

TRANSFORMATIVE IMPACT OF PRANAYAMA ON DRUG ADDICTION RECOVERY PROGRAMME

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ABSTRACT BACKGROUND: The background of drug addiction involves recognizing its multifaceted nature, including biological, psychological, social, and environmental factors. Effective prevention and treatment strategies require addressing these complexities comprehensively. Drug addiction is a complex and chronic brain disorder characterized by compulsive drug seeking, use, and cravings, despite harmful consequences.

OBJECTIVES: The present study observe the transformative impact of Pranayama practices with SKY Neuromuscular Breathing Exercises to improve overall mental wellbeing among Juvenile delinquents on Drug addiction recovery programme.

MATERIALS AND METHODS: The present research study explored to comparative study the level of physical health among delinquent adolescents who are performing Pranayama, Simplified Kundalini Yoga. The present study consisted sample of 100 subjects divided in experimental and control groups, each group has 50 subjects, considered for multiple different parameters. These all subjects from Juvenile observation home from Tamilnadu. No group was further subdivided. For statistical analysis and hypothesis testing, mean score and t-test were applied. The findings show that there were significant changes in the influence of pranayamam practices on adolescents. On the basis of the findings in the present study, it may be concluded that in adolescents who were performing pranayamam and Simplified Kundalini Yoga routinely, to overcome on drug addiction habits.

RESULTS: The results showed that SKY neuromuscular breathing exercise training significantly reduce drug addiction during post-test and follow-up test phases in the experimental group, compared to the control group. Moreover, the results indicated the effectiveness of this method in significantly reducing anger, physical aggression, and hostility during post-test. However, no significant reduction was observed in the control group.

CONCLUSION: According to the results of the present study, pranayamam with simplified Kundalini Yoga Neuromuscular breathing training seems to be effective for reducing drug addiction behaviors.

KEY WORDS: Drug Addiction, Breathing Exercises, Meditation, Delinquent adolescents, Emotional problems, etc.

INTRODUCTION: Poverty is also very common, leading to overcrowding and subsequent drug addiction, starvation and other temptations. A lack of possibilities for play and other outlets for a child's natural energy, and in some circumstances, compensating fulfilment in crime. Neighborhood can be an important factor. The group came to the conclusion that it is important to identify the factors that lead to children getting into legal trouble in order to stop them from engaging in harmful or illegal behavior, committing crimes, or engaging in anti-social behavior [Gupta .A, et al, 2018].

Drug addiction was considered a brain disease because drugs change the brain's structure and how it works, leading to long-lasting changes in brain function. Here are some key aspects of the background of drug addiction. Drugs alter the brain's neurotransmitter systems, affecting how nerve cells send, receive, and process information. This disruption can lead to changes in mood, behavior, and cognition. Certain factors increase the likelihood of developing an addiction, including genetics, environment, early exposure to drugs, and underlying mental health disorders. Substance abuse and hazardous sexual behavior increase in proportion to the number of stressful life situations that participants describe [Jacinda K. et. Al, 2022].

Addiction is often characterized by compulsive drug use despite negative consequences, loss of control over drug intake, and the emergence of withdrawal symptoms when drug use is stopped. Addiction can involve various substances, including alcohol, nicotine, opioids (e.g., heroin, prescription painkillers), stimulants (e.g., cocaine, methamphetamine), sedatives, and hallucinogens. Addiction can lead to psychological issues such as depression, anxiety, and paranoia. Socially, it can strain relationships, lead to financial problems, and result in legal

issues. Effective treatment typically involves a combination of behavioral therapy, medication (for certain substances), and support groups. Recovery is often a lifelong process that requires ongoing management and support. Drug addiction is a significant public health issue worldwide, with implications for healthcare systems, law enforcement, and social services. Juvenile offenders can effectively manage their drug consuming behavior and other parts of life by engaging in pranayama and mindfulness meditation practices. Peace of mind encourages the release of beneficial hormones, which has a snowball effect and improves adolescent mood generally. Most often, major Depressive Disorder begins before alcohol or drug usage, which raises the notion that self-medication may be the root cause of alcohol or drug abuse [Eva Y Deykin, et al, 1986].

PRANAYAMA – A COMPLIMENTARY THERAPY TO ADDICTION RECOVERY:

The relationship between drug addiction and Neuro Muscular breathing exercises (often referred to as pranayama in yoga) is an explores whether such practices can aid in addiction recovery and management. Yoga breathing exercises are known to induce relaxation responses in the body, reducing stress levels. Stress is a significant trigger for substance use and relapse among individuals with addiction [Ananda Balayogi Bhavanani, 2016].

