



A Case Study on effects of Mukhshodhak Dravyas on Tobacco Addiction

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Tobacco withdrawal symptoms, including cravings, irritability, anxiety, and digestive discomfort, often make quitting a challenging process.[1] Natural herbal remedies offer a potential alternative to alleviate these symptoms. This study explores the efficacy of a herbal powder mix consisting of ajwain (*Trachyspermum ammi*), Saunf (*Foeniculum vulgare*), Adarak (*Zingiber officinale*), Sendha Namak (rock salt), Nimbu (*Citrus limon*), and Supari (*Areca catechu*) in reducing withdrawal symptoms associated with tobacco cessation. Ajwain and ginger are known for their digestive and anti-inflammatory properties, which can ease nausea and gastrointestinal distress. Saunf and supari have mild stimulant effects that may help curb cravings by mimicking the oral fixation associated with tobacco use. Sendha Namak and lemon aid in balancing electrolytes and reducing stress, while their alkalizing effect supports detoxification. The combination of these ingredients provides a synergistic effect, helping reduce cravings, manage mood swings, and promote overall well-being during tobacco withdrawal. This study highlights the potential of this herbal blend as a natural, easily accessible remedy for individuals attempting to quit tobacco. Further clinical research is needed to validate its effectiveness and optimize formulation for maximum benefits.

Keywords: Tobacco, Saunf, Adrak, Addiction, Craving, Sendha Namak

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Introduction

Understanding Tobacco Addiction

Tobacco addiction is chronic dependence on nicotine, a highly addictive substance found in tobacco products such as cigarettes, chewing tobacco, and cigars. Nicotine stimulates the release of dopamine in brain, creating pleasurable sensations that lead to repeated use. Over time, body & mind become dependent, making it difficult to quit. Tobacco addiction can lead to severe health problems, including lung disease, heart conditions, and cancer.[2]

Prevalence:[3] In India, tobacco use remains a significant public health concern. According to the Global Adult Tobacco Survey (GATS) 2016-17, nearly 267 million adults aged 15 years and above (29% of all adults) are users of tobacco. According to the survey, tobacco use is prevalent among 42.4% of men and 14.2% of women. it is 14.2%. Smokeless tobacco is the most prevalent form, with commonly used products including *khaini*, *gutkha*, betel quid with tobacco, and *zarda*. Smoking forms such as *bidi*, cigarette, and *hookah* are also used.

Ayurveda in Treating Tobacco Addiction.

Ayurveda, the ancient Indian system of medicine, offers holistic approach to treating tobacco addiction by focusing on detoxification, mental balance, & herbal remedies. According to Ayurveda, addiction is caused by an imbalance in the doshas (*Vata*, *Pitta*, & *Kapha*) and toxins (*Ama*) accumulated in body.

Key Ayurvedic Methods for Tobacco De-addiction:[4]

1. Detoxification (*Panchakarma*)

Virechana (purging therapy) and *Basti* (medicated enema) help cleanse toxins from the body. *Nasya* therapy (nasal administration of medicated oils) improves respiratory health and reduces cravings.

2. Herbal Support

Dhumpan (Medicated Smoking): Utilizing herbal smoke from medicinal plants like *Jatamansi* (*Nardostachys jatamansi*) can serve as a substitute for tobacco, helping to reduce nicotine dependence.

Oral Cleansing (*Kaval* and *Gandush*): Practices involving holding or swishing medicated oils or decoctions in mouth can aid in detoxification and alleviate oral discomfort associated with tobacco use.

3. Diet and Lifestyle Changes

A *Sattvic* (pure and balanced) diet with fresh fruits, vegetables, and whole grains helps in recovery.

Drinking *Triphala* tea aids digestion and detoxification.

Yoga and meditation help in managing cravings and calming the mind.

4. Mindfulness and Behavioral Therapy

Ayurvedic counseling and meditation help address the psychological aspects of addiction.

Pranayama (breathing exercises) like *Anulom Vilom* and *Bhramari* support lung function and reduce stress.

5. Gradual Reduction (*Padanshika Krama*)

This method involves the step-by-step decrease in tobacco consumption, allowing the body to adjust and minimizing withdrawal symptoms. By progressively reducing intake, individuals can manage cravings more effectively.

Aim and Objective

To study the effect of *Mukhshodhak Dravyas Ajwain, Sonf, Adrak, Sendhav Lavan, Nimbu, Supari* in the management of Tobacco addiction withdrawal symptoms.

Case Report

The case study is presented here to show the effect of mixture of *Ajwain, Sonf, Adrak, Sendhav Lavan, Nimbu, Supari (Mukhsodhak Dravya)* on tobacco addiction and withdrawal symptoms.

Patient's information

A 34-year-old hindu male patient, without diabetes and no history of hypertension came to M.M.M. Govt Ayurved College Agad Tantra OPD.

