**HOMEOPATHIC APPROACH TO NICOTINE ADDICTION**

Conquering an addiction can happen to be one of the most challenging experiences in one’s life; it takes determination, along with any therapeutic approach. Nicotine is an exigent addiction to surmount. If you are compelled to chew tobacco as soon as you wake up in the morning or are smoking more than five cigarettes a day then you are captivated with Nicotine dependence. Nicotine, a natural ingredient present in the tobacco plant is an addictive drug. Nicotine is detrimental and critically compromises with your health. Nicotine when chewed or inhaled liberates Dopamine in the brain which provokes an ecstatic mood. Nicotine can be more addictive than alcohol and drugs. Nicotine also inhibits the pancreatic insulin production, thereby, increasing the blood sugar levels. Nicotine functions as a stimulant and a tranquilizer, contingent on the dose procured. Additionally, it can also elevate the blood pressure, respiration and heart rate of the user. Passive or secondary inhalation of Nicotine also escalates the threat for several diseases. Therefore, be aware that your weakness may be impacting your life, your health, and the wellbeing of your loved ones.

**Symptoms of Nicotine addiction:**

* Elated emotions of pleasure.
* Numerous breaks, to facilitate Nicotine use may lower your performance at work.
* Decreased appetite.
* Bad odor from mouth, hair and clothes.
* Discoloration of teeth and gums.
* Low energy levels with feelings of hopelessness at times.
* High blood pressure.
* Respiratory illnesses like Asthma, Chronic Bronchitis, Pneumonia, respiratory failure, etc.
* Stroke.
* Fertility problems.
* Atherosclerosis (narrowing of arteries).
* Complications with pregnancy, labor and health of baby.
* Early menopause.
* Withdrawal symptoms on refraining.
* Cancer of the mouth, larynx, lungs, kidneys, bladder, pancreas, uterine cervix, etc.

**Withdrawal symptoms of Nicotine:**

* Anxiety.
* Trouble focusing.
* Headaches.
* Insomnia.
* Mood swings.
* Depression.
* Irritability.
* Decreased heart rate.

**Homeopathic approach to Nicotine addiction:**

The most arduous phase in the treatment of any Addiction is acknowledgement of the habit. People with Addiction typically cannot retreat on their own. **The awareness of the underlying problem and enrichment of the immune system with the aid of Homeopathic remedies can give an enduring cure, physically, mentally and emotionally.** Hence, Homeopathy can play a deep-seated role in treating Nicotine Addiction. Homeopathic remedies will lessen anxiety, restlessness, irritability and sleeplessness. **Constitutional** Homeopathic treatment will act competently on your inherent nature, shaping and balancing your self-energy to dominate the life situations. Constitutional Homeopathic treatment will help address any related medical, psychological, social and cognitive problems. The detailed Homeopathic history taking will also contribute in counseling which is a significant element of effective treatment in Nicotine Addiction. **Homeopathy can assist with Detoxification, behavioral negativities, denial and deterioration from Nicotine Addiction.** Additionally, it will help build motivation to defy your vulnerability, substitute addictive activities with positive and rewarding behaviors, and safely manage the symptoms of withdrawal associated with quitting Nicotine Addiction.  Furthermore, the constitutional approach will also facilitate interpersonal relationships and the ability to function in the home and society. Homeopathy is a safe and effective approach to reduce Nicotine cravings and to restore balance in your body. Homeopathic remedies support and re-vitalize the brain and nervous system, improve concentration levels, mental clarity, memory and systemic circulation, thus, maintaining health and vigor.

**Some Homeopathic remedies that are commonly used in the treatment of Nicotine Addiction are given below. These are just a few of the commonly used Homeopathic remedies and are mentioned only to create awareness about the effectiveness of Homeopathic medicines in Nicotine Addiction. It is not advisable to resort to self-medication for any disease.**

**Homeopathic remedies:**

**Avena Sativa:** This remedy is made from wild oats, and has a soothing action on the brain and nervous system which will help balance mood changes and reduce Nicotine cravings and withdrawal. Nervous exhaustion, nervous tremors, sexual debility and male impotency call for this remedy. These patients are very restless and unable to keep their mind on any one subject.

**Carbo Animalis:** This remedy is made from animal charcoal and is an exceptional remedy for controlling Nicotine addiction and its withdrawal symptoms. The patient has feeble circulation with lowered vitality. These patients are sad, reflective, desire to be alone and avoid conversation. They get headaches as if head had been blown to pieces. These patients have ulceration of lungs, cold feeling in the chest and cough with a greenish pus discharge.

**Chromium Picolinate:** This remedy assists in balancing blood sugar levels, thereby, helping to prevent the de-motivating weight gain often associated with quitting cigarettes.

**Ignatia:** This remedy is made from St. Ignatius Beans and will bring about an aversion for Nicotine. These patients complain of congestive headache from exposure to smoke or smell of tobacco. The patient is in a marked hyperesthesia of all the senses with a tendency to clonic spasms. Mentally they behave hysterically with ecstatic emotions that interfere with their co-ordination of function. Their mouth is full of saliva with a sour taste and they complain of toothache after drinking coffee and smoking. These patients crave for acidic and junk foods and do not enjoy regular meals. Their tobacco cravings are worse in the mornings and after meals.

**Plantago:** This remedy is made from Plantains and can assist in causing an aversion to Tobacco. These patients have decayed teeth that are sensitive and sore to touch. They look depressed from insomnia of chronic Nicotinism.

**Tabaccum:** This remedy is made in potentized Homeopathic doses from the Tobacco plant itself, and will assist in restricting tobacco craving, following the Homeopathic principle of “Like cures Like”. The patient complains of fatigue, nausea, vomiting, dizziness with icy coldness and sweat. Patient feels constriction of throat, chest, bladder, rectum with paleness and arteriosclerosis of the coronary arteries. Public speakers have a hoarseness of voice. Patient has difficulty sleeping with anxiety.

**Self care measures for Nicotine addiction:**

To rise above your weaknesses is easier said than done, and time and again your attempts may fail. However, don’t be discouraged, the fact that you have decided to quit even though you may falter means that you are half way there.

* The choice and responsibility to quit is yours alone.
* Healthy diet.
* Exercise and practice relaxation techniques.
* Stay well hydrated.
* Change your activity and friends to overcome phases of Nicotine craving.
* Replace Addiction related activities with more constructive and rewarding activities.
* Avoid sugar, caffeine and other stimulants.
* Listen to soothing music, go for a walk or get a massage to curb the restlessness from the craving.
* Develop a habit of saying “No” when offered. The more you refuse, the more you will be testing your willpower and the easier it will become.
* Request family and friends to support and encourage you in overcoming your Addiction by seeking and reinforcing your treatment.
* Parents can help their obsessed children by educating them about consequences of Addictions, open communication and good role modeling can help.

Hence, control your vulnerability, shape your inherent nature in harmony with your existing circumstances and surrounding conditions and enhance your performance with the help of Homeopathy. Any addiction can be defeated; you deserve more from life than just being subdued by an addiction,

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**About the author:**

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