By practicing pranayama, individuals may learn healthier ways to cope with stress, potentially reducing the urge to use drugs. Yoga, including meditation, emphasizes the mind-body connection. Regular practice can enhance awareness of bodily sensations, emotions, and thought patterns. This increased self-awareness can support individuals in recognizing triggers for substance use and developing healthier coping strategies. Implementation of mindfulness-based therapies may have a significant impact on this at-risk group's health and relapse prevention [Sam Himmelstein, et al, 2015].

ENHANCING SELF-CONTROL:

Addiction often co-occurs with mental health issues such as anxiety, depression, or trauma. Yoga and pranayama have been shown to improve mood, alleviate symptoms of anxiety and depression, and promote overall mental well-being. Addressing these underlying issues can reduce the likelihood of turning to drugs as a form of self-medication. Addiction is characterized by impaired self-control and impulsivity. Yoga practices, including breathing exercises, emphasize discipline, focus, and self-regulation. Over time, individuals may experience improved self-control, which can aid in resisting cravings and making healthier choices. Substance use can have detrimental effects on physical health. Yoga practices, such as pranayama, promote respiratory health, improve circulation, and support overall physical well-being. Feeling physically healthier can motivate individuals to maintain sobriety and adopt a healthier lifestyle.

EMOTIONAL WELL-BEING:

It is crucial for adolescents as they navigate the challenges of adolescence, including academic pressures, peer relationships, identity formation, and sometimes, mental health issues. Emotional Awareness of adolescents are often learning to recognize and understand their emotions. This self-awareness is foundational for managing emotions effectively and seeking appropriate support when needed [James C. Howell, 2003]. Developing resilience is essential for handling setbacks, failures, and stressors that are part of adolescent life. Resilience allows adolescents to bounce back from adversity and continue to grow.

Positive relationships with peers, family members, and mentors contribute significantly to emotional well-being. Supportive relationships provide a sense of belonging and security, which are essential for emotional stability. Adolescents need to learn healthy coping skills to manage stress, anxiety, and other emotional challenges. This includes techniques like mindfulness, relaxation exercises, and problem-solving strategies [Ananda Balayogi Bhavanani, 2003]. Promoting mental health awareness and reducing stigma around mental health issues encourages adolescents to seek help when they are struggling emotionally. Early intervention is crucial for addressing mental health concerns effectively.

BALANCED LIFESTYLE:

A balanced lifestyle that includes adequate sleep, nutrition, physical activity, and leisure time helps support emotional well-being. These factors contribute to overall health and resilience. Creating a supportive environment at home, school, and in the community is essential for fostering emotional well-being. This involves promoting positive communication, respect, and understanding of each adolescent's unique needs. Encouraging a positive self-concept and self-esteem helps adolescents develop a healthy sense of identity and confidence in their abilities. Teaching adolescents' skills for emotional regulation, such as deep breathing exercises, mindfulness practices, and recognizing triggers, helps them manage strong emotions effectively. Ensuring access to mental health resources and support services is critical for adolescents who may need professional help to address emotional challenges.

Overall, promoting emotional well-being in adolescents involves fostering self-awareness, resilience, healthy coping skills, supportive relationships, and a positive environment. By addressing these aspects, we can help adolescents navigate the ups and downs of adolescence more effectively and develop into emotionally healthy adults. Yoga releases the body from all kinds of muscle and chronic tension, rejuvenates the body from fatigue, body aches and stress, relaxes the body and mind, increases concentration and attention, and frees the soul [Dayal Sandhu, et. al, 2020].

SUPPORTING RECOVERY PROGRAMS:

Integrating meditation and pranayama into addiction treatment programs can provide a holistic approach to recovery. Many rehabilitation centers now offer yoga as part of their therapeutic activities, recognizing its potential benefits in addressing the complex needs of individuals with addiction. Some individuals find that yoga, including pranayama, fosters a sense of spiritual connection or inner peace. This can provide a source of strength and motivation in recovery, helping individuals find purpose and meaning beyond substance use. While yoga breathing exercises can complement addiction treatment and support recovery, they are typically used as part of a comprehensive treatment plan that includes behavioral therapies, counseling, and possibly medication [Sam Himelstein, et al, 2015]. It's important for individuals with addiction to consult with healthcare professionals and qualified yoga instructors who understand the specific needs and challenges of recovery.

