

ANALYTICAL AND OBSERVATIONAL CLINICAL EVALUATION OF ADDICTION KILLER POWDER, IN DE-ADDICTION PROTOCOL OF ALCOHOL ADDICTED PATIENTS, ALCOHOLISM AND TAPERING UP IN ALCOHOL CONSUMPTION (ATI MADHYATA)

Dr. Ravi Raj*

M.D. Ayurveda, Associate Professor, Department of Rasa Shastra Evam Bhaishajya Kalpana, Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra, 136118 Haryana.

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***Corresponding Author**

Dr. Ravi Raj

M.D. Ayurveda, Associate
Professor, Department of
Rasa Shastra Evam
Bhaishajya Kalpana, Shri
Krishna Govt. Ayurvedic
College and Hospital,
Kurukshetra, 136118
Haryana.

ABSTRACT

Addiction refers to the habitual psychological or physiological reliance on a substance or behavior that surpasses voluntary control. It is recognized as a chronic brain disorder, characterized by compulsive engagement in substance use or practices despite their harmful effects. Addiction not only causes significant harm to individuals but also leads to severe social repercussions. Abrupt withdrawal from addictive substances can trigger psychosomatic disorders, further complicating recovery. **Material and Method:** The material for this article is taken from both of clinical administration of **ADDICTION KILLER POWDER** and various clinical studies mentioned in ayurvedic texts with drug addiction, withdrawal and its management. Ayurvedic samhitas with its commentaries and textbook of Ayurveda and Modern medicine are referred to collect the material of relevant topic. The treatment plan opted was with use of **ADDICTION KILLER POWDER** along with modification of diet, psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation. Regular follow up visits at the interval of Fifteen days were done for a period of

2 month. After 1 month of treatment significant responses was observed. The study administered a daily dose of 2-3 gram Powder of **ADDICTION KILLER POWDER** (empty stomach in the morning and evening before meal. **Result:** The Ayurveda has ancient science which has stores of herbal, mineral or herbo-mineral medication for prevention and cure of disease including Addiction and Withdrawal of drugs abused. The Padansik kram is a unique

method described in Ayurveda to stop the any harmful or non- harmful substance which homologous to human being, by taper up manner. **Shrikhandasav** should be replaced and taper up in alcohol. In the case of cocaine and tobacco addiction, coca herbal tea and self-prepared powder of ajowayan and tobacco should be given in tapering manner. In addition symptomatic treatment by using concern drug, Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation has important role and should be applied in case of addiction to rehabilitate the patient. Beside that **ADDICTION KILLER POWDER** also presented a remarkable result in treating Alcoholism and Tapering up in Alcohol. Over the course of 60 consecutive days, the results demonstrated a statistically significant increase ($P < 0.05$) in treatment of Alcoholism in Alcohol Abused Patients. **Conclusion:** Withdrawal of addicted drug by Padanshik karma, symptomatic withdrawal treatment, administration of **ADDICTION KILLER POWDER**, psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation are very helpful in de-addiction of drugs.

KEYWORDS: Drug addiction, De- addiction, Ayurveda, drugs de-addiction, Ayurveda, Madya, Alcohol use disorder, Shodhana, Raja Yapana Basti, **ADDICTION KILLER POWDER**.

INTRODUCTION

A drug is defined (by WHO) as any substance that, when taken into the living organism, may modify one or more of its functions. The words 'drug addiction' and 'drug addict' were dropped from scientific use due to their derogatory connotation. Instead 'drug abuse', 'drug dependence', 'harmful use', 'misuse', and 'psychoactive substance use disorders' are the terms used in the current nomenclature. A psychoactive drug is one that is capable of altering the mental functioning.^[1] Alcohol is one such psychoactive drug which is consumed all over the world, but the habit of being dependent on alcohol for coping with any emotions, trauma, depression, or any reason is where the addiction part takes birth. When one is involved in alcohol use, it's not just health that is at stake; it also brings out numerous mental and social impacts, from weight gain to liver dysfunction to aggressive behaviour at home, loss of income, unemployment, and harm to an unborn baby. Understanding alcohol addiction and looking for accessible natural treatments are instrumental ways of lessening the impact of alcohol on a person. Alcohol addiction also known as Alcoholism or Alcohol abuse. In Ayurveda, Alcohol addiction is called as Manasikam Visargah, Madyapash, Madyasakti. (Madya: Alcohol, Pash: Habit, Aasakti: Craving).^[2]

