



PADAMSHIKA KRAMA: A CRITICAL EVALUATION OF TRANSITION STRATEGY IN SUBSTANCE DEPENDENCY

Patel Nikiben Manubhai¹, Sri Nagesh K A²

¹Final year PG Scholar, ²Professor & head, Department of PG studies in Ayurveda Samhita & Siddhanta, Sri Sri College of Ayurvedic Science and Research, Bengaluru.

Corresponding Author: nikimpatel96@gmail.com

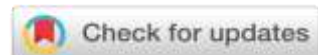
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ABSTRACT

"*Padamshika Krama*" is a unique concept described in the *Bruhatrayees* for changing bad habits to good ones. It comprises a step-by-step plan for gradually adopting good habits and avoiding bad ones. This transition from *Ahita* to *Hita* has been designed to be smooth and maintain the body's equilibrium. Different *Acharyas* have outlined various patterns of *Padamshika Krama*, completing the process within 7, 10, 15, 46, or 63 days.

This strategy prevents Dosha imbalance and diseases caused by incompatibility, which can occur when new habits are abruptly adopted, and old ones are discarded. *Padamshika Krama* applies to a variety of addictions, including opiates, caffeine, alcohol, tobacco, and cannabis. Gradually quitting these addictive substances, along with providing replacements, helps to prevent withdrawal symptoms. The article's primary goal is to compile a review of *Padamshika Krama* from *Bruhatrayees* and apply specific patterns of *Padamshika Krama* based on the severity level of drug dependence. In parallel, *Ayurvedic* principles are used to select replacements to create a false sensation of addiction as well as balance Doshas.

Keywords: *Padamshika Krama, Tapering methods, opioid withdrawal, alcohol withdrawal, tobacco withdrawal, caffeine withdrawal, cannabis withdrawal*

INTRODUCTION

“Healthy habits are learned the same way as unhealthy ones – through practice.”

People follow a routine, either for a longer or shorter period. This particular routine can be healthy or unhealthy regarding food, medicine, and activities. Certain habits have potentially harmful effects, but many people continue due to a complete dependence on them. Hence, it is necessary to discontinue such an unhealthy habit correctly through *Padamshika krama*. The progressive regimens of *Padamshika Krama* help prevent various *Asatmyajanya Vyadhi* by gradually weaning oneself from old *Satmya* habits and adopting new ones in the correct order. As a result, they have here attempted to adopt *Padamshika krama* in clinical practice, which may produce better results.

Aim –

- The conceptual study on *Padamshika Krama* explores its practical applications in substance dependency.

Objectives –

- To systemically review *Padamshika Krama* as per *Bruhatrayees* and their available commentaries.
- To construct outlines for withdrawing bad habits and adopting good habits through *Padamshika Krama*.

Materials and methods –

Data has been collected from different classical texts and their available commentaries, research articles, journals, Pub-med, dictionaries, and *Ayurvedic Shabdakosha*. It was used for this research paper and organized systematically.

Review of literature –

Certain habits benefit both the body and the soul due to long-term practice and bring comfort without pro-

ducing any issues or adverse effects, known as *Satmya*.¹ It also can act as an *Upashaya* when used appropriately.² It has been divided into two categories. *Sahaja Satmya* and *Okasatmya*.

Sahajasatmya is called *Jaatisatmya*, i.e., *Satmya* since birth, like Milk or *Madhur rasa*.³

‘*Okasatmya*’ has been used in the term ‘*Abhyasa Satmya*’.⁴ Even if *Abhyasa Satmya* substances like *Desha*, *Kala*, *Jati*, *Rutu*, *Roga*, *Vyayama*, *Odaka*, *Divasvapna*, *Rasa*, etc., are *Prakriti Viruddha*, they do not cause any problems to the body.⁵ However, people have been using some *Ahita Abhayasa* for a long time; this *Ahita Abhayasa* may not be causing any harm at the time, but after a certain period, it begins to have a troubling effect. So, a person can discontinue this *Abhayasa Satmya* or any of his past bad habits and start building some good habits using the proper method. In *Ayurveda*, *Padamshika Krama* is a unique approach to gradually learning new habits and discarding old ones. As a result, according to *Padamshika Krama*, a wise person should gradually give up *Ahita* or *Abhyasa Apathya*⁶ or *Satmya Ahita*⁷ (habituated unwholesome) with a quantity of 1/4th or 1/16th, and in the same manner, adopting *Hita* should be done with a one-day, two-day, three-day, or four-day gap to increase and decrease *Hita* and *Ahita*.⁸

These *Hita* and *Ahita* vary significantly from person to person. For example, peacock meat is beneficial to older people and those suffering from *Indriya Vikara*, but it is hazardous to healthy and young age people.⁹ Similarly, *Ghrita* acts as *Amrita* in the *Jeernajvaradi* state but not in the *Navajvaradi* condition. As a result, *Hita* and *Ahita* are entirely determined by *Matra*, *Kala*, *Vaya*, *Desha*, *Kala*, etc. factors.