LITERATURE REVIEW:

Jeff Sistrunk (2012) Yoga program reaches out to Northampton Country Prison inmates, juvenile offenders: In his study, participants in the prison's drug and alcohol rehabilitation programme cycled through the warrior, downward dog, cobra, and other well-known yoga poses in what Slingerland called a "journey" of the body. Inmates of 4 yoga pupils concur that yoga offers a getaway from daily jail life as well as a platform for stress management and introspection. Denise Veres, a yoga instructor and clinical research scientist, founded the Shanthi Project, which offers yoga courses to juvenile offenders, prisoners, and members of the Boys & Girls Club of Easton on a weekly basis. Eight of the boys who participated in the pilot programme indicated they would like to continue practicing yoga after the programme ended, according to Veres' independent research on the group.

OBJECTIVES:

The aim of this study was to determine the effectiveness of pranayama based simplified Kundalini Yoga Neuromuscular breathing exercise in reducing drug addiction problems and improve the overall Mental well-being, Emotional Stability and Personality trait among adolescent delinquents.

HYPOTHESIS:

There is significant effect of Meditation on Mental health of drug addicted adolescent delinquents. There is significant effect of Neuromuscular breathing exercise on Emotional Stability of adolescent delinquents. There is significant effect of Pranayama on personality trait of adolescent delinquents.

MATERIALS:

This experimental study included two experimental and control groups with a pre-test, post-test, and follow-up. The statistical population included 100 adolescent males in juvenile observation home in Tamilnadu. The

sample comprised of 100 subjects whom were selected through the random sampling method. They were assigned into two groups, 50 subjects in the experimental and 50 subjects in the control group based on the scores of the pretest. All participants were interested in participating in the research project and workshop. The experimental group was trained. The standardized questionnaire method was used for the data collection.

METHODOLOGY:

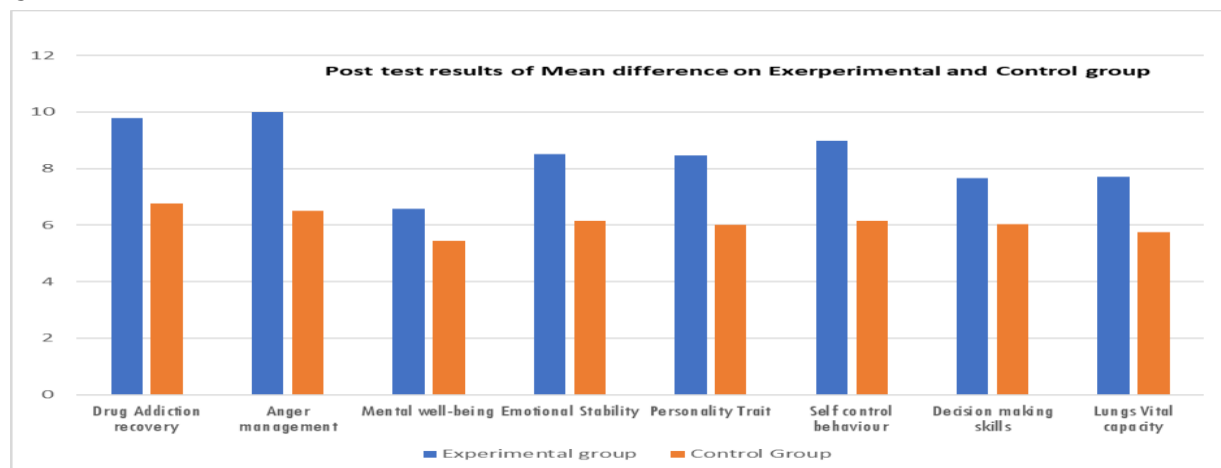
For the experimental group, 4 months daily 1.5 hours yoga training sessions were held at the center, 5 days a week. Instructions for each session were organized based on the Simplified Kundalini Yoga practices. The control group received no training. At the end of the last session, the subjects completed the questionnaire. After 4 months, the subjects of both groups at post-test session once again, answered the questionnaire at the center.

