



ISSN 2456-3110

Vol 9 · Issue 10

October 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Management of Smack/Opium Addiction through Ayurveda Intervention : A Case Series

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## ABSTRACT

Opium and its derivative addiction are rampant in western Rajasthan, because it is easily available. Opioids, which include heroin (or its impure form, smack or brown sugar), a range of medicinal opioids, are used by about 2.1% of the population in India. Opium was first described by *Acharya Bhavprakasha*, Properties are *Tikta* and *Kashay Rasa*, *Laghu*, *Ruksha*, *Sukshma*, *Vyavayi*, *Vikasi*, *Vedanasthapana*, *Nindrajanana*, *Shothahara* and *Aakshepahara*. The opium-derived addictions withdrawal symptoms such as nausea, vomiting, diarrhoea, chills, body ache, sleeplessness and flu-like symptoms begin, these symptoms can grow severe enough to necessitate emergency medical attention, and in extreme situations, they might have life-threatening consequences for the users a result of respiration depression, and pupil dilation in the later stages. **Diagnosis:** The assessment was based on Clinical Opiate Withdrawal Scale (cows) before and after the treatment. **Intervention:** Effect have been applied to depict 5 cases of opium addiction in form of series who have been treated with *Sameergaja Kerari Rasa* in the tapering method (*Padanshika Krama*) starting with the dose of 375 mg along with *Vishatinduka Vati* dose of 125 mg twice a day along with *Panchakarma* procedures, *Abhayanga*, *Swedana* and *Shirodhara* for a period of 1 month. **Result:** Reduction in cows scale was observed, about 75-80% of symptoms subsided in all cases and the results have been reported very encouraging within a period of twenty to thirty days. **Conclusion:** Ayurveda treatment can be an effective and safe solution for opium/smack addictions.

**Key words:** *Opium, Smeergaja Keshri Ras, smack addiction, Vishtinduk Vati.*

## INTRODUCTION

Opium addiction is rampant in western *Rajasthan* especially in *Vishnoi* and *Jaat* community, with custom to feed opium to the guests coming to house as a treat, also it helps in enhancing the labourer working capacity, and this practice has now turned into an addiction. It's prevalence along the regions of Rajasthan,

(8.4 %) Barmer, Jaisalmer (79%) and (6.9%) in Bikaner.<sup>[1]</sup>

Is typically grown in India. Opioid use is reported in 2.1% of the country's population, with heroin use being highest at 1.14% percent followed by pharmaceutical opioids at 0.96% and opium at 0.52%. Regarding the pattern of use, dependent use is highest among users. The prevalence of opioid use in India is three times the global average. In comparison to 2004, Smack is really dependent. Smacking is prohibited in India.<sup>[2]</sup> Opioids, which include heroin (or its impure form, smack or brown sugar), opium (or its variations, such as poppy husk known as *Doda / Phukki*), and a range of medicinal opioids, are used by about 2.1% of the population in India. The plant *Papaver somniferous* Linn., also known as poppies, *Afim*, *Kasoomba*, or *Madakchandu*, is an annual that produces white or red blossoms on a central bulbous pod. The smell and taste of crude opium are distinctive.<sup>[3]</sup> Diacetylmorphine, sometimes

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Submission Date: 13/09/2024

Accepted Date: 23/10/2024

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.10.40

known as pure smack, is a white, bitter powder that is abused for its euphoric effects. Comparatively speaking smack has two to three times the potency of morphine. Smack is usually smoked, injected, or snorted up the nose. It exhibits euphoric, antianxiety, and analgesic properties.<sup>[4]</sup> Opium and its poisoning were described in *Ayurveda* under *Aaphuka*.<sup>[5]</sup> Further, opium is described under the heading of *Upavisha*.<sup>[6]</sup>

In the classical text of the *Ayurveda*, opium was first described by *Acharya Bhavprakash*, Properties are *Tikta* and *Kashay Rasa*, *Laghu*, *Ruksha*, *Sukshma*, *Vyavayi*, *Vikasi*, *Vedanasthapana*, *Nindrajanana*, *Shothahara* and *Aakshepahara*.<sup>[7]</sup> In *Ayurveda*, substance abuse is to be identified as per the clinical presentation. The detailed history is to be taken from the accompanying person as well. A thorough mental status examination is done, and based on the severity; a protocol is formulated on an individual basis as per the Ayurvedic examination. As per the *Dosha*, a *Sodhana*-based protocol is framed, followed by *Samana*, *Rasayana*, *Yoga*, *Satvavajaya*, and even family counselling and support. There is scope for complementary practices to enhance the reported outcome of contemporary management *Ayurvedic* texts discuss (opium) both therapeutic and poisonous properties. In the present case, the patient was smack addicted for the last 3 years and was suffering from withdrawal symptoms at the time of admission. With the help of the *Panchakarma* procedure and oral medication, patient's condition improved within three weeks.

