



## EFFECT OF AYURVEDIC MANAGEMENT IN TOBACCO ADDICTION - A SINGLE CASE STUDY

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### ABSTRACT

Tobacco consumption is major social public health problem in India as well as throughout the world. There are so many different forms of smoking and smokeless tobacco available in India, like cigarette, *bidi*, *gutka*, *jarda*, *pan masala* etc. Tobacco use kills nearly six million people worldwide each year. According to the World Health Organization (WHO) estimate globally there were 100 million premature deaths due to tobacco in the 20<sup>th</sup> century, and if the current trends of tobacco use continue, this number is expected to rise to 1 billion in the 21<sup>st</sup> century India. People start smoke or chewing tobacco for different reasons like peer pressure, stress relief, depression, smoke promoting advertisements on social media. Tobacco is more liked and preferred by low socio-economic society because of its easy availability and lesser cost. One tobacco addicted patient taking tobacco for 20 years and presented with burning sensation, redness of oral mucosa, oral ulcer. Patient tried to stop Tobacco chewing but he complains of body pain, constipation, headache, irritation, anorexia and indigestion as withdrawal symptoms. The Patient was treated with *Nashamukti Yog -I (Kalpit yog)*, *Ashavgandha Churna*, *Shatavari Churna*, *Giloya Churna*, *Dashmooladi kwath*, *Triphaladi gandusha*, *Khadiradi gutika* and *Abhyanga* with *Mahanarayan tail*. The treatment approaches to improve in condition of patient with improvement in sign and symptoms of Tobacco dependency and symptoms withdrawal.

**Keywords:** Tobacco dependence, Stress, Kwath, Gutika

## INTRODUCTION

Tobacco was classified by Howards in 1910, who described 20 types in Rustica and 51 in Tabacum. Only 2 spices are cultivated extensively in India *Nicotiana tabacum* (deshi type), *Nicotiana rustica* (Vilayati and calcutia). Tobacco is usually prepared from crude leaves of *Nicotiana tabacum* belonging to family Solanaceae. Turkish tobacco is prepared from the leaves of *Nicotiana Rustica* and is more potent. Indian tobacco refers to *Lobelia inflata*<sup>1</sup>. Tobacco contains an alkaloid of nicotine in abundant amount. This nicotine has a potential for addiction that is similar to alcohol, cocaine and morphine. It is a stimulant of the central nervous system and is abused widely all over the world in the form of inhalation (cigarette, cigar, pipe, beedi), nasal insufflation (snuff), or chewing<sup>2</sup>. Tobacco is a *Sthavara, Patra Visha*<sup>3</sup> but it is not explained in *Samhita Kala*. It was introduced in *Nighantu Kala* by *Acharya Yogratnakara*. He explained Tobacco's therapeutic as well as toxic action in his text. He described that when it is taken in excess amount it produces various hazard effect like intoxication, giddiness, vomiting, *Pitta* aggravation and purgation, diminishes *shukra*.<sup>4</sup> It's *Tikshna* and *Pittavardhaka* properties are responsible for *Mukhapaak* (*Sarvsar Roga*) which are identified with mouth ulcer, redness and erosion of buccal mucosa, burning sensation of oral mucosa.

**Case Study:** This is a case of 32 years old man working as a Labor from Melawas Bawdi, Dist. Jodhpur Rajasthan came at DSRRAU, Jodhpur de-addiction unit, OPD No. 13 (Reg. No. 43200) on 01/11/2019. After

taking of history and complete physical examination, patient admitted to IPD.

**History of Present illness:** The patient was presented with burning sensation, redness of oral mucosa, oral ulcer. Patient tried to stop Tobacco chewing but he complains of body pain, constipation, headache, irritation, anorexia and indigestion as withdrawal symptoms.

**Past history:** No history of any disease. **Drug history** Patient taking Tobacco since 20 years, on 01/11/2019, he came at de-addiction unit, DSRRAU, Jodhpur. His Tobacco dose was 30gm/day (15-20 pouch/day).

