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## Opium Addiction And Its Management With Ayurveda – A Case Report

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### ABSTRACT:

Opiate addiction gives physical and mental toxic effect along with inhibition of morality and social awareness. It is difficult to stop time dependency. One, opium (*doda-posta*) addicted patient taking opium since 5years and presented with Anxiety, insomnia, chest pain, nausea, diarrhoea, loss of appetite and slight tremor. The patient was treated with *Nashamukti Yog-3 (Kalpit yog)*, *Ashavgandha Churna*, *Shatavari Churna*, *Chopchini Churna*, *Bilva churna*, *Yograj Guggulu*, *Shirodhara with Mansyaadi Kuwath* and *Abhyanga with Mahanarayan tail*. The treatment approaches to improve in condition of patient with improvement in sign and symptoms of opium dependency and symptoms withdrawal. The result assessment is done on the basis of COWS score.

**Keywords:** Opium addiction, COWS score

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## INTRODUCTION

It is the dried latex obtained from the capsule of unripe opium poppy<sup>1</sup>. Opium is a neurotoxic somniferous poison<sup>2</sup>. Somniferous drugs are those which reduce pain (Analgesic) and induce sleep<sup>3</sup>. Opium contains about 25 alkaloids. Among these, Morphine, codeine, Thebaine, Nicotine, Papaverine, Nascopine, Xanthaline etc<sup>4</sup>. As per *Ayurveda* opium is traditional herbal plant known by the name of *Ahiphena* and categorized in to *upvisha* which having various pharmaceuticals properties described by various *Acharya*<sup>5</sup>. In therapeutic dose, it is use as analgesic, induces sleep, reduce bleeding tendency.<sup>6</sup> *Virya* of opium is *usna*, which vitiates *Kapha-vata dosha* and aggravate *Pitta dosha*<sup>7</sup> but when it is used for long time it produces various hazardous effects like *Pralap* (delirium), *dhatu-shoshak* (wasting

of tissue), *madakruta*, *muhurmuhur mohakara* (uncounciousness), *punsatvanaashka* (causing sterility)<sup>8</sup>.

**Sudden withdrawal**– Sudden withdrawal of opium produces the clinical manifest action like- Agitation, anxiety, muscles aches, increased tearing, insomnia, runny nose, sweating, yawning etc

**Late symptoms include**- abdominal cramping, diarrhoea, dilated pupils, goose bumps, nausea, vomiting.<sup>9</sup>

## Case Study

This is a case of 33 years old man working as a business man from Balesar, Dist. Jodhpur Rajasthan came at DSRRAU, Jodhpur de-addiction unit, OPD No. 13(2149) and Reg. No. 45900 on 26/11/2019. After taking of history and

complete physical examination, patient admitted to IPD. The patient was presented with anorexia, insomnia, restlessness, anxiety, nausea, loss of appetite and slight tremor.

Examination show B.P. is 110/80 mmHg, pulse – 72/min, Temp.- Afebrile, Pupil is moderately dilated, abdomen is soft, weight -73kg

### Drug History

Patient taking opium (*dodaposta*) since 3years, starting in small doses but he gradually increases the dose. On 26/11/2019, he came at de-addiction unit, DSRRAU, jodhpur. His opium (*dodaposta*) dose was 3-4 Tola/day.

### Ayurvedic Management of Addicted Patient of Opium (*dodaposta*)

In OPD the prescribed medicine is advised for 15 days.

#### 1.Nasha Mukti Yog-3 (Kalpita Yog)-

S.No.	Ingredient	Botanical name	Quantity	Part used
1.	<i>Ashwagandha</i> <sup>10</sup>	<i>Withania somnifera</i>	10 part	Root
2	<i>Shatavari</i> <sup>11</sup>	<i>Asperagus racemose</i>	10 part	Stem
3.	<i>Bilva</i> <sup>12</sup>	<i>Aegle marmelos</i>	10 part	Majja
4.	<i>Shuddha kevach</i> <sup>13</sup>	<i>Mucuna prurita</i>	10 part	Seeds
5.	<i>Shuddh kuchla</i> <sup>14</sup>	<i>Strychnos nuxvomica</i>	1 part	Seeds
6.	<i>Shilajatu</i> <sup>15</sup>	<i>Asphaltum punjabianum</i>	1 part	Resin (Niryas)
7.	<i>Chavya</i> <sup>16</sup>	<i>Piper retrofractum</i>	1 part	Root
8.	<i>Chitrak</i> <sup>17</sup>	<i>Plumbago zeyllanica</i>	1 part	Root
9.	<i>Shunthi</i> <sup>18</sup>	<i>Zingiber officinale</i>	1 part	Rhizome
10.	<i>Pippali</i> <sup>19</sup>	<i>Piper sylvaticum</i>	1 part	Root
11	<i>Choti pippali</i> <sup>20</sup>	<i>Piper longam</i>	1 part	Root

