REPERCUSSION OF INTERNET USE AND ITS AYURVEDIC RESTORATION

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ABSTRACT

Internet use nowadays has become as a basic necessity in everyone's routine life. From a little child to elderly people everybody use Internet for various purposes, such as education, online games, entertainment, social networking, appointments and information sharing, ordering food/clothes/gadgets, etc. So on one side, Internet facilitates are involved and part of our lives in many ways but on the other side, this utilization of Internet becomes problematic and barrier when used in excess for one and all & ruins lives by causing neurological, physiological and psychological disturbances. Main reason behind this impact is that number of people has become so used to with services available on Internet and also with content available there that no one wants to take load to move out or think prudently, all they are doing is creating their own world in their minds, wherever any problem pops up there's one solution i.e. Internet. Basically, whole life of a person revolves and relying on Internet which ultimately leads to a very unhealthy and poor lifestyle. Due to the increasing use of Internet in society, many people are now in need of assistance in getting rid of their addiction. They can also consult a medical practitioner for advice. With the help of *Ayurveda,* we can easily deal with the modern era problems that we face. Its unique feature is that it never gets old and always has a solution that is specific to the issue that it is dealing with. Being a follower of *Ayurvedic* Rituals can help people achieve their best potential. It can also help them overcome mental issues and

addictions by using its various techniques and methods.

KEYWORDS: Internet Addiction, *Ayurveda*, *Rasayana*.

INTRODUCTION

The Internet is a user-friendly technology that has become an important part of everyone's everyday lives, particularly among young people. They gather information, communicate, and join the global online community as active participants. Furthermore, the Internet offers numerous options for amusement, information, searching, and mailing, among other things. Internet users not only shop online, conduct business with government agencies and banks, and enroll in distance learning programmers, but they also help to enhance working circumstances in general.

However, the Internet does not simply have a good outlook. On the contrary, frequent Internet abuse among young people leads to different types of addiction. "The inability to control Internet use leads to emotions of pressure, anxiety, and dysfunctional behaviors in everyday tasks" is how Internet Addiction (IA) is characterized. IA is classified as a behavioral addiction. It's a wide word that encompasses the user's negative feelings when they don't exercise it, as well as their positive feelings when they do. Their acts and thoughts dominate their thoughts and actions, causing problems with other members of their social context. It is a relatively new kind of addiction that is growing fast, especially among teens and young people, despite the fact that it is not listed in any of the recognized categories or textbooks of mental illnesses. The Internet is a vital element of the everyday lives of kids at all levels in a globalised culture. The worldwide Internet population has risen to over 3.8 billion people. The investigation of the link between excessive Internet use and mental problems has developed in recent years.[1]

In a groundbreaking study, Young coined the term "Internet Addiction", which he characterized as an impulse control disease that does not include intoxicants. IA is becoming more widely recognized and acknowledged, especially in countries where it affects large populations.[2] IA has been acknowledged as a significant public health problem in both China and South Korea, and both governments promote Internet Addiction education, research, and treatment. There has been no explicit government response to the issue of Internet Addiction in even United States, despite a growing corpus of research and treatment for the illness available in out-patient and in-patient settings. The government has

not yet categorized IA as a mental disorder. Despite the fact that researchers have developed diagnostic criteria for IA, the Diagnostic and Statistical Manual of Mental Disorders does not list it (DSM-5).[3] However, Internet disorder has been added to the list of conditions to be studied further, and IA is becoming a specialty field. In India, it is also not recognized as mental health disorder yet, but the number of Internet users in India will reach 700 million soon.[4]

IA is a broad term that encompasses a wide range of Internet-related behaviors and impulse control issues. The individual interrupts their daily pattern and is a psychopressive factor in his environment, which is a common thread. Adult-oriented addictions include pornographic websites, dating applications and websites, social networking sites, and chat rooms (MSN, etc.). Furthermore, it involves excessive usage of online surfing and browsing, as well as continuous and frequent Internet surfing and database searches. Finally, a special form is excessive engagement (occupation) with computers, persistence, that is, Sexting, or sending sexually explicit texts, has landed many people in trouble.[2]

Impact of Internet Addiction on Children

Children have grown accustomed to spending long periods of time connected to the Internet, isolating them from the rest of the world. Children with privileged online access and access to a computer are more likely to be victims or perpetrators of cyber bullying. Furthermore, kids who play online games like Pokemon Go, Battleground, Poker, Rummy, and others experience peer pressure to play for long amounts of time in order to support the group they're with or to keep their abilities sharp. There aren't enough limits, which can lead to video game addiction in children. It can also cause isolation and victimization by interfering with the formation of healthy social relationships.[3]

As we have pointed out the harmful consequences of (Internet Addiction Disorder) IAD, we need to focus on finding out the ways & measures to reduce its consequences and effect on body and mind with the help of *Ayurveda*.

