

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

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ABSTRACT

Addiction is a chronic brain disorder characterized by compulsive dependence on a substance or behavior, exceeding voluntary control. It involves both psychological and physiological reliance, often leading to severe personal and social consequences. Despite its harmful effects, individuals continue their addictive behaviors, making recovery challenging. Sudden withdrawal from addictive substances can trigger psychosomatic disorders, further complicating the rehabilitation process.

Material And Method

This article is based on clinical applications of ADDICTION KILLER ARK, along with insights from various clinical studies on drug addiction, withdrawal, and its management, as documented in Ayurvedic texts. References have been drawn from Ayurvedic Samhitas with their commentaries, as well as textbooks on Ayurveda and modern medicine, to ensure a comprehensive understanding of the subject.

Addiction is a chronic brain disorder marked by compulsive dependence on substances or behaviors, surpassing voluntary control. It entails both psychological and physiological reliance, often resulting in serious personal and social consequences. Despite its detrimental effects, individuals struggle to break free from addictive patterns, making recovery a complex

process. Abrupt withdrawal can lead to psychosomatic disorders, further hindering rehabilitation.

The study administered a daily dose of 5-10 ml of **ADDICTION KILLER ARK** (empty stomach in the morning and evening before meal).

Result: Ayurveda, the ancient science of healing, offers a vast repository of herbal, mineral, and herbo-mineral formulations for the prevention and treatment of diseases, including addiction and withdrawal from substance abuse. Ayurveda, the ancient healing science, provides a rich reservoir of herbal, mineral, and herbo-mineral remedies for preventing and treating diseases, including addiction and substance withdrawal.

Shrikhandasav should be gradually replaced and tapered off in alcohol dependence. For cocaine and tobacco addiction, coca herbal tea and a self-prepared ARK of ajwain and tobacco should be administered in a controlled, tapering manner. Additionally, symptomatic treatment with appropriate medications, psychological counseling, Abhyanga, Shiro-Abhyanga, Shirodhara, yoga, and meditation play a crucial role in addiction recovery and should be integrated into the rehabilitation process.

Additionally, **ADDICTION KILLER ARK** showed remarkable effectiveness in treating alcoholism and aiding in the gradual reduction of alcohol consumption. Over a period of 60 consecutive days, the results demonstrated a statistically significant improvement ($P < 0.05$) in the treatment of alcoholism among alcohol-dependent patients.

Conclusion: Gradual withdrawal of addictive substances through Padanshik Karma, combined with symptomatic withdrawal treatment, administration of **ADDICTION KILLER ARK**, psychological counseling, Abhyanga, Shiro-Abhyanga, Shirodhara, yoga, and meditation, plays a crucial role in effective drug de-addiction and rehabilitation.

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

INTRODUCTION

A drug, as defined by the World Health Organization (WHO), is any substance that, when introduced into a living organism, can alter one or more of its functions. The terms 'drug addiction' and 'drug addict' have been removed from scientific use due to their negative

connotations. Instead, terms like ‘drug abuse,’ ‘drug dependence,’ ‘harmful use,’ ‘misuse,’ and ‘psychoactive substance use disorders’ are now used in modern classifications.

A psychoactive drug is any substance that affects mental functioning, and alcohol is one such drug consumed globally. However, dependence on alcohol as a coping mechanism for emotions, trauma, or depression leads to addiction. Alcohol addiction affects not only physical health but also mental and social well-being. It can result in issues such as weight gain, liver dysfunction, aggressive behavior, financial instability, unemployment, and even harm to an unborn child.

Understanding alcohol addiction and exploring natural treatment options are crucial steps in minimizing its impact. In Ayurveda, alcohol addiction is referred to as *Manasikam Visargah*, *Madyapash*, or *Madyasakti* (*Madya* meaning alcohol, *Pash* meaning habit, and *Aasakti* meaning craving).^[2]

The preparation of ADDICTION KILLER ARK follows a standardized, repetitive process to ensure the final formulation's potency and effectiveness. This method aligns with ancient Ayurvedic principles and is an example of herbal potentization, as referenced in classical texts such as *Bhav Prakash Nighantu* and other *Materia Medica*.

The herbs used in this formulation function as *Medhya Rasayan* (intellect enhancers), which strengthen mental faculties, promote cognitive clarity, and help maintain emotional balance. Additionally, these herbs serve as *Balya* (strength enhancers) and *Rasayana* (rejuvenators), contributing to overall well-being, even in healthy individuals.

