

Research Study on Intoxication-Efficacy of Raj Yoga Meditation

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Retrospective study of 3,60916 person who were depend on Alcohol and tobacco. In this study we found the result of efficacy of rajyoga meditation very impressive. In this protocol we used early morning meditation, evening meditation before sleep, positive affirmation to mind, regular Murli class, traffic control 13-4 times for 3 minutes. (control and remove negative thoughts), charging water and natural cure medicine for de-addiction. The purpose of this study, the effective ness of spiritual oriented lyfe style for natural cure of physically and mentally.

Keywords: Rajyoga meditation, intoxication, natural cure medicine, charging water, Murli class, inspiration for optimistic life style

Introduction

Everybody knows narcotics are bed addiction of mind and life. When these things reached on our DNA level, our spine and reflex action become an addiction.

On spiritual level, it becomes addiction on subconscious mind and reached in a resolves of soul. This is the darkness of life and direction of life move anti clock wise direction.

Raj yoga meditation is a key that can covert our life in clock wise direction.

In scientific language it is a spiritual biotechnology. When we do deep meditation, cosmic rays act a laser beam on our soul, Who (soul) is the director of our body and action of life. Remove negative virtues and vice from our soul and subconscious mind, because our three bodies are connective each other.

Main power soul. Point of light and like a sim in body-subconscious mind attached. 2-lighted or substernal body, 3-physical body, if main power healthy other related things automatically healthy.

Factors responsible to get rid of this addiction.

Strong will power

Awareness.

Raj yoga meditation and Charging water.

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Used natural anti-tobacco medication as required.

1. liquid dilution Homoeopathic Medicine-Sulphur 200CH SBL.

10 drops in water twice in day morning and evening.

2. Keva addiction drops—2 drops on tongue twice in day evening and morning.

According to requirements of patients.

Method and Material

Studied carried out scientific committee of medical wing of raj yoga education and research foundation global hospital and research center Mount Abu.

The Performa filled in English Hindi was orally administrated almost all major languages of India as the participants involved hails from different parts of the country. The information was collect one on one interviews after signed consent by the person being studied and all the details of the person being available for verification if required.

All person in this study have been free of substance of addiction/abuse at the time of study.

The research has been done by Nasha Mukti Abhiyan by Brahma Kumaris, under the Ministry of Social Justice and Empowerment, Govt. of India.

17 states and one union territory were covered in this study.

Duration of study 6th Dec. 2023 to 4th March 2024.

1,567 events were organized. Total number of people was given the message of NMBA-360916.

De-addiction program organized in state/UTS.

Table 1

No.	State	Numbers of events	Beneficiaries
1	Andre Pradesh	4	910
2	Bihar	72	18,116
3	Chhattisgarh	2	600
4	Delhi	135	54,292
5	Gujrat	26	11,933
6	Haryana	463	1,101,404
7	Himachal Pradesh	92	100,95
8	Karnataka	8	2,287
9	Madhya Pradesh	90	11,694
10	Maharashtra	26	5,207
11	Odisha	108	16,430
12	Punjab	193	26,055
13	Rajasthan	30	65,865
14	Tamil Nadu	1	50
15	Telangana	1	60
16	Uttar Pradesh	104	12,436
17	Uttarakhand	212	23,482
	Total	1,567	3,60916

Schools where pledges were taken by the students—494.

Colleges where pledges were administered—79.

Program conducted in temple/Mosque—51.

Program organized in Brahma Kumaris Center/Quarter—50.

Program railway station and bus stand—18.

Program in govt. office—17.

De-addiction program for hospital staff—10.

Railway taken out—10.

Jails where inmates took pledge—5.



Bharat Gaurav Dr. Pratap Midha (Right Side)



Dr. BarnarsiLal Sah (Middle)



BK Shivani Didi (Second to Left Side)
BK Asha Didi (Right Side)
BK Dr. BarnarsiLal Sah (Second to Right)



Women Wing



Figure 1. Program organized in various part of India

Effect of Raj Yoga

Unlike other forms of meditation, raj yoga life style flows the natural flow of the mind which is constantly engaged in the thought that it teaches that inner changes have to occur at the level of mind to eliminate unwanted behavior and to achieve a state of peace of mind.

The practice of raj yoga life style consists of early morning meditation (Amrit vela), evening meditation daily positive thinking.

Daily listen and attended Murli class (letter in which direction given by GOD).

Every day this class regular held on every Brahma Kumaris Center.

