

HOLISTIC APPROACH OF AYURVEDIC SADAVRITTA IN DE-ADDICTION: A  
CONCEPTUAL STUDY\*<sup>1</sup>Dr. Varad R. Dhumal, <sup>2</sup>Dr. Suyog R. Malode and <sup>3</sup>Dr. Nitesh R. Joshi<sup>1</sup>PG Scholar, Swasthavritta.<sup>2</sup>PG Scholar, Swasthavritta.<sup>3</sup>Associate Professor, Department of Swasthavritta and Yoga) MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune- 28.

\*Corresponding Author: Dr. Varad R. Dhumal

PG Scholar, Swasthavritta.

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## ABSTRACT

**Introduction:** Addiction is a complex condition that throws off physical, mental, and social balance. *Ayurveda* links addiction to *Tridoshas* (*Vata*, *Pitta*, and *Kapha*) imbalances and disturbances in *Mana* (mind). By encouraging self-discipline, moral behaviour, and mental equilibrium, the *Sadavritta* theory offers a complete approach to de-addiction. **Methods:** Indexed and non-indexed journal articles on addiction, withdrawal, and management were thoroughly reviewed. Analysis of *Ayurvedic Samhitas* and commentaries was undertaken to see how *Sadavritta*, *Achar Rasayana*, *Padanshik Kram*, and *Yoga* work in addiction rehabilitation. **Results:** *Ayurveda* recommends *Padanshik Kram* to reduce dependency on substances and relieve withdrawal pains. Reducing craving and impulsive actions, *Achar Rasayana* supports mental restoration and self-discipline. *Ayurvedic* psychotherapy, *Satvavajaya Chikitsa*, helps one regain mental equilibrium and change their thinking. Meditation and *Yoga* methods such as *Anulom Vilom Pranayama* help improve mental focus and nervous system control. *Ayurveda* lifestyle changes and treatments can help with addiction-related problems including liver disorder, heart problems, and brain damage. **Conclusion:** A sustainable approach to de-addiction results from a combination of *Ayurvedic* theory with modern rehabilitation techniques. *Sadavritta*, gradual detoxification, and mindfulness exercises support long-term healing and keep relapse at bay. The *Ayurveda* all-encompassing approach, melded with modern therapies, improves addiction control and quality of life.

**KEYWORDS:** De-addiction, *Sadavritta*, *Achara Rasayana*, *Ayurveda*.

## INTRODUCTION

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.<sup>[1]</sup> Addiction is a disorder carried on by imbalances in the *Tridoshas* (*Vata*, *Pitta*, and *Kapha*) and disturbances in the *Manas* (mind).

The terms 'drug addiction' and 'drug addict' were removed from scientific use due to their offensive meaning. Instead, the phrases "drug abuse," "drug dependence," "harmful use," "misuse," and "psychoactive substance use disorders" are employed in the present terminology.<sup>[2]</sup> It results from recurrent overindulgence in drugs or actions that throw off the body-mind's natural equilibrium. Addiction is a complex problem that demands a comprehensive approach to treatment since it causes physical dependence, mental instability, and spiritual disconnection. Executive Director of UNODC, appealed for a stronger focus on the health and human rights of all drug users, but particularly those who inject drugs and are living with HIV. "There remain serious gaps

in service provision. In recent years only one in six drug users globally has had access to or received drug dependence treatment services each year," he said, stressing that some 200,000 drug-related deaths had occurred in 2012.<sup>[3]</sup>

In *Ayurveda*, *Sadavritta*—which means "code of conduct for healthy life" or moral behaviour—is one of these essential ideas that is a holistic approach for maintaining mental stability, physical well-being, and social harmony based on moral and social principles.<sup>[4]</sup> There is no separate sections on ethics in classical texts, but ethical concepts are discussed in *Samhita*.<sup>[5]</sup> The aim of *Sadavritta* is to promote *Arogya* (health) and *Indriya Vijaya* (control over senses), which play a crucial role in maintaining physical and mental well-being.<sup>[6]</sup> The various types of *Sadavritta* are *Vayatik Sadavritta*, *Dharmik Sadavritta*, *Samajik Sadavritta*, *Sharirik Sadavritta*.<sup>[7]</sup>

*Sadavritta*'s principles include truthfulness (*Satya*)<sup>[8]</sup>,

nonviolence (*Ahimsa*), self-discipline (*Brahmacharya*), compassion (*Karuna*), mental restraint, and abstaining from alcohol and various indulgences.<sup>[9]</sup> These principles help in resolving the psychological, emotional, and social aspects of addiction.

