



REVIEW OF INTERNET ADDICTION DISORDER AND IT'S AYURVEDIC MANAGEMENT PROTOCOL

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ABSTRACT

One description of Internet addiction disorder (IAD) is that it's a newly recognized mental illness. It is intimately related to mental illnesses and suicide and has grown to be a global public health concern. Ayurveda is a holistic discipline that offers healing and prevention in the psychological and physical spheres. An Ayurvedic approach to treating IAD is being explored in this review paper. The current study reviewed Ayurvedic therapy approaches for Internet addiction disorder. Ayurveda being a comprehensive discipline that offers curation and prevention in the physiologic and psychological areas. We can prevent the world from becoming addicted to the IAD and its detrimental effects on health with the use of Ayurvedic therapeutic methods.

KEYWORDS : Ayurvedic Management Protocol, Internet addiction, Yoga

INTRODUCTION:-

Internet addiction disorder, or IAD, is intimately associated with mental health conditions and suicide. It has grown to be a global public health concern. Ivan Goldberg first proposed IAD as a condition in 1995¹. More than any other technology medium to date, computers and the internet have become interwoven in modern culture, drastically altering the way we live our lives. In spite of this, the most recent version of the Diagnostic and Statistical Manual of Mental Disorders, also known as the DSM-5, does not include internet addiction, not much is understood about how internet addiction affects mental health, overall wellbeing, and mental functioning. A populace that is becoming more and more disenchanted and inventive has produced a climate where excessive computer uses and all of its benefits are accepted as normal. When a habit or desire becomes insurmountable and dominates the most crucial facets of life, including relationships, employment, or education, it might be classified as an addiction. In order to facilitate therapy, professionals who identify internet addiction typically categorize it as either an impulse control disorder or an OCD. Compulsive computer usage, morbid Internet use, and Internet addiction are alike words for internet addiction². The risk of Internet Addiction Disorder (IAD) rises with extended internet use due to the increased likelihood of irregular eating patterns, frequent meal skipping, inappropriate daily routine disruption, lifestyle disorders, and other factors that may stunt growth and development. Internet Dependency with the fact that the ordinary individual today uses the Internet on a daily basis contributes to the disorder, though it is unquestionably, that the Internet gives people the ability to quickly learn new things, build and maintain relationships, obtain knowledge, and make money. While the physical side effects of internet addiction is not the same as those of other established addictions, like alcoholism, the social side effects are similar. These include loss of control, cravings and withdrawal symptoms, social isolation, marital discord, academic failure, excessive debt, and job termination. It is not difficult to carry computers³. Since the concept of unlimited Internet access is relatively new and was only recently published, there hasn't been much research done in this area, and it's still up for debate whether or not it even exists. Some claim that their life is controlled by the Internet, which is extremely addicting. Some claim that it's not the same as getting very intoxicated or high. Nevertheless, those who use the Internet intensively are being impacted by it, whether or not you consider it an addiction⁴. Internet addiction disorder (IAD) is one of the

prevalent mental health issues that is currently getting worsened⁵. Globally, the use of the Internet has surged at an astounding rate in recent years. The Internet offers a plethora of knowledge in every field of interest as well as distant access to other people. On the other hand, improper internet use is linked to poor job performance, scholastic failure, and poor psychological health⁶. Despite not being officially classified under the psychopathological paradigm, IAD is on the rise and gaining the interest of educators, psychiatrists, and members of the general public. They are more susceptible to acquiring IAD due to their comparatively undeveloped cognitive control. A many of his adolescent students become internet addicts as a result of their compulsive usage of the internet to look up new things. Heena (less), Ati (excessive), and Mithya (inappropriate) are concepts found in Ayurveda. These concepts are related to addiction in relation to both sensory and motor dysfunctions. Astmyaindriyarth Samyoga (indulgence in unhealthy subjects of sensory organs) and yoga (combination of Indriya (Sense organs)). The current study reviewed Ayurvedic therapy approaches for Internet addiction disorder.

What is an Internet Addiction Disorder?

