

**NASHA MUKTI JAGRUKTA (SUBSTANCE ABUSE AWARENESS): PUBLIC HEALTH
CHALLENGES AND THE ROLE OF HOMOEOPATHY – A LITERATURE REVIEW****Professor Dr. A. K. Dwivedi***

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ABSTRACT

Substance abuse has emerged as one of the leading public health concerns worldwide, affecting individuals, families, and society. Alcohol, tobacco, opioids, cannabis, and synthetic drugs contribute significantly to morbidity, mortality, crime, and mental illness. While conventional de-addiction programs primarily rely on pharmacotherapy, behavioural interventions, and rehabilitation, complementary approaches are increasingly being explored to improve long-term recovery. Homoeopathy, with its individualized and holistic philosophy, has been proposed as an adjunctive approach for managing withdrawal symptoms, psychological distress, cravings, and constitutional susceptibility. This literature review summarizes the epidemiology of substance use disorders, preventive strategies through awareness (Nasha Mukti Jagrukta), available evidence regarding homoeopathic interventions, current limitations of research, and future directions. The review concludes that homoeopathy may have a supportive role as part of an integrated de-addiction programme; however, high-quality randomized clinical trials are required before definitive conclusions regarding efficacy can be drawn.

KEYWORDS: Substance Use Disorder, Nasha Mukti, Drug Addiction, Alcohol Dependence, Tobacco Dependence, Homoeopathy, Public Health, De-Addiction.

INTRODUCTION

Substance abuse represents one of the greatest challenges to modern healthcare. According to international estimates, millions of people suffer from alcohol, tobacco, and illicit drug dependence, resulting in significant physical, psychological, social, and economic consequences. In India, tobacco and alcohol remain the most commonly abused substances, while opioid misuse and synthetic drug consumption are increasing among adolescents and young adults. Prevention through public awareness (“Nasha Mukti Jagrukta”) is therefore considered the first and most cost-effective strategy.



Representative Images

Drug addiction is now recognized as a chronic relapsing brain disorder influenced by genetic predisposition, environmental stressors, family dynamics, peer pressure, psychiatric illnesses, and socioeconomic factors. Successful management requires multidisciplinary intervention involving physicians, psychiatrists, psychologists, social workers, rehabilitation experts, and community participation.

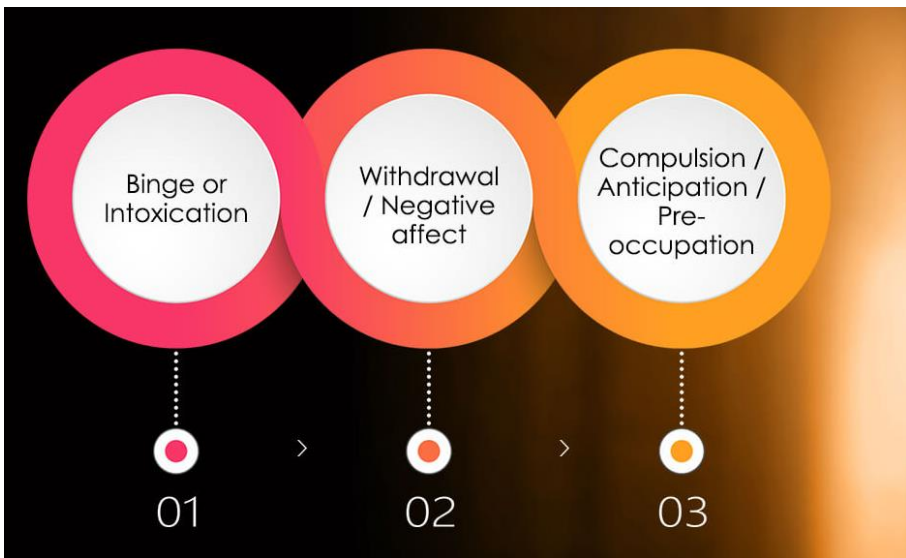
Nasha Mukti Jagrukta: Importance of Public Awareness

Public awareness campaigns aim to

- * Prevent initiation of substance use among adolescents.

