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AYURVEDIC METHOD OF DE-ADDICTION OF ALCOHOL

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ABSTRACT

Madya (Alcohol) and *Madatyaya* (Alcoholism) is not a new problem in Ayurveda and description found since *Vedic* literature. But its complication and related Health and Social Problem are continuously increasing day by day. Most of the patient realized and want to stop alcohol, but due to physical and psychological dependency they can't do and if did, they can develop signs, symptoms and complications of *Panapakrama* (Alcohol Withdrawal Syndrome). Though there are numbers of De-Addiction Centre for Alcohol Withdrawal in India, not proved so effective. Ayurveda has already mentioned the complete systemic management of Alcohol Withdrawal Syndrome along with psychological counselling, music therapy, therapeutic recreational therapy and motivational enhancement therapy, which is still very effective. Ayurveda has also suggested the *Yapan Basti*, *Ghrut* and Milk for *Dhatu-Kshaya-Janya Vikriti* and *Vata-Vikriti* which is identical procedure for Alcohol Withdrawal Syndrome and mentioned only in *Ayurveda*. Thus the Ayurvedic Practitioner will help to the National Drug De-addiction Program and will help to save the India from Alcoholism. Here It is heartily tried to give the complete Ayurvedic protocol of alcohol de-addiction and re-habitation along with scientific justification.

Keywords: Alcoholism, De-Addiction, *Madatyaya*, *Panapakram*, *Panatyaya*.

INTRODUCTION

The hazardous and harmful use of alcohol is a major global contributing factor to death, disease and injury: to the drinker through health impacts, such as alcohol dependence, liver cirrhosis, cancers and injuries; and to others through the dangerous actions of intoxicated people, such as drink-driving and violence or through the impact of drinking on foetus and child development.

The harmful use of alcohol results in approximately 2.5 million deaths each year worldwide. Alcohol consumption has been steadily increasing in developing countries like India.

India has been identified as the potentially third largest market for alcoholic beverages in the world which has attracted the attention of multinational liquor companies. Sale of alcohol has been growing steadily at 6% and is estimated to grow at the rate of 8% per year. About 80% of alcohol consumption is in the form of hard liquor or distilled spirits showing that the majority drink

beverages with a high concentration of alcohol. Government of India has funded through National Drug De-addiction Program to 483 detoxification and 90 counselling centres. Almost half of attendees are being treated for alcohol dependency. But the success of the programs is unsatisfied.

The description of *Madya* (alcohol), its definition, types, indication as a medicine, merits and demerits, disorder, disease and complication, treatment and re-habitation all are available widely in the ancient Indian system of medicine. Not only theory but also complete protocol of alcohol de-addiction and re-habitation along with psychological counselling of *Madyapi* (alcoholic addicted) which mentioned in the ancient Indian system of medicine especially in *Ayurveda* is very effective. But till this protocol is hidden and not widely known in practice. It is need of hour to highlight the complete *Ayurvedic* protocol, so that practitioner will utilize this effectively

and help to the National Drug De-addiction Program to save the India from Alcoholism.

AIMS AND OBJECTS

To re-evaluate, discuss and elaborate various Ayurvedic concept and principle related to De-Addiction of Alcohol.

To give Ayurvedic Path physiology and Diagnosis of *Panapkrām* (Alcohol Withdrawal Syndrome).

To give the complete Ayurvedic protocol of alcohol de-addiction and re-habitation along with scientific justification.

MATERIAL AND METHOD

This Article is based on a review of Ayurvedic Text. Material related to *Madatyaya Chikitsa* and other relevant topics have been collected. The main Ayurvedic Text used in this study are *Kashyapa Samhita Charak Samhita, Sushrut Samhita, Vangsen Samhita, Baishajya-Ratnavali, Yogaratnakar, Bhavaprakasha* and available commentaries of those. We have also referred to the Modern Texts and search various websites to collect information on the relevant topics.

Conceptual Study

Ayurvedic Concept of *Panapakrama* (Alcohol Withdrawal)

In the human beings three types of disorders are described due to ingestion of alcohol i.e. *Panatyaya* (Excess Intake), *Vibhrama* (by intake of agitating wine) and *Panapakrama* (Sudden Withdrawal of Wine) [1].

