



Review Article

MANAGEMENT OF ADDICTION OF TOBACCO THROUGH AYURVEDA - A FORMATIVE EVALUATION STUDY

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ABSTRACT

According to global cigarette smoking statistics, over a billion people are estimated to be regular smokers, despite knowing the harmful effects of it. This is because they are unable to discontinue the tobacco due to severe addiction. The same thing happens with tobacco when taken in chewing form. The present paper is Literary Research designed based on formative evaluation studies to evaluate the existing phenomena mentioned in Ayurveda and construct the treatment method which can be implemented to treat the hazardous effects of tobacco and to help in its de-addiction. A review of literature is done primarily from three major classical Ayurveda texts mainly Charak Samhita, Sushruta Samhita, and Ashtang Hruday. The references co-relating with inhaling and chewing toxic substances are collected from these classical texts. Treatment methods and herbs used in these references are then compiled, and categorized and a treatment plan is designed for the de-addiction of tobacco. Classical treatments of Ayurveda like *Dhumpān*, *Kaval* and *Gandush*, and *Nasya* are helpful to reduce urges and cravings for tobacco. *Shirodhara* and *Yoga* provide tranquility of mind and reduce stress and anxiety. *Panchkarma* therapy purifies the body by eliminating accumulated toxins. *Rasayan* treatment helps to rejuvenate and recover the damage caused by tobacco. It can be concluded that the principles of Ayurveda are useful to quit tobacco addiction and reduce its hazardous effects.

INTRODUCTION

Tobacco kills up to half of its users. Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke^[1]. Tobacco is the leading cause of Non-communicable Diseases. These include mainly four major groups of diseases i.e., cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes. These non-communicable diseases (NCDs) are menacing because almost 41 million people are dying each year equivalent to 71% of all deaths globally, as reported by WHO². Each year, 15 million people die from NCD between the ages of 30 and 69 years; over 85% of these "premature" deaths occur in low- and middle-income countries^[2].

According to Ayurveda treatment of any disease lies in the elimination of its root cause^[3] and hence ceasing the use of tobacco becomes the essential component in preventing and treating many diseases. But the hurdle lies in preventing this cause is uncontrolled addiction to tobacco. According to global cigarette smoking statistics, over a billion people are estimated to be regular smokers, despite knowing the harmful effects of it^[4]. This is because they are unable to discontinue the tobacco due to severe addiction. Most people are desirous about quitting tobacco but their attempts fail because of a lack of proper treatment plans for the de-addiction of tobacco. To combat the pervasive impact of tobacco addiction and enhance public health outcomes, there is an undeniable need for comprehensive and targeted research on its management. Understanding the intricate mechanisms of addiction, exploring effective interventions, and designing evidence-based strategies to prevent and treat tobacco dependency is paramount. Only through rigorous scientific interventions can develop novel approaches that offer real hope and support to individuals in their journey to quit tobacco and embrace healthier lifestyles. As we

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embark on the path of inquiry into tobacco addiction management, the potential to significantly alleviate the global burden of tobacco-related illnesses becomes all the more evident. The medicines which are recently in use like Bupropion, Varenicline, etc and Nicotine replacement therapy are themselves having some side effects. Hence the development of a natural treatment method for quitting tobacco addiction is a need in today's world. Keeping this view in mind, the present paper has focused on the construction of an outline of a treatment plan for quitting tobacco addiction by using the basic principles of Ayurveda. This includes treatment of *Mana* (mind) to relieve stress, anxiety, and depression and to bring down the urges and cravings; and treatment of *Sharir* (body) to relieve hazardous effects and damages caused by tobacco. This paper aims to shed light on the critical need for research in tobacco addiction management, emphasizing the vital role of evidence-based solutions in fostering a healthier, tobacco-free future for our communities.

AIM

1. To construct the outline of a natural treatment method to quit tobacco addiction based on the basic principles of Ayurveda.
2. To manage the hazardous effects of tobacco by using the principles of Ayurveda.

OBJECTIVES

1. To review the literature and collect the references which can be correlated with the toxic effects of tobacco from classical texts of Ayurveda.
2. To compile the treatment methods and herbs from the above-collected references.

