

Combined Impact of Naturopathic Treatment and Yoga for Alcohol De-Addiction

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Abstract

Listed as one of the deadliest killer diseases of 20th century by WHO, alcoholism has serious health implications. In the recent years, there has been a significant increase not just in alcohol consumption, but also in alcohol abuse and addiction. Severe cases of alcoholism are also associated with social issues such as, poverty, depression, crime and marital discord. Alcohol abuse also plays a role in many social and domestic problems, from job absenteeism and crimes against property to spousal and child abuse. Deaddiction treatment of alcohol has become one of the major challenges faced by the modern world. Acamprosate, disulfiram, and naltrexone are medications approved for treating alcohol dependence but has proved to have side effects. Naturopathic treatment for deaddiction of alcohol is gaining momentum as it has no side effects, traditional and economical.

Keywords: Deadliest Killer Disease, Alcoholism, Naturopathic treatment, Traditional & Economic

Introduction

Alcoholism is the number one drug of choice among our Nation's youth. Yet the seriousness of this issue does not register with the general public or policy makers. In the recent years, there has been a significant increase not just in alcohol consumption, but also in alcohol abuse and addiction. Health experts opine there are several reasons for this increase. Increased stress, more disposable income, peer pressure and attractive advertisements that the younger generation can identify with are some of the reasons for increase consumption, abuse and addiction. Naturopathic treatment is proven to be side effects free and rather economical compared to other ways of Deaddiction treatment. A lot of Deaddiction centers use yoga as a major naturopathic treatment for their clients.

Alcohol De-Addiction

Alcohol is not found in nature but is prepared through process of controlled decomposition. Upon consumption, alcohol neither changes its form nor gets digested. It gets absorbed by the bloodstream directly and circulates in the entire body.

It adversely affects liver and brain. There are many different ways to treat and deal with alcoholism. The regular method is using a combination of counselling and medications. This helps the person quit the habit and deal with withdrawal symptoms and relapse, if any. However, there is one alcohol de-addiction approach that is fast gaining popularity in India and that is using naturopathy. This holistic approach not only helps a person give up the habit, it also focuses on dealing with the actual cause of the addiction.

Symptoms of Alcoholism

As per the definition of WHO, alcoholics are excessive drinkers of alcohol such that they become dependent on it and show signs of mental disturbance and disturbance of their interpersonal relations. Delirium, Bloodshot eyes, Puffy Face, increased pulse rate, irritability, overly emotional self, disturbed sleep, impaired judgment, and vomiting are other symptoms.

Effects of Alcoholism

Alcohol consumption interferes with vitamin absorption since vitamins get drained out of body during burning of alcohol in the body. Delirium, eye disorders, convulsions, neuritis and impaired memory are caused by vitamin deficiency arising out of alcohol consumption. Chronic alcoholism is also associated with mineral deficiency. Deficiency of minerals such as Magnesium causes perspiration, mental clouding, tremors. Excessive consumption of alcohol strains liver and destroys its functions. This often causes liver cirrhosis. It also has impacts on brain and heart besides it also causes CNS depression, Depression of inhibitory control, Emotional outbursts, Decreased memory and concentration, Poor judgement and Decreased sexual response.

Causes of Alcoholism and Treatment

Excessive consumption of alcohol causes Alcoholism. person may become alcoholic rapidly, other may take years to become alcoholic. Some people use alcohol/ drugs to console themselves. People also drink in order to get accepted socially or for overcoming stress or inducing sleep. Such reasons make one dependant on alcohol. Everyone experiences stress during their lifetimes, but how

one deal with it differentiates one from the other. Resorting to alcohol for dealing with life situations is the worst one could do to oneself.

Many treatment methodologies for deaddiction of alcohol are in practice. Acamprosate, disulfiram, and naltrexone are medications approved for treating alcohol dependence which is proved to have side effects. Hence this study is undertaken to know more about the facts of naturopathic treatment for alcohol deaddiction as well as aimed to understand the effectiveness of deaddiction treatment in the natural way without drugs. It is proved that naturopathic treatment will cure an alcoholic addict effectively and bring about positive changes in his life.

The success of the yoga therapy depends largely on the continuous practice and persistence of the patient. When a person is receiving naturopathic treatment for alcoholism, it is imperative that the addict is kept away from alcohol and is under constant supervision. The dependency level of alcohol and the extent of damage to the physique and the mind of the alcohol addict is a limitation factor for taking a naturopathic treatment. In the present investigation, the most important step in quitting is the resolution to quit. Quitting alcohol is not a gradual process, one must quit in one go. An effective natural treatment of Alcoholism begins with preventing craving for alcohol by developing a nutritional adequacy in body.

Significance of the Problem

An alcoholic is one who can't resist indulging in alcohol even after knowing and experiencing the harmful effects of alcohol. For such a person, it is important to enter an alcohol de-addiction programme. Such a programme is important not just to save the person's liver, but also their work, personal and professional relationships and financial wellbeing.

