

Importance of Yoga And Meditation in The Treatment And Rehabilitation Of Drug Addicts

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Abstract

Drug addiction has become a serious problem in India in the past few decades affecting not only a person who is drug addict and his family but all segments of society. There are number of reasons for taking drugs like, for fun, stress, family factor, peer pressure etc. Many drugs are easily available in the markets which are legal and some are not easily available because they are illegal. A person starts abusing the drugs because after taking it, he starts feeling good and stress free and then he gets addicted to it. There are various treatments which are essential for breaking the cycle of addiction. As addiction is a chronic disease it requires long time treatment and rehabilitation, and it is not easy for a drug addict to abstain from the drug. But along with all other methods that are available for the treatments of drug addicts, Yoga and Meditation plays very important role. Yoga helps in reducing stress, stops relapse, and reduces symptoms of withdrawal and drug craving. Meditation helps body and mind to get harmonize, which results in mental wellbeing and improves the quality of life. Benefits of meditation include reduction in depression, emotional stability, and improved mood and reduced risk of relapse. 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 adopting secondary method.

Keywords – Drug, Drug addicts, Meditation, Rehabilitation, Treatment, Yoga

Introduction

“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

Drug addiction makes powerful effects on the most important body part of the human being i.e. Brain and its roots also take shape from there only. Drugs abuse is a problem faced by the whole world. It has bad impact not only on the individual health but it results in socio economics problems too. The whole world is facing the social menace of drug addiction or substance abuse. Substance abuse

affects the person who is taking that substance and also his family and society. Due to various reasons the occurrence of drug addiction related problems cannot be removed completely by any country. But it is a duty of every responsible person in society, every community, nations or administration to focus on this social evil and try to find some solution. There are many rehabilitation programmes based on yoga therapy which are found to be significantly effective in rehabilitation of drug addicts than conventional program of existing drug rehabilitation centres of India. Yoga offers a new path for positive mental and physical health and helps to free individuals from drug addiction and its related problems.

Vipassana meditation also helps as a correctional intervention to reduce alcohol and other drug use, and its associated problems to increase the opportunity for a more balanced lifestyle, including increased self-awareness, self-efficacy, and hopefulness. The practice of meditation is very effective in reducing recklessness and increasing patience of common stressors.

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 start their own life in some new version with the rehabilitation. To reach up to the goal researcher is adopting secondary method.

Meaning of Drug

A medicine or other substance which has a physiological effect, when ingested or otherwise introduced into the body. It includes Cocaine, meth, marijuana, crack, heroin these are different types of street drugs and amongst all, heroin is one of the most dangerous, that can suppress your heart's work and has effect on sleeping and breathing.

Drug addiction

Drug addiction is a condition in which any person believes that sense of wellbeing is achieved only through Drug taken.

Addict is a person, who has dependence on any narcotic drug or psychotropic substance.¹ A person is in a condition of being addicted with a particular drug or narcotic drug, is called as drug addiction. All drugs affecting the body by way of psychological changes in the behaviour of human being are considered as illegal drugs. It is really a misfortune of the whole world, that the most of the youths are being victim of it.

The menace of drug addiction has spread fast among the youth of India. Unfortunately, India is a happy hunting ground for drug peddlers. The most common signs and symptoms of drug addiction are – obsession with a particular substance, failure to control the usage of drugs, abandon the activities which you used to enjoy, spending a large amount of money on the drug even though you are not in a position to afford it, etc. Drug addiction may have long time impact on life and one may develop severe symptoms such as – fatigue, trembling, depression, anxiety, headache, insomnia, chills and sweating, paranoia, behaviour changes, dilated pupils, poor coordination problems, nausea etc.²

¹ Subs. by Act 9 of 2001, s. 3, for clause (i) (w.e.f. 2-10-2001) Narcotic Drugs and Psychotropic Substances Act 1985

² <https://timesofindia.indiatimes.com/readersblog/know-your-rights/drug-addiction-3652/>

There are various causes for the drug addiction as mentioned below-

1) Individual Biology: - Individual biology differs from person to person. When a person started feeling more satisfaction after taking a certain quantum of drug, it starts increasing the tolerance of that person and it is depending on the individual biology of him and its genetic reactions also.

