

## Review Article

### The Effectiveness of Yoga Asanas in Alcohol De-Addiction

#### ABSTARCT:

**Background:** Alcoholism is an addiction to alcohol that has a multitude of psycho physiological effects on a person. According to the WHO, about 30% of Indians consume alcohol, of which 413% are daily consumers and up to 50% of there of the toxic drinker category. Another worrying trend in India is that the average age to start drinking has increased from 28 in the 1980s to 17 in 2007. These statistics are alarming and we all need to learn.

**Methodology:** How to overcome alcohol addiction? While professional advice and treatments are always available, you can also try yoga and meditation to control your cravings. Alcohol abuse, addiction, and the resulting health consequences are a worldwide issue. According to the World Health Organization (WHO), hazardous alcohol consumption is the world's third greatest cause of early mortality and disability, accounting for roughly 2.5 million fatalities per year (corresponding to 3.8 percent of all deaths).

**Result:** Addiction has the potential to impair our bodily and spiritual wellbeing, as well as those we love. When an alcoholic stops drinking, grief sets in, and it sets in with increased vigor. The goal of life is to live in consciousness rather than lose it. It is essential to be attentive in order to be able to overcome sadness. As a result, those who battle with addictions are finding fresh hope in Yoga and meditation.

**Conclusion:** The positive role of Yoga therapy in reducing craving, thus enhancing the management of alcohol dependence. Yoga has proved to be effective in alcohol de-addiction.

**KEYWORDS:** - Ashtanga, Yoga, Alcohol de-addiction, rehabilitation.

## INTRODUCTION:

The after-effects of increased alcohol production and use throughout the world have grown. According to the World Health Organization, the worldwide burden of illness due to alcohol and illicit substance addiction accounts for more than 5% of all disease burdens, and hazardous alcohol consumption takes 2.5 million lives each year. Yoga is a comprehensive treatment that dates back thousands of years in India and provides enormous health advantages in its purest form. Yoga is a diverse spiritual instrument that has a variety of benefits, one of which is increased health and wellbeing. Asanas (postures), pranayama (controlled breathing), and meditation are three components of yoga that are frequently employed for wellness. Yoga is a path within ourselves that transforms us. We continue to move deeper in "that" condition until we achieve the truest state. We are in a state of being of the Yamas and Niyamas, and the other limbs of Rishi culture Ashtanga Yoga, when we are in our "true" condition. Recidivism rates as high as 80–95 percent in the first year after quitting drinking or smoking are causing increasing worry. If doctors prescribe Yoga treatment to their patients during their initial consultations (as a prescription), the patient becomes committed to these activities and takes them seriously. Several studies, like the current one, have already proven the benefits of Yoga treatment. As a result, normal medical management combined with Yoga therapy as an adjuvant may help patients recover more quickly. Because the recovery time is shorter than "just" normal medication, patients will save money, and the hospital will be able to serve more patients during this extra time, not to mention the additional benefits they will gain.

Oak satmya (Acquired homologation) is a term used by Acharya Charak to describe a material that becomes homologous through time [1]. In the Ayurveda Dipika, According to Acharya Chakrapani, Apathya (unwholesome) substance is more harmless if it becomes homogeneous over time, even if it is poisonous [2]. The process through which a person becomes physically 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 addiction and Satmya processes are indeed very similar. The main difference is that Satmya has less desire after withdrawal than addiction. In his Mahakavya Bhagavad-Gita, Maharshi Vedavyas also mentions that the Sidhapurusha (Ascetic) are free of all indulgences, the common people, on the other hand, are not because material perception remains in the body [3]. As a result, the alcoholic would try to refrain from alcohol, but his body will remind him of his addiction, making him need it.

**ASHTANGA YOGA-** Ashtanga Yoga is described by Acharya Patanjali in the 2nd century BC as consisting of eight limbs: Yamas (ethical disciplines), Niyamas (individual observations), Asana (posture), Pranayama (breath control), Pratyahara (sensory withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (self-realization or enlightenment) [4]. Despite widespread perception, together with modernity, Yoga is an ancient discipline that comprises more than only asanas (postures) and dhyana (meditation). Yoga is more than only postures or meditation, contrary to popular assumption and modernism. These eight limbs are made up of moral ideals that can help you live a more meaningful and consistent life; they pay attention to one's health while acknowledging the spiritual components of one's character, and they serve as a tool for moral and ethical behaviour and self-discipline [5]. This yoga is fantastic for healing the mental state of alcohol addict patients, lowering anxiety, agitation, sleeplessness, memory loss, improving bodily strength, mental strength, and other disorders that emerge as a result of alcohol addiction and withdrawal. It strengthens the patient's will to limit or eliminate the risk of relapse [6].

