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Role of spiritual therapy in motivation and rehabilitation in substance use disorders

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Since many years, there is an increasing trend of substance use or drug addiction. It has been observed in most of the countries of the world. Healthcare scientists are facing new challenges as patterns of substance use are progressively becoming more complicated. Substance tolerance, dependence and addiction are all manifestations of brain changes resulting from chronic substance abuse. Repeated substance use is cause of neuro adaptations in various neuronal circuits in the brain that are involved in motivation, memory and behaviour control. In addition to the pharmacological treatment, motivation should be the focus which is unfortunately a missing dimension in the treatment, in the regimen of high relapse. Motivation is guided by the heart and the brain so there is the role of morality and spiritualism to quit substances and other drugs. There are multiple motivational factors and reasons to quit other substances. These factors may be more than one. To find out the other factors studies have shown that different motivational factors are divided into biological, psychological

and social factors. The recovery from addiction is a long process that requires time, commitment, motivation and support. First step in the treatment is to decide to make a change. Studies have shown that a patient's motivation has better results in the treatment outcome. A person with poor motivation who would give up drugs has managed so with long term effects of positive support thus this discussion is aimed at the role of biological basis and motivation in quitting substance use disorder. Spirit, heart and mind explain the phenomena of behaviour change. Spirit is symbolic of God, heart is a place of worldly achievement while mind is our behaviour regulator. To control our body two forces are acting on us. Divine power and devil power: divine force results in a good outcome while devil force results in a bad outcome. Examples of bad behaviours are crime, gambling, drug addictions, alcoholisms, drug traffickings and other crimes associated with it. In case of spiritual blessings, it can bring a good change, gentle behaviour and a drug free life.

Biography

Sarfraz Hussain has done his MBBS from Rawalpindi Medical College affiliated with Punjab University Lahore. He has done his Post-graduation in Psychiatry from WHO collaborating Center on Mental Health Research and Training, Rawalpindi Medical College and MCPS from College of Physicians and Surgeons Pakistan. He has a certificate of Specialist Psychiatry from Saudi Medical Council Riyadh. He is a life member of Pakistan Psychiatric Society since 2008. He is presently working as a Consultant Psychiatrist at Brain Center Hospital, Pakistan.