## CASE REPORT

**Case - 01:** A 28 years old male patient was Asymptomatic before 4 years ago he presented on 08/07/2024 at De-Addiction OPD at National Institute of Ayurveda, Jaipur, (RAJ.) with the H/O Smack addiction 10 – 12 cent (~ 1000mg – 1200mg) per day on withdrawal patient complaints of Anxiety, restlessness, body-ache, anorexia, headache, and tremors for more than 5 days, for which he was admitted to the De-Addiction unit.

**Case - 02:** A 41 years old male patient was Asymptomatic before 5 years ago he presented on

29/07/2024 at De-Addiction OPD at National Institute of Ayurveda, Jaipur, (RAJ.) with the H/O Smack addiction 1- 2 grams per day, since 20 years. on withdrawal patient complaints of Anxiety, restlessness, body-ache, anorexia, watery eye, hoarseness of voice, and hand tremors for more than 1- 2 days, for which he was admitted to the De-Addiction unit.

**Case - 03:** A 40 years old male patient was Asymptomatic before 8 years ago then presented on 05/02/2024 at De-Addiction OPD at National Institute of Ayurveda, Jaipur, (RAJ.) with the H/O Smack addiction 1gm per day by nasal inhalation, continuously on withdrawal patient complaints of Anxiety, restlessness, severe body-ache, anorexia, headache, loss of appetite, running nose and tremors for more than 5 days, for which he was admitted to the De-Addiction unit.

**Case - 04:** A 33 years old male patient was Asymptomatic before 6 years ago he presented on 05/08/2024 at De-Addiction OPD at National Institute of Ayurveda, Jaipur, (RAJ.) with the H/O Smack addiction 25 cents (2500mg) per day by nasal inhalation, since 6 years. on withdrawal patient. complaints of Anxiety, sneezing, restlessness, body-ache, anorexia, watery eye, running nose and constipation for more than 1- 2 days, for which he was admitted to the De-Addiction unit.

**Case - 05:** A 29 years old male patient was Asymptomatic before 13 years ago he presented on 17/07/2023 at De-Addiction OPD at National Institute of Ayurveda, Jaipur, (RAJ.) with the H/O Smack addiction 75 mg with avil per day by iv injectable, since 3 years. on withdrawal patient complaints of insomnia, nausea, restlessness, body-ache, anorexia, watery eye, running nose and constipation for more than 1- 2 days, for which he was admitted to the De-Addiction unit.

## Diagnostic Assessment

After detailed history (table-1) of general examination of patients (table-2), the withdrawal signs and symptoms were assessed on the basis of Clinical Opiate Withdrawal Scale (COWS). As per the COWS readings, the patient had moderate withdrawal symptoms of smack addiction [Table 3]. Thorough counselling of the

patient was done on daily basis, with a focus on de-addiction and rehabilitation. The counselling sessions were focused on the harm caused to the individual health, society, and surrounding; the sessions were made more effective by adding meditation and yoga along with the general counselling.

**Therapeutic Intervention**

The external and internal medications were prescribed as per the withdrawal symptoms of opiate addiction. The external procedures were *Shirodhara* (~oil dripping on the forehead) with *Bhrami Tail* and *Tila Tail*, *Sarvanga Abhyanga* (~synchronized whole body massage with medicated oil) with *Dashmoola Taila* and *Svedana* (~sudation) using *Dashmoola Kwatha*. The internal medicine namely *Vishatinduka Vati*, and *Sameeragaja Kesari Rasa*. [Table no.4]

**Follow-up and outcome**

At the end of the one - month treatment and one month follow-up all the withdrawal symptoms of opiate withdrawal found reduced. The treatment protocol was found safe and effective. No adverse effects were noted during the treatment period. The withdrawal symptoms were assessed on the basis of COWS at the time of admission. Changes in COWS were assessed at regular interval of a week for three weeks. Moderate withdrawal symptoms of smack were observed when the patient was admitted, mild after two weeks, and negligible after three weeks of management. At the time of discharge, *Amlaki Rasayan* and *Bhrami Vati* were prescribed for one month as *Rasayna Chikitsa* to build the immunity and for longevity. They were healthy both physically and mentally; there *Jathragani* got ignited with the time, withdrawal symptoms declined, the patient and their attendant were well satisfied. After 21 days, they were discharged and were on follow-up for a period of 45 days of regular follow-up and 60 days telephonically just after the treatment, in which they did not take a smack in any form.