The process of **ADDICTION KILLER Powder** preparation is a repeated standardized process to obtain final prepared drug. Thus, it may be an ancient example of potentization **ADDICTION KILLER Powder** herbs which mentioned in Ayurvedic texts and other Metria Medica like Bhav Praksh Nighantu. It strengthens the mental level, herbs are Medhya Rasayan (Intellect promoters). All herbs acts as Medhya rasayan, Intellect Promoter, keeps mind cool, Balya & Rasayana too in healthy volunteers.

AIMS AND OBJECTIVES

1. The present work was undertaken with the following aims and objectives. Conceptual and hypothetical evaluation of Ati-Madhyata (Alcoholism).
2. Clinical evaluation of an Ayurvedic compound “Addiction Killer Powder” in the management of Alcoholism and Tapering up in Alcohol Consumption (Ati Madhyata).
3. To evaluate, elaborate and discussed the drug addiction as per Ayurveda.
4. To evaluate, elaborate and discussed the solution of drug addiction and its withdrawal as Per Ayurveda.

MATERIAL AND METHODS

Selection of Cases: Patients with **Alcoholism and Tapering up in Alcohol Consumption (Ati Madhyata)** selected randomly from OPD of P.G Department of Rasa Shastra at Shri. Krishna Govt Ayurvedic College Kurukshetra.

Age Group:- 60 Individual from the age group of 25 to 55 Years were taken for Alcoholism and Tapering up in Alcohol Consumption (Ati Madhyata).

The observational clinical trial took place from 2024 JANUARY to APRIL 2024 at OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra. The trial design involved the enrolment of volunteers aged between 25 to 55 Years without consideration of their religious affiliation, income level, or occupation. Initially, a total of 80 volunteers were screened for primary eligibility, but 20 individuals were subsequently excluded for various reasons.

Ultimately, 60 volunteers were selected for this trial and were randomly assigned to one group: that receiving **Addiction Killer Powder for** Alcoholism and Ati-Madhyata. Eligibility for participation in the study was determined by specific inclusion and exclusion criteria.

Inclusion criteria: Male married or unmarried patients suffering from Alcoholism and Ati-Madhyata. Inclusion criteria involved clinically assessed healthy Male married or unmarried patients aged between 25 to 55 Years, irrespective of their religious beliefs and income status. These participants were required to be free from chronic, organic, or severe diseases and should not be taking any supplements or vitamins.

Exclusion criteria

- 1 Age below 25 years and above 55 years.
- 2 Patients suffering from chronic, organic, or severe diseases and should not be taking any supplements or vitamins, carcinoma, acquired immunodeficiency syndrome, tuberculosis, congenital abnormalities of genital organs, other disease like phimosis, ulceration, hydrocele, spinal cord lesions, etc.

History of patient's present illness

Male patients who were an alcoholic since past 3 to 10 years complains of tremors in both the hands and disturbed sleep since past 3-4 months Started consuming alcohol due to peer pressure in college and life challenges. They tried to quit alcohol several times and were successfully able to do it for 2 years but relapsed. They also the habit of chewing tobacco since 20 years. The patient is seeking help to quit these habits so he came to our hospital for treatment.

History of past illness: Nothing significant.

Family history: All are said to be healthy, No history of alcoholism in the family.

Premorbid personality: Introverted, sedentary, despondent, self-centered, lack of acceptance of responsibility.

Marital status: Married/Unmarried

DRUG DOSE DURATION

- 1 Tapering of Alcohol intake.
- 2 **ADDICTION KILLER POWDER:** 2-3 gms BD with luke warm Water.
- 3 **ADDICTION KILLER ARK:** 5-10 ml BD with luke warm Water.
- 4 Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation.

1st Follow-Up: After 15 Days

- 1 Tapering of Alcohol intake.

