

**ADDICTION AND CRIMINAL BEHAVIOUR IN CHILDREN – A HEALTH CHALLENGE AND AYURVEDIC MANAGEMENT**<sup>1</sup>\*Dr. Bharati V. Patil, <sup>2</sup>Dr. Sunil P. Changle and <sup>3</sup>Dr. Swapnil C. R.<sup>1</sup>PG Scholar, Kaumarbhritya Department, Parul Institute of Ayurved, Vadodara.<sup>2</sup>Professor and Head Department, Parul Institute of Ayurved, Vadodara.<sup>3</sup>Assistant Professor, Department, Parul Institute of Ayurved, Vadodara.**\*Corresponding Author: Dr. Bharati V. Patil**

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**ABSTRACT**

Population explosion, poverty, increased competition at school age and heavy expectations of carrier are very strong burden on Indian children, which make them vulnerable to behaviour deprivation, in addition increased use of television and internet right from childhood is extra factor which changes the behaviour of children due to following of false cultural practices which have been regularly broadcasting on television and internet. Therefore most of the children of developing countries like India are in the cyclone of drugs addiction and criminal tendency. For this review article different *Ayurveda* text books, classical books reference books, magazines, journals were searched and analysed. Considering these facts *Ayurveda* has explained good child rearing practices for better growth and mental development of children. Certain *Panchakarma* procedures like *snehan* (oleation), *swedan* (sudation)etc. *Purvakarmas* (minor procedures) and *shirodhara* (pouring medicated oil or liquids on forehead) and *nasya* (nasal drops), *virechana* (therapeutic purgation), *basti* (enema)etc. *Panchakarmas* (major procedures) are also looking very useful for those children. Also uses of *Ayurveda Medhya* drugs like *Brahmi*, *Jatamansi*, *Vacha*, *Shankhpushpi*, *Mandukparni*, and *Ashwagandha* are such nootropics found to be useful to control childhood behaviour and prevent consequences of addiction. Application of counselling of such children with *Yoga* and meditation practices with *Ayurveda therapy* is very useful tool to control criminal tendency and addiction tendency of Indian children.

**KEYWORDS:** *Childhood addiction, Criminal behaviour, Medhya, Yoga.***INTRODUCTION**

The present global scenario is a pond of various non-communicable diseases, crime and addictions basically due to the life style changes and mental stress. *Ayurveda* eternal science for healthy living deal with holistic approach of physical, psychological, social and spiritual wellbeing and highly emphasized is given to codes of conducts results in calmness of mind. Addiction is pathological or abnormal condition which arises due to frequent use of drugs, alcohol or other such addictive substances, in addition increased use of television and internet right from childhood is extra factor which changes the behaviour of children due to ensuing of fallacious cultural practices which are daily shown, resulting in the crime.

Addictions are antidotes that provide a temporary escape from the stress-producing, conflict-creating reactions which overcome our mind and body. Addiction is an effect of continuous and uncontrolled use of inappropriate external resources to reduce stress and restore a sense of balance, while failing to resolve the cause of the stress

hidden in the unconscious. The stages involved in addiction include progression of acute drug used, development of drug-seeking behavior, the vulnerability to relapse, and the decrease, slowed ability to respond to naturally-rewarding stimuli and above all, decreased motivation for normal life activities. Drug addiction can be easily regarded as community diseases, because it leads to failure in a school, crime, violence, child abuse, domestic violence, and the loss of productivity. So it is important to root out this problem from the society.

*Ayurveda* views mental disease as the result of a lack of clarity (*sattva*) within the mind. As the quality of *sattva* becomes diminished within the mind, it imbalances appear the three biological humors: *vata*, *pitta*, and *kapha*. In the classical texts six types of *Unmada* are described. According to *doshas* these are divided into *vatonmad*, *pittonmad* and *kaphonmad*, combination of all three dosha *sannipatajaunmada*, mental shock (*chittaghatajaunmada*) and caused by poison (*vishajaunmada*). According to *Ayurveda*, the mind, or *mana* is composed primarily of the air and other