#### Why do people take drugs?<sup>[10]</sup>

**To feel good:** Drugs produce intense feelings of pleasure.

**To feel better:** For some individuals social anxiety, stress disorders, depressed people start using substance in an effort to lower their levels of agitation.

**To do better:** Some people have pressure to be cognitive function essentially boosted via chemistry sports performance.

**Curiosity or trending:** Teenagers are especially susceptible from this viewpoint to handle the peer pressure.

According to *Ayurveda*, *Asatmyendriyarthasanyoga* (inappropriate interaction of the senses with their objects), *Pragyaparadha* (misjudgement or intellectual errors), and *Parinama* (the effects of time or prior impressions)<sup>[11]</sup> cause mental instability as well as *Manasik Aswasthya*, which further leads to addiction. Due to addiction, a person's mental, physical, and socio-economic disturbances occur, leading to various types of physiological and psychological issues. Through the encouragement of self-control, discipline, awareness, and moral behaviour, *Sadavritta* provides a framework for overcoming these issues.

Started in 1988 under the government of India's Ministry of Health and Family Welfare, the Drug De-addiction Program (DDAP) offers therapy for substance use disorders in terms of treatment. The DDAP has set up de-addiction facilities in public hospitals throughout the nation.<sup>[12]</sup>

Treatment choices are available, but relapse rates still worry. Research carried out at a tertiary-care teaching hospital in South India found that a marked percentage of alcohol-dependent patients relapsed after treatment. Relapse rates from Indian research ranged from 9.6 percent to 72.6 percent.<sup>[13]</sup>

To summarize, addiction is a complex condition characterized by physiological, psychological, and social abnormalities. *Ayurveda* takes a comprehensive approach based on the *Sadavritta* principles, encouraging self-discipline, moral behaviour, and mental stability in order to restore total well-being and harmony.

#### AIM AND OBJECTIVE

To study the holistic approach of Ayurvedic *Sadavritta* in De-addiction.

#### MATERIALS AND METHODS

The material for this article is taken from indexed and non-indexed journals concerned with addiction, withdrawal, and its management. *Ayurvedic Samhitas*

have been reviewed along with their commentaries.

#### OBSERVATIONS AND RESULTS

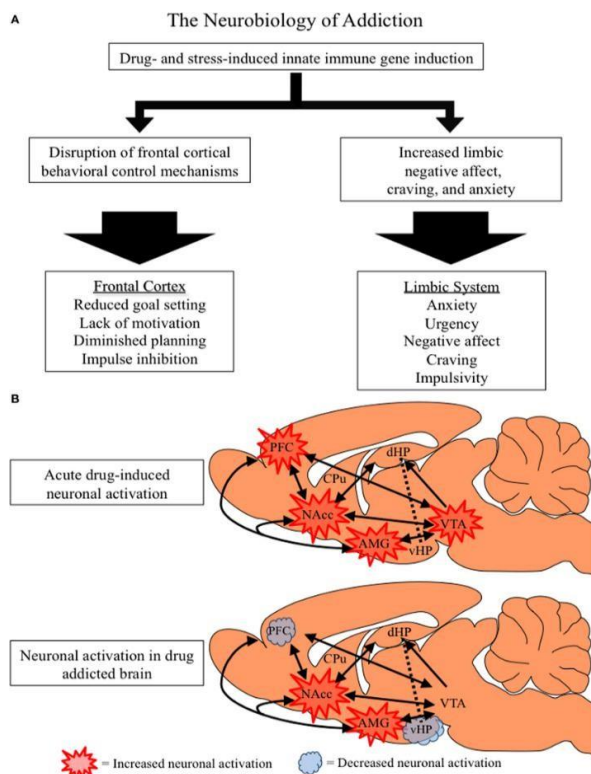
Beyond health, alcoholism can reveal many psychological and social consequences including weight gain, liver damage, domestic violence, loss of income, joblessness, and harm to a fetus.<sup>[14]</sup>

The *Padanshik Kram* method for substance withdrawal has been suggested in *Ayurveda*, which is a unique method to taper off abused drugs<sup>[15]</sup> or replace them gradually. According to *Acharya Chakrapani* also mentioned that gradually taper addictive habit by 1/4<sup>th</sup> of the wholesome it is called as *Padanshik Kram*.<sup>[16]</sup> Additionally, in alcoholism, *Ayurveda* mentions recreational therapy and psychological counselling.

