdrawal symptoms or to give skills training.

Yoga, which is a form of a mind body exercise is traced in India and has shown physical and mental health increasing the greater perceived stress and anxiety. Ashtanga Yoga 8 different components, including social conduct, self-control, asanas (postures/poses), breathing, concentration, meditation and stillness. Lots of techniques and programs exist to deal with problems of substance misuse and addiction, from traditional to alternative to complimentary. As more and more programs are stressing a 'whole person,' or holistic, approach that encompasses a variety of ways and resources to assist in attaining, maintaining, or advancing recovery, other programs are left behind in this trend. Yoga for de addiction is a supplemental DAG like a natural treatment. For the past 10 years yoga has been the imagination of many as something to offer as a viable cure for drug addiction.

Yamas (Social Disciplines) Yamas contain ethical standards for drug abusers and they help them to achieve self-control and healthy relationships.

Ahimsa (Non-violence): It lures individuals away so that they are not self-destroying through abuse of drugs.

Satya (Truthfulness): This allows the addict to express it honestly about his addiction and his wonderful recovery path.

Asteya (Non-stealing): It allows you to invigorate regret or remorse for the addictions like theft or dishonesty.

Brahmacharya (Moderation): Addictive inclinations run against moderation and balance and that is what teaches.

Aparigraha (Non-possessiveness): It keeps you detached and at rest, and then detach you less from substances.

Niyamas (Personal Disciplines) Niyamas for the individual are supposed to assist create self-discipline, inner strength, both required for a lifetime recovery.

Shaucha (Cleanliness): It's also an excellent detox you may conduct physically and emotionally.

Santosha (Contentment): It teaches acceptance; it gets the yearning out of the way.

Tapas (Discipline): It enhances will strength and compulsion for healing.

Swadhyaya (Self-study): With that, it allows you to introspect about your triggers and behavior.

Ishwarapranidhana (Surrender to a higher power): It also does provide spiritual support and purpose for someone healing.

Asanas (Physical Postures)

Asanas practice detoxifies the body, reduces withdrawal symptoms and improves physical health.

Breathing Techniques: Pranayama

Alternate Nostril Breathing (Nadi Shodhana) is a way to balance the nervous system, and calm the mind and body.

Bee breath (Bhramari) helps in calming the mind and chis away or reduce anxiety.

Skull Shining Breath (Kapalabhati) can detox and make the mind clearer.

Pratyahara (Withdrawal of Senses)

It allows people to disconnect from external distractions and desires by drawing them in.

It improves mindfulness, and slows down impulsive behavior normally connected with addiction.

Dharana (Concentration)

It can break the compulsive compulsive thoughts, if one says the mantra or something else again and again, the compulsion dries up.

Dhyana It allows people to disconnect from external distractions and desires by drawing them in.

It improves mindfulness, and slows down

impulsive behavior normally connected with addiction.

Samadhi

This helps that it gives a sense of being at peace in yourself which reduces the requirement of some external substance to look happy. It aids to connect to individual's higher self and thereby give rise to long term spiritual growth.

Ashtanga Yoga is a broad and well-rounded lens for addiction treatment addressing physical, mental and soul elements of addiction. Through the integration of the ideas and practices of Ashtanga Yoga in rehabilitation programs, persons can concurrently develop long term sobriety, emotional resilience and a fresh sense of purpose.

The Role of Shatkarmas in Detoxification and Recovery for Drug Abusers

Internal cleansing and purification can be done through a great system of yogic cleansing, including six yogic cleansing procedures, Shatkarmas, like Neti, Dhauti, Nauli, Basti, Kapalabhati and Trataka. Cleansing the body of impurities, increasing digestive and respiratory function, mental clarity and all else drug addicts do for physical, mental and emotional issues, these activities are about. Shatkarmas act to relax the working nervous

system and settle your emotions so that withdrawal symptoms are decreased when you experience abstinence. These strategies when utilized together with correct direction in rehabilitation programs, can be used in a holistic and sustainable manner for recovery and such recovery helps people get on their road to better, healthier lives and addiction free.

Conclusion

Substance addiction disorders are among the world's most serious public health challenges and are a major cause of increased rates of morbidity and death. Nevertheless, there aren't many possibilities for controlling these conditions in terms of treatment. The multiple symptom domains linked with substance-use disorders (e.g., cognitive, physical, behavioural, psychological, etc.) make treatment complex.

Our paper indicates that yoga and associated therapies seem to be useful, particularly for those with nicotine use problems. Yoga and associated therapies seem like a good course of action.

Researcher would like to conclude with the quote that

"Don't indulge in the intoxication that fades away; embrace the one that stays with you forever."

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