History of present illness

According to the patient he was asymptomatic before 3 years then after he started taking Tobacco. He gradually started to experience fatigue from past 1 month, decrease in appetite from past 20 days, and now from past 5 days he is developing mouth ulcer. Whenever patient tries to stop tobacco chewing, he starts suffering from following withdrawal symptoms that are: body ache,

Constipation, anorexia, lethargic, anxiety. With these following complaints the patient came to M.M.M. Govt Ayurved College Agad Tantra OPD.

Previous history of any illness

No significant history noted

Addiction history

Patient using tobacco for 3 years. His daily tobacco consumption was 15-20gm (4-5 pouches).

Family history

No family history

Hetu

Intake of tobacco (patient had no history of any other ailment and the symptoms are associated with incidence of tobacco chewing).

Table 1: Personal history

Name	PAR
Age	34
Sex	Male
Weight	76
Height	163cm
Blood Pressure	128/80mmhg
Sleep	Nidranash (insomnia)
Prakurti	Vatakapahj
Agni	Mandh
Bowel habit (Koshtha)	Irregular
Addiction	Tobacco
Occupation	Teacher
Marital status	Married

Table 2: Ashtavidha Pariksha

Nadi	72/min
Mala	Alp
Mutra	Samyak
Jivha	Swach
Shabda	Spashat
Spars	Samsheet Ushan
Drik	Madhyam
Akruti	Madhyam

Table 3: Indriya Parikshan

Tvaka	No abnormality detected
Netra	No abnormality detected
Ghran	No abnormality detected
Rasana	Niram
Karn	No abnormality detected
Vaak	Oral Ulcer
Paani	No abnormality detected
Paad	No abnormality detected
Payu	No abnormality detected
Upastha	No abnormality detected

Treatment Plan

The patient was treated on OPD basis
Ayurvedic Management of Addicted patient of Tobacco:

1. A powder mix of *Mukhshodhak Dravya* that are *Ajwain, Sonf, Adarak, Sendhav Lavan, Nimbu, Supari*. 3gm dose SOS.
2. *Vishtinduk Vati* 250mg twice a day.
3. *Ashwgandarisht* 20ml with 20ml water twice day.
4. *Triphala Churna* 3gm before sleep.
5. *Brahmi Vati* 2 tab. before sleep.

Follow-Up

Patient was called for follow up on 15th, 30th, 45th day.

First Visit - 15/11/2024

- 1st follow up on 30/11/2024
- 2nd follow up on 15/12/2024
- 3rd follow up on 30/12/2025
- 4th follow up on 15/01/2025

Table 4: Properties of drugs

SN	Name	Botanical Name	Rasa	Guna	Virya	Vipaka
1.	Ajwain[5]	Trachyspermum ammi	Katu	Laghu	Ruksha	Ushna
2.	Sonf[6]	Foeniculum vulgare	Madhura	Guru	Snigdha	Ushna
3.	Adarak[7]	Zingiber officinale	Katu	Laghu	Snigdha	Ushna
4.	Sendhav Lavan[8]	Rock salt	Lavana	Laghu	Snigdha	Ushana
5.	Nimbu[9]	Citrus lemon	Amla	Laghu	Snigdha	Ushna
6.	Supari [10]	Areca Catechu	Kashaya	Laghu	Ruksha	Ushna

Fagerstrom test for the nicotine dependence smokeless tobacco[11]

SN	Item/Questions	Answers	Points
1.	How soon after you wake up to do you place your first dip	Within 5 min 6-30 min 31-60 min After 60 min	3 2 1 0
2.	How frequently do you deliberately swallow tobacco juice	Always Sometimes Never	2 1 0
3.	Which chew would be the hardest for you to give up	The first one in the morning Any other	1 0
4.	How many pouches per week do you use?	More than 3 2-3 1	2 1 0
5.	Do you chew more frequently during the rest of the day	Yes No	1 0
6.	Do you still chew if you are so sick that you spend most of the day in bed	Yes No	1 0

Scoring instruction: Add up response to all the items. A score of 5 or more indicates a significant dependence, while a score of 4 or less shows a low to modern dependence.

Observations and Results

SN Findings	0th day	15th day	30th day	45th day
1 Instant craving for nicotine	3	2	2	1
2 Body pain	3	1	0	0
3 Anxiety	3	1	0	0
4 Constipation	1	0	0	0
5 Oral ulcer	1	0	0	0

In this present case on first day patient had complaints of instant craving, anorexia, constipation on/off, anxiety, deprivation of sleep, mild oral ulcer. Hence, he started the following treatment.