The Neurobiology of Addiction as shown in figure no. 1.<sup>[17]</sup> Positive health effects of *Sadavritta* as presented in table no. 1.<sup>[18]</sup>

**Role of *Acharya Rasayana* and *Sadavritta*:** There are three types of *Rasayana* therapy includes- *Acharya Rasayana*, *Ajasrika Rasayana* and *Aushadhi Rasayana*.<sup>[19]</sup> According to *Acharya Charaka* stress and strain is most unwholesome regimen that is "*Aayasaha Sarva Apathyanam*".<sup>[20]</sup> *Acharya Rasayana* helps to get mental stability and calmness. *Sadavritta* bestows good mind, enthusiasm, strength support to the body.<sup>[21]</sup> *Acharya Sushruta* also briefly mentioned the rules regarding *Acharya Rasayana* in *Medhaayushkhamiya Aadhyaya*.<sup>[22]</sup> As per *Acharya Charaka Rasayana Therapy* addresses to rejuvenate the mental body state and also highlighted towards *Satvavajaya Chikitsa* to strengthen the mental state against deaddiction.

**Role Of *Pranayama*:** *Anulom Vilom Pranayama* is a common term for deep breathing exercises, where we breathe deeply in and out without any sound. This practice increases mental clarity and attentiveness by balancing and calming the mind.<sup>[23]</sup> At present, several meditation approaches are being followed. The most common kind of meditation is "transcendental meditation," which is usually done by concentrating on a mantra (sound) to reach a transcendent state of awareness. Anxiety, irritability, insomnia, wrath, palpitation, sweat, headache, muscular cramps and other withdrawal symptoms are common in addiction.<sup>[24]</sup> It affects each and every organ of the body. Atherosclerosis and premature degeneration of vital organs lead to stroke, cardio-vascular diseases, asthma, cancer, and neuritis.<sup>[25]</sup> Thus with the help of *Pranayama* we can prevent above conditions.



(A) Flow chart distinguishing the frontal–cortical and limbic changes associated with drug addiction. Both stress and drug abuse activate innate immune gene expression, which increases limbic activation and disrupts frontal–cortical function.

(B) A simplified schematic of the frontal–cortical and limbic circuitry that contributes to addictive behavior. Depicted is a rat brain with internal structures highlighted and accompanying projections (as indicated by black arrows). The frontal–cortical areas include the medial prefrontal, anterior cingulate, and orbitofrontal cortices, and are involved in attention, goal setting, planning, and impulse control

**Image Credit:** Addiction, Adolescence, and

**Figure 1: Showing the Neurobiology of Addiction.**<sup>[9]</sup>

Immune Gene Induction - Scientific Figure on ResearchGate. Available from: [https://www.researchgate.net/figure/The-neurobiology-of-addiction-A-Flow-chart-distinguishing-the-frontal-cortical-and\\_fig5\\_51181634](https://www.researchgate.net/figure/The-neurobiology-of-addiction-A-Flow-chart-distinguishing-the-frontal-cortical-and_fig5_51181634)