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 ARK**” 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 the this trial and were randomly assigned to one group: that receiving **Addiction Killer ARK** 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 ARK (5-10 ml 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 ARK (5-10 ml 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.*

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

1. Tapering of Alcohol intake.
2. ADDICTION KILLER ARK (5-10 ml 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.*

3rd Follow-Up: After 45 Days

1. Tapering of Alcohol intake.
2. ADDICTION KILLER ARK (5-10 ml 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.*

4th Follow-Up: After 60 Days

1. Tapering of Alcohol intake.
2. ADDICTION KILLER ARK (5-10 ml 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.*

General contents of ADDICTION KILLER ARK are mentioned below

TABLE 1: ADDICTION KILLER ARK.

Hindi or Sanskrit Name of Herb	Latin or English Name	Morpho-logical Part Used	Each 10 ml of Arq contains
VIDARI KAND	<i>Pueraria tuberosa</i>	Stem	550 mg
VACHA	<i>Pueraria tuberosa</i>	Root	25 mg
TULSI	<i>Ocimum sanctum</i>	Plant	125 mg
AJWAIN	<i>Trachyspermum ammi</i>	Seed	25 mg
AMLA	<i>Phyllanthus emblica</i>	Fruit	25 mg
GOKHRU	<i>Tribulus terrestris</i>	Fruit	50 mg
GILOY	<i>Tinospora cordifolia</i>	Stem	25 mg
BHUMI AMLA	<i>Phyllanthus niruri</i>	Plant	150 mg
ASHWAGANDHA	<i>Withaniasomnifera</i>	Root	100 mg
SHANKHPUSHPI	<i>Convolvulus prostratus</i>	Plant	125 mg
BRAHAMI	<i>Bacopa monnieri</i>	leaves	125 mg

Addiction Killer ARK 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 collected from the two treatment groups at different study intervals was performed using a paired Student's t-test.

RESULT

Initially, subjects underwent a thorough examination in the OPD, including biochemistry tests. A clinical assessment was conducted to evaluate the effectiveness of Addiction Killer ARK in treating alcoholism and reducing 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, alcohol possesses properties that are opposite to Ojas (vital energy) and is comparable to poison, though less potent, as it does not cause immediate fatality. It deeply infiltrates body tissues (Dhatu), leading to dryness, roughness, and excessive heat. Alcohol weakens bone joints, depletes Ojas, and contributes to mental disorders. Its effects include agitation, anxiety, bone and joint pain, headaches, mood swings, depression, excessive hunger, nausea, vomiting, paroxysmal sweating, heightened mental stress, poor concentration, sleep disturbances, tachycardia, restlessness, and tremors.

Mode of Action of Drugs

These Ayurvedic herbs possess properties that can aid in reducing alcohol dependence and supporting overall well-being

1. **Vidari Kand** – Acts as a natural rejuvenator, helping to reduce stress and anxiety, which are common triggers for alcohol consumption.
2. **Vacha** – Known for its calming effects on the nervous system, it helps in reducing cravings and withdrawal symptoms.

3. **Tulsi** – Has detoxifying properties that help cleanse the body and reduce the urge for alcohol.
4. **Ajwain** – Aids digestion and reduces the toxic effects of alcohol on the liver, promoting internal healing.
5. **Amla** – A powerful antioxidant that supports liver health, enhances immunity, and reduces the oxidative stress caused by alcohol consumption.
6. **Gokhru** – Helps in detoxification and supports kidney and liver function, promoting overall well-being.
7. **Giloy** – Known for its adaptogenic properties, it helps in managing stress and anxiety, reducing dependency on alcohol.
8. **Bhumi Amla** – Supports liver detoxification and regeneration, helping in reversing alcohol-induced liver damage.
9. **Ashwagandha** – A potent adaptogen that reduces stress and anxiety, which are often associated with alcohol dependence.
10. **Shankhpushpi** – Enhances cognitive function, reduces stress, and promotes emotional stability, aiding in the recovery process.
11. **Brahmi** – Improves mental clarity, reduces cravings, and supports emotional balance, making it beneficial for overcoming addiction.

These herbs work together to curb alcohol cravings, detoxify the body, repair alcohol-induced damage, and enhance mental well-being. Incorporating them into a daily routine under professional guidance can effectively support the journey toward overcoming alcohol dependence.

The goal of an effective treatment program is to identify and heal the root causes of drug dependency. Pharmacotherapeutic intervention plays a crucial role in substance abuse management, not only during withdrawal but also in long-term relapse prevention.

In Ayurvedic treatment, the abused drug is gradually replaced with herbal medicines that mimic its effects, and these medicines are systematically reduced using the 'Padanshik Krama' (gradual tapering method). Alternatively, the abused drug itself is reduced in a stepwise manner until it is completely stopped. Ayurveda recommends this approach to prevent adverse effects associated with sudden withdrawal. By gradually decreasing the dosage, the risk of severe withdrawal symptoms is minimized. If withdrawal symptoms do appear, they are managed symptomatically to ensure a smoother transition to recovery.

CONCLUSION

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