MATERIALS AND METHODS

The present paper is literary research designed based on formative evaluation studies to evaluate the existing phenomena mentioned in Ayurveda and construct the treatment method which can be implemented to treat the hazardous effects of tobacco and to help in its de-addiction. Information about the toxic effects of tobacco is reviewed from WHO reports, International journals, and other online sources. A review of literature is done primarily from three major classical Ayurveda texts mainly Charak Samhita, Sushruta Samhita, and Ashtang Hruday. The references co-relating with inhaling and chewing toxic substances are collected from these classical texts. Treatment methods and herbs used in these references are then compiled, and categorized and a treatment plan is designed for the de-addiction of tobacco. The entire research paper is explained under the following headings.

- A. Review of literature
- B. Assessment of level of addiction to tobacco
- C. Steps involved in the process of quitting tobacco

After reviewing the above points the well-structured treatment plan for quitting tobacco addiction has been outlined in the Results and a conclusion has been drawn based on observations.

Review of Literature

Tobacco

Tobacco is mostly used in two forms i) Chewing form and ii) Smoking form.

- i. Chewing tobacco is a type of smokeless tobacco product consumed by placing a portion of the tobacco between the cheek and gum or upper lip teeth and chewing. Unlike dipping tobacco, it is not ground and must be manually crushed with the teeth to release flavour and nicotine. Unwanted juices are then expectorated (spat). Chewing tobacco is typically manufactured as several varieties of product - most often as loose leaf (or scrap), pellets (tobacco "bites" or "bits"), and "plug" (a form of loose leaf tobacco condensed with a binding sweetener). Nearly all modern chewing tobacco are produced via a process of leaf curing, cutting, fermentation, and processing or sweetening^[5].
- ii. Tobacco smoking is the practice of smoking tobacco and inhaling tobacco smoke (consisting of particle and gaseous phases). A broader definition may include simply taking tobacco smoke into the mouth, and then releasing it, as is done by some with tobacco pipes and cigars.

Both these methods carry a potential risk of developing many diseases including NCDs. Tobacco products contain around 5000 toxic substances.^[6] The most important and dangerous constituents are nicotine, carbon monoxide, and tar. Nicotine is the major cause of the predominant behavioural effects of tobacco. It is a poisonous substance that leads to addiction. Nicotine has structural similarity to a body neurotransmitter acetylcholine (Ach) which means it can exert actions like acetylcholine at all synapses where nicotine acetylcholine-receptors (nAChRs) are present and can trigger impulses. Carbon monoxide reduces the amount of oxygen blood can carry and causes shortness of breath. Tar is a sticky residue that contains benzopyrene, one of the deadliest cancer-causing agents known. Other compounds are carbon dioxide, nitrogen oxides, ammonia, volatile nitrosamines, hydrogen cyanide, volatile sulphur-containing compounds, volatile hydrocarbons, alcohols, aldehydes, and ketones. Some of these compounds are known to cause cancers of various organs of the body^[7].

A. Review of literature from Ayurveda Samhita

There are no direct references present in classical Ayurveda text about the effects of tobacco on the body and treatment methods for the de-addiction of tobacco. However the effects of tobacco on the body are like

toxic substances, hence references mentioned in the Samhitas in the context of treatment of poisonous smoke, and poisonous chewing materials should be considered. Following are some references found in this context:

Following references can be considered in the context of Tobacco smoking

• **Reference regarding the inhalation of poisonous smoke**

In Sushrut Samhita Kalpasthan (chapter number 3, *Jangam Vish Vidnyaniya Kalpa* verse number 16-17), symptoms and treatment of inhalation of poisonous smoke are mentioned. People who inhale poisonous smoke suffer from breathlessness, cough, runny nose, headache, and eye problems.

• **Lakshadi Dhupan for treatment of inhalation of poisonous smoke**

Treatment mentioned in this context is *Dhupan* (that is administration of medicated smoke through nasal or oral route) of *Laksha* (*Laccifer lacca*), turmeric (*Curcuma longa*), *Ativisha* (*Aconitum heterophyllum*), *Haritaki* (*Terminalia chebula*), *Tagar* (*Valeriana wallichii*), *Kushta* (*Saussurea lappa*), *Priyangu* (*Callicarpa macrophylla*)^[9].