**Table 1: Showing Principles, Description and Positive health effects of Sadavritta.**<sup>[10]</sup>

Principle	Description	Positive Health Effects
Satya (Truthfulness)	Speaking the truth and avoiding deceit.	Fosters trust in relationships, reduces mental conflict, and promotes psychological well-being. It helps to stay away from addiction.
Ahimsa (Nonviolence)	Abstaining from harming others in thought, word, or deed.	Encourages compassion, reduces aggression, and leads to inner peace and emotional stability, helping in impulsive actions occurring after addiction.
Brahmacharya (Self-discipline)	Exercising control over one's senses and desires.	Enhances focus, prevents overindulgence, and supports mental clarity and physical health. It symbolizes control over senses.
Karuna (Compassion)	Showing empathy and kindness towards others.	Builds positive relationships, reduces stress, and enhances emotional well-being. It provides emotional stability.
Mental Restraint	Controlling negative emotions and impulses.	Prevents mental agitation, reduces stress, and promotes mental clarity, helping to choose healthier lifestyle and restraint oneself from addiction.
Avoidance of Intoxicants	Refraining from alcohol and other substances that impair judgment.	Maintains mental alertness, supports liver health, and reduces the risk of addiction.
Regular Routine	Following a consistent daily schedule aligned with natural rhythms.	Improves sleep quality, enhances digestion, and maintains overall health.
Cleanliness	Maintaining personal hygiene and a clean environment.	Prevents infections, promotes physical health, and fosters a sense of well-being.
Contentment	Cultivating satisfaction and gratitude.	Reduces anxiety, enhances emotional health, and leads to a positive outlook on life. Thus, keep addiction away.

## DISCUSSION

**The neurobiology of addiction:** Fronto-cortical control is interrupted by drug use and stress, which also increases limbic system activity, therefore impulsive, craving, and anxiety characterizing in addiction, leads to neuronal firing that hampers goal setting, preparation, and impulse control. **Sadavritta Ethical Conduct in De-Addiction:** Ayurveda focuses on Sadavritta, a moral and ethical code of behaviour, as a way to attain mental stability and self-control. Overcoming addiction relies heavily on moral values including honesty (*Satya*), nonviolence (*Ahimsa*), self-control (*Brahmacharya*), and empathy (*Karuna*). These values assist in strengthening willpower, lowering cravings, and enhancing overall health. With behavioural rejuvenation—*Achara Rasayana*—mental and emotional equilibrium is further restored. **Mode of Action of Sadavritta:** The mechanism of action of "Sadavritta," an Ayurvedic idea that promotes ethical and healthful life. It opens with the phrase "Sadavritta Palan," which mentions to righteous conduct. This causes an increase in "Satva Guna," which improves mental power and purity. As a result, it aids in the prevention of negative factors such as "Asatmyendriyarthasanyog", "Pragyaparadha", and "Parinama". Finally, this systematic strategy helps to prevent addiction while also fostering a balanced and healthy lifestyle. **Positive Effects of Sadavritta:** Key principles of Sadavritta and their beneficial health effects include honesty, nonviolence, self-control, empathy, and mental restraint, about which the need for truthfulness is stressed. Emotional stability, lower stress, better well-being, and help against addictions all result from these ideas. Further support of general mental and physical health comes from daily habits, hygiene, and satisfaction. **Self-Control and Mental Soundness:** Imbalance in *Manas* (mind) due to addiction typically leads to impulsive behaviour, anxiety, and stress. Ayurvedic literature highlights *Pragyaparadha* (intellectual mistakes) as a fundamental cause of illnesses, including dependency. With *Achara Rasayana* and *Satvavajaya Chikitsa* (psychotherapy based on spiritual and ethical knowledge), a person can develop self-restraint, improved decision-making skills, and freedom from dependency. Furthermore, mindfulness and meditation techniques assist in managing withdrawal symptoms such as irritability, anxiety, and emotional pain. **Padanshik Kram:** The *Charaka Samhita* mentions *Padanshik Kram* (gradual withdrawal method) as an Ayurvedic solution to de-addiction. This approach calls for a graduated reduction of the abused substance to reduce withdrawal symptoms and discourage relapse. **Yoga And Meditation in De-Addiction:** Yoga and meditation work together effectively as alternative treatments for addiction control. *Anulom Vilom Pranayama* helps regulate the nervous system, improve oxygenation, and enhance mental focus. Transcendental meditation also lowers cravings, emotional instability, stress, and anxiety. Research shows that Yoga therapy

positively affects several bodily systems, including the musculoskeletal, cardiac, and nervous systems. **Ayurvedic View on Addiction and Its Health Repercussions:** Disturbance of the body's natural balance causes physiological, mental, and socio-economic problems. It is associated with major health issues including liver damage, heart diseases, neurological problems, and instability. According to the National Institute on Alcohol Abuse & Alcoholism, excessive medication usage raises the chance of stroke, asthma, cancer, and early organ degeneration. **Contemporary Relevance of Ayurveda in Addiction Control:** Ayurveda can be smoothly integrated with modern de-addiction treatments in today's healthcare to offer a thorough and long-lasting recovery strategy. Rehabilitation programs may benefit greatly from Ayurvedic advice on diet, lifestyle changes, and moral behaviour. Following *Sadavritta* and *Achara Rasayana* helps people live consciously and disciplined, thereby preventing relapse and promoting long-term recovery.