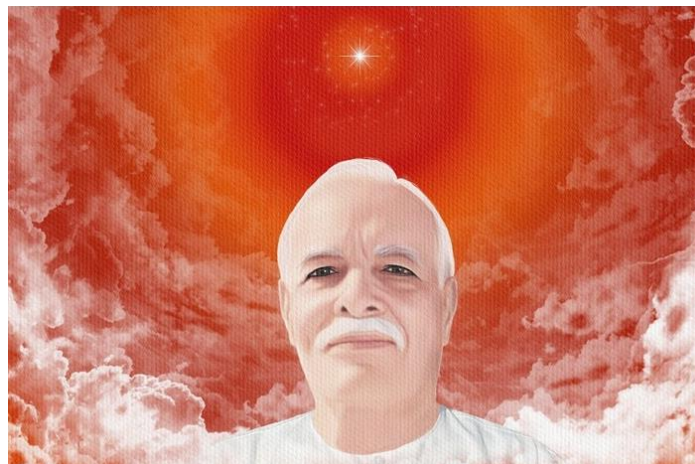


Figure 2. Raj yoga meditation.

Aims of This Study

Drug addiction or substances abuse has been a social psychological and medical problem worldwide.

The aims of this study is the effectiveness of raj yoga meditation, retrospectively in those who have been Tabaco and intoxication free by these study.

And promote the natural cure spiritual augmented life style.

From darkness-lightness of life.

From intoxication-nector of knowledge.

Please join spiritual nature cure (raj yoga meditation center), for ever healthy wealthy and happiness from birth to birth.

Explanation

Both alcohol and nicotine act on a brain system called the mesolimbic dopamine system, which mediates the rewarding and reinforcing properties of both drugs. Modification of the activities of the mesolimbic dopamine system can interfere with the effects of both alcohol and nicotine.

Nicotine, the main active compound of tobacco, lowers the perception of pain and physical stress by reducing the amount of the neurotransmitter dopamine that is broken down by neurons in the prefrontal cortex, a region of the brain that lies just behind the forehead.

Alcohol makes it harder for the brain areas controlling balance, memory, speech, and judgment to do their jobs, resulting in a higher likelihood of injuries and other negative outcomes. Long-term heavy drinking causes alterations in the neurons, such as reductions in their size.

Nicotine, the addictive substance in tobacco, can temporarily alleviate stress and anxiety, but its long-term use can lead to increased anxiety and depression symptoms. Alcohol consumption is also a known factor for both depression and anxiety disorders.

Raja yoga meditation (or king of yogas) is a form of meditation that focuses on controlling the mind and thoughts through concentration, mindfulness, and self-inquiry to achieve self-realization and inner peace.

A recent study revealed that raj yoga meditation can bring grey matter volume changes in regions of the brain that regulates reward and happiness (Babu et al., 2020). This study compared the grey matter volume in reward processing areas of the brain between raj yoga meditation practitioners and non-meditators. Grey matter volume in the right superior frontal gyrus and left inferior orbitofrontal cortex and bilateral presumes was found to be higher in the raj yoga meditation practitioners. Neuroimaging studies on drug addicts reported grey matter volume changes in these regions of the brain. A study reported positive correlation between grey matter volume in the superior frontal gyrus and duration of abstinence (Connolly, Bell, Foxe, & Garavan, 2013). The same study also found a positive correlation with grey matter volume in the right presumes with duration of abstinence and a negative correlation was observed with years of substance used. A separate study reported reduced grey matter volume in the orbitofrontal cortex of cocaine addicts (Franklin et al., 2002). Hence, raja yoga meditation can improve grey matter volume changes in the regions of the brain affected by drug addiction. Apart from these structural changes, meditation is also reported to increase endogenous dopamine release (Kjaer et al., 2002). During yoga nidra meditation there was a 7.9% reduction in ^{11}C -raclopride binding in the ventral striatum indication a 65% increase in endogenous dopamine release. An increased striatal dopamine binding to D2 receptors was also observed in this study. The ventral striatum is associated with the acquisition and development

of reward-based behaviours and has implications in drug addiction and drug-seeking behaviours (Belin & Everitt, 2008). The increased dopamine binding to D2 receptors may also have implications in the management compulsive behaviour and executive functions in drug addicts.

Yoga and Neurobiology of Stress

In the withdrawal/negative affect stage of addiction, stress functions as an important source of motivation for compulsive drug seeking and contributes largely to the transition from drug abuse to addiction stage. The withdrawal of drug acts as a stressor leading to the activation of brain stress system. A growing body of evidence suggests that yoga can be effective in the reduction of stress. Studies on yoga and autonomic nervous system activity reported a shift towards vagal dominance following yoga practice indicating an increase in parasympathetic activity. This is supported by findings from the studies on yoga and heart rate variability. A study conducted on medical students assessed the effect of pranayama on heart rate variability, anxiety, memory, and psychological well-being (Chandla et al., 2013). The study reported that after practicing pranayama for six months there was a reduction in the low frequency component and an increase in the high frequency component of heart rate variability, indicating an increase in parasympathetic activity. There was also an improvement in the anxiety scores and psychological well-being of the students. A study on the effect of Zen meditation and heart rate variability of drug abusers reported an increase in time domain components of heart rate variability following the practice of Zen meditation (Lo, Tsai, Kang, & Miao Tian, 2018). This showed that Zen meditation can increase parasympathetic activity in drug abusers. Apart from this effect on the heart rate variability yoga is also reported to reduce plasma cortisol level. A study evaluated the effect of Sudarshan Kriya yoga on the plasma cortisol and adrenocorticotrophic hormone levels of inpatients of alcohol dependence. The study concluded that practicing Sudarshan Kriya Yoga for two weeks can lower stress-hormone levels (plasma cortisol and adrenocorticotrophic hormone) in patients with alcohol dependence (Vedamurthachar et al., 2006). One of the most plausible mechanism proposed for these changes in the autonomic nervous system and stress hormone following the practice of yoga is through the stimulation of respiratory vagus nerve. In 2018, Gerritsen and Band suggested a two-way model (direct and indirect) for the respiratory stimulation of the vagus nerve (Gerritsen & Band, 2018). In the direct pathway, slow and longer exhalation which is important for yoga practice (*asana*, *pranayama*, and *dhyana*) is directly linked with the vagal nerve as it controls slowing of respiration and exhalation. The indirect pathway follows the physiological feedback theory where slow and restful breathing generates a physiological body pattern associated with relaxation and low threat situation. This information is projected to the central nervous system through the vagal afferents leading to the reinforcement of the rest and digest state of the body through its top-down mechanism.