AIMS

1. To study the role of *Ayurvedic* principles in prevention and control of Internet Addiction Disorder and measures to deal with it effectively.

OBJECTIVES

1. Identify the criteria for Internet Addiction and choose appropriate methods to help the addict.

2. To help the addicts for making the right choices when dealing with digital health and wellness.

PERIL FACTORS WHICH LEADS TO INTERNET ADDICTION [5]

Here we are discussing some peril factors which are directly or indirectly affects our daily routine life and also affect our mental and physical health in some and other ways.

1. **Personality**

☐ **Impulse control**- An impulse control disorder is a mental disorder that prevents a person from controlling their emotions and behaviors. For people with this condition, controlling actions and behaviors can be very challenging. Some of the most common kind of impulse control disorders are oppositional defiant disorder and pyromania. Due to their inability to control their emotions people start avoiding responsibilities and behaviors like avoiding the situation. This causes them to engage in other activities like surfing the Internet and other social activities.

☐ **Self-esteem**- Self-esteem can affect a person's decision-making process, their relationships, and their overall well-being. It can also motivate people to take on new challenges. However, individuals with low self-esteem may feel that they're not capable of achieving their goals. Low self-esteem might make it difficult to form connections and convey one's needs. They may also have low self-esteem and believe they are unlovable and unworthy. Since most people prefer to stay alone, they often avoid revealing their identities. There are many websites that allow people to do various activities without revealing their personalities. Most of the time, people with low self-esteem prefer to stay alone and enjoy these websites and slowly become addicted to these websites.

☐ **Introversion**- Introversion is a personality style that focuses on the inner life of people. Introverts do not fear or detest others, and they are neither bashful nor lonely but due to this personality style they spending lots of time on Internet and try to find happiness there and slowly become addicted to Internet use.

2. **Dealing with stimulating addictive behaviors** (reward dependence)- Reward addiction is characterized by a tendency to respond clearly to reward cues, especially verbal cues of social approval, social support, and sentiment. When reward addiction levels depart from normal, numerous personality and addiction problems arise. One of this kinds of case is

Bluewhale game where children got trapped and start acting in accordance to tasks stated there and gradually become addicted to it and their happiness depends on rewards while playing game but sometime they got brainwashed to that extend that they agreed to harm themselves.

3. Inner emptiness, isolation, emotionality burnout and neglect of feedback on interpersonal relationships.

4. **The presence of hazardous things or sites on the Internet** - While surfing the Internet, certain unwanted objects or sites may appear due to virus, malware, bugs, or other factors, and they may become a victim of terrible addiction as a result.

5. Deal with hidden emotional pain.

6. **The history of childhood trauma/neglect**- Childhood trauma had a direct and indirect impact on IA through sadness and anxiety. Childhood trauma effects on IA were partially mediated by anxiety and despair.

7. Lack of vision, internal discipline/behavior control.

8. Unrealistic expectations of others, sexual patterns, emotional immaturity.

Because of all these factors and increasing demand of Internet day by day persons become addicted to it directly or indirectly.

SYMPTOMS DUE TO INTERNET ADDICTION[3]

Various Physical and Psychological symptoms can occur due to Internet addictions which are tabulated as follow:

Table 1.1 Physical and Psychological symptoms due to Internet addictions.

S. No.	Physical symptoms	Psychological symptoms
1.	Backache	Depression
2.	Headache	Dishonesty
3.	Insomnia	Feelings of guilt
4.	Neck deformation	Anxiety
5.	Dry eye and other vision issues	Feeling of euphoria when using the computers
6.	Weight addition and misfortune	Inability to prioritize or keep schedules
7.	Poor nourishment (tumbling to eat or eating in exorbitantly to try not to be away from the PCs)	Isolation & Mood swings
8.	Poor individual cleanliness (e.g. not washing toremain on the web)	Defensiveness
9.	Laptop actuated clinical issues	Avoidance of work
10.	Environment in house	Agitation & Fear
11.	Laid back attitude or too much luxury	Procrastination

PROS AND CONS OF INTERNET USAGE[6]

With the implementation of the Internet and its use on a global scale, our world has become increasingly connected to it. The Internet might be considered one of the most important innovations in human history because it gives businesses and individuals with limitless chances in their daily lives. However, there are several disadvantages to using the Internet.