- 2 **ADDICTION KILLER POWDER:** 2-3 gms BD with luke warm Water.
- 3 Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation.

2nd Follow-Up: 2nd Follow-Up: After 30 Days

- 1 Tapering of Alcohol intake.
- 2 **ADDICTION KILLER POWDER:** 2-3 gms BD with luke warm Water.
- 3 Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation.

3rd Follow-Up: After 45 Days

- 1 Tapering of Alcohol intake.
- 2 **ADDICTION KILLER POWDER:** 2-3 gms BD with luke warm Water.
- 3 Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation.

4th Follow-Up: After 60 Days

- 1 Alcohol intake was reduced to Zero Intake.
- 2 **ADDICTION KILLER POWDER:** 2-3 gms BD with luke warm Water.
- 3 Psychological Counseling, Abhyang, shiro-Abhyang, Shirodhara, Yoga and Meditation.

General contents of ADDICTION KILLER POWDER are mentioned below

Table 1: ADDICTION KILLER POWDER.

	Hindi or Sanskrit Name of Herb	Latin or English Name	Morpho- logical Part Used	Form used	Each 1 gm powd	Book Name
A.	Vidari kand	Pueraria tuberosa	Stem	Fine	300 mg	BPN
B.	Tulsi	Ocimum sanctum	Plant	Fine	125 mg	BPN
C.	Ajwain	Trachyspermum	Seed	Fine	25 mg	BPN
D.	Amla	Phyllanthus	Fruit	Fine	25 mg	BPN
E.	Gokhru	Tribulus terrestris	Fruit	Fine	50 mg	BPN
F.	Giloy	Tinospora cordifolia	Stem	Fine	25 mg	BPN
G.	Bhumiamalaki	Phyllanthus niruri	Plant	Fine	150 mg	BPN
H.	Ashwagandha	Withania somnifera	Root	Fine	100 mg	BPN
I.	Shankhpushpi	Convolvulus	Plant	Fine	100 mg	BPN
J.	Brahmi	Bacopa monnieri	leaves	Fine	100 mg	BPN

Addiction Killer Powder is and Ayurvedic Patent Medicine Duly Approved by AYUSH department of Haryana and prepared in the R n' D Lab of Captain Biotech 27/12/2, M.I.E., Part-A, Bahadurgar Contact No.: 8570851605, Manufacturing License Number:- 631-ISM (HR) and Marketed by SAT KARTAR SHOPPING LTD, 603 Mercantile House, KG Marg New Delhi- 110001.

Investigations

Before treatment	After treatment
SGOT - 47 IU/L	SGOT - 24 IU/L
SGPT - 42 IU/L	SGPT - 25 IU/L
Alkaline phosphatase - 252 IU/L	Alkaline phosphatase - 192 IU/L
Total bilirubin - 2.0mg/dL	Total bilirubin - 0.9mg/dL
Direct bilirubin - 0.5mg/dL	Direct bilirubin - 0.2mg/dL
Indirect bilirubin - 1.5mg/dL	Indirect bilirubin - 0.7mg/dL
USG Abdomen & Pelvis - Fatty changes in liver, Cystitis.	USG Abdomen & Pelvis - No obvious sonological abnormalities.

Statistical analysis: The statistical analysis of data gathered from the two treatment groups at various study intervals was conducted through paired Student's 't-test'.

RESULT

Initially, subjects who examined properly in the OPD and biochemistry examination were done Clinical assessment of **Addiction Killer Powder in Alcoholism and Tapering up in Alcohol Consumption (Ati Madhyata)**. Furthermore, the study revealed a significant ($P < 0.001$) improvement in Agitation and Anxiety (+62.0 %), Bones & Joints aches and Headache (+61.4%), Mood Swings and Depression, 50.4% to 55.4% in excessive hunger, Nausea & Vomiting Paroxysmal Sweats and 50.4% to 55.4% in excessive mental stress, Poor Concentration and Sleep Difficulties 50.4% to 55.4% in Tachycardia Resting Tremor.

The study revealed a significant ($P < 0.001$) improvement in desire of Alcohol intake.

The study revealed a significant ($P < 0.001$) improvement in associated sign and symptoms.