Ahinsa (non-killing), Satya (truthfulness), Asteya (non-stealing), Brahmachary (continence), and Aparigraha (non-receiving) are the Yamas (ethical disciplines). Niyama is a fictional character created by Niyama (Individual Observances) - Shekhacha (Internal and external purification) Tapaha (satisfaction) Santosha (mortification) Svadhyay (study) The Niyamas are Ishvarapranidhanan (God Worship). Sthirasukhamaasanam is an asana (posture). The ideal posture is one that is both sturdy and comfortable. Controlling the movements of expiration and inhalation is known as pranayama (breath control). Pratyahara (Sense Withdrawal)- The sense organs are drawn in by giving up their own objects and taking on the shape of mind-stuff. Dharana (Concentration) is the act of focusing the attention on a certain thing. Dhyana (Meditation)- Dhyana is the state of being in Dharana for an extended period of time. Samadhi (Self-Realization or Enlightenment) occurs when all forms are abandoned in meditation and just the message is reflected.

Ashtanga yoga is effectively used in the aforementioned conditions of individuals with alcoholism and withdrawal to improve their mental health, reduce anxiety, agitation, insomnia, memory loss, increase physical strength, mental strength, and a range of other illnesses. It also strengthens the patient's willpower to decrease or eliminate the risk of relapse due to alcohol.

**Yoga positions** stretch and different parts of the body are nourished, massaging and supplying the internal organs with fresh blood while also revitalising the neurological system and joints, muscles, and ligaments are all lubricated. Constipation is relieved and bowel motion is aided by certain positions. Yoga poses promote vagal tone, which increases the body's energy resources. This shows that practising yoga poses might boost physiological energetic resources and subjective energy levels, as well as improve self-esteem. As a result, we believe that comparing the benefits of "power postures" with those of yoga asanas may reveal a different mechanism behind the influence of bodily psychological states and postures. This process might be linked rather than the sense of interpersonal authority, power, or confidence associated with posture, to the impact of bodily alignment on the autonomous neural system. The effect of yoga positions (asanas) in promoting psychological well-being is less fully understood. Existing research on cognitive embodiment and the physiological impacts of yoga poses, on the other hand, can imply similar benefits.

**Pranayama** is recognised to enhance physical and mental health by increasing tone parasympathetic, decreasing tonesympathetic, improving respiratory and cardiovascular functions, lowering the negative effects of stress and pressure on the body, and increasing parasympathetic tone [5]. Pranayama helps patients make more informed, confident, and capable judgments. And with that skill comes the capacity to deal with adversity, being aware that they now have viable alternatives. They become happier and more content as a result of this.

**Meditation** is a practise for strengthening present-moment awareness, lowering stress, fostering relaxation, and enhancing personal and spiritual growth by focusing one's attention on a sound, object, imagery, breath, or movement. It aids in the overcoming of negative ideas and the cultivation of good ones.

In psychiatric disorders, yoga has healing potential. Changes in neurophysiologic and neuroimaging measures are caused by yoga practise, laying a scientific foundation for use in

yoga therapy. It brings the body into harmony on both physical and mental levels. It re-establishes a feeling of happiness.

Yoga and meditation were found to dramatically reduce alcohol intake in a clinical research. According to a scientific investigation including participants who consume alcohol on a regular basis, 40% of those who has been meditating for more than two years quit throughout the first six months, and 60% quit after 25-39 months of meditative practise. Furthermore, 54 percent of this cohort had stopped drinking alcoholic drinks..

Alcohol abuse is bad and one of the top three danger elements for disease, suffering, as well as death all throughout the globe. It is one of the contributing factors in over 200 diseases and injuries (as described in Statistical Classification of Diseases and Related Health Problems). Alcohol consumption is linked to a higher chance of acquiring health issues such alcoholism, liver cirrhosis, malignancies, and injuries. Infectious illnesses including TB and HIV/AIDS are the most recent causative manifestations of consuming alcohol, according to research findings. According to the World Health Organization (WHO), harmful alcohol consumption is the world's third largest cause of early death and disability, accounting for roughly 2.5 million fatalities per year (corresponding to 3.8 percent of all deaths). Addiction may have a negative impact on our physical and emotional health. According to statistics, eighty percent of crimes are perpetrated while users are under the influence of addictive substances.

When an alcoholic stops or reduces their alcohol use, withdrawal symptoms appear, and sorrow increases in intensity. Addiction is harmful to a person's health, and it can even be fatal in severe cases. Substance addiction is a severe problem that necessitates joint efforts from the person, family, a rehabilitation facility, as well as society as a whole. As a result, the emphasis is on increasing awareness of the hazard and avoiding it.