Table 1.2: Pros and Cons of Internet usage.

S. No.	Pros	Cons
1.	Allows to stay connected with people all over the globe	People may get lazy
2.	Global job opportunities	Unhealthy level of dependence on technology
3.	Human rights are strengthened	Mental problems
4.	Protests are facilitated	Obesity
5.	Improvements in information flows	Road traffic problems
6.	Increasing competition fosters global competition	Privacy issues
7.	Lower product prices	Cyber bullying
8.	Dangerous work can be done by machines	Artificial intelligence could become a danger
9.	Autonomous driving	Many traditional companies will go out of business
10.	Smart homes	Job losses
11.	Necessary for the progress in artificial intelligence	Some people may feel lost
12.	Better access to education	Inappropriate content for children
13.	May increase opportunities also for poor people	Internet addiction
14.	Automation of processes	The Internet never forgets

HOW *AYURVEDA* DEALS WITH INTERNET ADDICTION

No specific treatment for IA is found yet but with the help of *Ayurvedic* herbs, therapies and *Rasayana* we can resolve the issues. In *Ayurveda* treatment related to the physical and mental health issues arising out of Internet Addiction Disorder (IAD) can be pointed out from the different classic methods, some of them are-

1. *Nidana – Parivarjana*[7]

The First line of treatment is "*Nidana – Parivarjana*" (to avoid responsible factors) of diseases. The *"Nidana – Parivarjana"* concept is useful for treating simple, chronic or complicated disease preventing from recurrence. By *Nidana - Parivarjana,* we can reduce or

avoid the over use of Internet.

- Then we have to get enough time to spend with family.
- Join some hobby classes.
- Do social work and activities.
- Live the moment rather than being online or live on social media.
- Unfollow the ones you don't have any connection in common.
- Understand the fact that social media is a source of passing time so don't let yourself pass into it.

2. *Ayurveda* uses two main ways to treat and cure diseases

A. Shodhana Chikitsa[8]

In today's era, "*Shodhana Chikitsa* or Cleansing Therapy" is beneficial in both physical and mental health related issues. In ancient classical textbook of *Ayurveda* described, that after *Shodhana Chikitsa*, there is no chance of recurrence of the pacified defects.

Shodhana Chikitsa consists of five kinds of therapies, it's called *Panchkarma Chikitsa*.

1) *Vamana* - Therapeutic Vomiting or Emesis.
2) *Virechana* - Purgation through Laxatives.
3) *Basti* - Enemas (Detoxifying and Nutritive).
4) *Nasya* - Elimination of toxins through the nose.
5) *Raktamokshan* - Detoxifying of the blood through bloodletting.

Panchkarma Chikitsa is beneficial as it removes the morbid *Doshas* seating deep inside into the *srotas* and thus helps in clearing passages and hence not letting the *Dosha* getting accumulated in the *srotas* and formation of disease.

B. Shamana Chikitsa[9]

When the body requires care and improvement but is too weak to withstand severe therapies, *Shamana Chikitsa* is frequently used. The treatment also aids in the relief of symptoms following an intense session of *Shodhana Chikitsa*, as the *Shamana Chikitsa's* effects will remove any remaining *rogas* in the body. Through simple oral and exterior treatments, as well as gentle detoxification, these remedies aid in the correction of *Rogas, Agni,* and *Dhatu* imbalances. As a result, this *Chikitsa* is beneficial for diseases and disorders that are basic or less severe and do not have a serious and deep-rooted cause. It's also effective when the goal is to strengthen the patient's strength before moving on to the next step.

3. *Shirodhara*[10-11]

Shirodhara is an ancient *Ayurvedic* healing technique that has been used to bring the mind, body, and soul into balance since ancient times. This therapy, which is hailed as one of the most purifying and rejuvenating treatment, is designed not only to eliminate toxic from the body, but also to relieve stress, eliminate mental tiredness, and treat various pathological conditions. The herbal oils used in this procedure not only calmness of body but also nourish and pacify vitiated *Doshas*. They are also widely utilized to treat a variety of mental health issues such as stress, depression, sleeplessness, hypertension, migraine, etc.