Internet Addiction Disorder is defined as the following:

- "An individual is addicted when an individual's psychological state, which includes both mental and emotional states, as well as their scholastic, occupational and social interactions seem impaired by the overuse of [Internet]"⁷. When biases, inclinations, or behaviors related to computer use and Internet access are excessive or poorly regulated and cause disability or suffering, it is known as problematic internet use (PIU) or internet addiction disorder (IAD). Research conducted on patient cohorts has documented elevated prevalence of co-occurring mental health conditions and internet addiction. Personality traits, family and parental dynamics, alcohol consumption, and social anxiety are among the factors that suggest Internet use is problematic⁸. That could indicate a mental health issue. Coexisting conditions include depression, animosity, attention-deficit hyperactivity disorder, substance use disorder, and social anxiety disorder.

Epidemiological Data:

Internet behavioral issues are particularly significant to young people since adolescents (years 12–19) and emerging adults (ages 20–29) have greater access to the internet than

any other age group and are more likely to use it excessively⁹. Almost half of all relationship and family issues are influenced by Internet use. 11% of internet users are developing obsessive or addictive behaviors¹⁰. Based on the varied study methodologies, rating scales, diagnostic criteria, cultural background, and study population, which may cause disparate incidence, the surveys conducted in the US and Europe shows prevalence of 1.5% to 8.2%, depending on the country's diagnostic standards. In China data provided by adolescents Internet Association (an announcement dated February 2, 2010) refers to over 14% of Chinese urban adolescents suffer from internet addiction out of total 24 million populations¹¹. According to prior epidemiological research utilizing community self-report surveys, the prevalence of IA in teenagers varies from 38% to 90%.¹² Despite of the facts, medical experts continue to disagree on how to define and conceptualize IA as a distinct and autonomous mental illness. However, AI has been recognized to have a high comorbidity rate with other mental illnesses, including depression, anxiety disorders, attention deficit hyperactivity disorder (ADHD)¹³, low self-esteem, impulsivity, social anxiety, and suicide¹⁴.

Types of Internet Addictions¹⁵:

Cybersex Addiction: - One of the more obvious internet addictions is cybersex addiction. This covers XXX webcam services, adult websites, sexual fantasies/adult chat rooms, and internet pornography. Your ability to engage in romantic, intimate, or sexual interactions in the real world may be negatively impacted by a preoccupation with any of these services. Treatment alternatives are available for those who are addicted to cybersex; these often involve interventions followed by continued inpatient or outpatient care.

Net Compulsions: - Online gambling, stock trading, online auctions (like eBay), and compulsive online shopping are examples of highly dangerous online interactive behaviors that can become compulsive. It is simple for those who are prone to gambling and spending addictions to develop an internet addiction due to the quick and simple access to online casinos and businesses.

Cyber (Online) Relationship Addiction- Addicts to the internet and online interactions are so focused on establishing and sustaining these types of connections that they frequently overlook or forget about their real-world friends and family. Although they can occur anywhere you can communicate with people online, online relationships are most commonly created in chat rooms and other social networking sites. People who keep up relationships on the internet sometimes do so while concealing their real identities and outward appearances. The word "catfish" was coined to describe this contemporary phenomenon: a person's social skills become limited or nonexistent in face-to-face interactions when they become consumed with their online persona and social life. It's possible that reasonable expectations will persist.

Compulsive Information Seeking- The Internet offers people a multitude of information and expertise. For some people, the ease with which information can be found has become an overwhelming need to gather and arrange data. Information seeking can occasionally be seen as an outward sign of underlying compulsive behaviors. Treatment choices vary depending on the extent of the addiction and include both medication and various therapies targeted at modifying OCD-like behaviors and creating coping mechanisms.

Computer or Gaming Addiction- Computer addiction, sometimes referred to as computer game addiction, encompasses computer-related behaviors that can be done offline as well as online. Games like Tetris, Minesweeper, and Solitaire were built into the software as computers became

popular. It did not take long for researchers to realize that excessive computer game playing could be problematic in some settings. These games were played for far too long by office workers, which significantly reduced their productivity. The availability of thousands of new games in addition to the traditional ones makes computer gaming addiction more common and dangerous than it has ever been.