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## Authors Contribution

Author 1 and Author 2 conducted the literature review, analysed relevant studies, and wrote the initial draft of the manuscript. Author 3 supervised the work, provided critical insights, and contributed to final revisions. All authors approved the final version of the manuscript.

## Data Availability Statement

The data in this study will be available from the corresponding author on request.

## CONCLUSION

The principles of *Sadavritta*, *Achara Rasayana*, and *Padanshik Kram* offer a systematic and comprehensive strategy for de-addiction. Ayurveda deals with emotional and mental health as well as withdrawal symptoms, thereby helping to avoid relapse. The holistic Ayurveda approach enhances addiction treatment, ensuring long-term recovery and an improved quality of life.



**सारांश:**

**परिचय:** नशे की लत एक जटिल स्थिति है जो शारीरिक, मानसिक और सामाजिक संतुलन को बाधित करती है। आयुर्वेद में, इसे त्रिदोषों (वात, पित्त, कफ) के असंतुलन और मन (मस्तिष्क) की विकृतियों से जोड़ा जाता है। सद्वृत्त (नैतिक आचरण के सिद्धांत) के माध्यम से आत्म-अनुशासन, नैतिक व्यवहार और मानसिक संतुलन को प्रोत्साहित करते हुए, आयुर्वेद नशे की लत से मुक्ति के लिए एक समग्र दृष्टिकोण प्रदान करता है। **विधियाँ:** नशे, वापसी, और प्रबंधन पर प्रकाशित और अप्रकाशित जर्नल लेखों की गहन समीक्षा की गई। सद्वृत्त, आचार रसायन, पदांशिक क्रम, और योग के माध्यम से नशे के पुनर्वास में आयुर्वेदिक संहिताओं और टिप्पणियों का विश्लेषण किया गया। **परिणाम:** आयुर्वेद पदांशिक क्रम (क्रमिक वापसी) की सलाह देता है ताकि पदार्थों पर निर्भरता को कम किया जा सके और वापसी के दर्द को कम किया जा सके। आचार रसायन मानसिक पुनर्स्थापन और आत्म-अनुशासन को बढ़ावा देते हुए भूख और आवेगपूर्ण क्रियाओं को कम करता है। आयुर्वेदिक मनोचिकित्सा, सत्त्वावजय चिकित्सा, मानसिक संतुलन को पुनः प्राप्त करने और सोच में परिवर्तन लाने में मदद करती है। अनुलोम विलोम प्राणायाम जैसे ध्यान और योग के अभ्यास मानसिक एकाग्रता और तंत्रिका तंत्र के नियंत्रण में सुधार करते हैं। आयुर्वेदिक जीवनशैली में परिवर्तन और उपचार नशे से संबंधित समस्याओं जैसे यकृत विकार, हृदय समस्याएं, और मस्तिष्क क्षति में मदद कर सकते हैं। **निष्कर्ष:** आयुर्वेदिक सिद्धांतों को आधुनिक पुनर्वास तकनीकों के साथ मिलाकर एक स्थायी नशा मुक्ति का दृष्टिकोण प्राप्त होता है। सद्वृत्त (नैतिक अनुशासन), क्रमिक डिटॉक्सिकेशन (पदांशिक क्रम), और माइंडफुलनेस अभ्यास दीर्घकालिक उपचार का समर्थन करते हैं और पुनरावृत्ति को रोकते हैं। आयुर्वेद का समग्र दृष्टिकोण, आधुनिक उपचारों के साथ मिलकर, नशे के नियंत्रण और जीवन की गुणवत्ता में सुधार करता है।

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