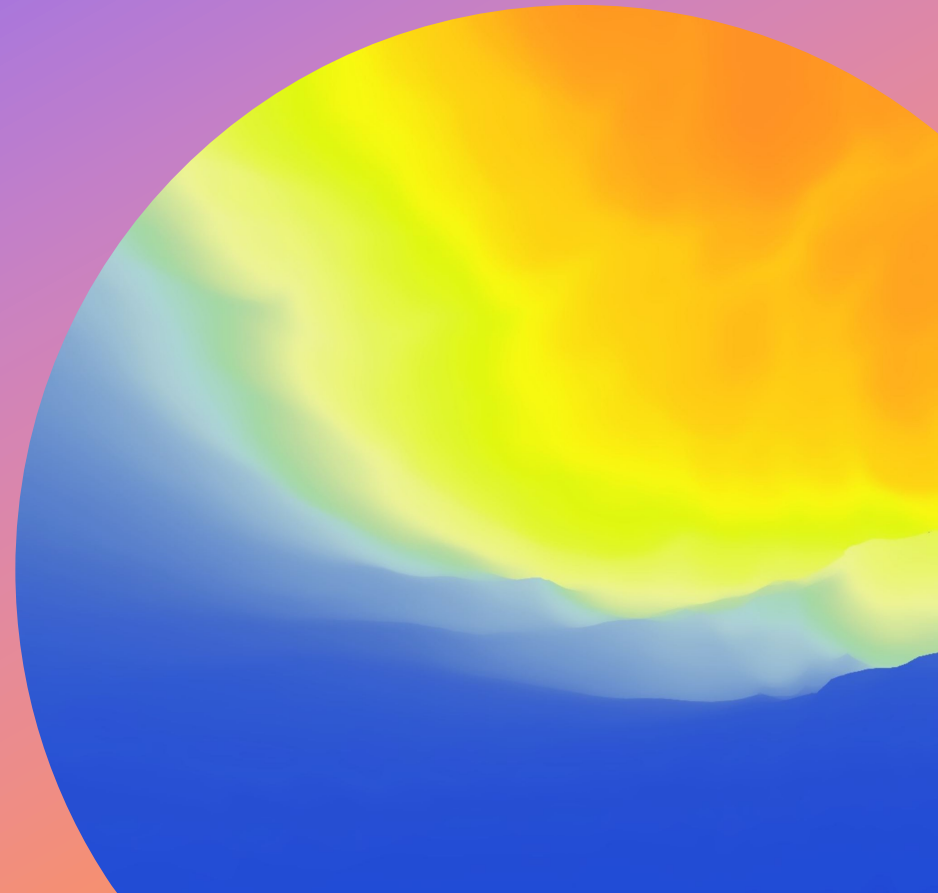




PRAKRUTI & ADDICTION

An Ayurvedic Perspective on
Substance Use Disorder

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SEMINAR OUTLINE

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 - Substance Use Disorder (SUD) Defined
 - SUD Treatment in the West
 - SUD Treatment in Ayurveda
 - Integrated Approach
 - Areas where Ayurveda can have the biggest impact
 - Field Research Study
 - Is there a connection between Prakruti & Drug of Choice in cases of SUD?
 - Summary of Research Findings
 - Closing Thoughts
 - Best practices to support clients with SUD using Ayurveda



SUBSTANCE USE DISORDER DEFINED

- - DSM-5 combines previously separate categories of substance abuse and substance dependence into a single disorder evaluated on a continuum of mild to severe.
 - Also considers each substance as a separate use disorder (with the exception of caffeine), however criteria for diagnosis are mostly the same.

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 - 10 SEPARATE CLASSES OF DRUGS –
 - Alcohol
 - Caffeine
 - Cannabis
 - Hallucinogens
 - Inhalants
 - Opioids
 - Sedatives, hypnotics, anxiolytics
 - Stimulants
 - Tobacco
 - Other/unknown

11 CRITERIA INVOLVED IN DIAGNOSIS

Taking substance in larger amounts or for longer than you are meant to

Wanting to cut down or stop using the substance but not managing to

Spending a lot of time getting, using or recovering from use

Cravings and urges to use

Not managing to keep up with responsibilities at work, home or school due to use

Continued use even when it disrupts personal relationships

Giving up activities (social, occupational or recreational) because of use

Continued use even when it puts you in danger

Continued use even if physical or psychological health is compromised by use

Tolerance (needing more of substance)

Withdrawal symptoms that are relieved by continued use

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SUD TREATMENT IN THE WEST

Western medicine views addiction as a chronic disease with relapse possible and likely to occur.

“Relapse rates for addiction resemble those of other chronic diseases such as diabetes, hypertension and asthma.”

- *National Institute on Drug Abuse*

LEVELS OF CARE

- Drug detox & medically supervised detox
- Inpatient rehabilitation
- Outpatient & intensive outpatient (IOP) rehabilitation
- Dual diagnosis treatment
- Aftercare
- Telehealth

Studies show that up to 80% of patients will use again following rehabilitation.

+ ALCOHOLISM & ADDICTION IN AYURVEDA

- Classical texts mention alcoholism (madatyaya) & alcohol withdrawal (pranapakrama).

Oak-Satmya – the law of adaptation & habituation.

Satmikarana – a way of mediating withdrawal by gradually decreasing dose of addicted substance.

Most mention & reference is to alcohol as substance of abuse.

Ayurveda offers a more detailed view into who is experiencing the disease; differentiating Vata, Pitta & Kapha types of addiction as well as how the doshas are affected in substance withdrawal.

Support can be customized to take into consideration: prakruti & vikruti of the individual, state of the mental doshas, substance-specific effects on dosha, etc.

Both recommendations & counseling style can be deeply customized.

In many cases, all doshas will be imbalanced as well as vitiation of rajas & tamas.



INTEGRATED APPROACH



Areas where Ayurveda can have the
greatest impact

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In the US, Ayurveda is best positioned to support clients post-detox, after any in-patient rehabilitation has been completed.

It can be used in conjunction with outpatient treatment, as part of a comprehensive aftercare program, and as a method of relapse prevention.

Areas of Ayurvedic support -

- Addressing root cause of addiction rather than managing symptoms
- Restoring balance of doshas in body and mind
- Counseling client in areas of spiritual development, dharma, self-care and wholeness
- Teaching practical skills to balance and heal the nervous system –
 - Restorative practices – Abhyanga, sleep hygiene, rest & rejuvenation
 - Mental resilience through retraining the mind
 - Yoga asana, pranayama & breathwork
- Subtle therapies – sound healing, art, music, nature

FIELD RESEARCH STUDY

Is there a connection between Prakruti and drug of choice in persons with Substance Use Disorder?



CLOSING THOUGHTS

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Commonly asked questions
in early recovery are –

“How do I live without
[substance]?”

“How do I get through the
days?”

*What greater solution than
the Science of Life?*

BEST PRACTICES

- KEEP IT SIMPLE!
- Recognize where the client is starting & tailor recommendations accordingly
- Do not underestimate the effectiveness of Dinacharya
- Always remain focused on the client who is having the addiction versus the addiction the client is having
- Recommend clients in active addiction to medically supervised detox
- Build a network of allied care providers to refer to when needed

QUESTIONS?



THANK YOU!

Sincerest thanks for allowing me to share
this time and space with you.

For future questions or support, reach out
anytime to –

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