Microstructure abnormalities with Internet Addiction Disorder (IAD):- According to recent research, individuals with Internet addiction disorder (IAD) may have chronic dysfunction as a result of anatomical alterations in their brains¹⁶. It was demonstrated that subjects with IAD had less cognitive control and were less efficient at processing information. In addition, certain researchers discovered abnormalities in the resting state and deficiencies in grey matter density in the right cingulate gyrus, bilateral parietal hippocampus, and other brain regions in his IAD individuals¹⁷.

Physical And Psychological Symptoms Due To IAD: A person who becomes addicted to the internet may suffer from numerous negative psychological and physical impacts which includes body pain, carpal tunnel syndrome, sleeplessness, vision abnormalities, and weight gain under the physical disturbances along with various psychological symptoms like Mood swings, social isolation, anxiety, violence, and dishonesty. According to a 2016 study, those who scored highly on Dr. Young's Internet Search Test had significantly more difficulty doing daily tasks. This covers one's family life, obligations linked to job and education, and interpersonal skills in the actual world. Additionally, there were noticeably greater signs of anxiety and melancholy in those who had this kind of addiction. Whether computer, smartphone, or internet addiction is a cause or an effect of these mental health issues is up for discussion. Difficulty with time management and ahead of planning Internet addicts frequently exhibit poor Internet addiction as well as higher-than-average attention impulsivity. Furthermore, it is more common for addicts to have co-occurring disorders, which need for further attention and care¹⁸. When a person is disconnected from technology, withdrawal symptoms can include restlessness, despair, rage, and anxiety. Even physical symptoms like shortness of breath, tight shoulders, and elevated heart rate can be a result of these mental symptoms¹⁹.

IAD through Ayurveda perspective: The term "addiction" is typically used negatively. Ayurveda defines Asatmyeindriyarthasamyoga (Indulgence in harmful subjects of sensory organs) as psychoactive, therefore today's Internet lifestyle disorders are essentially the same as it was in the past. Intoxication is referred to in Ayurveda as "Madatyaya" (alcoholism). Even while Ayurveda limits this illness to alcohol and drug abuse, the therapeutic approach works wonders for Internet addiction as well. Any intoxicated substance diminishes the essence of life (Ojas), according to Ayurveda²⁰.

Symptoms Predominance related to IAD with the associated Doshas (Body Constitution)?

- **Vata:** Mood swings, constipation, anxiety, conspicuous nightmares, dry hallucinations, headache, difficulty breathing, sleeplessness, and irregular thoughts.
- **Pitta:** Indigestion, diarrhea, fever, giddiness, burning in the stomach, anger, and violence.
- **Kapha:** Too much sleep, fatigue, physical heaviness, nausea, and vomiting.

Ayurvedic Solutions in the treatment of IAD- To address internet addiction, there isn't a single recommended course of action. Various therapies work based on the patient's behavior and the extent of the poisoning. The first thing to do if you witness someone you know being abused online excessively is

to organize an intervention or voice your concerns about their actions. ManovahaSrotas vitiation can be effectively treated with a variety of methods.

Nidan Parivarjan (Limited access to internet)- 'Nidan Parivarjan' refers to the rigorous avoidance of the fundamental cause, according to Acharya Sushruta.

Patients with IAD may follow various modern tips or methods in order to get benefitted:

- **Track Your Time:** Take note of the time you spend by using programs such as Project Hamster for Linux (Gnome) or Klok for Windows and Mac. It functions similarly to a journal, letting you track every minute of your computer usage.
- **Go on an Internet Diet:** resist the use of internet by strictly following the routine of 9 a.m. to 9 p.m. all the online activities should be curtailed after 9 p.m. keep yourself busy with tidy up your surroundings, spend time with your family, friends, pet, read a book, and do whatever else you've been putting off.
- **Take Frequent Breaks:** - Paying attention to work or play is similar to sleeping. By stages, you get deeper and deeper. Taking breaks causes your eyes and thoughts to become disengaged which refreshes the mind and thus increases the productivity. After every 29.5 minutes, schedule 30-second breaks, and after every 55 minutes, schedule 5-minute intervals.
- **Identify and Ban Addictive Sites-** abstain from using very seductive social media platforms and avoid visiting something if it isn't necessary for your task. Everything from whatsapp to Windows Live Messenger to Facebook. Return to the fundamentals instead.
- **Sadvritta Palan(Ideal Path of Good Conduct in Life):** In Ayurveda, the greatest strategy to prevent Manasroga (psychological disorders) is to strengthen one's Sattva (mind power). "Sad" indicates good and "Vritta" denotes routine, and hence it implies on keeping good physical as well as mental health. According to Ayurveda, adhering to the Sadvritta (personal and social code of conduct) will promote a long, happy, calm, and healthy life. The ethical (Vyavaharika Sadvritta), social (Samajika Sadvritta), mental (Manasika Sadvritta), moral (Dharmik Sadvritta), and physical (Sharirika Sadvritta) norms of behavior can be separated into these categories²¹.

Application of Sadvritta Palanin IAD: In IAD, the following approaches can be taken under the category of mental and physical Sadvritta:

1. Sports: - Increase your time spent outside. Participate in team sports such as badminton, volleyball, basketball, tennis, soccer and table tennis, as these may always have something exciting to look forward thus promotes both physical as well as mental development of an individual.

2. Music: Acquire the skill of playing an instrument or listening to music helps in relieving anxiety and builds interest putting the codes together leads to mental health development.

3. Dance (30)- The potential of classical dance as a therapeutic medium is among its most astounding features. It's among the most widely utilized treatments available today. It first aids in enhancing posture, balance, and coordination. It also contributes to better mental health by raising self-esteem and confidence. It can also aid in reducing anxiety and tension, helps to enhance mental clarity, self-control, inventiveness, and confidence.

4. Volunteer- Whether you can donate a few hours each week or only once a month, your local animal shelters are always in need of volunteers. Work for nonprofit and philanthropic organizations that are dedicated to improving people's lives. It

helps to boost the moral support releases anxiety and builds empathy.

Achara Rasayana: Achara: Mental disposition; Rasayana: therapy for rejuvenation. This famous tale directly contributes to preserving one's mental and spiritual well²².

Being truthful 2. Letting go of resentment 3. Avoiding alcohol and sex 4. Non-violence 5. Remain composed; 6. Use lovely language 7. Mantra Meditation with Japa 8. Cleanliness - Daily washing, regular hair cutting, and nail care 9. Resilience - Constant in the face of difficulty 10. Empathy - Giving to the poor and unfortunate 11. Consistent worship and offerings to elders, teachers, gods, cows, and priests 12. Adherence to kindness and love 13. Finding a balance between sleep and awake 14. Sattvic meals that include ghee and milk on a daily basis 15. Consider the environment when evaluating all circumstances, including time and place.

16. 17. Easygoing and selfless 18. In spiritual pursuits, use your senses 19. Create a group of wise people, called "elders" or saints. 20. Be in the company of inspiring and upbeat people. 21. Be hopeful 22. Self-control 23. Commitment to studying the Bible. According to the Charaka Samhita, his Achara Rasayana Guide promotes an ethically sound route that is closely linked to one's level of health²³. ID and concomitant conditions can be overcome by adhering to these guidelines.

Sattvajay Chikitsa(Ayurveda Psychiatry Treatment):

"This new account of modern psychotherapy fits squarely into the thousands-year-old SC account of Ayurveda," according to Wahlberg's comprehensive 1967 description of psychotherapy, which states: "It improves behavioral patterns and promotes positive personality growth and development." The terms Sattva and Avajaya together up the phrase Sattvavajaya. In this context, Sattva denotes the intellect, consciousness, or mind, over which Avajaya has control. Chikitsa refers to management or therapy²⁴. SC strengthens Sattva to rectify maladaptive symptoms brought on by Tamas (sluggishness) and rajas (haughtiness), which are thought to be the illnesses that induce psych fluidity. In order to help manage Mana (mind) travelling towards Ahita Artha (distracted and harmful objects/thoughts/perceptions), SC is characterized as a therapy of several ways²⁵. Providing Mano Nigraha (mind control) from Ahitaartha (unwholesome ideas) is the aim of SC.