The patient can be de-addicted using a variety of therapy methods and medications. A successful therapy session and release from a brief treatment period may not always imply long-term healing. Negative emotional states such as worry and despair, as well as boredom in day-to-day living, are frequently identified as setback causes, leading to insufficient coping skills. This is where yoga may play an important remedial role in helping recovering addicts remain on track and avoid relapse.

**DESCRIPTION:** According to worldwide illness categorization systems, and alcohol-related diseases encompass a wide spectrum of mental health issues (ICD-10, DSM-IV). It's a long-term illness defined by binge drinking and an obsession with alcohol. Dangerous drinking and alcoholism are two examples. It is a collection of behavioural, as well as cognitive and physiological traits that include a strong desire to consume alcohol and a problem in controlling one's consumption. Despite the negative consequences, an alcoholic may continue to drink. They also prioritise alcohol intake over other activities and responsibilities. For a small percentage of people, social drinking can progress to alcohol abuse and, eventually, alcohol dependence. Loss of control - the inability to quit drinking once it has started. Physical dependence - After stopping drinking, withdrawal symptoms include nausea, sweating, shakiness, and anxiety. Tolerance - The urge to consume more alcohol to achieve a "high." Alcoholics don't have a "typical" appearance. You can be teenager; men or women; unmarried, wedded, filed for divorce, widowed, or residing with somebody; practice any religion or none; live in a rural area, city, or metropolitan area; earn good money or just a little; come from every ethnic, social, or ethnic background; have any level of education; and lead any living and collaborate. The drinking may have started in a variety of ways, but that isn't the point. What matters is that drinking became a habit, as well

as the habit evolved into addiction or alcohol dependence. Whether the alcohol is in the form of beer, wine, or hard liquor makes no difference. Alcoholism, often known as alcohol dependence, is a disorder characterised by the four symptoms listed below. Craving — a strong desire or want to consume alcohol. Loss of control - the inability to quit drinking once it has started. Alcoholism has become a huge public health concern around the world, as well as a major source of poverty and family strife. Alcoholism is a major chronic disease characterised by reduced control over drinking, fixation with the drug alcohol, use of alcohol despite negative effects, and cognitive distortions. The term is often used interchangeably with alcohol addiction. If the patient decides to stop drinking, a sudden drop in alcohol intake can cause withdrawal symptoms, many of which are the polar opposite of those caused by intoxication.

Withdrawal from alcohol is a psychological physical and symptom people may feel when they'll abruptly stop their alcohol consumption after drinking excessively for a lengthy period of time. Some of the symptoms include nausea, vomiting, tremors, anxiety, agitation, paroxysmal perspiration, clouding of sensory tactile abnormalities, auditory disturbances, visual disturbances, headache, and insomnia. Symptoms of withdrawal usually begin within 5 to 10 hours of reducing alcohol use, on the second or third day, the intensity peaks, and then improve on day four or five. As a protracted abstinence syndrome, anxiety, sleeplessness, and moderate degrees of autonomic dysfunction may remain for more than 6 months, contributing to the likelihood to relapse.

Individual observances are useful for alcoholic patient which elevate spirituality and give confidence or willpower to rehabilitate.

**REVIEW:** - Researchers and patients both recognised a number of gains in yoga activities. These included depression and state-trait anxiety reduction, addiction treatment and prevention, better sleep quality, stress tolerance, mental concentration, health promotion, and neurological disruption reduction. According to a literature review, the majority of studies that have reported significant potency of yoga in de-addiction to alcohol, anxiety, and other neurological signs after exercising and yoga have reported stronger communication of yoga in de-addiction to alcohol, anxiety, and other neurological symptoms after resistance fitness and yoga.

**DISCUSSION:** - Yoga, which dates back thousands of years, is known for uniting the body, mind, and spirit and promoting an individual's total well-being. Yoga is particularly helpful at lowering cortisol and adrenaline levels, which are stress hormones. Any imbalance of these hormones is well known to cause anxiety, depression, and other stress disorders, and also drug and alcohol abuse in people. Yoga is a extensive intervention, which began in India thousands of several years ago and has enormous health advantages in its purest form. Yoga's therapeutic potential in mental diseases like there has been a lot of study into depression, yet its benefits in the treatment of addiction problems are yet to be thoroughly researched [6]. Process of defining from yoga and psychiatric study demonstrate improvements in neurophysiologic, neuroimmunology, and neuroimaging parameters, laying the groundwork for yoga therapy. It restores a patient's sense of well-being and increases their vitality. There have been several studies that show that meditation, asana, and pranayama can assist to alleviate sleeplessness, anxiety, agitation, insomnia, memory loss, and enhance physical and mental strength. R. Manocha's research concluded that meditation is a safe and effective way to deal with stress and depression [7-13]. According to a research, Anuloma villoma pranayama aids in the alleviation of anxiety and depression in both individuals and the elderly. Bhastrika pranayama might be used as a non-medicinal insomnia treatment.