elements. Thus vata is commonly behind most psychological disorders. Excess air within the mind causes mental instability, agitation, which lead to excessive thinking, worry, and ultimately the perception that our problems are much worse than they really are. The mind becomes overly sensitive excessively reactive and we take things too personally. Many people use drugs or other addictive substances in order to escape physical and emotional discomfort. So due to anxiety, insecurity, lack of emotional support and love from the family prejudice the neurochemical regulation of hormones which generate feelings of depression, some smoke pot to deal with stress at home, school, and a few others relate on cocaine to boost their energy and confidence. And surprisingly many get in to it just for fun and adventure. But while these substances might make you feel better in the short term, they don't treat underlying problem. Instead, they simply mask the symptoms. Furthermore, prolonged drug use eventually brings its on host of problems, including major disruption to normal, daily functioning. Unfortunately, the physical, psychological and social consequences of drug abuse and addiction become worse than the original problem you were trying to cope with or avoid.

*Ayurveda* considers addiction under the topic of *madatyaya*, which means intoxication. *Madatyaya* is the state or symptoms that arises due to continuous use or a high dose of substances that are intoxicating. According to *Ayurveda*, *madya* (alcohol/ drug) is the complete opposite of *Ojas* (source of energy), which is prerequisite for good health and wellness. *Madya* finishes *Ojas* in the body, and when a person reaches that stage, he experiences the symptoms of *madatyaya*.

#### Doshas and addiction

The intake of drugs leads to the aggravation of one of more *doshas*-*vata* (air), *pitta* (fire), *kapha* (water). Depending on the *dosha* aggravation, the following symptoms are generally observed:

- **Vata aggravation:** headache, difficulty in breathing, insomnia, vivid dreams, hallucinations, anxiety, constipation, shaking, erratic moods and thoughts.
- **Pitta aggravation:** burning in the stomach and digestive problems, excessive sweating and thirst, diarrhea, fever, giddiness, aggression and violence.
- **Kapha aggravation:** excessive sleep, lethargy, heaviness in the body, nausea, and vomiting.
- **Tridosha aggravation:** combination of the above symptoms.

In addition to these specific symptoms, the common symptoms of *madatyaya* mentioned in *Ayurveda* are restlessness, piercing pain in the heart, sweating, diarrhea, thirst, fever with chills, and loss of appetite, abdominal discomfort, dizziness and disturbed sleep.

These symptoms are experienced with a variety of drugs like heroin, opium, cannabis, cocaine, alcohol,

barbiturates, and nicotine. This indicates a close resemblance between *madatyaya*, as mentioned in ancient Ayurvedic texts, and the effect of modern narcotics. Therefore Ayurvedic line of treatment for *madatyaya* can be effective in treating a variety of drug addictions.

In cases of *madatyaya*, the main aim of the Ayurvedic treatment is to balance the aggravated *dosha*. The first step is to determine the *dosha* that has been aggravated and prescribe alleviating treatment. *Ayurvedic* medicines are used to treat withdrawal symptoms, remove accumulated toxins (*ama*) and encourage the regeneration of tissues and cells.

Drug addicts often become confused as their intelligence level deteriorates because of continued use of the drug or addictive substance. Consequently they end up losing their sense of discrimination. In order to promote intelligence, *Ayurveda* recommends the use of herbs such as *Brahmi* (*Bacopa Monnieri*), *Yastimadhu* (*Glycyrrhiza Glabra*), *Guduchi* (*Tinospora Cardifolia*), and *Shankhpushpi* (*Convolvulus Pluricaulis*). These herbs also improve memory, concentration and comprehension.

#### Relevance of work

- Childhood addiction and criminal behavior are increased in high magnitude in recent few days.
- Unfortunately the physical, psychological and social consequences of addiction become worse than the original problem you were trying to cope with or avoid.
- Therefore to handle this scenario with that of *Ayurveda* therapy looks promising and relevant.

#### AIMS AND OBJECTIVES

- To highlight the Role of *Ayurveda* to control the childhood addictions and criminal behavior
- To find out new treatment with the help of *Ayurveda* therapy in the addictions and criminal behavior of children

#### METHODOLOGY

- For this review article different *Ayurveda* text books, classical *Ayurveda* and modern books, reference books, magazines, journals were searched and analyzed.
- All the findings and observations were reviewed, analyzed and concluded.

