

## 1. Yoga – Why it's Great for People Recovering From Drug Abuse

Yoga is one of the new adjunct treatment approaches that has achieved rave reviews for its benefits. Amazingly, using Yoga in addiction recovery is not only effective but also less demanding to the pocket. Drug addiction and Yoga are the two most must-know elements of any addiction recovery program.



Prescription and illicit drug abuse is a looming health problem in the US. In fact, it is also a major cause for rising health expenses, deteriorating health and socio-economic issues. There are many treatment approaches that aim to treat drug abuse. For example, these include medication-assisted detox, controlled drug therapy, counseling and other psychiatric support.

Understandably, many drug rehab centers have started to include yoga in their drug addiction recovery program. Moreover, medical researchers also urge further studies to cement the role of Yoga in a drug addiction recovery program.

### What Is Yoga and How Can It Help You Recover From Drug Abuse?

Yoga is an ancient Indian philosophy that combines physical, mental and spiritual aspects of an individual. They do it through different exercises known as yoga poses (asanas). Unlike conventional physical exercises or meditation techniques, it connects the body with the mind and soul. Moreover, it offers a unique combination of physical exercises and different relaxation techniques.

It teaches self-control, relaxation, and attainment of the ultimate liberation which is called “Moksha”.

Though a late entrant in the Western culture, it has gained much attention and acceptance in the recent years. As a result, western medical researchers have gradually started to acknowledge its benefits in various fields. They include disease prevention, management, and treatment.

Wondering how bending the body in different directions and taking deep breaths can help you recover from drug abuse? Here are some reasons why you should make Yoga a part of your long road to addiction recovery.

## Benefits of Yoga in Recovery From Drug Abuse: What Studies Say?

Its benefits in drug addiction recovery are unbelievably high in numbers. Notably, most of these are backed by the scientific studies. If you are a believer of modern science, some of the ideas may be counterintuitive. However, after reading the following findings, you should definitely be looking forward to practicing one yoga pose.

Complementary Therapies in Medicine – A 2013 study suggests a promising role of yoga and mindfulness in treating and preventing drug abuse.

It boosts your self-control thus making you more likely to avoid drugs and other illicit substances.

Various Yoga poses and associated breathing exercises have an influential role in alleviating the symptoms of mental disorders. Additionally, it is a well-known fact that drug abuse and mental disorders co-occur in a large number of addicts.

It has the potential to establish itself as a cost-effective alternative to addiction treatment. Studies have revealed that the combination of yoga and psychotherapy is more beneficial than the conventional methadone treatment. For example, it can be for heroin or other opioid addiction.

Rhythmic breathing exercises that are a common part of Yoga may also reduce cravings for nicotine. Researchers are trying to succeed in reproducing this result in

a large population. As a result, Yoga may become an effective way to curb the incidence of tobacco-related cancers.

By enhancing mood and improving the quality of life, yoga can benefit individuals undergoing detoxification for heroin dependence.

In a nutshell, it's an effective, low-cost alternative therapy intervention. Additionally, it promises a better and rapid recovery from drug addiction. With favorable results from numerous scientific studies, Yoga is slowly making waves in the medical field. It's highly probable that it'll become an effective tool for individuals recovering from drug abuse and addiction.

## Top 3 Yoga Poses That Support Addiction Recovery

Listed below are three poses that you should focus on while performing your routine.

Doing Yoga in the morning is an excellent way to start the day, making your body collect energy to overcome daily tasks and get back to drug-free life.

A Quick Reminder: Wear loose-fitting clothes, choose a silent place and do not eat a heavy meal before starting any pose. If you don't have an exercising mat, you can use a big towel. Lastly, always do yoga on a flat and hard surface.

Even a 20-minute workout is beneficial to your health. Don't push yourself, start with simple poses. Once you gain some flexibility and confidence, you can move to more advanced routines that demand more experience.

### 1. Vajrasana (Sitting Mountain)



This pose forms your posture, boosts your confidence and prepares you for other complicated poses.

### How To Do?

Start kneeling on the floor. Your knees should point forward. For your comfort, you can put a pillow or folded towel under your buttocks. You can relax your arms remembering to sit straight and keep your chest open. Watch your breaths and feel how the air moves in and out of the body. Continue this for a few minutes before you move to the next pose.

## 2. Balasana (Child's Pose)



Nothing is more peaceful than having a child's innocence. This resting pose stretches your whole body and relieves stress.

### How To Do?

Kneel down with your thighs slightly apart. Raise your hands over your head and slowly bring them in front to touch the floor with the palms. Keep your arms stretched towards the mat and continue breathing as naturally as possible. Try to relax all your muscles. Stay in this position few minutes.

### 3. Savasana (Corpse Pose)



You can do this pose in between sequences of your yoga routine or at the end of it as a meditation pose. It is beneficial to alleviate stress and symptoms of mild depression. In addition, it also helps to lower blood pressure and fatigue.

#### How To Do?

Lie on your back on a Yoga mat and keep your legs apart. Spread your hands with palms facing upwards. Breathe deeply and concentrate on your breaths – breathe in with your nose, breathe out with your mouth.

**Note:** If you have problems with your spine or any other medical problems, you should consult your doctor before starting any yoga exercises.

Do you have any questions on how to include Yoga in your drug abuse recovery program? Or do you want to learn more about drug abuse, addiction, and other available treatments? Talk to the experts near you. [Connect with the best experts in your area.](#)