- * Educate families regarding early warning signs.
- * Reduce social acceptance of alcohol and tobacco.
- * Promote healthy lifestyle choices.
- * Encourage early treatment seeking.
- * Reduce stigma associated with addiction.
- * Strengthen school and community-based prevention programmes.

Community awareness, school education, youth engagement, parental counselling, workplace interventions, and media campaigns collectively contribute toward reducing substance abuse.



Representative Images.

Homoeopathic Philosophy in Addiction Management

Homoeopathy approaches addiction from a holistic perspective. Rather than considering addiction merely as chemical dependence, it evaluates:

- * Individual susceptibility
- * Constitutional characteristics
- * Emotional and mental state
- * Personality traits
- * Stress response
- * Sleep disturbances
- * Anxiety
- * Depression
- * Cravings
- * Family history

Treatment is individualized according to the totality of symptoms rather than the substance alone.

Common remedies discussed in the literature include Nux vomica, Sulphur, Lycopodium, Arsenicum album, Staphysagria, Pulsatilla, Phosphorus, and others depending on the patient's symptom picture. These are selected on individualized homeopathic principles rather than as disease-specific medicines.

Review of Available Literature

Recent reviews indicate that the available evidence for homoeopathy in substance use disorders consists mainly of observational studies, case series, pilot studies, and a small number of randomized controlled trials.

A 2023 systematic review identified only a limited number of eligible clinical studies. Although several reports described improvements in withdrawal symptoms, cravings, anxiety, and quality of life, the review concluded that methodological limitations—including small sample sizes, heterogeneity of interventions, and risk of bias—prevent firm conclusions.

A 2024 scoping review similarly found that evidence remains sparse and heterogeneous, recommending larger, well-designed trials with standardized outcome measures.

Individual case reports have described improvement in tobacco dependence and associated psychological symptoms following individualized homoeopathic treatment, but such reports cannot establish effectiveness without controlled studies.

Homoeopathy as an Integrative Approach

Homoeopathy should be viewed as a complementary modality rather than a replacement for evidence-based addiction care. An integrated de-addiction programme may include:

- * Medical detoxification when indicated
- * Psychiatric assessment
- * Behavioural therapy
- * Motivational interviewing

- * Family counselling
- * Nutritional rehabilitation
- * Yoga and meditation
- * Community support
- * Individualized homoeopathic care

Such multidisciplinary care addresses both physical dependence and psychosocial recovery.

Research Gaps

Current literature identifies several unmet needs

- * Large multicentre randomized controlled trials
 - * Standardized diagnostic criteria
 - * Validated craving assessment tools
 - * Long-term relapse prevention studies
 - * Quality-of-life outcome measures
 - * Biological markers
 - * Cost-effectiveness analyses
 - * Integration with rehabilitation programmes
- Strengthening research methodology is essential for generating reliable evidence.

Future Perspectives

Future homoeopathic research should explore

- * Alcohol dependence
 - * Tobacco cessation
 - * Opioid withdrawal
 - * Cannabis use disorder
 - * Adolescent substance abuse
 - * Psychological resilience
 - * Community-based preventive programmes
 - * Digital awareness interventions
 - * Integrated AYUSH-based de-addiction models
- Collaboration among homoeopathic institutions, psychiatry departments, public health agencies, and addiction specialists can facilitate high-quality clinical research.

CONCLUSION

Substance abuse remains a major public health challenge requiring prevention, early intervention, and comprehensive rehabilitation. Nasha Mukti Jagrukta programmes play a vital role in reducing the burden of addiction through education and community participation. Homoeopathy offers an individualized, holistic approach that may complement conventional de-addiction services, particularly in addressing emotional well-being, constitutional factors, and quality of life. However, the current evidence base is limited and does not support definitive claims of effectiveness. Future rigorously designed clinical trials are necessary to clarify the role of homoeopathy within integrated addiction management.

Biography

Dr. A. K. Dwivedi, BHMS (Gold Medallist), MD, MBA, Ph.D. has been a Registered Homeopaths for over 25 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is

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