• **Reference regarding poisonous Nasya and poisonous smoke**

In Sushrut Samhita Kalpasthan (chapter number 1, *Annapan Raksha kalpa*, verse number 63-64), symptoms and treatment of *Nasya* (nasal administration) and *Dhumpa* (medicated smoke) mixed with toxic substances are explained. If poisons are mixed with medicines used for *Nasya* or *Dhumpa* then the person who receives poison mixed with *Nasya* or *Dhumpa* will suffer from epistaxis, headache, expectoration of cough, and deformity in the senses.

• **Ativishadi ghruta nasya for treatment of poisonous Nasya and Dhupan**

Treatment mentioned in this context is *Nasya* and internal administration of medicated ghee made up of *Ativisha* (*Aconitum heterophyllum*), *Shweta Vacha* (*Acorus Calamus*), *Madyantika* (*Lawsonia inermis*)^[10].

• **Reference of Dhumopahat (asphyxiation)**

In Sushrut Samhita Sutrasthan (chapter number 12, *Agnikarma Vidhi Adhyay*, verse number 29-36), symptoms and treatment of *Dhumopahat* (asphyxiation) are explained. If a person gets asphyxiated due to impure air he will suffer from breathlessness, sneezing, distension of the abdomen, burning sensation in eyes, redness of eyes, breath having the bad odour of poison, loss of taste sensation, loss of hearing sensation, excessive thirst and fever. The person may become unconscious.

• **Treatment of Dhumopahat**

The treatment mentioned in this context is *Vaman* (process of emesis) by sugarcane juice, cow milk, cow ghee, and decoction of dried grapes, and sugar water. After the *Vaman* procedure *Kaval* (sipping the medicated oil or decoction and swishing it in the oral cavity for some time) of sweet, sour, and salted medicine is advised. When a person regains his taste sensation *Shirovirechan* (administration of strong potency medicine through nasal route) should be administered in such patients, followed by a very light, unctuous, and non-*Pitta* vitiating diet^[11].

Above references can be taken into consideration for the treatment of tobacco smoke by cigarettes. For the tobacco used for chewing purposes poisonous *Dantadhavan* (tooth cleaning process), poisonous *Jivha nirlekhan* (tongue cleaning process), poisonous *Kaval*, and poisonous *Gandush* (holding medicated oil or decoction) are considered.

Following references can be considered in the context of chewing tobacco

• **Reference regarding poisonous teeth cleaning material (Danta Dhavan)**

In Sushrut Samhita Kalpasthan (chapter number 1, *Annapan Raksha kalpa*, verse number 48-50), symptoms and treatment of poisonous teeth cleaning material are explained. If a person uses poisonous material for cleaning teeth, then he will get swelling in the tongue and gums.

• **Dhatakyadi Churna for treatment of poisonous teeth cleaning material (Danta Dhavan)**

Treatment mentioned in this context is rubbing of the teeth and gums with powder of a combination of flowers of *Dhataki* (*Woodfordia fruticosa*), *Haritaki* (*Terminalia Chebula*), and seeds of *Jambu* (*Syzygium cumini*) with honey.

• **Ankoladi Churna for treatment of poisonous teeth cleaning material (Danta Dhavan)**

Another combination mentioned for application over teeth is a mixture of powder of roots of *Ankol* (*Alangium Salvifolium*), bark of *Saptachad* (*Alstonia scholaris*), and seeds of *Shirish* (*Albizia lebeck*)^[12].

• **Reference regarding Dushi Visha**

As tobacco affects the body gradually but more drastically than any other consumable substance, so, its action resembles the "*Dushi Visha*" mentioned in Sushrut Samhita kalpa sthan (chapter number 2, *Sthavar Vish Vidnyaniya Kalpa*, verse number 25-26). *Dushi visha* is a cumulative poison that retains and accumulates within the tissues of human beings due to exposure for prolonged period persistently^[13]. Symptoms of *Dushi Visha* are Inebriant after food, indigestion, loss of taste, patches, and rashes on the skin, delusion, wasting of

tissue, edema of feet and hands, ascites, vomiting, loose motion, discoloration of body [14].

• **Reference of treatment of Dushi Visha**

Treatment mentioned in this context is *Swedan* (hot fomentation), *Vaman* (induced emesis), *Virechan* (induced purgation), and *Dushi vishari agad*.

