



# AYURVEDIC MANAGEMENT OF OPIUM ADDICTION – A SINGLE CASE STUDY

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## ABSTRACT:

In today's competitive and stressful life drug addiction is increasing day by day. These addictions of drugs induce a state of euphoria as well as mental separation and makes a person stress free but it also worsens their quality of life. Opium addiction is one of them. Though opium has many medicinal properties but it's long time use makes a person addict to it. Present in the dried latex of the opium poppy seed pod is the extremely addictive narcotic opium. According to Ayurved, the property of Ahiphena is Laghu, Rooksha, Sooksma, Vikasi property which leads to vitiation of Vata-Pitta dosa & produce various symptoms. Its karma is Madakari, the drugs intoxicate the Intellect. So the chance to do illegal Activity is common. Long-term use also causes changes in other brain chemical systems and circuits as well, affecting functions that include learning, judgement, decision-making, stress, memory, behaviour. The Patient was treated with Nashamukti Yog-3, Shirodhaara Along with Abhyanga Mahanarayan tail . The treatment Result to improve in condition of patient with improvement in sign and symptoms of Opium dependency and symptoms withdrawal.

KEY WORDS: Opium dependence, Nasamukti, Shirodhara

## INTRODUCTION

The illiteracy and low socio-economic status are the major causes for addiction, as it lacks the poor knowledge of it's ill effects over time. It was also used for a long time as a mind altering drug as an

analgesic. The usage of opium mixed with milk is giving to children for making them calm, which also leads to addiction.

Rajasthan is a state where poppy cultivation and various opioid used commonly In ancient time, an infusion of poppy capsules was habitually drunk by some people in various parts of Rajputana States, especially in Jodhpur, "Kasoomba" the decoction of crude opium is offered to the guests on special festive occasions in various parts of Rajputana State. "Bhujr" is a preparation which made by frying green, ripe capsules in butter or ghee, was eaten by the addicts. A sweet called "Halwa" prepared from the juice extracted from green poppy capsules is also used by opioid addicts. The Rajputs used to take the opium before they took part in battles because it was known as courageous so it was used to steady the nerves for doing some bold deed requiring special courage.

In some area of Rajasthan low socio-economic level females who works hard as a labour, they, gives their children opium to keep quite them during their working hours. In western Rajasthan, Opium is offered to guests instead of tea and coffee. There is a tradition of Opium sewing during every occasions of assembly of their relatives. This tradition is on vogue in all over "Marwar" area,"Mewar" area is also significant in the use of opium an aboriginal function called "BhopaPrasadi", Opium served to everyone openly. "Hadoti" region is the area of poppy cultivation so there also Opium use is more common. Illicit opium business is also there source of income so many people involved in this vicious cycle.The addiction was highest in the age group 30-50 years compared to the other age groups.

Case Study :This is case of 29 years old man From Birwal Nagour ,Rajasthan came at DSRRAU, Jodhpur de-addiction unit,OPD No.13 (Reg.no. 15424) 15424/500 on 27/02/2023. After taking of history and complete physical examination,patient admitted to IPD.

History of Present illness: The patient was presented Body ache, Insomnia,Restlessness, Headache, Running nose, Watering eyes,Sneezing ,Weakness.

Drug history Patient taking Opium since 4 years, on 27/02/2023, he came at de-addiction unit,DSRRAU, Jodhpur .His Opium dose was 8gm/day,250 gm/month

Past history: No history of any disease. Allopathy treatment is opium de-addiction,

Family history: Grandfather also addicted to Opium.

Personal history:

Ahara: Vegetarian , Kosta: Madhyam , Aharvidhi: Vismashan

Tea: Takes tea 2 times a day, Nidra: 7-8hr

Pramana:(Dasvidha Pariksha)

Prakruti: Vata-pitta, Sara: Madhaym, Sanhanan: Madhaym, Pramana: Madhaym,

Satmya: Sarvrasa, Satwa: Madhaym, Ahara shakti: parvar, Vyayma:Madhaym,

Vaya: Yuvaavastha, Desha: Jangham

Astvidh Pariksha:

Nadi (Pulse): 70/min, Mootra (urine): Samanya, Mala (bowel): Samanya,

Jihwa (tongue): Malaavrata, Shabda (speech): Samanya, Sparsha: Samanya,

Drukh: Samanya, Aakruti: Madhyam

Vital Examination

Blood pressure: 110/80 mm-Hg, Resp. Rate:18/min

Pulse Rate:80/min, Temperature:98 F, Height: 5 F 10 inch

Weight: kg:72kg, Bowel: Constipation

Ayurvedic Management of Addicted Patient of Opium

### 1.Nashamukti yoga 3

S.N.	Ingredient	Botanical Name	Quantity	Part used
1.	Brahmi	Bacopa Monnieri	8 Part	Whole Plant
2.	Shatavari	Asparagus Racemosus	18 Part	Root
3.	Ashwghnda	Withania Somnifera	16 Part	Root
4.	Bliv Majha	Aegel Marmelos	16 Part	Fruit
5.	Konch beej	Mucuna Prurita Hook	4 Part	Seed
6.	Panchkol Churna		8 Part	
	a. Pippali	Piper longum		Fruit
	b. Pippali Mool	Root of piper longum		Root
	c. Chavya	Piper retrofractum		Fruit
	d. Chitrak mool	Plumbago zeylanica		Root bark
	e. Shunthi	Zingiber officinale		Rhizome
7.	Sudh Shilajit	-	2 Part	-
8.	Sudh Kuchla	Strychnos Nuxvomica	1 Part	Seed

2.Combination of Ashvagandha churna – 1gm, Shatavari churna- 1gm, chopchini -1gm drugs

are continuous through complete treatment and follow-up.

