



## A CASE OF SUBSTANCE ABUSE –AYURVEDIC MANAGEMENT

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### ABSTRACT

Drug addiction is defined as a chronic disorder characterized by compulsive use of drugs resulting in physical, psychological and social harm, and continued use despite evidence of that harm. The overall prevalence of substance abuse amounts to about 18.86% with the mean age of onset of 26.5 years. *Keraleeya visha chikitsa granthas* like *Prayoga samucchaya* have given descriptions on antidotes for these *madakari dravyas* that may be employed in the treatment of substance abuse cases. A 24 year old man has been successfully treated with Ayurvedic medicines incorporating antidotes from *Agada Tantra*.

**Key words** – substance abuse, *madakari dravyas*, *keraleeya visha chikitsa*

**INTRODUCTION:** Substance abuse is widely considered as a pathological state that involves progression of acute drug use to the development of drug-seeking behavior, the vulnerability to relapse, and the decreased, slowed ability to respond to naturally rewarding stimuli. Abuse and addiction have been defined and redefined by several organizations over the past 35 years.<sup>1</sup> Drug addiction is defined as a chronic disorder characterized by compulsive use of drugs resulting in physical, psychological and social harm, and continued use despite evidence of that harm. Drug habituation is a condition arising from the repeated consumption of a drug where there is psychological and emotional dependency on the drug. Dependence includes both terms, addiction and habituation. If the drug is abruptly withdrawn it produces symptoms opposite to that of the effects of the drug. Alcohol and tobacco are the commonly abused drugs followed by cannabis, amphetamines, opiates and cocaine.<sup>2</sup> The overall prevalence of substance abuse amounts to about 18.86% with the mean age of onset of 26.5 years according to a

study conducted by Vinay Kumar et al<sup>3</sup>. A national survey conducted on extent, pattern and trends of drug abuse in India conducted in the year 2000, revealed that the prevalence of Alcohol abuse was (21%), followed by cannabis (3%) and opiates (0.7%). Poly-drug users amounts to about 22.3%.

The neurobiology of dependence has been conceptualized as a complex and chronic process occurring in the brain which involves the reward (dopamine) pathway. Abused substances activates the mesolimbic system, it consists of dopaminergic neurons in the ventral tegmental area and its axonal projections to the terminal fields of nucleus accumbens.<sup>4</sup> NDPS Act was enacted in 1985 for controlling the cultivation, manufacture, possession and sale of drugs<sup>5</sup> Ayurveda, the science of life includes these substances of dependence as *madakari dravyas*<sup>6</sup>. *Madaka dravyas* (intoxicating substances) of ancient period includes *Madya* (Alcohol), *Ahiphenam* (*Papaver somniferum*), *Bhanga* (*cannabis sativum*) etc. Pharmacological properties are elaborately

explained by Acharya BhavaMisra<sup>7</sup>. Keraleeya visha chikitsa granthas like Prayoga samucchaya<sup>8</sup> etc have given descriptions on antidotes for these madakari dravyas that may be employed in the treatment of substance abuse cases.

#### CASE HISTORY

A 24 year old young man came to Kottakkal Ayurveda College, AgadaTantra OPD complaining of Nausea, vomiting, anorexia, burning sensation and dryness all over the body, diarrhoea, lacrimation and headache since last 3 months. He was a student residing at Bangalore as a part of his education. On detailed examination, tachycardia, slight raise in temperature, BP and respiratory rate was noted. Vitals –BP-

150/80 mm of Hg, Pulse rate-80/minute, respiratory rate-20/minute. His personal history revealed that he had reduced appetite, decreased sleep and constipated bowel habits. Sleep was interrupted often and he was practicing an irregular sleeping pattern. On further querying the patient and his spectator (patient's father), the detailed drug history was discovered. The patient was under excessive drug addiction, smoking and alcohol consumption for the past 4 years. Due to the compulsion from his parents, he had to quit from the drug intake since last 3 months, after which the withdrawal symptoms ascended.