Yoga and Inhibitory Control

In chronic drug addicts a compulsive pattern of drug seeking and uncontrolled intake is observed. This compulsive behaviour is attributed to the dysregulation of the brain's inhibitory mechanism because of prolonged drug use. In addicted individuals, dysregulation of the anterior cingulate, dorsolateral prefrontal cortex, and orbitofrontal cortices is reported (Volkow et al., 2010). These regions of the brain are responsible for inhibitory control over reward related behaviour. The practice of yoga requires maintenance of awareness about the object of attention, respiratory sensations, and interceptive feedback from body sensations and mental activity. Such

interceptive awareness helps in the inhibition of emotional and behavioural distractions (Gard et al., 2014). Studies have implicated yoga in improving emotional and cognitive control. A study compared the interference of emotional stimuli on executive task performance between yoga practitioners and controls with no experience in yoga using functional magnetic resonance imaging. The study reported that the prefrontal activation during negative emotional stimuli in the yoga practitioners was higher than the control group. This change in the prefrontal cortex was observed only while performing a cognitively demanding task suggesting that yoga practitioners were able to selectively recruit frontal executive mechanism to counter emotional distractions (Froeliger, Garland, Modlin, & McClernon, 2012). Another study using functional near infrared spectroscopy reported an increase in oxyhemoglobin level in the prefrontal cortex during Flanker task after practicing yoga meditation (YoMed) for 15 minutes daily for five days (Jiang, Liu, & Sun, 2021). The study concluded that YoMed was effective in increasing inhibitory control in young adults. Increase in inhibitory control following yoga practice was also reported in a study on smokers with nicotine dependence (H. Kim, J. Kim, Woo, & T. Kim, 2022). To assess inhibition, the participants performed a Go/Nogo task consisting of Smoking-Go, Smoking-Nogo, Neutral-Go, and Neutral-Nogo stimulus conditions. Event related potential (ERP) N2 and P3 amplitudes and latencies were also recorded. This study observed that a single session of yoga can increase inhibitory control in smokers with nicotine dependence. A separate study on addicted population showed improved self-control ability in emotion regulation and increased anterior cingulate cortex (ACC) and prefrontal cortex (mPFC) activity after meditation (Y. Y. Tang, R. Tang, & Posner, 2016)). Apart from this, repeated practice of attentional and emotional regulations is associated with structural changes in the brain. A MRI study on 20 meditators reported higher cortical thickness in the prefrontal cortex of the meditators compared to control group (Lazar et al., 2005). Hence yoga can help in improving inhibitory control in healthy and addicted individuals indicating a possible application of yoga in prevention and management of drug addiction.

Conclusion

Drug addiction is associated with neurobiological changes in the brain leading to dysregulation of the brain's reward system, stress system, and inhibitory mechanism. This can bring behavioural changes characterized by compulsive drug seeking and uncontrolled drug intake. The process of rehabilitation of drug addicts will be efficient if these dysregulations can be countered. Among non-pharmacological measures to manage drug addiction, yoga can be a useful intervention. Yoga has been shown to improve the brain's reward system by bringing morphological and dopaminergic changes in the regions of the brain associated with reward circuitry. Since study on yoga and reward system of drug addicts is not available, it is not possible to conclusively claim the benefits of yoga in the reward system of drug addicts. However, findings of the studies conducted on healthy participants showed encouraging results about the effect of yoga on the brain's reward system and can be the basis of future studies on yoga and drug addicts. Studies on the effect of yoga on stress system showed that yoga can reduce stress by improving the neurobiological determinants of stress. Few studies have shown that yoga can bring these changes in drug addicts also. Similarly, there are evidences about the effectiveness of yoga in improving inhibitory control of drug addicts by bringing functional and structural changes in the brain. Since yoga has been shown to improve brain's reward system, stress system, and inhibitory control, it can be speculated that yoga can be useful in the management of drug addiction.

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