Ayurvedic concept of Pathophysiology of Alcohol Dependence

Alcohol causes temporarily increase of *Chayapachaya* (Metabolism) and *Agni* in Living, which causes inhibition of the own capacity. Hence the body will demand the alcohol in the absence within *koshika* (cell). The patient who having *Tamas and Rajas Manas Prakruti* will easily early habituate for alcohol than than *Satvik Manas Prakriti* and vice-versa. Thus continuous demand of alcohol in the absence within the *koshika and asatvik man* (asatvik mind) causes *Panapakrama* (Alcohol Withdrawal Syndrome).

Ayurvedic concept of Diagnosis of Alcohol Withdrawal

Diagnosis of *Panapakrama* (Alcohol Withdrawal) can be confirmed by signs, symptom and related complication, *Ashthvidha Parikshan, Dashvidh Parikshan and Strotas Parikshan*. Once the brain has been repeatedly exposed to high doses of alcohol, any sudden decrease in intake can produce withdrawal [2].

Sharirik (Physical)

- *Vata Prakop* causes *Kampa* (Tremor of the hands means shakes or jitters);
- *Vatavaha Strotas Drushti* causes Autonomic nervous system over activity including an increase in pulse, respiratory rate, and body temperature.
- *Pita and Kaph Prakop* causes *Annavaha Strotas Drushti* (Gastrointestinal upset).
- Withdrawal symptoms generally begin within 5 to 10 h of decreasing ethanol intake, peak in intensity on day 2 or 3, and improve by day 4 or 5.
- 2 to 5% of alcoholics experience *Akshepa* (withdrawal seizures) due to *Vata Prakop and Vatavaha Strotas Vikriti*, often within 48 h of stopping drinking. These rare events usually involve a single generalized seizure, and electroencephalographic abnormalities generally return to normal within several days.

Manasik (Mental) This is due to *Manovah Strotas Vikriti*.

- *Manakshobha* (Agitation and Anxiety);
- *Anidra* (Insomnia, possibly accompanied by bad dreams and mild levels of autonomic dysfunction may persist to some degree for 6 months as a protracted abstinence syndrome), which may contribute to the tendency to return to drinking.

Sharirik + Manasik (Mixed)

The term *Pralapa* (delirium tremens = DTs refers to delirium means mental confusion, agitation, and fluctuating levels of consciousness) associated with a tremor and autonomic over activity (e.g., marked increases in pulse, blood pressure, and respirations). Fortunately, this serious and potentially life-threatening complication of alcohol withdrawal is seen in 5% of alcohol-dependent individuals, with the result that the chance of DTs during any single withdrawal is 1%. DTs are most likely to develop in patients with concomitant severe medical disorders and can usually be avoided by identifying and treating medical conditions.

Ashthvidha Parikshan in Alcohol Withdrawal Nadi (Pulse)

Sarpagati (like snake crawling) and *Vegavaha* (Tachycardia) Found generally.

Jivha (Examination of Tongue)

It is need to examine Tongue for *Jivha-Samata* (coating) and *Mukhapaka* (stomatitis) or any other abnormality.

Mala (Examination of Stool)

It is need to ask about frequency, consistency or any other abnormality of stool. *Mala-Baddhata* (Constipation) found generally. . Examine for *Sama* or *Nirama Mala* (Undigested or digested Stool).

Mutra (Examination of Urine)

Ask about frequency, consistency or any other abnormality of urine. If need do urine- R/M and *Tail Bindu Parikshan* (Oil Drop Examination).

Shabda (Examination Verbal Command)

It is need to examine whether the patient conscious, responding to verbal command, well oriented or not. Patient found abnormal in Korsakoff Syndrome.

Sparsha (Examination of Skin Touch)

Examine whether Skin is cold, hot or any other skin disease.

Druka (Examination of Eye Sight)

Netra Rukshata (Dry Eyes) found due to *Vata Prakopa* (Vitiated Vata) in *Madataya*.

Akruti (General Appearance)

The general appearance of the patient reveals much about their condition, including the luster of the skin or the posture, malnutrition, Ascites, Odema, or any other abnormality of the person.