#### DISCUSSION

##### Ayurveda and Addictions

- *Ayurveda* considers addiction under the topic of *Madatyaya* which means **Intoxication**.
- According to *Ayurveda* *Madatyaya* (alcohol or drug) destroy *Ojas* (source of energy) as it is opposite in the property, with it.

- Modern medicine explains four stages of addiction – Acute Intoxication, Withdrawal Symptoms, **Drug Dependence** and **Drug Abuse**.
- The state of *Madatyaya* is comparable to the **Third and Fourth of These Stages**.

### Ayurveda and De-Addictions

The concept of addiction and de-addiction is available as 'MADATYAYA' in Ayurvedic classics. Childhood addictions can be managed by implementing *madatyaya chikitsa*.

### OJO- Vardhaka and Rasayana Drugs

The *Ayurvedic* texts identify a substance called *Ojas* being the vital force of the body. Like honey is the essence of flowers, in the same way *Ojas* is considered to be secreted essence from our tissues, muscles blood plasma fats and bones, produced by all healthy cells, imparting strength, radiance, luster and power to the body and mind. In addition, this *Ojas* is being continually depleted and ultimately the depletion of *Ojas* will eventually cause death. One of the main eras of focus therefore is restored *Ojas* in the body. *Ojas* is mainly cultivated through the diet, the useful product of food materials. Therefore in *Ayurveda* there is a major emphasis on diet. Treatment should Centre around foods that support the restoration of *Ojas*, and also support green vegetables, banana, parsley, spinach, rice, honey, almonds, strawberry, mangoes, sprouts, lentils amaranth, cooked lightly in spices that are also *Ojas* enhancing cumin, coriander, zinger,

### Shamana Chikitsa According to the Lakshanas

Drug addicts often become confuse, as there intelligence level deteriorates because of continued use of the drug or addictive substances. Consequently, they end up losing their sense of discrimination. In order to promote to intelligence, *Ayurveda* recommends the use of herbs such as *Brahmi*, *Yastimadhu*, *Guduchi* and *Shankhpushpi*. These herbs also improve memory, concentration and comprehension.

### Panchakarma Procedures

*Panchakarma* is a unique set of five detoxifying *Ayurvedic* treatments administered in three phases: the preparation, cleansing and rejuvenation phases. The first phase is oleation ingesting and applying pure essential oils in order to mobilize the accumulated toxins in the body. The first of the five actions of *Panchakarma* here is *Swedan*, the application of hot steam and warm oil therapies that loosen toxins and encourage their flow to the get track for elimination. The second phase is the cleansing phase: now that toxins have been mobilized that elimination is focus upon through a further three actions, all of which are administered gently through the application of medical herbal oils: basti: *nasya* and *vamana*. The final phase of the *Panchakarma* is *rasayana*: here medicinal and *Ayurvedic* oils are applied in uniquely restorative body work and massage techniques and also following of the proper food regime

in sequential manner to improve digestion, metabolism and tissue health; ultimately to enhance the longevity and health.

### Following Sadvritta and Achara Rasayana

*Sadvritta* includes ethical, social, mental and moral conduct. Not following these conducts lead to development of criminal mind & and thereafter these persons get into the action to do crimes. According to ethical conducts, we should not lose our temper under any circumstances & if we lose our temper then it can further lead to actions harmful to others and even to us, this is nothing but the crime. As mentioned in social conducts never be jealous about the prosperity and even wealth of others. If this is so then that jealousy or that desire to get others money may create a situation to perform crime. Apart from this respective behavior towards elderly person, social etiquettes and control over misbehaves like anger, greed, fear, sorrow is essential to maintain the peace and temperament of mind to control self-behavior and prevent the crimes and offences in society.

