

Escape from the Cage of the Bad Addiction & the Principle of Shifting Nucleus

Dr. Pragati V. More-Menagde

Pune, Maharashtra, India

Email: [pragatidynamics\[at\]gmail.com](mailto:pragatidynamics[at]gmail.com)

Contact No: 7709019424

Abstract: *Definition of Addiction: Addiction is a mental disease of following set pattern in subconscious mind to satisfy the energy demand by the mind and the need of release of relaxing happy hormones in blood stream to feel calm, pleasant, to get out of stress & to feel stable resulting in slowly eroding the mental, physical & the social health, even in causing the chronicle diseases & death. In today's speedy world of technology and advancements, the life span of people have increased on average. The good quality treatments are available medically on physical illnesses and on severe diseases also. But the mental life of people is more disturbed as compared to previous centuries. Financial issues, relationship complications, hectic daily routines, fun-loving life & instant gratification are taking toll on mental healthiness of humans. People are getting addicted to various bad substances which are mentally vulnerable, unfortunately easily available everywhere. It's like a cage, where you can get in easily but coming out of it requires whole - hearted strong hustle and a patience checking backward journey to reach the starting phase. But I truly believe that anybody who has realized the self-worth & importance of life will escape from this cage of addiction with the great courage. Case study in this research paper, involves a study of a lady who successfully escaped from 8 yr's severe addiction of rubbing roasted tobacco on teeth to get temporarily relax from stress, by implementation of using the "Principle of shifting the nucleus stated herein and today living a healthy life. I hope all mankind & society will benefit massively by applying this principle stated. This case study & research, though is related to addiction of tobacco, it applies to cigarette, alcohol & other addictive mental health spoiling products. If anybody will come out of bad addiction by reading this, I will feel my words & research are worthy for the good cause.*

Keywords: Addiction, Bad, Nucleus, mental health, diseases, death, hormones, escape

1. Introduction

The life of lady named Neeta taken here for study is a working woman, handling both job & home simultaneously. Many stressful factors in her life lead to addiction of tobacco. She tried a lot to get out of it, after knowing the hazardous side of addiction by using many techniques. But all didn't work to fullest. The cycle of doing bad addiction continued in her life for 8 years, very long. But when she shifted her attention to captivating enough goals of life, by amalgamation of various techniques she tried prior & using the "The Principle Of Shifting Nucleus". She could completely came out of unhealthy life of addictions with added suggestions and motivation from closed ones and psychologist without using deep medical treatment. General people don't understand the scientific work of all happy hormones like dopamine, oxytocin & serotonin which are released in blood stream through certain actions and their rise & drop levels. Using total psychological conclusions stated in this research paper, after approximately 30 days, they come out of bad addiction as observed.

2. Case Study (Year 2015 – 2023)

Since year 2015 Neeta had a habit of brushing roasted tobacco on teeth which is called a 'misary' in local language.

Initiation & Development of Bad Habit: Neeta is a 35 yrs, working woman living currently with a daughter of 9 years and a husband who works in corporate office. The homemade who was coming to wash cloths at her house had that habit. Neeta was observing her every day. Homemade used to hold roasted tobacco in mouth and work for hours.

One day Neeta asked her, " Why you do this, though you know it's bad? She answered helplessly, "Kya Batau madam, eske bina to kam hota hi nahi. Etne ghar ka kam karna aasan baat thodihi hain. Karna padata hain. Ek bar mu me tambaku pakad li to, us dhun me sab kam fatafat ho jaate hain !" (It means working in many houses one after another without tiring is not possible without tobacco. Once I hold it in mouth, all work is completed in unconsciousness rapidly.) Her words kept roaming in Neeta's mind.

Neeta was continuously going through financial stress, relationship problems, the tremendous hard work that she had to do while balancing home and job. Once when she was in lot of stress and feeling tired, she asked her homemade Sakhu to give me a little bit of roasted tobacco, that is misary and hesitantly tried it. She didn't enjoyed it at all and felt some fainting. But simultaneously she was feeling full of energy and fresh. Then later day she purchased it from a shop and it was costing very less. Do you know, "Bad things come easily & cheaply "As days passed the number of times she was using misery, doing so, were also increased. Rubbing first tobacco on teeth for 5 min and after that brushing teeth with colgate paste again became her habitual procedure.