Methodology of SattvavajayaChikitsa²⁶-

The SC allows the doctor to interfere with the patient's ability to control their thoughts. There are several ways to accomplish this. These practices are referred to as SC "methodology." By using these techniques, SC attempts to replace the negative thoughts with positive ones and abstains us from the negative ones.

1. **Chintya:** Controlling the mental process
2. **Vicharya:** Swapping out the concepts
3. Channeling the Assumptions with Uhya
4. Dhyeya- Elaborating on the goal
5. **Sankalpa:** Sufficient direction or counsel for making the best choices.

Domains of SC used in the treatment of IAD-

Several Manovikara trials have demonstrated the efficacy of SC as a monotherapy or in combination with other medications. Psychotherapy is an ancient art and science that has the potential to be redefined and expanded upon by SC. SC instills firmness, strength, and stability while evoking awareness and operating at the discriminative level to identify unfavorable or maladaptive beliefs²⁷.

Yuktivyapashray Chikitsa: therapies including Shirodhara (oil pulling), Basti (enema), and Abhyanga (external

massage) that promote general health and well-being and lessen the severity of symptoms. treatments to strengthen immunity to illness, such as dietary modifications and herbal medications. IAD problems can be effectively treated with Ashwagandha, Brahmi, Amalki, Shankhpushpi, Tulsi, Haridra, Kutki, Shirodhara&shirobasti, Nasya, Shiroabhyanga, Padabhyanga, Marma Chikitsa, Alabu karma, Yoga, Pranayam, and naturopathy²⁸.

Yoga: The Patanjali Yoga sutras state that the stages of the gradually withdrawing consciousness from external contact and simultaneously expanding into ever-wider dimensions of itself culminate in infinitude, which is its standard essence. The stages of this process are Yama (ethical rules), Niyama (principles for social well-being), Asana Yoga posture), Pranayama (breathing techniques), Pratyahara (control of sense organs), Dharana (continued attention to object), Dhyana (meditation), and Samadhi (super-consciousness)²⁹. Regular yoga practitioners have noted improvements in their mental and musculoskeletal health. While breathing exercises and meditation can help patients become more conscious and reduce anxiety, physical exercises, or Asanas, can help patients become more flexible, coordinated, and strong physically³⁰. Numerous studies have demonstrated the efficacy of Yoga in the treatment of mental disease³¹.

The set of Asanas which has proven effect on management of depression are Bhramaripranayama, Nadi Shodhana Pranayama, Navasana, Bhujangasana, Urdhvaprasari tapadasana, Makarasana, Adhomukhasavasana, Ardamerudandasana, Tadasana, Ardakatchakrasana, Vrikshasana, Shalabhasana, Gomukhasana, Vajrasana, Mulabanda/ mahamudra, Savasana, and Ardapavanamukhasana³². Benefits in terms of psychology include improvements in self-actualization, social adjustment, self-acceptance, and subjective well-being as well as reductions in anxiety and sadness. In particular, Asanas have a good impact on mental health; pranayama exercises and relaxation/meditation techniques can lead to increased awareness, less stress, and an improved quality of life. Yoga is a useful treatment for IAD symptoms that are psychosomatic and root cause. Since yoga strengthens the body and mind, it can help people successfully overcome their addiction to gaming, cybersex, and relationships.

CONCLUSION:-

These days, internet addiction (IAD), one of the most prevalent mental health issues, is getting progressively worse. Please think about conducting additional research to ascertain the best course of action. Take care, though, not to let the issue persist before acting to resolve it. Time is a valuable resource that shouldn't be overly forfeited in favor of technology innovations that are meant to benefit us. Ayurveda is a comprehensive discipline that provides both physical and psychological treatment and prevention. We can prevent the world from becoming addicted to the IAD and its detrimental effects on health with the use of Ayurvedic therapeutic methods.

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