3. Dashmool Kwath,Rasnasaptak Kwath Combination 20ml, BD

4. Shirodara- Ashwgnadha tail, Padaabhayanga by til tail,yoga, aasan, pranayam

## 5. Yograj gugulu 2tab BD

Early morning for 15days, Patient would be given psychological counselling, Yoga, normal healthy diet and medication, along with medicines. Follow-up was done at 33th day after patient was discharge.

## Assessment Criteria

Table 1: Clinical Assessment of Patient will be done on the basis of given sign &amp; symptoms.

S.N.	CLINICAL FEATURES	1 st day	7 th day	14 th day	At the time of discharged Score
1.	craving for Opium	3	2	1	0
2.	Insomnia	3	2	0	0
3.	Rhinorrhea	3	1	0	0
4.	Sneezing	3	1	0	0
5.	Lacrimation	3	2	0	0
6.	Muscle ache/cramps	3	1	1	0
7.	Abdominal cramps	0	0	0	0
8.	Diarrhoea	0	0	0	0
9.	Palpitation-feeling of heart beat	3	1	0	0
10.	Yawning	3	1	0	0
11.	Nausea or vomiting	0	0	0	0
12.	Gooseflesh skin	3	1	0	0
13.	Pupil size	0	0	0	0
14.	Restlessness	3	1	0	0
15.	Sweating	3	1	0	0
	Total	33	14	2	0

## Grading-

-	Absent	0
+	Mild	1
++	Moderate	2
+++	Severe	3
++++	Fatal	4

## 1st Follow-up (Ayurvedic Management of Addicted Patient of Opium)

1. Nashamukti yoga 3
2. Combination of Ashwagandha churna – 1gm, Shatavari churna – 1gm, chopchini churna-1gm drugs are continuous through complete treatment and follow-up.
3. Rasayan churn 3gm BD
4. Blarist 10 ml BD
5. Drakshaavleh 1 tsf BD
6. Yoga

## 2nd Follow-up (Ayurvedic Management of Addicted Patient of Opium)

1. Nashamukti yoga 3
2. Combination of Ashwagandha churna – 1gm, Shatavari churna – 1gm, chopchini churna-1gm drugs are continuous through complete treatment and follow-up.
3. Rasyan churn 3gm BD
4. Yoga

Table 2: Clinical Assessment of Addicted Patient of Opium Before and After Treatment

S.N.	CLINICAL FEATURES	Before Treatment Score	(At the Time of discharged) Score)	1 <sup>st</sup> follow -up Score	2nd follow -up Score
1.	craving for Opium	3	0	0	0
2.	Insomnia	3	0	0	0
3.	Rhinorrhea	3	0	0	0
4.	Sneezing	3	0	0	0
5.	Lacrimation	3	0	0	0
6.	Muscle ache/cramps	3	0	0	0
7.	Abdominal cramps	0	0	0	0
8.	Diarrhoea	0	0	0	0
9.	Palpitation-feeling of heart beat	3	0	0	0
10.	Yawning	3	0	0	0
11.	Nausea or vomiting	0	0	0	0

12.	Gooseflesh skin	3	0	0	0
13.	Pupil size	0	0	0	0
14.	Restlessness	3	0	0	0
15.	Sweating	3	0	0	0

## DISCUSSION

Ayurveda purified opium is used for balancing the vata and kapha dosha but increases pitta dosha. Opium is one of the most valuable drugs, Morphine and Codeine, the two principal alkaloids, being largely used in medicine. It is excellence as a hypnotic and sedative, and is commonly used to treat pain and calm excitement. For its astringent properties, it is used in diarrhoea and dysentery And it also have properties like expectorant, diaphragmatic, sedative and antispasmodic etc. Small doses of opium and morphine are nerve stimulants. we select drugs of opposite action toxic effect of Opium and also helps in de-addiction by reducing the symptoms as well as.

1. Nashamukti Yog -3(Kalpiti Yog) - They serve as a stimulant and carminative and are used in dyspepsia and colic. They are Anti Inflammatory, Antioxidant, Antimicrobial, Antispasmodic, Analgesic, Antipyretic and improves salivation. Long pepper help in suppressing pain and reducing inflammation. It benefits in anorexia, indigestion, flatulence, abdominal pain, hyper acidity, diarrhoea. They are good for eyes and cure Vata disease.
2. Combination of Ashvagandha churna, Shatawari churna, Chopchini churna act as balya and hence were helpful for debility, Anti-bacterial, Immunostimulatory, Anti stress, Cardioprotective.
3. Dashmooladi kwath - is Anti Inflammatory, Antirheumatic or Anti-arthritic, Analgesic, Antispasmodic, Antioxidant, Neuroprotective, Anti-paralytic.

When patient was admitted, total score was 33, so that he was suffering from severe opium addiction. In I.P.D first 7 days score goes to 14, that show symptoms of opium withdrawal decrease and become moderate. On 14 day score is 2 i.e. below mild and at the end of treatment & follow-up it remains 0. This shows exciting results of Ayurveda therapy on opium withdrawal. This shows that the above given treatment reduces the toxic effect of Opium, reduces sign & symptoms along with Opium addiction, improves patient physical and mental health.

## CONCLUSION

Addicted patient of Opium managed by Ayurvedic principle and drugs without complication. it is concluded that these drugs are helpful in toxic effects as well as reducing addiction. This is also improves physical, mental and psychological health and improves patient social and economic status to good.

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