**Family history:** Father also addicted to Cigarette & Bidi.

**Personal history:**

*Ahara:* Vegetarian *Kostha:* Madhyam, *Aharvidhi:* Vismashan Tea: Takes tea 4-5 times a day, *Nidra:* Alapnindra Emotional make up: Depression *Aturbala Pramana:* (Dasvidha Pariksha)

*Prakruti:* Vata-pitta, *Sara:* Madhaym, *Sanhanan:* Madhaym, *Pramana:* Madhaym, *Satmya:* Sarvrasa, *Satwa:* Madhaym, *Ahara shakti:* Aavar, *Vyayma:* Madhaym, *Vaya:* Yuvaavastha, *Desha:* Jangham

**Astvidh Pariksha:**

*Nadi (Pulse):* 78/min, *Mootra (urine):* Pittabh varna, *Mala (bowel):* Vibandha, *Jihwa (tongue):* Malaavrata, *Shabda (speech):* Samanya, *Sparsha:* Samanya, *Drukh:* Samanya 8) *Aakruti:* Madhyam

**Vital Examination**

Blood pressure: 110/80mmHg Resp. Rate: 19/min Pulse Rate: 80/min, Temperature: 98 F Height: 5 F 10inch Weight: kgs: 72kg, Bowel: Constipation

## Ayurvedic Management of Addicted Patient of Tobacco

### 1. *Nashamukti yoga* 1

S.N.	Ingredient	Botanical Name	Quantity	Part used
1.	<i>Shunthi</i> <sup>5</sup>	<i>Zingiber officinale</i>	1 Part	Kanda
2.	<i>Choti pippali</i> <sup>6</sup>	<i>Piper longum</i>	1 Part	Root
3.	<i>Maricha</i> <sup>7</sup>	<i>Piper nigrum</i>	1 Part	Fruit
4.	<i>White Jirak</i> <sup>8</sup>	<i>Cuminum cyminum</i>	1 Part	Seed
5.	<i>Ajvain</i> <sup>9</sup>	<i>Trachyspermum ammi</i>	1 Part	Fruit
6.	<i>Aamla</i> <sup>10</sup>	<i>Emblca Officinalis</i>	1 Part	Fruit
7.	<i>Sandhava Lavana</i> <sup>11</sup>	<i>Seindhava Lavana</i>	1 Part	Salt
8.	<i>Nimbbu</i> <sup>12</sup>	Citrus limon	5 Part	Fruit juice

**Dose** 2 Tab. BD **Anupan-** Water

2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm, *Giloye churna*-1gm drugs are continuous through complete treatment and follow-up.
3. *Triphaladi gandusha*<sup>13</sup> – 3gm
4. *Dashmooladi Kwath*<sup>14</sup>- 5ml, BD
5. Massage (*Abhayanga*)- by *Mahanarayan taila* Early morning for 15days, 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.

### Assessment Criteria

**Table 1:** Clinical Assessment of Patient will be done on the basis of given sign & symptoms.

S.N.	CLINICAL FEATURES	1 <sup>st</sup> day	7 <sup>th</sup> day	14 <sup>th</sup> day	At the time of discharged) Score
1.	Central Nervous System				
	Intense craving for Nicotine	3	2	2	2
	Insomnia	2	1	1	1
	Anxiety	3	2	1	1
	Dizziness	1	0	0	0
	Body pain	3	3	2	2
	Sweating	0	0	0	0
	Laziness	1	1	0	0
	Depression	2	1	0	0
2.	Gastro-Intestinal Tract				
	Nausea	0	0	0	0
	Flatulence	0	0	0	0
	Constipation	2	1	0	0
	Anorexia	2	2	0	0
	Indigestion	2	2	0	0
	Abdominal cramps	0	0	0	0
	Diarrhoea	0	0	0	0
3.	Respiratory System				
	Coughing	0	0	0	0
4.	Cardio-Vascular System				
	Bradycardia	0	0	0	0
5.	Local Symptoms of Buccal Cavity				
	Redness/burning sensation	2	2	1	1
	Numbness	1	1	0	0
	Oral ulcer	1	1	0	0
	Erosion of buccal mucosa	0	0	0	0
	Total score	25	19	07	07

### Grading-

-	Absent	0
+	Mild	1
++	Moderate	2
+++	Severe	3
++++	Fatal	4

**1<sup>st</sup> Follow-up (Ayurvedic Management of Addicted Patient of Tobacco)**

1. *Nashamukti yoga 1*
2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm, *Giloye churna-1gm* drugs are continuous through complete treatment and follow-up.
3. *Triphaladi gandusha-3gm* (Prepared in 4 times water)
4. *Khadiraadi gutika-2 tab. BD* (chew this tablet and swallow the saliva slowly)
5. *Amratkumbha -2 tsf. BD*