**Dose** - 3-5 gm daily twice in a day

**Anupan** – Milk

2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm, *Anupaan* – milk, drugs are continuous through complete treatment and follow-up.

3. *Bilva churna*<sup>21</sup> – 2 gm BD, 10 min before meal for 15 days.

4. *Yograj guggul*<sup>22</sup> -2tab BD for 15 days, *Anupan*- milk

5. Massage (*Abhyanga*) –by *Mahanarayan tail*, Early morning for 15days

6. *Shirobhyanga* – Massage of Head by *Masyaadi kuwath* + *Dashmooladi kuwath*, Early morning for 15 days.

7. Patient would be given psychological counselling, normal healthy diet and medication along with medicines. Follow-up was done at 15<sup>th</sup> day after patient was discharge.

**Clinical feature-** None of the feature of withdrawal were obvious on first day, following withdrawal signs and symptoms were found and measured as per Clinical Opiate Withdrawal Scale (COWS).

**Table 1. The Clinical opiate withdrawal Scale (COWS) of addicted patient of Opium (doda-posta).**

S.N.	Clinical feature	0 Day	7 <sup>th</sup> Day	14 <sup>th</sup> day	(At the time of discharged) Score
1.	<p><b>Craving for an opioid</b></p> <p>0=Patient does not remember and not feel any discomfort at schedule time of opioid taking</p> <p>1=Patient remember but no felling of any discomfort at schedule time of opioid taking</p> <p>2=remember and felling distress but want to forget about it and not asked to physician to manage it.</p> <p>3=Patient ask to manage craving and think about opioid arrangement</p>	3	2	1	1

	4=Patient asks again and again to manage craving and told that he can not able to tolerate it or try to arrange opioid.				
<b>2.</b>	<b>Insomnia</b> 0=normal sleep 1=sleep occurs in late night on attempt 2=sleep less than 4 hour but not sound sleep. 3=sleep disturbed and not more than 1 hour and ask to manage it. 4=no sleep at all with normal sedative also.	2	1	0	0
<b>3.</b>	<b>Muscle ache/Cramps</b> 0=no feeling of achiness 1=general achiness 2=muscles pain appears but can tolerate and no cramps 3=muscles aching with recurrent cramps 4=muscular twitching's and kicking of movement of lower extremities	3	2	1	1
<b>4.</b>	<b>Abdominal Cramps</b> 0=no feeling about abdominal pain 1=tolerable pain during motion only 2=recurrent abdominal pain but can tolerate 3=all time tenderness and cramps and ask for management 4=abdominal cramps appears even after proper treatment	0	0	0	0

<p><b>5</b></p>	<p><b>Sweating</b>                      0=no report of chills or flushing                      1=subjective report of chills or flushing                      2=flushed or observable moistness on face                      3=beads of sweat on brow or face                      4=sweat streaming off face</p>	<p>1</p>	<p>0</p>	<p>0</p>	<p>0</p>
<p><b>6.</b></p>	<p><b>Lacrimation</b>                      0=normal eye wetness                      1=lacrimals on yawning only                      2=recurrent lacrimation but tolerate                      3=regular lacrimation and asks to manage                      4=continuous marked lacrimation and presents as chief complaint</p>	<p>2</p>	<p>1</p>	<p>1</p>	<p>0</p>
<p><b>7.</b></p>	<p><b>Rhinorrhea</b>                      0=normal nasal secretion                      1=normal secretion appear but do not                      2=nasal secretion up to the level of tolerance.                      3=ask to treat and feel discomfort.                      4=continue running nose become main complaint and no relief even by proper Treatment</p>	<p>1</p>	<p>0</p>	<p>0</p>	<p>0</p>
<p><b>8.</b></p>	<p><b>Sneezing</b>                      0=no sneezing                      1=occasional sneezes specially in morning and evening                      2=recurrent sneezing but tolerate.                      3=asks to manage and feel discomfort</p>	<p>1</p>	<p>0</p>	<p>0</p>	<p>0</p>