• **Dushivishari Agad for treatment of Dushi Visha**

Dushi Vishari Agad content *Pippali* (*Piper longum*), *Jatamansi* (*Nardostachys jatamansi*), *Ela* (*Elettaria cardamomum*), *Savar Lodhra* (*Symplocos racemosa*), *Musta* (*Cyperus rotundus*), *Suvarchika* (*saltpetre*), *Suvarna Gairik* (red ochre), mixed with honey[15]. These treatment methods mentioned for *Dushi visha* can be used to treat the harmful effect of tobacco.

References regarding other treatments options in Ayurveda

Ayurveda explains *Satvavjay chikitsa* (treatment on the mind) with which one can build control over the mind[16]. One may find it very difficult to quit tobacco abruptly and may experience withdrawal symptoms. To overcome this Charkacharya has explained the unique concept of tapering unhealthy diet and habits by *Padansh krama*[17]. If a patient is resorting to unhealthy diet and habits for a long duration then he is advised to reduce it gradually by using *Padansh Krama*. *Padansh* means one-fourth of the total quantity, and tapering by *Padansh krama* means initially reducing the unhealthy diet by one-fourth. That means on the first day 3 parts of an unhealthy diet and 1 part of a healthy diet should be consumed together. On the second day all 4 parts unhealthy diet and then on the third and fourth day half part of healthy and half part of unhealthy diet should be given. On the 5th day again repeat the combination of the 1st day. Continue tapering with intermittent gaps of two and three days and on the final day, the patient will be having 4 parts of a healthy diet. This same technique can be applied to quit the use of tobacco in those patients who are addicted to it. Here the unhealthy part is tobacco and the healthy part is its herbal substitute which is *Dhumpan* (substitute for cigarette smoking), *Kaval* or *Gandush*, and *Gutika* (substitute for chewing tobacco), etc. *Kaval* and *Gandush* will not only substitute the chewing of tobacco but also will take care of the oral cavity.

Besides this *Shirodhara* and *Yoga* are useful to reduce stress, anxiety, and depression created by the withdrawal of tobacco. Tobacco affects the whole body and toxins are accumulated all over the body. These toxins can be eliminated by *Panchakarma* therapy. After *Panchakarma* therapy, *Rasayan* treatment can be administered for rejuvenation. Ayurveda can play a vital role in quitting tobacco addiction right from the beginning of the attempt of quitting tobacco up to the restoration and recovery of body function after quitting tobacco.

B. Assessment of Level of Addiction of Tobacco

Addiction to tobacco in either form is injurious to health. The extent of hazardous effects on health varies from person to person. It mostly depends on how much you are addicted to and how long you are consuming. Addiction is a subjective criterion and totally depends on the individual behavior of the person. To find out the level of addiction Fagerstrom Test for Nicotine Dependence[8] is generally used by researchers. In scoring the Fagerstrom Test for Nicotine Dependence, yes/no answers are scored from 0 to 1 and multiple-choice items are scored from 0 to 3. The items are summed to yield a total score of 0-10. The higher the total Fagerstrom score, the more intense the patients physical dependence on nicotine.

Please Tick { } One Box for Each Question

- How soon after waking do you smoke your first cigarette?
 - Within 5 minutes χ 3
 - 6-30 minutes χ 2
 - After 60 minutes χ 1
 - 31-60 minutes χ 0
- Do you find it difficult to refrain from smoking in places where it is forbidden? E.g. Church, Library, etc.
 - Yes χ 1
 - No 0
- Which cigarette would you hate to give up?
 - The first in the morning χ 1
 - Any other 0
- How many cigarettes a day do you smoke?
 - 10 or less χ 0
 - 11 - 20 χ 1
 - 21 - 30 χ 2
 - 31 or more χ 3
- Do you smoke more frequently in the morning?
 - Yes χ 1
 - No 0
- Do you smoke even if you are sick in bed most of the day?
 - Yes χ 1
 - No 0
- Total Score
 - 1- 2 = low dependence
 - 3- 4 = low to mod dependence
 - 5 -7 = moderate dependence
 - 8 + = high dependence

The most crucial part in quitting tobacco addiction is to learn self-control over the desire which almost all the patients fail in their initial steps. Her mind plays a very vital role. In Ayurveda three types of *Satva* (mental constitution) are explained, these are *pravar* (superior), *Madhyam* (medium), and *Avar* (inferior)[18]. Out of which *Avar satva* people are considered mentally very weak and these people can

fall prey to addiction very easily and they also find it very difficult to get rid of it. *Pravar satva* people may not get addicted easily and they may recover from addiction earlier than the other two types of *Satva*.