Dashavidha Parikshan in Alcohol Withdrawal

Dooshyam (Examination of the seven Dhatus and Three Doshas)

It is need to evaluate that which *Dhatu and Dhosh* have *Vikriti* (Pathology). Generally *Majja Dhatu and Vata* found more *Vikrit* (affect) in Alcohol Withdrawal Syndrome, though all the *Dhatu and Dhosh* involve due to chronic alcohol.

Desam (Examination of the surroundings)

It is need to ask about surrounding and area of patient that whether he belonging to *Anoopa* (Moisture and wetted Region), *Jangal* (Dry and Hot Region) or *Sadharan Desha* (Common Region).

Balam (Examination of strength)

Examine whether patient is weak, medium or strong by physical strength.

Kalam (Examination of season)

It is needed to see what *kala* (season) at the time of Examination.

Agni (Examination of Agni)

Ask about *Agni* whether it is *Mandagni* (which causes loss of Appetite), *Tikshagni* (which causes intensive Appetite), *Vishmagni* (which causes imbalance Appetite) or *Samagni* (which causes balance of Appetite). Generally *Mandagni* found in Alcohol Withdrawal Syndrome.

Prakruti (Examination of Body and Mind Constitution)

Examine thoroughly whether patient is belonging to *Vata Prakriti*, *Pita Prakriti*, *Kapha Prakriti* or any other.

Vayas (Examination of Age)

Ask the Age of patient and note down.

Satwam (Examination of Mental Power)

Evaluate whether patient having *Satvik* (Virtuous), *Rajasik* (Passionate) or *Tamasika* (Malignant) *Mana* (Mind). *Satvika* person dot found usually.

Satmyam (Examination of compatibility)

See what *Satma* (compatibility) is and *Asatma* (incompatibility) for patient.

Aharam (Examination of food habits)

Take the detail history about food habits of patient in detail.

Vikriti (Pathology) in Alcohol Withdrawal Syndrome

Dosh dushti (Basic Body Constitution)

Generally *Vata Pradhan* (chief) *Dosh Dushti* (affect) found.

Dhatu dushti (Seven Body Constitution)

Generally *Majja and Rasa Dhatu Dushti* (affect) found.

Strotas dushti (Systemic Involvement)

Generally *Manovah*, *Majjavah*, *Annavaha*, *Pureeshavaha* and *Rasavaha Strotas dushti* (affect) found.

Adhisthan (Place of Pathology)

Manovah, *Majjavah Strotas*

Ayurvedic concept of management of alcohol withdrawal syndrome

Duration of Care and Observation of Patient:-

Signs, Symptoms and Complication of Alcoholism should be remain till seven or eight days after withdrawn. So we maintain the patient 7 to 8 day in observation [3].

Kharjuradi Mantha

Take Crude Powder of *Khajur* (Phoenix Sylvesteris), *Draksha* (Vitis vinifera), *Vrukshamla* (Garcinia Indica) *Tintidik* (Rhus parviflora), *Dadim* (Punica Granatum), *Amalaki* (Emblica officinalis) in Clay Pot and add drinking water as per need to soak and stabilize for a hour. Then churn it vigorously by hand and take as it is [4, 5].

Punarnavadi Ghrut

The Ghee prepared with Milk, *Punarnava Kvatha* (Decoction of Boerhavia diffusa Linn), *Yashtimadhu*

Kalka (Paste of Glycyrrhiza glabra Linn) nourished the patient who become weak due to loss of *Oja Dhatu* [6].

Shrikhandasava-

Take Crud Powder 2 – 2 Tola (20 – 20gm) Each which is mention in Sr.1 and add *Jala* (Water) - 2 *Dronha* (20.480kg) in Clay Pot (already applied with Ghee after fumigated by Herb). Then add *Draksha* (Vitis vinifera) – 60 pala (2.4 kg), *Purana Guda* (Old Jaggary) – 3 Tula (12kg) and *Dhataki* (Woodfordia fruticosa) – 12 Pala (480gm) in same Clay Pot. Then pack the Clay Pot by Clay Plate applied with Cloths and Clay around. Buried the Pot in alone place. After month take out the pot and remove the Clay Plate along with Cloths and Clay mouth of Clay Pot. Then filter *Asav* by clean and fine cotton cloth. It should be given up to 1 Tola (10gm) and according to digestion capacity of patients [7].