Difference of opinion in Padamshika Krama

Different commentators of *Bruhatrayi* hold various opinions about the pattern of *Padamshika Krama* as well as days.

Table 1: difference of opinion about the days of Padamshika Krama

SN	Commentators	Duration of Padamshika Krama
1.	<i>Chakrapani</i>	7 days and 15 days ¹⁰
2.	<i>Yogendra Nath Sen</i>	10 days ¹¹

3.	Hemadri	15 days and 63 days ¹²
4.	Arunadatta	10 days and 46 days ¹³

Different patterns of Padamshika Krama

The different patterns of *Padamshika Krama* described by various commentators are listed in the tables below.

Table 2: *Padamshika Krama*, according to Chakrapani

<i>Padamshika Krama according to Chakrapani</i>					
7 days pattern			15 Days Pattern		
Days(D)	Ahita to be adopted	Hita to be adopted	Days(D)	Ahita to be adopted	Hita to be adopted
D ₁	¾ part	¼ part	D ₁	¾ part	¼ part
D ₂	½ part	½ part	D ₂	1 part	0
D ₃	½ part	½ part	D _{3,4}	½ part	½ part
D ₄	¼ part	¾ part	D ₅	¾ part	¼ part
D ₅	¼ part	¾ part	D _{6,7,8}	¼ part	¾ part
D ₆	¼ part	¾ part	D ₉	½ part	½ part
D ₇	0	1 part	D _{10,11,12,13}	0 part	1 part
			D ₁₄	¼ part	¾ part
			D ₁₅	0 part	1 part

Table 3: 10 days of *Padamshika Krama* according to Yogendra Nath Sen and Arunadatta

Days (D)	Ahita to be adopted	Hita to be adopted
D ₁	¾ part	¼ part
D ₂	1 part	0
D ₃	½ part	½ part
D _{4,5}	1 part	0
D ₆	¼ part	¾ part
D _{7,8,9}	1 part	0
D ₁₀	0 part	1 part

Table 4: *Padamshika Krama*, according to Hemadri

<i>Padamshika Krama according to Hemadri</i>					
15 days pattern			63 Days Pattern		
Days(D)	Ahita to be adopted	Hita to be adopted	Days(D)	Ahita to be adopted	Hita to be adopted
D ₁	3/4 th part	1/4 th part	D ₁	15/16 part	1/16 part
D ₂	1 part	0 part	D ₂	1 part	0
D ₃	3/4 th part	1/4 th part	D ₃	15/16 part	1/16 part
D ₄	½ part	½ part	D ₄	14/16 part	2/16 part
D _{5,6}	3/4 th part	1/4 th part	D _{5,6}	15/16 part	1/16 part
D ₇	½ part	½ part	D ₇	14/16 part	2/16 part
D ₈	1/4 th part	3/4 th part	D ₈	13/16 part	3/16 part
D _{9,10,11}	½ part	½ part	D _{9,10,11}	14/16 part	2/16 part
D ₁₂	1/4 th part	3/4 th part	D ₁₂	13/16 part	3/16 part

D ₁₃	0 part	1 part	D ₁₃	12/16 part	4/16 part
D ₁₄	1/4 th part	3/4 th part
D ₁₅	0 part	1 part D ₆₃	0	1 part

Table 5: 46 days of Padamshika Krama according to Arunadutta

Days(D)	Ahita to be adopted	Hita to be adopted	Days(D)	Ahita to be adopted	Hita to be adopted
D ₁	15/16 part	1/16 part	D ₂₄	7/16 part	9/16 part
D ₂	1 part	0	D _{25,26,27}	1 part	0
D ₃	14/16 part	2/16 part	D ₂₈	6/16 part	10/16 part
D _{4,5}	1 part	0	D ₂₉	1 part	0
D ₆	13/16 part	3/16 part	D ₃₀	5/16 part	11/16 part
D _{7,8,9}	1 part	0	D _{31,32}	1 part	0
D ₁₀	12/16 part	4/16 part	D ₃₃	4/16 part	12/16 part
D ₁₁	1 part	0	D _{34,35,36}	1 part	0
D ₁₂	11/16 part	5/16 part	D ₃₇	3/16 part	13/16 part
D _{13,14}	1 part	0	D ₃₈	1 part	0
D ₁₅	10/16 part	6/16 part	D ₃₉	2/16 part	14/16 part
D _{16,17,18}	1 part	0	D _{40,41}	1 part	0
D ₁₉	9/16 part	7/16 part	D ₄₂	1/16 part	15/16 part
D ₂₀	1 part	0	D _{43,44,45}	1 part	0
D ₂₁	8/16	8/16	D ₄₆	0	1 part
D _{22,23}	1 part	0	-	-	-