DISCUSSION

According to Ayurveda, the properties of alcohol are opposite to Ojas and comparable to poison. The only difference is, that alcohol is less powerful than poison, so it doesn't kill the person immediately. Alcohol infiltrates deeply into the tissues (Dhatu). It is dry and causes drying and harshness; it spreads throughout the body and is hot in potency. Alcohol loosens bone joints, dries Ojas, and causes mental disorders. It produces Agitation, Anxiety Bones & Joints aches, Headache, Mood Swings, Depression, excessive hunger, Nausea & Vomiting Paroxysmal Sweats, Excessive Mental Stress, Poor Concentration and Sleep Difficulties Tachycardia Resting and Tremor.

Mode of Action of Drugs

1. Vidari Kand: Known for its rejuvenating properties, Vidari Kand helps detoxify the

body and provides nourishment to tissues. It can aid in reducing the physical dependence caused by alcohol.

2. **Tulsi (Holy Basil):** Tulsi is a powerful adaptogen that helps in managing stress and detoxifying the body. It also has antioxidant properties, supporting liver health, which is often compromised due to alcoholism.
3. **Ajwain (Carom Seeds):** Ajwain is beneficial for improving digestion and reducing cravings for alcohol. It can also help flush out toxins from the body.
4. **Amla (Indian Gooseberry):** Rich in Vitamin C and antioxidants, Amla helps repair liver damage caused by alcohol. It strengthens the immune system and improves overall vitality.
5. **Gokhru (Tribulus Terrestris):** Gokhru supports kidney health and aids in detoxification. It also helps balance hormones and improve mood, which can assist in dealing with withdrawal symptoms.
6. **Giloy (Tinospora Cordifolia):** Giloy is known for its detoxifying and immune-boosting properties. It helps reduce the harmful effects of alcohol on the liver and supports mental clarity.
7. **Bhumiamalaki:** Effective in liver detoxification, Bhui Amla helps in repairing liver damage caused by excessive alcohol consumption and improves overall health.
8. **Ashwagandha:** As a well-known adaptogen, Ashwagandha reduces stress and anxiety, which are common triggers for alcohol dependence. It also enhances mental stability and supports better sleep.
9. **Shankhpushpi:** This herb is beneficial for improving cognitive function and reducing anxiety. It helps calm the mind, which can reduce the urge to consume alcohol.
10. **Brahmi:** Brahmi is a brain tonic that improves memory, concentration, and overall mental health. It also helps manage stress and promotes relaxation, reducing the psychological triggers of alcoholism.

These herbs work synergistically to reduce alcohol cravings, detoxify the body, repair alcohol-induced damage, and improve mental well-being. Integrating these into one's routine under the guidance of a healthcare professional can support the journey toward overcoming alcohol dependence. The goal of a good treatment program is to discover and heal the underlying causes of dependency on drugs. Pharmacotherapeutic intervention has an important role play in the management of substance abuse. It is important not only in the withdrawal treatment, but also in the long-term management (relapse prevention). In this

firstly we stop the abuse drug by replacing it by Ayurvedic medicine having same effects like abused drug and the medicine is decreasing by Quad-part-manner (padanshik kram) or abused drug itself decreasing inquad-part- manner and finally fully stop the drug. The Ayurveda has suggested a 'Padanshik Krama' to avoid the harmful effect due to sudden withdrawal of Satmya Substance. By the method of padanshik kram the dose of drugs are decreasing step wise so that there are less chances of appearing withdrawal symptoms. If the withdrawal symptoms are appears then they are treated symptomatically.

CONCLUSION

According to Ayurveda the focus of treatment in alcohol use disorder is to balance Shareerika Dosha as well as Manasika Dosha. Hence treatment adapted in this case are Shodhana Chikitsa and Shamanoushadha which are Medhya and Yakrit Prasadana. The outcome of the Ayurvedic therapy which included detoxification, proper medication with classical herbal preparation and **Addiction Killer Powder**, meditation and counselling is much encouraging.

Patient Perspective: All Patients sober now. They bear a good inter-personal relationship with family, has started new businesses and work. They have been visiting to OPD regularly.

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