

Efficacy of Nasya in Alcohol Withdrawal Syndrome

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Abstract : Alcohol withdrawal syndrome continues to be a concerning health issue worldwide in alcoholics. Many current options for treating alcohol withdrawal signs are habit forming, causing dependency on sedatives. The divine science of Ayurveda recommends Nasya for improvement of alcohol withdrawal signs. As per the latest reports, 1/3 of the Indian population is using alcohol in an unhealthy manner, the complication being wide and varied among which, the Alcohol Withdrawal Syndrome is the dominant one. The presentation varies from mild sleep loss or anxiety to delirium. Ayurveda has given utmost in the context of Madatyaya (Alcoholism). Various protocols based on the identification of the status of tridoshas are explained, which includes sodhana, samana and satwavachaya chikitsa. Various medications are being used, with appreciated effects in the clinical practice. As per reports, the panchakarma procedure nasya seems highly effective in managing the alcohol withdrawal syndrome. Nasya with Ksheerabala Taila is given for 7 days in the condition of Alcohol Withdrawal syndrome and it was the non-randomized trial with 30 subjects satisfying the DSM V criteria for alcohol withdrawal and the assessment was done using the Clinical Institute Withdrawal Assessment for Alcohol Scale revised (CIWA-Ar). Conclusion: Among the symptoms which were studied after the interventions, it was found that there was a high significant response in almost all the symptoms in the given subjects. The eternal science of Ayurveda is able to answer the existing problem of alcohol and its abuse in the society.

Keywords : nasya, alcohol withdrawal, madatyaya, ksheerabala taila

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