**Table 1-list of drugs taken**

Smoking Ganja(Cannabis )leaves	4 years
Maxgallin 75 tablet	4 years
PG Tablet (Pregabalin tab)	“ “
Smelling Fevibond gum	
Smoking	8/day
Alcohol consumption	

Cap. Maxgalin 75 capsule is commonly used to relieve pain caused by nerve damage due to diabetes, shingles spinal cord injury or other conditions . PG tablet (Pregabalin tab) is also used for relieving pain caused by nerve damage due to diabetes. Fevibond contains propylene glycol which produces habituation. Condition was diagnosed as *Madatyaya* and treated with antidotes described in *Keraleeya Visha Chikitsa granthas*. Inform consent was taken from the patient in a prescribed consent form before treatment

#### Treatment

Treatment was made on OP(outpatient) basis. Proper counseling was done for the patient and his father about the drug addiction and the probable withdrawal symptoms. The drug selection was made on the basis of *ojovardhaka, vata pitta hara, stambhana and vishahara*. Patient was given information about the *pathya aharas* and *viharas* to be followed during the treatment.

**Table 2- Number and details of each visit**

Visit	Symptoms	Medicines given
1 <sup>st</sup> visit	Headache, burning sensation of both palm and sole, itchy lesions over palm, burning sensation all over the body, dryness of body, lips and hair	1. <i>Aswagandha choornam</i> -5 gm bd (with milk) 2. <i>Pushyanuga choornam</i> -5 gm bd( with milk) 3. <i>Pathyakshadhatryadi kashayam</i> -60 ml bd
2 <sup>nd</sup> visit	Complaints persists	Continue the medicines+ 4. <i>Yashtimadhu choornam</i> -5 gm HS (with

		milk )
3 <sup>rd</sup> visit	Complaints persists	All medicines stopped 1.Gopatmajadi keratailam-e/a 2.Panchagavya ghritham-5 ml HS
4 <sup>th</sup> visit	Headache decreased, burning sensation persisted	Continue 1,2+ 3.Dadimadi ghritham-5 ml morning 4.Satadhoutha ghritham-to be applied over lips 5.Saribarkam+Aravindasavam-20 ml –bd
5 <sup>th</sup> visit	Lips-clear, headache and drowsiness-reduced, burning sensation all over the body-persists	Continue all the medicines + 6. Bimbi (Coccinia indica)- given for internal usage
6 <sup>th</sup> visit	Burning sensation of eyes reduced, headache, drowsiness, dryness and burning sensation-reduced,hair dryness persists	Continue 2,3,4,5,6 Stop Gopatmajadi kera tailam+ Balaguloochyadi kera tailam+Dhanwanthara tailam-for external usage

Milk was advised to take in large quantities in all visits. *Apathya ahara* like *katu amla ahara* and *viharas* like *rathri jagarana* was advised to avoid.

**DISCUSSION:** *Ashwagandha*<sup>9</sup> is a very revered herb of Indian *Ayurvedic* system which acts as a *rasayana*(*Rejuvenation*). It is used for various kinds of disease processes and specifically used as nerve tonic. It has a cognition promoting effect and useful in children with memory deficit. It has GABA mimetic effect and was shown to promote formation of dendrites it has anxiolytic effect and improves energy levels and mitochondrial effect. *Pushyanuga choornam* and *Pathyakshadathryadi kashayam* is also added in the first visit in order to address the subjective clinical symptoms.*Yashtimadhu*<sup>10</sup> helps in *Vata Pitta shamana* due to *seetha veerya* and *vruna daha hara* properties. These properties were employed in the second visit. *Yashtimadhu* is the only drug used in the treatment of *sthavara visha vega chikitsa*<sup>11</sup>. In the 3<sup>rd</sup> visit, *pitha samanata* of specific medicines like *Panchagavya ghritha*, *Gopatmajadi kera tailam*, *Balaguloochyadi kera tailam*

*Dadimashtakam choornam* were utilized. *Bimbi*<sup>11</sup> is found to possess hypoglycaemic, hypolipidemic and anti-oxidant properties. Fruits are slimy in touch, pulpy ovoid with numerous seeds which are oblong. Milk was also suggested for frequent consumption and *dhara*(pouring) was done using milk. In *madya visha*, *madhya* itself may be taken along with lemon juice<sup>8</sup> according to *Prayoga Samucchayam*.

**CONCLUSION:** Drug addiction is defined as a chronic disorder characterized by compulsive use of drugs resulting in physical, psychological and social harm, and continued use despite evidence of that harm. Various *keraleeya vishvaida granthas* have enumerated the treatment of substances of abuse like cannabis, alcohol etc. These may be incorporated in the systematic treatment of drug addiction for better management.

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