2) Family Factor: - It is one of the most important factors of the drug addiction that instigate the person towards the use of drug. Atmosphere of the family leads the person towards the drugs by way to follow the senior or other member from family, who is always under the influence of addiction. It requires to start the positive change from the first individual of that family, which promote the next generation to keep them away from any type of addiction.

3) Social Environment: - The environment to which a person is exposed can influence to the drug addiction may be forcefully or voluntarily.

There are various drug addiction symptoms, which are found in behavioural changes of a person under the addiction of the drug like, he starts keeping himself in isolation.

Person starts involving himself in most negative activities. He will spend more money on purchase of drugs even though he cannot afford it. To fulfil his financial requirement, he will start committing crime also like theft, robbery etc.

4) Lack in performance:- When drug addiction mainly affecting on the youth, that keeping them behind the crowd and starting continuously reduce in their performance at work place, not fulfilling responsibilities at home as well as work place. Even he fails to realise that what is just and what is unjust.

Loss of control is also one of the symptoms of drug addiction. The person under the influence of drug or not at that time, he can react in unexpected way also because he totally lost the control from his mind to take a reasonable decision.

Treatment of Drug addicts

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 recognises the negative impact of drug on his life, there are number of treatment options available to him.

Drug addiction is a relapsing disease and relapse means return to use of drug after an attempt to stop its use. It starts, with the voluntary act of taking drugs, but eventually, a person does not remain in a position to prevent himself from taking those drugs and it results into drug addiction. Treatment of drug addiction is possible but it's not simple, because addiction is a chronic disease. Addiction treatment helps the person to prevent himself from using drugs and to be active and lively in the family, at work, and in society. There is no single treatment which is right for everyone.

There are various treatments for drug addiction like behavioural counselling, medication, medical devices and applications used to treat withdrawal symptoms or deliver skills training. Not only has this but exercise, yoga, vipasana also helped in the effective treatment of drug addiction.

Importance of Yoga in treatment of Drug addicts

Yoga helps in creating a sense of comfort and connection in spite of the highs of excitement and the lows of depression. Because someone is connecting the body while taking deep breaths, he or she can feel good hormones, which create a natural high throughout the brain. Yoga is very useful for drug addicts who are suffering from withdrawal symptoms. Yoga is a positive way in generating a change in the consciousness and also empowers people an ability to get a peaceful mind, body and spirit. Addicted persons are not in a position to connect themselves physically and mentally. Yoga is an excellent way to slowly restore someone to his physical and mental sensation.

Yoga has its root in India, which is a form of mind-body practice, which has been proved to reduce apparent anxiety and improving physical and mental health. Yoga has various components such as conduct within society, personal discipline, postures (Asanas), breathing, concentration, contemplation, meditation etc.

Top three yoga poses that supports in the recovery of drug addiction-

- 1) Vajrasana:-This pose forms your postures, boosts your confidence and prepares you for other complicated poses.
- 2) Balasana:- Nothing is more peaceful than having a child's innocence. This resting pose stretches your whole body and relieves stress.
- 3) Savasana:- It is beneficial to alleviate stress and symptoms of mild depression. In addition, it also helps to lower blood pressure and fatigue.³

Yoga's benefits in drug addiction recovery are tremendously high in rate even it is supported by scientific studies also. It enhances self-control of drug addicts and making them more likely to sidestep the drug and other unlawful substances. Yoga promises a better and speedy recovery from drug addiction. On the basis of various scientific studies, yoga is slowly entering in the medical field as recovery tool. It's highly probable that it'll become an effective tool for individuals recovering from drug abuse and addiction.