**CONCLUSION:** -Patients suffering from alcohol addiction and withdrawal can benefit from reduced anxiety, agitation, insomnia, memory loss, improved body strength, mental strength, and a variety of other disorders by exercising posture, breath control, withdrawal of senses, concentration, and meditation, which are all aspects of yoga. It strengthens the patient's resolve in order to decrease or eliminate the risk of relapse. Yoga is a strategy for improving the physical, cognitive, emotional, and social requirements of their client. It is an exercise that stimulates a wide array of addiction rehabilitation. A clinical trial is a study in which a drug is tested on humans, it was revealed that exercising and meditating. Contrary to the no-treatment control condition, there was a considerable reduction in alcohol intake. 8 According to a clinical study of patients who took beer and wine every day, after the first six months, 40% of those who had meditated for more than two years quit. This figure grew to 60% after 25-39 months of meditation. Furthermore, 54% of this group had ceased drinking alcoholic beverages.

UNDER PEER REVIEW

## REFERENCE: -

1. Patanjali Yoga Sutras Commentary by Swami Omanand Tirth, Gita press Gorakhpur reprint 2004 Bhargava
2. Gogate MG, Mascarenhas JF. Autonomic responses to breath holding and its variations following pranayama. *Indian Journal of Physiology and Pharmacology* 1988
3. Woodyard C. Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International Journal of Yoga* 2011
4. Latha Rajendra Kumar; Role of pranayama in reducing stress in chronic alcoholics. *Pak J Physiology* 2011; 7(2).
5. Vijay Kumar B, Sachin Gudge, Mahesh Patil, Satish Mudbi, Siddeshwar Patil; Effects of practice of Pranayama on control of life style disorders. *Journal of Evolution of Med and Dent Sci. Issue 31/July 1, 2014, 8712-8718*
6. Telles S, Nagarathna R, Nagendra HR. Breathing through a particular nostril can alter metabolism and autonomic activities. *Indian Journal of Physiology and Pharmacology* 1999
7. ShafilM, Lavelly R, Jaffe R; Meditation and the prevention of alcohol abuse. 1975 Sep;132(9):942-5.PMID:1155631[PubMed]
8. Vagga, Anjali Ambadas, and Archana Janardan Dhok. "Blessings in Disguise: Yoga and Meditation during Corona Lockdown." *JOURNAL OF EVOLUTION OF MEDICAL AND DENTAL SCIENCES-JEMDS* 9, no. 35 (August 31, 2020): 2540–44. <https://doi.org/10.14260/jemds/2020/552>.
9. Gedam, Sachin Ratan, Ajab Dhabarde, Pradeep S. Patil, Animesh Sharma, Kanika Kumar, and Vijay Babar. "Psychiatric Comorbidity, Severity of Dependence and Liver Enzymes Dysfunction among Alcohol Dependent Individuals: A Cross-Sectional Study from Central Rural India." *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH* 13, no. 4 (April 2019): VC1–5. <https://doi.org/10.7860/JCDR/2019/40368.12759>.
10. Ghogare, Ajinkya Sureshrao. "Study Of Cognitive Impairment In Patients Of Alcohol Use Disorder." *Indian Journal Of Psychiatry* 61, no. 9, 3 (January 2019): S583–84.
11. Thomas, Julie Ann, Sourya Acharya, Samarth Shukla, Joel Joy Thomas, Sree Karthik Pratapa, and Vidyashree Hulkoti. "Non Alcoholic Fatty Liver Disease (NAFLD) in Metabolic Syndrome (MetS)- A Case Control Study." *MEDICAL SCIENCE* 24, no. 103 (June 2020): 1490–99.
12. Gedam, Sachin Ratan, Ajab Dhabarde, Pradeep S. Patil, Animesh Sharma, Kanika Kumar, and Vijay Babar. "Psychiatric Comorbidity, Severity of Dependence and Liver Enzymes Dysfunction among Alcohol Dependent Individuals: A Cross-Sectional Study from Central Rural India." *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH* 13, no. 4 (April 2019): VC1–5. <https://doi.org/10.7860/JCDR/2019/40368.12759>.
13. Ghogare, Ajinkya Sureshrao. "Study Of Cognitive Impairment In Patients Of Alcohol Use Disorder." *Indian Journal Of Psychiatry* 61, no. 9, 3 (January 2019): S583–84.

UNDER PEER REVIEW