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# Role of *Yogasanas* in the management of Alcoholism

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## ABSTRACT

*Yoga* is an Indian traditional health promoting therapy. Now whole world is looking for traditional system of medicines or integrative systems of medicine to overcome from some of the diseases, where not only physical, but also mental, social, spiritual factors are also hamper. For example, life style disorders, auto-immune diseases, genetic disorders and mainly drug addictions like narcotics, sedatives drugs, deliriant poisons like alcohol. As 5.1% of the global burden of diseases and injury is attributable to alcohol. This leads to 5.3% of all deaths.<sup>[1]</sup> According to WHO report only 3.3 % of Indians consumes alcohol as it is not widely consumed in India. But still 336 deaths occur per day due to alcohol consumptions. Hence this article is to through light on yoga therapy for alcoholism and for its addictions even after de-addiction therapy.

**Key words:** *Yogasana, Pranayama, Alcoholism, Addiction.*

## INTRODUCTION

Irrespective of socio-economic condition most of the population is being addicted to one or another habits, among those habits alcohol addiction stands first. In India the prevalence rate is 12.5%, and one in twelve of the population of India has alcohol use disorders, and globally around 1% of the population.<sup>[2]</sup> The effect of alcohol not only affects the individuals but also to their family and even on society in many more ways. To overcome from this high burning issue even all multi disciplinary medicines also not giving satisfactory results.

And moreover alcohol addiction is chronic and in most of the people relapsing also, hence mortality and morbidity rate is also high. It is proved that many Yoga postures have positive results in controlling stress, anxiety; depression etc. improves the overall health. To have control over mind more than the medicine yoga therapies give the better results. By controlling the cravings and thoughts about drinking of alcohol. Some of recommended important yoga postures are highlighted here.

### *Marichyasana:*

This body twisting yoga benefits the body in a number of ways of which mind stimulation is one. The twist stimulates the brain and other mental organs and increases their efficiency, there by addressing the underlying causes of alcohol addiction such as depression or mental weakness.

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**Suryanamaskara:**

This pose energizes the mind alarming the alcohol addict to develop the determination to draw his attention away from alcohol and focus on other things.

**Baddakonasana:**

Pose prepares the body to assume meditative postures better. It also releases the mind from guilt and pacifies it. A peaceful and guilt free mind is a precess for combating alcohol addiction.

**Viparita Karani :**

It improves blood circulation in the brain and boosts mental energy there by helping in overcoming addiction such as alcoholism.

**Balasana:**

Helps in combating alcoholism by strengthening the mind of the alcohol addicted person. This Asana relieves mental stress and fatigue and improves blood circulation.

**RESULTS**

The different body postures and breathing techniques of *Yoga* can reduces stress, depression and anxiety by releasing body's good feeling endorphins thus suppresses craving of alcohol. And also keeps the release of dopamine in the brain to a healthy level.<sup>[3]</sup>

The blood alcohol concentration is reduced by detoxification processes like increased blood circulation, massage of internal organs by body twisting postures. The special technique of Pranayama like deep breathing stimulates the detoxification process, hence enhances oxygenation and reduces blood alcohol concentration.

**CONCLUSION**

Physical exertion by different postures produces sweating, aiding into elimination of toxins through the skin. Yoga also aids in emotional regulation and help develop a greater sense of control over actions. Hence resulting into get rid from addiction of alcohol and also toxic effects of alcohol.

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