C. Steps Involved in the Process of Quitting Tobacco

The process of quitting tobacco is at times very tedious and time-consuming as it is completely dependent on the mindset of the patient initially. However, based on the above references and discussion, the following line of treatment can be plotted for the person who is having a desire to quit tobacco.

- Bring tranquillity of Mind.
- Reduce the urges and cravings for tobacco and its hazardous effects.
- Elimination of Toxins from the body.
- Rejuvenation of the Body and recovery from the damage caused by tobacco.

Bring tranquillity of Mind

The first and foremost step involved in quitting tobacco addiction is to relieve the stress, anxiety, and depression of the patient. It is very important to start the *Satvavjay* treatment by doing meditation. This can be done in the following ways:

- Yoga & Meditation:** *Pranayam* and *Omkar* are very important throughout the course. It will not only bring tranquillity to the mind but also improve the function of the lungs, heart, and other vital organs.
- Shirodhara:** *Shirodhara* is a form of soothing therapy that involves the gentle pouring of medicated oil or decoction or buttermilk or other medicines in liquid form over the forehead. It relaxes and calms your mind.

Drugs useful for *Shirodhara*: Oil made up of *Bramhi* (*Bacopa monnieri*), *Jatamansi* (*Acorus Calamus*), and *Ashwagandha* (*Withania somnifera*).

- Achar Rasayan^[19]:** Rules of *Achar Rasayan* Should be followed sincerely by the patient. (Reference Charak samhita, Chikitsa Sthan, 1/4/30-35).

Reduce the urges and cravings for tobacco and its hazardous effects

This is the most crucial part of the de-addiction program. Even though a person is mentally very well prepared to quit tobacco he will still be having urges and cravings for tobacco which he may find unable to control if he is of *Avar Satva*. For such patients following the *Padansh kram* is a one-fourth reduction of unhealthy habits as discussed earlier. In this

process, patients need a substitute for tobacco that will mimic their habits. The following remedies in Ayurveda are useful to counter the effect of these cravings.

• *Dhumpan*

Dhumpan is the process of inhaling the smoke of medicinal herbs. *Tikshna Dhumpan* is an herb having very piercing, pungent properties that should be used for administering the smoke of it. This will substitute cigarette smoking.

Drug Useful for *Tiksna Dumkan*: *Vacha* (*Accorus Calamus*) – *Dhumvarti* of *Vacha* is made and used as a substitute for smoking.

Dhumpan mentioned by Sushrutacharya- *Laksha* (*Laccifer Lacca*), turmeric (*Curcuma longa*), *Ativisha* (*Aconitum heterophyllum*), *Haritaki* (*Terminalia chebula*), *Tagar* (*Valeriana wallichii*), *Kushta* (*Saussurea lappa*), *Priyangu* (*Callicarpa macrophylla*)⁹.

• *Kaval, Gandush*

Kaval is the process of sipping the medicated oil or decoction and swishing it in the oral cavity for some time. *Gandush* means holding the medicated decoction or oil in the mouth for a certain period. Chewing tobacco damages the oral mucosa, gums, and teeth. Medicines used in *Kaval* and *Gandush* have healing properties as well. So they will cure mouth ulcers and will prevent further damage to oral mucosa.

Drugs Useful for *Kaval* and *Gandush* are – decoction or oil of *Triphala*, *Yastimadhu* (*Glycyrrhiza glabra*).

The drug mentioned by Sushrutacharya for local application on gums¹²

Powder of combination of flowers of *Dhataki* (*Woodfordia fruticosa*), *Haritaki* (*Terminalia Chebula*), and Seeds of *Jambu* (*Syzygium cumini*) with honey.

Mixture of powder of roots of *Ankol* (*Alangium Salvifolium*), Bark of *Saptachad* (*Alstonia scholaris*), seeds of *Shirish* (*Albizia lebeck*)

- *Gutika* – *Gutika* is a small chewable pill.

Amrut Haritaki Gutika (*Vrudha Vaidya Adhar*)

Powders of *Guduchi* (*Tinospora cardifolia*) and *Haritaki* (*Terminalia Chebula*) are mixed and triturated in the juice of *Aleo-vera* and *Guduchi* (*Tinospora cardifolia*), and pills of 200 mg each are molded out of it. Whenever patients get an urge of tobacco these are given in quantities of 1-2 two at a time to chew.