2.1 Mental reactions on holding Tobacco in Mouth

After rubbing that roasted tobacco on teeth, she was feeling fresh, in some trance, and relieved from stress for some time. She was doing all her targeted work quickly in that unconsciousness. She was also feeling energetic, unknown of the fact that this addiction was taking her logical thinking away from her and was making her impulsive day by day. Bathroom was always untidy due to black spots of tobacco

Volume 12 Issue 10, October 2023

www.ijsr.net

Licensed Under Creative Commons Attribution CC BY

spread on tiles, though washed often. She was feeling that there is only option to carry forward life and not quarreling with anybody was to have this addiction. After some years, situation worsened. Anything like insult from anybody, not liking anything, financial stress, tiredness was being a trigger to start this bad addictive action. Quantity of tobacco and number of times increased a lot. Now Neeta was completed addicted to Tobacco in 3 years from year 2015 to 2018.

2.2 Ill Effects of bad Addiction on Neeta's health:

A] Physical health:

- 1) Decreased metabolism, constipation,
- 2) Etching on body, head scalp, back, legs
- 3) Increased weight, improper eating habits
- 4) Increased acidity, teeth decay problems
- 5) Swelling at the face side where she was keeping misery. Change in face shape
- 6) Age symptoms, wrinkles little earlier

B] Mental health:

- 1) Increased Anger, restlessness
- 2) Tiredness, continuous fluctuations of energy
- 3) Emotional Imbalance
- 4) Not able to concentrate on one thing fully
- 5) Always feeling of being in a tertiary world of most inner mind
- 6) Hence she was not having a full experience of any work/tasks/moments. Rising Incomplete feeling

C] Social Health:

- 1) She was not good at her daughter's eyes. She was full of fear about her mother of catching a cancer.
- 2) Relatives who knew about her tobacco habit, were looking at her with hate, as she was being so educated too, addicted to bad habit.
- 3) The shops from where she was purchasing tobacco, it was a terrible to face the vendors, She was feeling like a thief, though she was giving money of purchase.

Year 2018 to 2022: Journey of high level bad addiction and Realization of it's bad effects occurred on health:

Neeta's Intensity of bad addiction increased and it also became so prominent in mental repetitive subconscious pattern. As years passed, due to huge quantity she was using for rubbing on her teeth, she built up a fear of developing cancer. Now she was not feeling good after the addiction habit. As before, on contrary, she was feeling very dull after tobacco consumption in mouth only too. Once she checked whole throat through endoscopy out of fear of a cancer. Her little daughter also was growing and now started to telling her this, "Mamma. Plz don't use tobacco na," She started to feel guilt and shame. She couldn't even face the little eyes of her daughter. She decided to come out of this addiction out of love of my little daughter.

She threw all tobacco packets in dustbin, cleared washroom, decided not to get out of this addiction. But after some time, her mind had become so much slave of this addiction that she was getting uneasy after sometime of decision of leaving it. Her body was giving little symptoms to push her to rub tobacco on teeth. Mentally she was feeling depressed,

restless. Her throat and mind were being irritable. Not surviving to this physical and mental condition, she was going to use tobacco again. This cycle had continued from long. But due to innermost realization, as she lives in Maharashtra where king of million hearts, Chatrapati Shivaji Maharaj was born and entry of her guru achary prashant sir in 2022, she again for last time firmly decided to come out of this breath & life taking addiction. On auspicious moment of Shri Ganesh Chaturthi., by praying God, she started the journey of escaping from addiction.

Things Kept on record of & events, situations were noted down

Efforts Taken To come out Of Addiction after realizing it's chronic ill effect by her:

1) made tobacco completely unavailable in home
Result: Failed
She ran to shop for purchasing it when became too much restless

2) Listening Inspirational Songs:
Result: Worked 40% for 2 hrs only
As one cannot continuously listen songs. After some time, silence is expected & headache increases feeling it noisy.

3) Replacing with other addiction.
Result: Successful to 20 %, as dopamine levels increase at different levels with different types of addictive products. But it was like replacing one poison with another. So not implementable at all.

4) Travelling in Nature outstation
Result: Successful to 80% for the time when in trip
Returning home created the same pattern of addiction again

5) Remaining busy with work
Result: Successful to 95%
As mind is occupied with higher more important targets

6) Listening Lectures/attending seminars
Result: 98 % failure
Don't work

7) Application of various existing techniques like NLP, meditation to daily routine
Result: Worked up to 40 % to develop more patience, but couldn't help in addiction removal.