Importance of Meditation in treatment of Drug addicts

Along with Yoga, Meditation is very powerful and simple technique having many health benefits. Meditation means taking deep breath or chanting a Mantra focusing on breath results in increasing awareness and connection. There are various benefits of meditation like reduced depression and anxiety, improved mood, increased focus, emotional stability etc. Due to the great results of meditation it has become an important part in the treatment of drug addicts. Meditation helps drug addicts to fight symptoms of withdrawal and reduce the risk of relapse.

There are seven psychological and physiological reasons that prove why the meditation is best to overcome any addiction. All the seven reasons are mentioned here as-

³https://www.drugfree.org.au/images/pdf-files/library/Addiction/Yoga__Why_its_Great_for_People_Recovering_From_Drug_Abuse.pdf

Meditation stimulates and skilled your brain to be happy, without taking recourse any drug and substance to feel good.

Doctors use the waves to recover the addict from its addictions and the same brain waves are created by meditation also.

Instead of suppressing the addictive thoughts, meditation simply step it out from the brain of addicted person.

Meditation helps in releasing Dopamine that is pleasure chemical naturally. This hormone help addicted person to feel good, to feel healthfully. Dopamine is a happy hormone that your body makes by practice of yoga. It plays a important role in how a person feels good and happy.

Meditation is proven as six time more effective than any other traditional therapy to help in the speedy recovery of addicts.

The main reason of addiction is stress, anxiety, depression, anger etc. The meditation attack on such a root cause and keeps the addicts away from this and help them to live with peace.

Mentioned above is one more reason that leads person towards addiction is unhappiness. Once meditation has reached out the true reason of unhappiness, it will transform the life of addicts in various ways and help him to live addiction free life.

Drug Addicts Rehabilitation

The expedition from a substance use disorder to a healthy, normal and sober life is not easy. Sometimes it takes a lifelong dedication and hard work. The journey towards sober life may be difficult, but professional treatment helps to reach towards it.

Even the judicial system also helps the addicted person by sending them in rehabilitation centre. In *Ramesh Chand V State of Rajasthan through PP*: in this case the trial court was directed to acquaint the petitioner with the beneficial provision of section 64A of the Narcotic Drugs and Psychotropic Substances Act 1985 and ensure that the petitioner is sent to de – addiction centre of state so that the petitioner is cured and is not rearrested in case of similar nature.⁴

A place where a patient undergoes proper medication and treatment for dependency on psychoactive substances like alcohol, prescription drugs and street drugs including cocaine, heroin, and amphetamines is known as rehab. The main objective of a rehab is to facilitate the patient to cease substance abuse and to avoid the physical consequences caused by extreme abuse of any kind of drug. Treatment process includes medication for disorder, depression and misery where counselling is done by experts and sharing of experience with other addicts is usually carried. The medication process includes meditation and spiritual wisdom. [Psychological dependency](#) is used where the experts give advice to patients to interact in a drug-free environment.⁵

Suggestions and Conclusion

⁴ High Court of Rajasthan, Jaipur Bench S. B. Criminal Miscellaneous Bail application No. 7122 of 2016 (17-08 - 2016)

⁵<https://www.imedpub.com/scholarly/drug-rehabilitation-journals-articles-ppts-list.php>

Interdisciplinary approach of treatment works more effectively for the treatment and rehabilitation of drug addicts. Along with medication and behavioural therapies, the treatment of drug addicts must include yoga and meditation as a compulsory part of treatment. Various treatment options are available for drug addicts and most of people suffering from addictions will receive combination of approaches. Yoga and meditation both provide inner peace to the patient and help them to keep away from thoughts of addiction.

In Indian Constitution under part IV , directive principle of state policy also it is very well described that it is the imposed duty of the state to raise the level of nutrition and the standard of living and to improve public health The State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties and, in particular, the State shall endeavour to bring about prohibition of the consumption except for medicinal purposes of intoxicating drinks and of drugs which are injurious to health Section⁶.

Researcher would like to conclude with the quote that

“Recovery is not a Race.
You don’t have to feel guilty
If it takes you longer than you
Thought, it would.”

⁶Constitution Law of India, J. N. Pande, Central Law Agency, 51st Edition, Page no. 441