Addiction of narcotic drugs, alcohol causes disturb mind and even physical actions lead to crime by harming others. Once should always have soft speech which will be appropriate as well as beneficial to us and even others, never criticize or speak like and if we behave opposite of this then that harsh speaking can start quarrel which may further lead harmful physical actions and crime. To do any act beyond our limit is daring act which may create sometimes life threatening conditions e.g. If we show our daring in unnecessary way to drive of car speedily. It can cause accident in which not only give but also accompaniments may suffer this also a crime. Rash driving and breaking the traffic rules, unnatural competition lead to bad consequences. According to psychological or mental conduct balanced mind is very essential. Health of body is dependent on health and balance of the mind. It is kept calm and under control by restraining cases like rape, sexual harassment etc. *pragnyaparadh* (one of the *trividhrog hetu*) is basically a cause for all these bad and illegal acts to occur.

### Prevention of crime by Sadvritta

Obeying ethical conducts i.e. making a habit of doing all that is good and avoiding all that is bad, acting always in a courteous and polite manner, having control on our *Indriyas* can prevent criminal tendencies to develop. Following social mannerisms & behavior e.g. behavior towards women is necessary for reduction of cases like rape. For making good deeds, every individual should give some part of his wealth and energy for the betterment of society. Avoid the company of bad people or who hate the society and also the rulers because these are going to reduce further criminal tendencies. Do not make a quarrel with a person who is stronger than you. To have control over one's mind spiritual understanding is very essential and is achieved by following good diets, conducts and self-realization. The one who behaves

nicely as mentioned above, become more divine and there will not develop any type of criminal tendencies and he gets long and healthy life as well as wealth. Aggressive behavior is very common in preschool children; usually they tend to disappear in the years between preschool and elementary school. Socialization with peers and teachers help children to change behavior towards other, in some children though this type of aggressive behavior can instead increase and become violent, through several other steps, they can become antisocial and they can become serious violent offenders. We can help children to get free from this climate and explain them rules and regulations of Sadvritta and benefits which we get after obeying the rules. Addition of these codes of conducts in school health programme even in education will play a major role in creating *satvik* minds in children. With this we can develop *satsatvivekbuddhi* in children which helps to prevent wrong practices that may lead to criminal tendencies.

#### **Daiva Vyapashraya Chikitsa and Satvavajaya Chikitsa**

Chanting and recitation of *Mantra* along with some ritual activities like *Homa*, *Yagya* are helpful to develop and maintain the peace of mind. In addition the motivation with positive thoughts, discussion on the topics to control the misbehavior is also useful to guide and control the criminal activities in children. As children are in the developing phase of their psychology, counselling, discussion and chanting helps in better way to improve their psychological status and criminal activities.

#### **Ayurveda and Criminal Behavior**

Criminal behavior is one the product of insanity and which is influenced by genetic and environmental factors. *Ayurveda* defined insanity as per *Ayurvedic* medical and psychological perspective. Considering these facts *Ayurveda* has explained good child rearing practices for better physical growth and mental development of children.

Main treatment or counselling is aiming towards reducing the *Raja Guna* and increasing the *Sattva Guna* in children with different counselling and behavior therapy through *Sadvritta* and alleviating the *Vata-Pitta* Dosh through *Shodhana*, *Shamana* and *Rasayana* Therapy

#### **Ayurvedic Management of Criminal Behavior**

- *Unmada / Apasmara Chikitsa*
- *Medhya Rasayana Prayoga*
- *Shodhana* and *Shamana Chikitsa* according to the *Lakshana*
- *Daivavyapashraya Chikitsa*
- *Satvavajaya Chikitsa*
- Following *Sadvritta & Achara Rasayana*

#### **CONCLUSION**

Addiction and criminal behavior are one of the problems that need most urgent attention for the benefit of society as well as individuals. Anger produce due to attachment,

grid, and jealousy etc. result in complete ruining of an individual ultimately resulting criminal behavior and *Ayurveda* therapy shows better direction for the same. *Ayurvedic* medicine accomplishes healing through harmony and balance with the universe and energies in the body. Addiction is treated in *Ayurveda* by explaining addiction as *madatya*. The goal is to restore the addict's doshas to a proper balance so that he or she can live a drug free life. We can deal with massage to remove toxins or exercise to release negative thoughts or use of medicine to reduce addiction and withdrawal symptoms.

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