Padansha Kram table considering the patient is smoking 4 cigarettes per day.

Table 1: Tapering of Tobacco smoking by *Padansh Kram* mentioned in Charak Samhita e.g. patient is smoking 4 cigarettes per day

Day	Number of Cigarette Smoking	Number of Dhumvarti
0	4	0
1 st	3	1
2 nd	4	0
3 rd	2	2
4 th	2	2
5 th	3	1
6 th	1	3
7 th	1	3
8 th	1	3
9 th	2	2
10 th	0	4
11 th	0	4
12 th	0	4
13 th	0	4
14 th	1	3
15 th	0	4

The same regimen can be applied for Chewing tobacco against *Amrut Haritaki vati*.

Besides this following herbs are useful in this phase of treatment to keep the mind relaxed:- *Bramhi (Bacopa monnieri)*, *Jatamansi (Nardostachys jatamansi)*, *Tagar (Valeriana wallichii)*, *Ashwagandha (Withania somnifera)*.

To minimize the hazardous effects of tobacco: *Dushi Vishari Agad*¹⁵.

III. Elimination of Toxins from the body

Tobacco has serious side effects on all body parts. High levels of toxins are accumulated in the body. *Panchakarma* treatment will help in the elimination of these toxins from the body. *Vaman*, *Virechan*, and *Nasya* are indicated for the removal of toxins in tobacco addiction.

i. *Vaman*: It is the process of induced emesis.

Drugs useful for *Vaman*: sugarcane juice, cow milk, cow ghee, a decoction of dried grapes, sugar water

ii. *Virechan*: It is the process of induced purgation.

iii. *Nasya*: *Nasya* means the instillation of drops of medicine through the nostrils.

Drugs useful for *Nasya* - medicated ghee made up of *Shweta Vacha (Acorus Calamus)*, *Madyantika (Lawsonia inermis)*¹⁰.

IV. *Basti* (medicated enema) and v) *Raktamokshan* (bloodletting) can be administered as per requirement and dominance of *Dosha-Dushya* that is *Vata* and *Rakta* respectively.

V. Rejuvenation of the Body and recovery from the damage caused by tobacco:

Tobacco causes potential damage to tissue elements and causes diminution of it. To restore these body functions and to nourish tissue elements *Rasayan chikitsa* should be administered after the purification of the body after *Panchkarma*.

Following *Rasayan* are useful: *Chyavanprash*, *Aamlaki Rasayan*, *Suvarna Bhasma*.

RESULTS AND DISCUSSION

Based on the above data, a well-structured treatment plan for the management of tobacco addiction is outlined as follows.

A. Pre-treatment assessment

- Assessment of *Satva - Pravar, Madhyam, and Avar*.
- Assessment of level of addiction based on Fagerstrom Test for Nicotine Dependence⁸.

Total Score

- 1- 2 = low dependence
- 3-4 = low to mod dependence
- 5 - 7= moderate dependence
- 8 + = high dependence

Treatment should be planned according to the type of *Satva* and low, moderate, and severe dependence on nicotine. Most patients with *avar satva* and moderate or high dependency will require more time to get rid of tobacco addiction than patient with *pravar satva* and low dependency.