**Table 1: Detailed history of patients**

Data	Case 1	Case 2	Case 3	Case 4	Case 5
Name	A	B	C	D	E

O.P.D no.	332024 292464	332024 301673	332024 227882	332024 64948	3320230 0142689
I.P.D no.	3473	3881	572	3990	3083
DOA*	08/07/2024	29/07/2024	05/02/2024	05/08/2024	17/07/23
Age	28	41	40	33	29
Sex	Male	Male	Male	Male	Male
Marital status	Married	Married	Married	Married	Married
Occupation	Business	Auto driver	Labour	Labour	Jewellery export
Diet & habit	Veg.	Veg.	Veg.	Veg. & non veg.	Veg. & nonveg.
Appetite	Normal	Normal	Loss of appetite	Loss of appetite	Loss of appetite
Sleep	Loss of sleep	Loss of sleep	Loss of sleep	Loss of sleep	Loss of sleep
Bala	Medium	Medium	Medium	Medium	Medium
Treatment history	Fresh case	Fresh case	Fresh case	Fresh case	Fresh case

\*Date of admission

**Table 2: General examination of patients**

Data	Case 1	Case 2	Case 3	Case 4	Case 5
Height [c.m]	160	172	172	157.4	168
Weight [k.g]	68	70	65	50	55
Icterus	No	No	No	No	No
Pallor	No	No	No	No	No

B.P*[m m of hg]	120/80	130/80	110/80	130/84	110/80
Pulse rate [per minute]	90	110	102	82	116
R.R* [per minute]	18	20	18	22	20
Temp*	Afebrile	Afebrile	Afebrile	Afebrile	Afebrile

\*blood pressure, \*respiratory rate, \*temperature

Table 3: Assessment of Clinical Opiate Withdrawal Scale

Cows scale Clinical features	Case 1		Case 2		Case 3		Case 4		Case 5	
	B. T	A. T	B. T	A. T	B. T	A. T	B. T	A. T	B. T	A. T
Restlessness	3	1	1	0	3	0	3	1	3	0
Resting pulse rate	1	0	1	0	2	0	1	1	2	0
Sweating	2	0	2	0	2	0	2	0	1	0
Pupil size	1	0	1	0	0	0	1	0	1	0
Bone and joint ache	4	1	2	1	4	1	2	1	2	0
Running nose	4	0	2	0	4	0	2	0	2	0
GI*upset	2	0	2	0	2	0	2	0	1	0
Tremor	2	0	4	1	2	0	1	0	4	1
Yawning	4	0	4	1	4	0	2	0	4	1
Anxiety or irritability	4	1	2	0	4	0	2	0	1	0

Gooseflesh skin	3	0	3	0	0	0	0	0	3	0
<b>Total</b>	<b>30</b>	<b>3</b>	<b>24</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>

\*5–12: Mild; 13–24: Moderate; 25–36: Moderately Severe; >36: Severe Withdrawal Score. COWS: Clinical Opiate Withdrawal Scale, \*GI: Gastrointestinal

Table 4: Treatment Line Adopted in Patients

Samana Yoga	Dose	Dosage	Duration	Route of administration	Anupanna
Sameeragaja Kesari Rasa	125 mg	1 tablet tds	1 <sup>st</sup> week	Per oral	Luke warm water
		1 tablet bd	2 <sup>nd</sup> week		
		1 tablet od	3 <sup>rd</sup> week		
Vishatinduka Vati	125 mg	1 tablet bd	15 days	Per oral	Luke warm water
<b>External procedure</b>					
Sarvang Abhyanga	Early morning daily for 14 days on the whole body with Mahanarayan Taila.				
Sarvang Swedan	Early morning daily for 14 days on the whole body with Dashmool Kwath steam				
Shirodhar	Early morning daily for 14 days on the head with Brahmi Tail and Tila Tail.				

Table 5: Ingredients of Sameera Gaja Kesari Rasa<sup>[8]</sup>

SN	Ingredient	Latin name/chemical name	Part used
1.	Shuddha Hingula	Mercuric sulfide	Powder
2.	Maricha	Piper nigrum	Fruit
3.	Shuddh Ahiphena	Papaver somniferum linn.	Seed

4.	Shuddha Kupilu	Strychnos nux vomica linn.	Seed
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**Table 6: Pharmacodynamic properties (Ras Panchaka) of Sameera Gaja Kesari Rasa**