The psychological Treatment provided when Neeta approached me & application of "The principle Of Shifting Nucleus As stated below:

- 1) By deep consultation, first blood test done. Found lower levels of haemoglobin, calcium. She was put on increasing HB, calcium tablem giving a course of 15 days.
- 2) She was asked to make a chart of her priorities & arrange them in the descending order 1, 2, 3, ...etc. and to note down how addiction is becoming a barrier to live a good life. Specifically she was asked to mention the objective/priority which finds her mind most engaging and soothing. She was made to make a Time-Table according to her priorities and instruct to follow it

strictly. Exercise of walking in fresh air in morning up to 1.5 km added and meditation to know the importance of time by closing her eyes for 5 min added by my side.

While applying the “Principle of Shifting Nucleus”, give her new psychological vision of converting old nucleus of “problems & stress” phase into new “problems with solution, pain as a fuel phase” in state of new nucleus. She was asked to maintain a daily diary specific to addiction.

Observations are as follow:

Day 1:

First day observed of not having tobacco:

7.00 am: Cleaned full throat with lukewarm water, gargled with mouthwash to remove bacteria.

11:30 am : feeling to have tobacco, Controlled mind & started home cleaning

2.30 pm: Feeling to have it

5.30 pm: It was being unbearable for her. Throat cells, teeth had started to show symptoms of the demand of misery (tobacco). Mentally struggling to not to have tobacco. Got involved in subject of liking, but feeling of having tobacco didn't changed

She took lemongrass tea to see, if it can help mentally.

6:00 pm: feeling little better

6:30 pm : again feeling restless, replaced with other addiction product. Restlessness gone for some time.

8.00 to 9 pm: restlessness is there but manageable.

She kept eating for an hour, she felt that due to heavy dinner, she will sleep and that day's her target of not having tobacco will be successful

9.30: Purposefully decided to watch children's movie with her daughter. Enjoyed a movie lot with her'

Result : Day 1 of not having was successful with some mental challenges.

Day 2:

Every morning from many years she started badly ...with tobacco

But after yesterday's hustle it had given her a confidence..So she started with a nice lemongrass tea and went for walking on roadside.

Some restlessness is there, but tried hard to stick up to decision.

After coming home from walking, went office. She felt tiring, unfresh whole day but engaged her mind very hard to work.

Result: Day 2 of not having tobacco was successful with some mental distractions, irritation but kept her mind occupied with priorities.

Day 3 To Day 10: She arranged a trip in nature for 3 days with family in the area where tobacco is not available at all. Mental struggle of little restlessness continued, slowly going down the intensity of restlessness. After coming home purposefully she got engaged in art work as instructed. As she entered home, she again felt restless to have tobacco.

But sit for 10 min meditation . Prepared food, listened music & went for waking and slept.

Day 11 to Day 15: Now her focus has shifted totally to new nucleus of resolving problems and finding their solutions which were triggering her to addiction. She now completely got out of addiction after struggling for 15 days hard.

As a Psychologist My suggestions:

- 1) Make the thing or product unavailable completely.
- 2) Need of family & friends is must with whom you can share the experiences, troubles while going through addiction escaping journey is a must. There should be somebody to hold your hand with trust on your decision.
- 3) Typical environment which triggers addictions, should be avoided possibly. If not possible, it's your home, will have to analyze the strings of events connected together which happens during the initiation of addiction phase up till its end and will have to break the regular repetitive pattern.
- 4) When you firmly decide to get away from addiction, there will be moments when you will think to give up. Surviving these moments is immensely essential and we should divert our mind or get very busy in work to sustain.
- 5) Motivation songs, speeches, travelling in nature, watching good quality stuff on Tv may help & alter your mind.
- 6) One day at a time. 2 hrs at a time.
- 7) The intensity of Pain decreases as time of not having addictive product increases, confidence builds gradually.
- 8) Blood testing & analysis should be done to find level of hemoglobin, thyroid hormones, calcium etc. to know whether the deficiencies in blood are reason behind triggering bad addiction or to work on improving physical fitness to work holistic on bad addiction removal.
- 9) The day you decide hard to remove bad addiction from your life, is the day you shift to give self dignity to your life.

“The Principle Of Shifting Nucleus”

Any action doesn't become a habit in one moment. Any habit doesn't become an addiction in a one day. Hence developing an addiction from a habit, takes lot of months, repeating same type of things again. Thus we go from outer world to inner world of addiction by revolving around the centre point of specific problems, thus orbiting from outer to inner world, each time reducing the orbital distance, psychologically reducing the time we repeat while doing an addictive action or consuming thing, which is called old nucleus point here. When we have to again come out of this bad addiction, it will not be a sudden event. We will have to revolve outside from inner orbits, psychologically gradually decreasing the time and quantity of addiction. Thus training the sub-conscious mind slowly. Here old nucleus can be any time of issue which triggers you to have an addiction.