The Disease which produce due to taking of Alcohol in over-dose or less dose, suppressed by taking the same Alcohol in Medicinal doses [8].

Ashtanga Lavana

Equal part of *Sauvarcala Lavaṇa* (Unaqua Sodie Chloridum), *Ajaaji* (Cuminum cyminum Linn), *Vrikshaamla* (Garcinia indica Chois), *Amlavetasa* (Garcinia pedunculata Roxb), *Tvak* (Cinnamomum zylanicum Breyn), *Ela* (Elettaria cardamomum Maton), *Marica* (Piper nigrum Linn), *Sharkara* (Sugar) called as *Ashtang Lavana* Churn which induce the *Agni* (Digestion) and systemic purification in *Madatyaya* (Alcolism) [9].

Management of Madyajanya Kshaya (Wasting)

The patients who have weight loss and general wasting due chronic alcoholism, they can be treated with *Anuvasana Basti* (Medicated Enema with Oil Predominant), *Abhynga* (Application of Medicated Oil to body) , *Utsadan* (Application of Medicated powder to body), *Snan* (Bath), *Ghruta* (Ghee) and *Dugdha*(Milk) [10].

Pratham Baladi Yapan Basti-

Take Crude Powder of Bala (Sida Cardifolia), Atibala (Abutilon Indicum), Vidari (Pueraria tuberosa), *Shalaparni* (Desmodum gangeticum), *prushniparni* (Uraria Picta), *Bruhati* (Solanum Indicum), *Kantakari* (Solanum Surattense), *Darbhamula* (Desmostachya bipinnata), , *Bilvaphala* (Aegle marmelos), *Yava*(Hordeum vulgare) – 1 Pala(40gm) each and water 1 *Adhak* (2560ml) to prepare Decoction till ¼ remain. Filter it then add 2 *Prastha* (1280ml) *Dugdha* (Milk) and boil till Milk residue remain. Then add Paste of *Madhuk* (Glycyrrhiza glabra) and *Madanphal* (Randia Spinosa) and *Madhu* (Honey), *Ghrut* (Ghee) and *Tail* (Oil) [11].

Abhyanga (Massage)

It is a process by which the person's body is oiled with medicated oil with specific pressures and movements *Abhyanga* will help to relieve from *Vata-Vikruti and Nadi-Daurbalya* due to Chronic Alcoholism [12].

Shiro Abhyanga with Bramhi Tail

Application of medicated oil to the head is said to be *Shiro-Abhyanga*. It gives the nutrition to the brain and sense organs. It induces sleep and relieve from Anxiety [13].

Shiro Basti with Bramhi Tail-

It is a process by which the oil is kept over the head for certain period with the help of leather cap. It also gives the nutrition to the brain and sense organs. It induces sleep and relieve from Anxiety.

Shirodhara with Bramhi Tail

Pouring of fluids like decoction, medicated oil, medicated milk, medicated butter milk, water etc over head continuously for a specific period is called *shirodhara*. It induces sleep and relieve from Anxiety.

The Things which should be Avoid

Swedan (Swedation), *Anjanam* (Corrylium), *Dhumrapan* (Medicated Smoke), *Navanam* (Medicated Nasal Drop), *Tambul Sevan* (Eating of Betel Leaf) are prohibited during and after management of Chronic Alcoholism [14].

Milk in Alcoholism

If there is no relief in Alcoholism, advice to take Milk which gives relief from complication of Alcoholism and help to enhance the health [15].

Meditation and Alcohol

The Vedic variety of Meditation call for reciting mantras until emptiness sets in. Still others rely on breathing exercises or intentional dismissal of thoughts to bring on a state of detachment. In every case, objectivity is a central goal of meditation, and this can have liberating effects for a person who feels bogged down in a storm of addictive impulses. However, at the root of every meditative practice is a quest for detachment or inner calm. In this sense, meditation fits nicely with recovering alcoholics central goals, i.e. establishing distance between themselves and their desire to drink [16].

Manovaigyanik Chikitsa (Psychological Counselling) in Madataya (Alcoholism)

Hearing of desirable, excellent stories and excellent wording and music relieve the Chronic Alcoholism [17].