**2<sup>nd</sup> Follow-up (Ayurvedic Management of Addicted Patient of Tobacco)**

1. *Nashamukti yoga 1*
2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm, *Giloye churna-1gm* drugs are continuous through complete treatment and follow-up.
3. *Triphaladi gandusha-3gm* (Prepared in 4 times water)
4. *Khadiraadi gutika -2 tab. BD* (chew this tablet and swallow the saliva slowly)
5. *Amratkumbha -2 tsf. BD*

**Table 2:** Clinical Assessment of Addicted Patient of Tobacco Before and After Treatment

S.N.	Clinical Features	Before Treatment Score	(At the Time of discharged) Score	1 <sup>st</sup> follow-up Score	2 <sup>nd</sup> follow-up Score
1.	<b>Central Nervous System</b>				
	Instant craving for Nicotine	3	2	1	0
	Insomnia	2	1	0	0
	Anxiety	3	1	0	0
	Dizziness	1	0	0	0
	Body pain	3	2	1	0
	Sweating	0	0	0	0
	Laziness	1	0	0	0
	Depression	2	0	0	0
2.	<b>Gastro-Intestinal Tract</b>				
	Nausea	0	0	0	0
	Flatulence	0	0	0	0
	Constipation	2	0	0	0
	Anorexia	2	0	0	0
	Indigestion	2	0	0	0
	Abdominal cramps	0	0	0	0
	Diarrhoea	0	0	0	0
3.	<b>Respiratory System</b>				
	Coughing	0	0	0	0
4.	<b>Cardio-Vascular System</b>				
	Bradycardia	0	0	0	0
5.	<b>Local Symptoms of Buccal Cavity</b>				
	Redness/burning sensation	2	1	0	0
	Numbness	1	0	0	0
	Oral ulcer	1	0	0	0
	Erosion of buccal mucosa	0	0	0	0
	Total score	25	07	02	00

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

## DISCUSSION

As above mentioned, *Acharya Yogratanakara* explained Tobacco's therapeutic as well as toxic action in his text. The excessive intake produces various hazards effect *Pitta* aggravation and causing diminishes *Shukra*, mouth ulcer, redness and erosion of buccal mucosa, burning sensation of oral mucosa.

On the above-mentioned properties of Tobacco and sign & symptoms of its excessive consumption, we select drugs of opposite action toxic effect of tobacco and also helps in de-addiction by reducing the symptoms as well as.

1. *Nashamukti Yog -I(Kalpita Yog)* - They serve as a stimulant and carminative and are used in dyspepsia and colic. They are Anti Inflammatory, Antioxidant, Antimicrobial, Antispasmodic, Analgesic, Antipyretic and improves salivation. Long pepper help in suppressing pain and reducing inflammation. It benefits in anorexia, indigestion, flatulence, abdominal pain, hyperacidity, paralysis of the tongue, diarrhoea. They are good for eyes and cure Vata disease.
2. Combination of *Ashvagandha churna*, *Giloya churna*, *Chopchini churna* act as balya and hence were helpful for debility, Anti-bacterial, Immunostimulatory, Antistress, Cardioprotective.
3. *Dashmooladi kwath* - is Anti Inflammatory, Antirheumatic or Anti-arthritis, Analgesic, Antispasmodic, Antioxidant, Neuroprotective, Anti-paralytic, Uterine detoxifier.
4. *Triphaladi gandush* - Removes sliminess in mouth, heals ulcer quickly, relieves burning sensation and thirst.
5. *Khadiraadi gutika* - act as oral antiseptic, anti-inflammatory, astringent and expectorant.
6. *Abhayanga* - Antistress, improve vision, increase physical strength. When patient was admitted, total score was 25, so that he was suffering from moderate tobacco withdrawal. In I.P.D first 7 days score goes to 19, that show symptoms of tobacco withdrawal decrease and become mild. At the time of discharge score is 7 i.e. below mild and at the end of treatment & follow-up it remains 0. This shows exciting results of Ayurveda therapy on

tobacco withdrawal. This shows that the above given treatment reduces the toxic effect of Tobacco, reduces sign & symptoms along with Tobacco addiction, improves patients physical and mental health.

## CONCLUSION

Addicted patient of Tobacco managed by *Ayurvedic* principle and drugs without complication. It is concluded that these drugs are helpful in toxic effects as well as reducing addiction. Along with all this, these also improves physical, mental and psychological health. And improves patient social and economic status too.

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