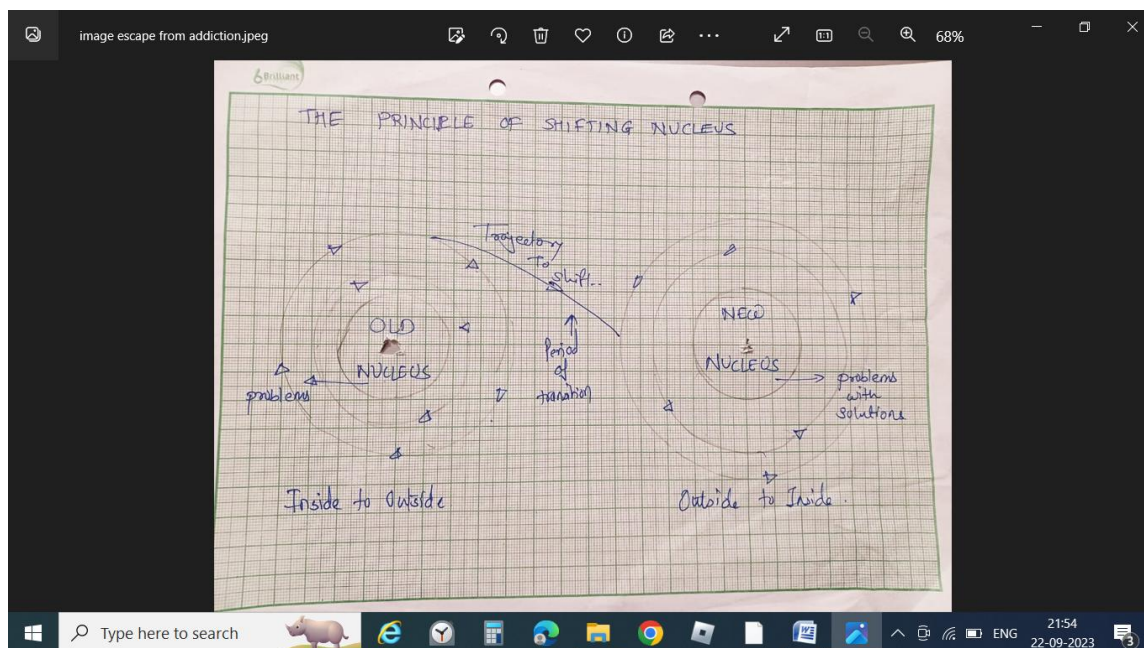
When we will be stable at minimum quantity and time of addiction, we will have to throw our interest in a thing which

is very important and you forget everything and your mind is completely occupied while doing that thing e.g Reading a book, singing, dancing, any sport activity, meditation , cooking etc.

will have to orbit means think about it wholeheartedly and have to travel towards the solution of problem again gradually.

Thus breaking old set patterns & developing new paths.....

Now we will have to see in ourselves a new nucleus with essential problem ongoing in our mind and it's solution. We



3. Conclusion

- 1) People have bad addiction in their lives due to 2 things (a) Pain & stress b) seeking instant pleasure human nature & lack of higher worthy objective.
- 2) When pain is converted to fuel to find solutions for problems with wisdom, stress goes and ultimately intensity to do addiction decreases.
- 3) Analysing priorities of life with long vision is important to keep engaged self in a good creative work , thus not giving room or time to even think of addiction.
- 4) The principle of shifting nucleus worked successfully.
- 5) Taking first step with success plays 80 % role.
- 6) Mentors play a initiation role to stop living ill quality life.
- 7) Friends, family, mental support, travelling in nature, motivation speeches, listening music are complementary in this journey of escaping from bad addiction.
- 8) Thus Journey From escaping addiction is whole – hearted mental struggle with courage to achieve self dignity.
- 9) One should certainly seek psychological help when needed which will be combination of spiritual, medical & inspirational techniques.

Author Profile



Dr. Pragati V. More-Menagde, Pune, Maharashtra, India
 Email: [pragatidynamics\[at\]gmail.com](mailto:pragatidynamics[at]gmail.com)
 Contact No: 7709019424

References

- [1] Self-published journal on amazon” The most practical & effective manifestation journal using NLP”
- [2] NLP technique workbook by Dr Yogendra Singh Rathod