S N	Drug	Rasa	Guna	Virya	Vipaka	Doshaja Karma
1.	Shuddha Hingula <sup>[9]</sup>	Tikta, Katu Kashaya	Ushna	Ushna	Katu	Tridosahara Agnivardhak, Rasayan, Balya Medhya
2.	Maricha	Katu	Ruksha, Tikshana	Ushna	Madhura	Kaph Vaat Shamaka, Swashhara.
3.	Shuddha Ahiphena <sup>[10]</sup>	Tikta, Kashaya	Laghu, Ruksha, Sooks hmaV yavayi	Ushna	Katu	Kaph-Vaat Shamaka Madkari, Grahi, Sukra Sthambhaka
4.	Shuddha Kupilu	Katu	Laghu, Grahi, Ushna	Ushna	Katu	Kaph- Vaat Shamaka

**Table 7: Ingredients of Vistinduka Vati<sup>[11]</sup>**

SN	Ingredient	Latin name / chemical name	Part used
1.	Shuddha Kupilu	Strychnos nux vomica linn.	Seed
2.	Maricha	Piper nigrum	Fruit
3.	Pugphal	Areca catechu	Fruit
4.	Chincha Phal	Tamarindus indica	Seed

**Table 8: Pharmacodynamic properties (Rasa Panchaka) of Vistinduka Vati<sup>[12]</sup>**

SN	Drug	Rasa	Guna	Virya	Vipaka	Doshaj Karma
1.	Shuddha Kupilu	Katu	Laghu, Grahi, Ushna	Ushna	Katu	Kaph-Vaat Shamaka

2.	Maricha	Katu	Ruksha, Tikshana	Ushna	Madhura	Kaph Vaat Shamaka, Swashhara.
3.	Pugphal	Kashya	Sheeta Guru, Ruksha	Sheeta	Madhura	Deepan Kaph Pitta Shamaka
4.	Chincha Phal	Amla	Laghu	Sheeta	Madhura	Trishna Har, Rochaka, Dahashamak, Agnivardhaka, Vata Shamaka

**DISCUSSION**

Addiction to opiates and smack is a serious issue everywhere. It is critical that the families and general practitioners of these individuals comprehend the psychosomatic issues resulting from smack abuse. *Kuchla, Pugaphala, Maricha, and Chincha* are the four main ingredients of *Vishtinduka Vati*. *Vishatinduka Vati* is useful for treating a number of illnesses, including indigestion, diarrhoea, running nose, appetite loss, and chronic pain conditions like joint and body aches. It is preferred. The principal applications of *Sarvanga Abhyanga* and *Svedana* are in *Vataroga, Kampa* (tremors), and *Angmarda* (body aches) and joint pain. Since all the above conditions are found in the form of withdrawal symptoms. It is preferred in the present case. Literature also suggested the use of *Vishatinduka Vati* in opium (smack) addiction.<sup>[13]</sup> *Sarvanga Abhyanga* and *Svedana* are mainly used in *Vata Roga, Kampa* (~tremors), and *Angmarda* (~body ache) and are used as *Vata Shamaka*.<sup>[14]</sup> *Shramahara, Nidrakara, and Vatanashaka* are the qualities of *Abhyanga* that also aid in treating withdrawal symptoms including tremors, sweating, anxiety, and restlessness. The patient began to sleep well after receiving regular doses of formulation that has been found to be beneficial is *Sameeragaja Kesari Rasa*. It has been found to relieve the following conditions: *Asthishoola* (pain in the bones), *Sandhishoola* (pain in the joints), *Kampa, Pratishyaya* (catarrh), and *Ashrutarva* (tears).

In this instance, the medication was provided as *Sameeragaja Kesari Rasa*, which included opium as a significant component. According to COWS's observations, the patients experienced total relief from the withdrawals in less than three weeks. Since the analysis of the study data is centred on 5 patients.

## CONCLUSION

Ayurveda treatment is very effective and safe treatment to reduce withdrawal symptoms of opium and its derivatives addiction. The present case series provide prominent evidence that *Sameer Gaja Keshri Ras*, *Vishatinduka Vati*, *Abhyanga (Mahanarayan Taila)*, *Swedana (Dashmool Kwath)* and *Shirodhara (Bhrami and Til Tail)* have the potential to subside all the above - discussed cases have not presented with no any side effect seen. To make this study more significant, clinical trials need to be conducted on a large population.

## Declaration of patient consent

Authors certify that they have obtained patient consent form, where the patient has given his consent for reporting the case along with the images and other clinical information in the journal. The patient understands that their name and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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**How to cite this article:** Mukesh Prajapati, Madhavi Dholariya, Ashwini Gaiwad, Poonam Garg, Anita Sharma, Dinesh Kumar Kumawat. Management of Smack/Opium Addiction through Ayurveda Intervention : A Case Series. J Ayurveda Integr Med Sci 2024;10:245-250.

<http://dx.doi.org/10.21760/jaims.9.10.40>

**Source of Support:** Nil, **Conflict of Interest:** None

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