Treatment Schedule

1st day

- 1) A powder mix of *Mukhshodhak dravya* that are *ajwain*, *sonf*, *adarak*, *sendhav lavan*, *nimbu*, *supari*. 3gm dose SOS.
- 2) *Vishtinduk Vati* 250mg twice day.
- 3) *Ashwgandarisht* 20ml with 20ml water twice day.
- 4) *Triphla churna* 3gm before sleep.
- 5) *Brahmi vati* 2 tab before sleep.

15th day

- 1) A powder mix of *Mukhshodhak dravya* that are *ajwain*, *sonf*, *adarak*, *sendhav lavan*, *nimbu*, *supari*. 3gm dose SOS.
- 2) *Vishtinduk Vati* 250mg twice a day.
- 3) *Ashwgandarisht* 20ml with 20ml water twice day.
- 4) *Triphla churna* 3gm before sleep.
- 5) *Brahmi vati* 2 tab before sleep.

30th day

- 1) A powder mix of *Mukhshodhak dravya* that are *ajwain*, *sonf*, *adarak*, *sendhav lavan*, *nimbu*, *supari*. 3gm dose SOS.
- 2) *Vishtinduk Vati* 250mg twice a day.
- 3) *Ashwgandarisht* 20ml with 20ml water twice day.
- 4) *Triphla churna* 3gm before sleep.
- 5) *Brahmi vati* 1 tab before sleep.

45th day

- 1) A powder mix of *Mukhshodhak dravya* that are *ajwain*, *sonf*, *adarak*, *sendhav lavan*, *nimbu*, *supari*. 3gm dose SOS.

Discussion

The patient had the following symptoms on the 1st day that are Instant craving for tobacco, body ache, constipation, anorexia, lethargic, anxiety, mild mouth ulcers, now with the above mentioned treatment the symptoms of constipation, mouth ulcer, body ache, insomnia completely cured. and the instant craving for tobacco has reduced to a great extent.

Tobacco addiction is a challenging habit to break due to the strong withdrawal symptoms that arise when nicotine intake is stopped. Common withdrawal symptoms include anxiety, irritability, headaches, digestive issues, & cravings. A natural approach using an herbal powder mix of *Ajwain* (carom seeds), *Saunf* (fennel seeds), *Adrak* (ginger), *Sendha Namak* (rock salt), *Nimbu* (lemon), and *supari* (betel nut) can help ease these symptoms.

How each Ingredient helps in Tobacco withdrawal?

1. *Ajwain* (Carom Seeds)

- Known for its detoxifying properties, *ajwain* helps cleanse the body of nicotine and other toxins.
- Reduces cravings by providing a strong, spicy flavor that stimulates the mouth, similar to tobacco.
- Helps in digestion and relieves bloating, which can be a common withdrawal symptom.

2. *Saunf* (Fennel Seeds)

- Acts as a natural mouth freshener, reducing the urge to consume tobacco.
- Has calming properties that help manage anxiety and stress.
- Aids digestion and reduces nausea, a common withdrawal effect.

3. *Adrak* (Ginger Powder)

- Contains anti-inflammatory properties that help with headache and nausea during withdrawal.
- Helps improve blood circulation and reduces fatigue.
- Supports digestion, preventing stomach discomfort.

4. *Sendha Namak* (Rock Salt)

- Restores the mineral balance in the body, which can be disrupted due to withdrawal.
- Helps in reducing irritability and fatigue by maintaining electrolyte balance.

Aids digestion and prevents acidity.

5. Nimbu (Lemon Powder or Dried Lemon Peel)

- It serves as a natural cleanser, helping to eliminate toxins from the body.
- Provides vitamin C, which boosts immunity and helps in faster recovery from tobacco-related damage.
- Reduces stress and cravings due to its refreshing citrus taste.

6. Supari (Betel Nut, in controlled amounts)

- Helps keep the mouth engaged, reducing the habit of chewing tobacco.
- Stimulates saliva production, which helps control dry mouth, a common withdrawal symptom.
- Acts as a mild stimulant, reducing drowsiness and fatigue.

Benefits of this Herbal Mix in Tobacco De-addiction

- Reduces cravings by stimulating the taste buds with strong flavors.
- Detoxifies body, helping in nicotine elimination.
- Improves digestion and reduces withdrawal-related nausea.
- Balances mood and reduces irritability.

Conclusion

This is a single case study of tobacco addiction withdrawal symptoms. This case study focuses on the successful management of tobacco addiction withdrawal symptoms using Ayurvedic remedies. A combination of *Ajwain*, *Saunf*, *Adrak*, *Sendha Namak*, *Nimbu*, and *Supari* was administered to a patient struggling with tobacco dependence. These natural ingredients were found to effectively reduce withdrawal symptoms and mitigate the adverse effects of addiction. Beyond addressing addiction, these remedies also contributed to the patient's overall mental and physical well-being. Additionally, the treatment played a significant role in enhancing the patient's social and economic status.

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