TABLE-1

Mean and standard deviation of the total scores for Drug addiction recovery programme variables

Dimensions	Group name	mean \pm S.D.	T-value	P value	CI
Drug Addiction Recovery	Experimental group	9.78 \pm 1.41	6.177	0.005	2.050 \pm 3.990
	Control Group	6.76 \pm 3.15			2.044 \pm 3.996
Anger Management	Experimental group	10.00 \pm 0.00	10.307	0.005	2.826 \pm 4.174
	Control Group	6.50 \pm 2.40			2.818 \pm 4.182
Mental well-being	Experimental group	6.58 \pm 1.86	2.659	0.009	0.289 \pm 1.991
	Control Group	5.44 \pm 2.39			0.288 \pm 1.992
Emotional Stability	Experimental group	8.52 \pm 1.26	6.936	0.005	1.699 \pm 3.063
	Control Group	6.14 \pm 2.07			1.697 \pm 3.063
Personality Trait	Experimental group	8.46 \pm 1.16	6.934	0.005	1.742 \pm 3.138
	Control Group	6.02 \pm 2.19			1.739 \pm 3.141
Self-Control behaviour	Experimental group	8.98 \pm 1.16	7.895	0.005	2.126 \pm 3.554
	Control Group	6.14 \pm 2.25			2.123 \pm 3.557
Decision making skills	Experimental group	7.66 \pm 2.05	3.582	0.001	0.722 \pm 2.518
	Control Group	6.04 \pm 2.44			0.722 \pm 2.518
Lungs Vital capacity	Experimental group	7.70 \pm 1.99	4.349	0.005	1.055 \pm 2.825
	Control Group	5.76 \pm 2.44			1.054 \pm 2.826
Total Score	Experimental group	67.62 \pm 6.27	9.976	0.005	14.932 \pm 22.348
	Control Group	48.98 \pm 11.62			14.918 \pm 22.362

CHART-1



RESULTS:

- The data obtained were analyzed using the SPSS software. The difference between the two research groups was studied using inferential statistics (independent t-test). Table-1 shows the mean and standard deviation of the total scores of Drug addiction and its subscales for the pre-test, post-test, and follow-up phases.
- There were significant differences between groups in all variables as shown in table-1. The 50 respondents of yoga, everyone reported without consumption of tobacco and alcohol with good fitness and emotional health than control group respondents. Yoga class left them with a feeling of overall wellness, and 80% found the practices helpful.
- Participants found the individual simplified Kundalini Yoga components of the Neuro Muscular Breathing exercises, Pranayamam, Yoga Postures, and Meditation practices effective and said they were useful in their daily life.
- Pairwise t-test comparisons of average scores between these two groups indicated that Simplified Kundalini yoga is more likely useful in drug addiction recovery programme and prevention as compared to Control group ($p < 0.001$).

CONCLUSION:

Integrating yoga practices into drug addiction recovery programs for delinquent adolescents can be a beneficial and effective approach. SKY Neuro Muscular Breathing Yoga techniques such as asanas (postures), pranayama (breathing exercises), and meditation can help adolescents manage stress and regulate their emotions. This is crucial as many adolescents turn to drugs as a coping mechanism for stress and emotional turmoil. Yoga encourages mindfulness, which can enhance self-awareness and insight into destructive behaviors related to addiction. By increasing awareness of thoughts, emotions, and triggers, adolescents can develop better self-control and decision-making skills.

Regular practice of Surya Namaskaram improves physical health by increasing flexibility, strength, and overall fitness. This can counteract the negative effects of substance abuse on the body and promote a healthier lifestyle. Yoga classes often foster a sense of community and belonging, which is crucial for adolescents who may feel isolated or disconnected. Building positive relationships with instructors and peers can provide much-needed support during recovery. Simplified Kundalini Yoga Maintain general fitness. It develops the immune system and has preventive and curative effects on various diseases. After years of intensive research, Yogiraj Vethathiri Maharishi has systematized a set of practices suitable for all modern environments and all sectors of human society SKY Yoga addresses the holistic well-being of individuals, including mental, emotional, and physical aspects. This aligns with the comprehensive nature of addiction recovery programs that aim to treat the whole person rather than just the addiction itself [12]. Studies suggest that incorporating yoga into addiction treatment programs can lead to long-term benefits such as reduced relapse rates, improved mental health outcomes, and increased resilience to stress. [Saumya Raj, 2021]

However, it's important to note that while yoga can be a valuable adjunct therapy, it should ideally be integrated with evidence-based treatment approaches such as cognitive-behavioral therapy (CBT), motivational interviewing, and family therapy for comprehensive care. In conclusion, integrating yoga practices into drug addiction recovery programs for delinquent adolescents offers a promising avenue for promoting physical, emotional, and mental well-being, thereby supporting their journey towards sustained recovery and rehabilitation.

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