Satva-Vijay Chikitsa (Psychotherapy)

Psychological counseling is a techniques to increase awareness and self-observation and encourage a person to change their thinking and behaviors to achieve the changes they are seeking. Psychotherapy is a successful therapy for those who suffer from alcoholism or alcohol dependency. Psychotherapy delves into the reasons for a person to abuse alcohol and why they wish to cause themselves harm. During therapy, discussions about dreams and fantasies often occur which are analyzed with the client. Many clients state that the action of talking is therapeutic in and of itself, and feel a sense of relief after sessions [18].

Harshani Kriya (Music, Motivational and Recreational Therapy) in Madataya

The beautiful garden including colourful flower, Lake with beautiful Lotus Flower and Fresh, Tasty and desirable Food and Fruit Juice, Real Friend who gives pleasure, The chain of Flower with pleasant odour, Pleasant stories relieve the Chronic Alcoholism [19].

Harshani Kriya (Pleasant Therapy) and Basic Principle

Alcoholism can not be produce without irritation of mind and body i.e. Alcohol causes irritation to mind and body which relieved by Happiness [20].

Music Therapy and Addiction

Patients in substance abuse treatment reported music therapy to be highly effective in increasing relaxation, and energy level and decreasing impulsiveness [21].

Motivational Enhancement Therapy

Motivational Enhancement Therapy, or MET, is a short-term alcohol addiction treatment that is designed to support clients to recognize and build on personal strengths to help change damaging drinking behaviors. It is. (an adaptation of Motivational Interviewing. Therapists work with clients to establish goals and encourage self-motivation to change, while educating about health risks of alcohol addiction [22].

Recreational therapy

Recreational therapy or "therapeutic recreation means a person centered process that uses recreation and psycho-educational activities as intervention tools to improve the physical, cognitive, social, behavioral, emotional, or spiritual well-being of a person with an illness or a disability. The findings of the study illustrates that there is a significant difference of Motivational Enhancement Therapy on alcohol dependence [23].

Table 1. Ayurvedic Chikitsa Patrak (Prescription) for De-addiction of Alcohol

Sr.	Kalp (Drugs)	Matra (Dose)	Kala (Time)	Duration
1	Kharjuradi Mantha	80ml - 80ml	Empty Stomach	1 Month
2	Punarnavadi Ghrit	2 tsf - 2 tst	With Meal	1 Month
3	Shrikhandasav	30ml - 30ml	After Meal	1 st day
		25ml - 25ml		2 nd day
		20ml - 20ml		3 rd day
		15ml - 15ml		4 th day
		10ml - 10ml		5 th day
		5ml - 5ml		6 th day
		00ml - 00ml		7 th day
4	Ashtang Lavan	5gm - 5gm	After Meal	1 Month
5	Pratham Baladi Yapan Basti	300 ml	At Morning	7 day
6	Abhyang with Mahamasha Taila	Extrnal Use	At Morning	7 day
7	Shiro Dhara with Bramhi Tail	Extrnal Use	At Morning	7 day
8	Shiro Basti with Bramhi Tail	Extrnal Use	At Morning	7 day
9	Shiro Abhyang with Bramhi Tail	Extrnal Use	At Morning	7 day
10	Bramhi Vati 250mg	0 - 2 tab.	At Bed Time	7day

DISCUSSION

The term *Panapakrama* (Alcohol Withdrawal Syndrome) found in *Kashyap Samhita*, but no detail illustration found in *Bruhatrayi* and *Laghutrayi*. Elaboration of *Panchanidana* (Etiology, Pathology and Clinical Feature) by means of *Dosha* and *Dushti* was needed, which is tried here with serious efforts. Generally *Vatapradhanata* along with *Vatavaha*, *Manovaha* and *Rasavaha Strotasa Vikriti* (Damage) found in Alcohol

Withdrawal, though all the *Dosha* and *Dhatu* are found imbalance.

The clinical effects and complication of Alcohol Withdrawal remains up to 7 days as per stated by *Acharya Vangasen*, which universal truth because most of the feature disappeared within a week except some.