B. Outline of a treatment plan for tobacco addiction**Table 2: Outline of a treatment plan for tobacco addiction**

No	Steps	Procedure	Drugs
I	Bring tranquillity to Mind	a. Yoga b. <i>Shirodhara</i> c. <i>Acharasayan</i>	For <i>Shirodhara</i> - Oil made up of <i>Bramhi, Jatamansi, Ashwagandha</i>
II	Reduce the urges and cravings and hazardous effects of tobacco	a. <i>Dhumpan</i> b. <i>Kaval and Gandush</i> c. <i>Gutika</i> *Tapering of tobacco by <i>padansh Kram</i> (Table 1)	a. For <i>Dhumpan</i> : <i>Vacha Dhumvarti, Lakshadi churn dhupa</i> b. For <i>Kaval, Gandush</i> : <i>Triphala, Yastimadhu</i> decoction c. <i>Amrut Haritaki Gutika</i> ²⁰ d. <i>Dhatakyadi Churna</i> ¹² e. <i>Ankoladi Churna</i> ¹² f. <i>Dushi Vishari Agad</i> ¹⁵
III	Elimination of Toxins	a. <i>Vaman</i> b. <i>Virechan</i> c. <i>Nasya</i> d. <i>Basti</i> e. <i>Raktamokshan</i>	a. For <i>Vaman</i> : sugarcane juice, cow milk, cow ghee, a decoction of dried grapes, sugar water b. For <i>Nasya</i> : medicated ghee made up of <i>Ativisha, Shweta Vacha, Madyantika</i> ¹⁰
IV	Rejuvenation of Body	<i>Rasayan Chikitsa</i>	<i>Chyavanprash, Aamlaki Rasayan, Suvarna Bhasma</i>

List of the Herbs useful in tobacco addiction

- **For relaxation of the Mind in the craving Phase**
Bramhi (*Bacopa monnieri*), *Jatamansi* (*Nardostachys jatamansi*), *Tagar* (*Valeriana wallichii*), *Ashwagandha* (*Withania somnifera*).
- **For treatment of hazardous effects of tobacco**
Ativisha (*Aconitum heterophyllum*), *Haritaki* (*Terminalia chebula*), *Tagar* (*Valeriana wallichii*), *Kushta* (*Saussurea lappa*), *Priyangu* (*Callicarpa macrophylla*), *Laksha* (*Laccifer lacca*), *Turmeric* (*Curcuma longa*), *Shweta Vacha* (*Acorus Calamus*), *Madyantika* (*Lawsonia inermis*), *Dhataki* (*Woodfordia fruticosa*), *Haritaki* (*Terminalia Chebula*), *Seeds of Jambu* (*Syzygium cumini*), *Ankol* (*Alangium Salvifolium*), *Bark of Saptachad* (*Alstonia scholaris*), *seeds of Shirish* (*Albizia lebeck*), *Pippali* (*Piper longum*), *Jatamansi* (*Nardostachys jatamansi*), *Ela* (*Elettaria cardamomum*), *Savar Lodhra* (*Symplocos racemosa*), *Musta* (*Cyperus rotundus*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Vasa* (*Adhatoda Vasica*).

Tobacco addiction is completely a subjective criterion and varies from person to person. Hence it is very difficult to define a fixed duration of time for treatment. However, by using the principles of Ayurveda to assess the *Satva* of the person, one can know the duration for the complete de-addiction. Mind has a vital role; hence, the treatment begins with *Manas chikitsa* that is *Satvavjay* to bring control over the mind. *Shirodhara*, *Yoga*, and meditations are the important initial steps. The main hurdle in the treatment is an uncontrolled urge and cravings for tobacco. These are minimized by giving herbal alternatives to it and reducing the use of tobacco by

the *Padansh Krama* method. While dealing with *manas chikitsa* (treatment of mind), it is also important to look after the body and administer the *Sharir chikitsa* (treatment of body). Tobacco affects the whole body and toxins are accumulated all over the body. These toxins can be eliminated by *Panchkarma* therapy. After *Panchakarma* therapy, *Rasayan* treatment should be administered for rejuvenation. Ayurveda can play a vital role in quitting tobacco addiction right from the beginning of the attempt of quitting tobacco up to the restoration and recovery of body function after quitting tobacco.

CONCLUSION

Padansh Krama should be used to gradually reduce the habit of smoking or chewing tobacco. *Shirodhara* and *yoga* provide tranquillity of mind and reduce stress and anxiety in tobacco-addicted patients. Classical treatments of Ayurveda like *dhumpan, kaval& gandush, nasya* are helpful to reduce urges and cravings for tobacco. *Panchkarma* therapy purifies the body by eliminating accumulated toxins. *Rasayan* treatment helps to rejuvenate and recover the damage caused by tobacco. Although it can be concluded that the principles of Ayurveda are useful to quit tobacco addiction, the further scope of research in the management of tobacco addiction through Ayurveda holds great promise. Studies can delve into identifying specific herbs and formulations that aid in reducing nicotine cravings and mitigating withdrawal symptoms. Additionally, conducting clinical trials and investigating the impact of the proposed line of treatment, on promoting long-term abstinence from tobacco are required to be done at multicentre levels.

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