Review of Literature

Many authors have studied and reported about the impact of naturopathic treatment for alcoholism. Bakhru (2003) had stated that Nature Cure through its correct application brings about amazing changes that baffles the practitioners of modern medicine, devoid as it is of the crippling side effects of drug

treatment. The all pervading truth is 'Nature alone possesses the power of healing. A poor man with drinking habits and full of obstinate skin disease was entirely freed from craving for liquor and also was cured of his skin disease by taking such cold hip baths twice daily and by eating yellow plantains twice a day during his meals. Soap nuts were used instead of soaps to apply to his skin during his baths. (Kulkarni)

Yoga practioners believe the asanas / exercises relax mind and body, strengthen muscles and relieve tension, thus preventing illness and creating the conditions under which the body can heal itself. This is due to the augmented flow of oxygen into the system and elimination of CO₂ gas. Yoga exercises are cleansing in nature helping promote effective digestion, improved blood circulation and efficient removal of waste products from the body. (Stanton, 1981)

Traditional medicine is the sum total of all the knowledge and practices, whether explicable or not, used in diagnosis, prevention and elimination of physical mental or social imbalance and relying exclusively on practical experience and observation handed over from generation to generation, whether verbally or in writing. (WHO, 1978)

Methodology

Alcoholism is not an ordinary commodity. While it carries connotations of pleasure and sociability in the minds of many, harmful consequences of its use are diverse and widespread. Average volumes consumed and patterns of drinking are two different dimensions of alcohol consumption that need to be considered in efforts to reduce the burden of alcohol related problems.

Alcoholism and Natural Treatment

According to Dr. William B Terhune, the following commandments are advisable for preventing alcoholism:

1. Do not drink when you feel that you 'need one'
2. Take slow sips
3. Pace your drinks such that there must be a 30 minute gap between first and second drink, and one hour gap between second and third

drink.

4. Maintain a record of drinks taken
5. Never drink assuming that it would cure hangover
6. Never drink for escaping a situation
7. Do not drink on an empty stomach.

Naturopathy for Alcoholism

Naturopathy uses a combination of treatments to help a person overcome the addiction. This approach does not use medications and hence, there are no side effects. All these approaches are coupled with counselling to help the person battle alcohol addiction. Some of the interventions used are as follows:

Diet

The diet begins with detoxification of the body by increasing consumption of water (warm), fresh vegetable juices and aloe vera juice. Thereafter, the person has to eat more complex carbohydrates in the form of whole grains, fresh vegetables and fruits, sprouts and nuts to increase serotonin levels in the brain to calm the mind. The patient must also be given a substitute drink for alcohol such as fresh juice with honey or a candy to counter craving for alcohol. Usually, the person is asked to refrain from eating fried and spicy foods and meats

Hydrotherapy

Bathing 2 to 3 times a day with cold water helps to rejuvenate the body. In case the person suffers from withdrawal symptoms, such as anxiety, the naturopath will recommend taking bath with water that is the same temperature as the body.

Mud Pack

The naturopath will use a cold mud pack, which is placed on the forehead or lower back, to help the person calm down and sleep better at nights.

Massage

Massage therapy is an integral part of naturopathy to treat alcoholism. Usually a full body massage is recommended to relax the mind and ensure sound sleep.

Meditation and Yoga

The naturopath will teach the person certain asanas and breathing techniques to resist temptation. In addition, he would be advised to meditate to calm the mind, especially when the person gets the urge to drink. Yoga should be done in fresh air to increase oxygen in the body and also to facilitate release of feel-good hormone – endorphins

Role of Yoga

It helps in three stages. First, it helps with detoxication. Second, it helps with mental aspects of addiction and stress. Third, it acts as a tool for natural rejuvenation of body and mind.

Naturopathy Therapy for Alcohol Deaddiction

The following naturopathic therapy for alcohol deaddiction is adapted such as, Detoxification (Antioxidants like dark chocolates, blue berries, beans, potatoes, etc., Beta-carotene, Vitamins C & E, Zinc, Selenium, Herbal medicine, Burdock root and Echinacea), Massage therapy (Meditation), Home remedies for Alcoholism (Apple, Bitter gourd, Grapes and Buttermilk)

Yoga Asanas

Certain asanas of Yoga are also helpful in improving general health and are also effective during treatment for alcoholism such as, Padmasan, Vajrasan, Vakrasan, Yogamudra, Bhujangasan, Halasan, Shalabhasana, Kapalbhati and Anulom-Vilom

Counselling

Two types of counselling such as, Patient counselling and Family counselling are followed to help the patient and the family to handle alcohol addiction related problems.

Conclusion

The naturopathic treatment can be safely administered on an alcohol addicted patient and can be effective if the patient adopts with a strong will to fight alcoholism.

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