4. *Padanshika-Krama* (Hierarchical order)[12]

In the *Charaka Samhita*, *"Padanshika-krama"* is used in the treatment of withdrawal addiction in *Ayurveda.* In this the acquisition of new good habits and the abandonment of old negative habits(as regards the bad habits) should be accomplished in quarter-steps & increase the good habits at regular intervals of 1,2, and 3 days followed by gradual withdrawal of addictions do not relapse and good habits become firmly constructed over time.

5. *Rasayana Therapy*[13]

"Labhopayo hi shashtanam rasadinam Rasayanam|| (Ch. Chi. 1-1/8)" *Rasayana* has comprehensive scope to positive nutrition, immune-modulator, longevity & sustence of mental & sensory ability by promotion of mental & physical health additionally rejuvenation activity. Several *Rasayana* described in written material in line with importance like *Medhya Rasayana* for developing brain, *Hridya Rasayana* for being a decent internal organ activity, *Twachya Rasayana* for healthy skin in addition nearly as good cosmetic etc. *Rasayana* fate affords a preventive role against all vary of life vogue sickness through improved metabolism, promote immunity, improve endocrine, secretory organ secretion, inhibitor action, anti-aging, haemopoitic impact, adaptogenic activity, anabolic activity and neuro-protective activity at atomic level.

6. *Yoga, Pranayama* is very beneficial for managing the stress, anxiety and helps to promote emotional health, self-awareness and also helps to improve sleep and maintained blood pressure. Yoga therapy is effective in the rehabilitation of addiction and its effects on musculo-skeletal system, cardio respiratory system, nervous system, internal digestive system etc. are well documented facts.[14]

7. *Achara Rasayana*[15]

It is an *Ayurvedic* concept that denotes moral, ethical, and behavioral conduct. Nonviolence, truth, personal and public hygiene, mental and personal hygiene, compassion, and yogic lifestyle are the main contains (behavior) of *Achara Rasayana*. The body-mind system gets rejuvenated as a result of these behavior. Honesty, non-indulgence in alcohol, nonviolent resistance, calmness, sweet speech, engaged in meditation, cleanliness, charitable non-sectarian, respectful to others, loving, compassionate balance in wakefulness & sleep, regular use of *ghee*, knowing the measure of time & place, controlling the senses, keeping the company of elders & positive attitude, devotion to Vedic scriptures etc. Those who engage in such behavior acquire a competitive advantage.

8. *Kriyakalpa*[16]

The words *"Kriyakalpa"* are made up of two different and separate words: *"Kriya"* and *"Kalpa"*. The term *Kriya* refers to the therapeutic processes that are conducted or carried out in order to cure the condition, whereas *Kalpa* refers to the specific drug or formulation that is chosen for usage in that specific disease indication. *Kriyakalpa* refers to a set of techniques in which medicated *Ghee* and *Churna* (powdered formulations) are applied on the eyes either directly or indirectly (above or around) as a therapy modality.

Explanation of Sages in regard to *Kriyakalpa* is thoroughly effective and safe. The *Acharyas* were able to design these procedures even without advanced equipment in ancient time and they are still useful in today's era. They've meticulously detailed the methods and formulations to be employed in each pathological state of body, they opt the method which keep people's eyes healthy. Along with this *Achrayas* also specified treatment regimens, time of drug administration and the particular formulas for each disease/disorder. As a result, *Kriyakalpa* is a comprehensive therapeutic option for the management of eye illnesses and eye care.

By doing all these procedures we can reduce the harmful effects of IA. Though, even with these procedures we can treat any type of addiction and also helps in maintenance of healthy lifestyle of the individual.

CONCLUSION

From the above mentioned facts, arguments and our limited understanding we had came on the conclusion that *Ayurveda* can be a very effective and efficient in management of

Internet addicts. There are some psychological and social effects which also need to be examined in more depth to measure several outcomes of Internet Addiction. According to classical literatures of *Ayurveda* Psychological counselling plays a significant part in de-addiction. These scriptures warn patients about the dangers of addiction and empower them to overcome from it. *Pranayama* and *Asana,* particularly *Anulom Vilom, Bhramari Pranayama,* and *Shavasana,* aid in the patient's mental stress reduction and increased alertness. The patient's daily schedule is critical to his or her rehabilitation. *Padanshika Krama* is also a one of the kind approach for preventing the abrupt withdrawal of harmful addiction. Psychological counselling, *Nidana Parivarjana, Shodhana* and *Shamana Chikitsa, Shirodhara, Yoga, Rasayana, Achara Rasayana* and Meditation all play a significant role to get rid of addiction.

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