Madya for *Madataya* is the main *Chikitsa Sutra* (Basic Principle of Management) which has mentioned in

Ayurveda, play important role in Alcohol Withdrawal, as sudden withdrawal may cause serious complication. *Madya* which is used for treatment should be made up of particular medicinal herbs and given in tapering doses. It is basic principle of De-Addiction in Modern Medicine also.

Draksha (*Vitis Vinifera* Linn) [24] and *Purana Guda* (Old Jaggery) [25, 26] has the main ingredient of *Shrikhandasava*. Both have *Oja* (Nourishing Agent) *Vardhak* (Enhance) in property which directly opposite to *Madya*, hence important drugs to revised pathology. So the *Shrikhandasava* plays the important role to relives from withdrawal as well as previous damages.

Ruchikar (pleasure to eat), *Triptikar* (Disgust), *Tarpaka* (Refreshing), *Balya* (Tonic) and *Oja-Vardhak* nature of *Khajura* (*Phoenix Dactylifera*) has helped to revised organic damages from *Madya* and Sour property of other ingredient of *Khajuradi Mantha* help to neutralised the property of *Madya* [27, 28].

Punarnava and *Ghritha* both have antitoxic in property, Appetizer, Nourish to the patients by enhancing the *Oja Dhatu* is effective drug for *Madataya* [29, 30].

Stroto-Vishodhana (Systemic Cleaning) and *Agnivardhana* (Enhance Gastric Fluid) is the main property of *Ashtangalavana Churna*, which is effective in *Kaphanubandhi Madatyaya*.

Basti is the best treatment for *Dhatukshya Janya Vikriti* and *Vata Prakopa* in *Madataya*. *Baladi-Yapan Basti* is part of *Anuvasan*, and will prove effective as all the ingredient have *Vata-Shyamaka* (control of Vata), *Dhatu* and *Oja-Vardhak* in property.

Fatigueness and Exhaustion will relive by *Abhyanga* and help to induce sleep which is measure problem in withdrawal. *Bramhi* have antitoxic, Rejuvenation, Tonic, Enhance Mental Ability, Strengthening Memory in property, hence *Bramhi Tail* is best for *Abhyanga*, *Shiro-Abhyanga* *Shiro-Dhara* and *Shiro-Basti*. *Bramhi Vati* is effective in *Mashtishkagat Vata* (Cerebral), *Majjagat Vata* (Neuron) *Vikriti* (Damage) and Insomnia.

The *Apathya* (Unsuitable) which are mentioned in the conceptual study causes *Skhobha* (Irritation) and *Upadrava* (Complication), hence should be avoided.

Milk is *Pathya* (Suitable) and need as it is Enlivening, Rejuvenation, Tonic and help to Enhance Mental Ability.

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Agitation and Anxiety usually found in Withdrawal due to *Manovaha Strotas Vikriti* and Meditation gives *Mana Akagrata* (Mental Stability), thus effective.

Music, Motivational and Recreation Therapy are the supportive but play the important role to avoid to desire to drink and mentioned as a *Harshani Kriya* (Pleasant Remedy) in *charak* also.

Daily busy schedule from early morning to night which mentioned in table-2 and 3 will also help to avoid to desire to drink. Group discussion with patient (table-2 and 3) will achieve to understood causative factor, day to day problem and solution. PowerPoint Presentation (table-2 and 3) on toxic effect of alcohol on human health and mind along with effect on family, economic loss, social incredibility, will help to realize the actual fact and change the mind.

Thus it is clear that the combine effects of Medicated Alcohol prepare using Ayurvedic method, along with Ayurvedic Drugs,, *Kalp*, *Panchakarma* Procedure, Meditation, Psychological Counselling, Music, Motivational and Recreational Therapy, Daily Busy Schedule, Discussion with patients and Power Point Presentation on Alcoholism gives complete relief and Rehabilitate to the patient from Addiction.

CONCLUSION

Alcohol Deaddiction will be achieved with the help of Meditation, Psychological Counselling, Music, Recreational and Motivational Therapy along *Panchakarma* Procedure which is already mentioned in *Ayurveda*. Method of De-Addiction of Alcohol will be justified scientifically and proved very effective not only to manage but also to rehab the alcohol addicted patients, if used the protocol given by *Acharya*. *Ayurveda* will be played a measure role in De-Addiction Program.

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CONFLICT OF INTEREST

No interest

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