	4=regular sneezing and no relief even by proper treatment and present as chief complaint				
<b>9.</b>	<b>Restlessness</b> 0=proper feels 1=feels restlessness but can tolerate 2=recurrent changing posture to get comfort 3=asks to manage restlessness and no relief in any posture 4=present as chief complaint and no comfort even after medication	2	2	1	1
<b>10.</b>	<b>Nausea or Vomiting</b> 0=no feeling of vomiting 1=nausea or sensation of vomiting 2=nausea and 1 to 2 vomiting in a day 3=nausea and vomiting after any ingestion 4=frequent vomiting and nausea even without any ingestion	1	0	0	0
<b>11.</b>	<b>Gooseflesh Skin</b> 0=Skin is smooth 3=piloerection of skin can be felt or hair standing up on arms 4=prominent piloerection	3	0	0	0
<b>12.</b>	<b>Pupil Size</b> 0=pupils pinned or normal size for room light 1=pupils possibly larger than normal for room light	2	0	0	0

	2=pupils moderately dilated 4=pupils so dilated that only the rim of the iris is visible				
<b>13. Yawning</b>	0=no yawning 1=evening and night yawning 2=yawning during rest, disappear by walking or mild exertion 3=recurrent yawning and asks to manage 4=frequent yawning, no effect of walking or exertion an present as chief complaint	1	0	0	0
<b>TOTAL SCORE</b>		22	08	03	03

(Total score-5-12: Mild, 13-24: Moderate, 25-36: Severe and more than 36 show severe withdrawal)

**1<sup>st</sup> follow-up (Ayurvedic management of Addicted Patient of Opium (*doda-posta*))**

1-Nasha Mukti Yog-3 (*Kalpita Yog*).

2-Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm and *Chopchini churna* – 1 gm, *Anupaan* – milk, drugs are continuous through complete treatment follow-up.

3- *Yograj guggul*-2tab BD for 15 days, *Anupan*- milk

4. Syp. M-liv – 2 tsf BD

5. *Amratkumbha* – 2 tsf BD

**2<sup>nd</sup> follow-up (Ayurvedic management of Addicted Patient of Opium (*doda-posta*))**

1. *Nasha Mukti Yog*-3 (*Kalpita Yog*)

2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm and *Chopchini churna* – 1 gm, *Anupaan* – milk, drugs are continuous through complete treatment follow-up

3. *Yograj guggul*-2tab BD for 15 days, *Anupan*- milk

4. Syp. M-liv – 2 tsf BD

5. *Amratkumbha* – 2 tsf BD



**Table 2. The Clinical opiate withdrawal Scale (COWS) of addicted patient of Opium (*doda-posta*) before and after Treatment.**

S.N.	Clinical feature	Before Treatment Score	(At the Time of discharged) Score	1 <sup>st</sup> follow -up Score	2 <sup>nd</sup> follow-up Score
1.	Craving for an opioid	3	1	1	0
2.	Insomnia	2	0	0	0
3.	Muscle ache/Cramps	3	1	0	0
4.	Abdominal Cramps	0	0	0	0
5.	Sweating	1	0	0	0
6.	Lacrimation	2	1	0	0
7.	Rhinorrhea	1	0	0	0
8.	Sneezing	1	0	0	0
9.	Restlessness	2	0	0	0
10.	Nausea or Vomiting	1	0	0	0
11.	Gooseflesh Skin	3	0	0	0
12.	Pupil Size	2	0	0	0
13.	Yawning	1	0	0	0
	<b>TOTAL SCORE</b>	<b>22</b>	<b>03</b>	<b>01</b>	<b>00</b>

## DISCUSSION

*Acharya Vangsen* told that the clinical feature of alcohol withdrawal should remain until seven or eight days. So it is need to maintain the patient of any withdrawal including opiate for 7 to 8 day in observation<sup>23</sup>. According to COWS score when patient was admitted, total score was 22, so that he was suffering from moderate opiate withdrawal. In I.P.D first 7 days score goes to 8, that show symptoms of

opiate withdrawal decrease and become mild. At the time of discharge score is 3 i.e. below mild and at the end of treatment & follow-up it remains 0. This show exciting results of Ayurveda therapy on opium withdrawal.

## CONCLUSION

Addicted patient of opium (doda- posta) managed by ayurvedic principle and drugs without complication.

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