Limitation of Padamshika Krama

In Padamshika Krama, the reduction and adoption of quantity are not limited to 1/4th and 1/16th parts but can be anything between 1/4th and 1/16th, such as 1/5th, 1/6th, 1/7th, etc. Ensure that the reducing and adopting quantity is not greater than 1/4th, which means it should not be 1/3rd, 1/2nd, etc., and less than 1/16th, which means it should not be 1/17th, 1/18th, etc.¹⁴

The benefit of Padamshika Krama

Through Padamshika Krama, Vitiated Dosha can be eliminated from the body without difficulty or adverse effects.¹⁵ Gradually reducing morbid Dosha from the body through Padamshika Krama will prevent it from rising again, and gradually boosting Guna through Padamshika Krama will cause it to remain firmly in the body for an extended period.¹⁶

Adverse effect of not following Padamshika Krama

When one abruptly abandons Apathya Abhyasa (unwholesome regimens), one suffers from Satmya Janita Vikara, whereas abruptly accepting Pathya Ab-

hyasa (wholesome practice) results in Asatmya Janita Vikara.¹⁷

Padamshika Krama in contemporary science

The tapering method gradually tapered off an addictive substance’s dosage over some time, which would aid in minimising the withdrawal symptoms. There are three types of drug tapering methods –

Direct - Gradually lowering the doses of addictive substances until the person is fully functional even without the drug, i.e. Alcohol, Caffeine, Cannabis dependence.

Substitution - Replaces the addictive substance with a similar substance which gives the same effect, i.e. in Tobacco dependency, Tobacco replaces Nicotine replacement therapy.

Titration - lowering the dosage of addictive substances through dilutional water or any other liquid, such as alcohol and different medications, which are easily diluted in water.

DISCUSSION

The *Padamshika Krama* applies not only to *Ahara* and *Vihara* but also to *Aushadha*. This is because the *Sarvangasundara commentary* on the *Ashtanga Hridaya* states that *Apathya Abhyasa* contains *Ahita Anna-Paana*, *Langana* (which refers to *Shodhana* and *Shamana* forms of *Langana*), *Plavana* (swimming), *Jagarana*, and *Svapna*.¹⁸ These include *Aushadha* in the form of *Langana*, *Ahara*, and *Vihara*.

This *Padamshika Krama* can be adopted without providing a replacement in the form of a good or bad replacement. For example, suppose a person is accustomed to eating outside food three or four times per week through *Padamshika Krama*. In that case, one can reduce the frequency of outside food consumption without providing any replacement. Similarly, if a person would like to include more exercise in his daily routine, he can gradually increase the timing and intensity of exercise without avoiding harmful habits.

Selection of Padamshika Krama in Drug Dependency

Different commentators gave different types of *Padamshika Krama*. Among them, based on substance dependency can be selected *Padamshika Krama*. For example, Chakrapani's 7-day *Padamshika Krama* could be considered very low dependency because it gradually reduces *Ahita* while increasing *Hita* in a single stretch. Then, Chakrapani's 15-day *Padamshika Krama* can be used in low dependency since *Ahita* is progressively reduced throughout intervals of one, two, three, and four days. As a result, we can see that the quantity of *Hita* goes above that of *Ahita* throughout the *Padamshika Krama*. So, in the situation of low dependency, one can easily changeover to *Hita* things in a shorter period. Similarly, in moderate dependency, Hemadri's 15-day and 63-day *Padamshika Kramas* can be used because they gradually subsequently reduce *Ahita* while introducing *Hita*, as well as show that the introduction of *Hita* and *Ahita* is neither more nor less.

In the case of high dependency, *Arunadatta* and *Yogendranath Sen's* ten and 46-day *Padamshika Krama* can be used because, throughout the *Padamshika Krama*, there is more *Ahita* than *Hita*. So, gradually introducing a small amount of *Hita* throughout the *Padamshika Krama* in high dependency will help minimise *Asatmya Vikara*. Here, the Pattern of *Padamshika Krama* is more critical than the number of days.

Applied aspect of Padamshika Krama

People are now addicted or reliant on a variety of addictive substances, including alcohol, tobacco, cannabis, Caffeine, etc. and also dependent on steroids, painkillers, and narcotic medications. According to *Ayurveda*, all of these medications and substances are classified as *Sanubadhana Abheshaja* because they have a harmful effect over time and can sometimes lead to death.¹⁹ Hence, these medications and substances are required to be withdrawn with minimum withdrawal symptoms through the *Padamshika Krama*. Hence, in the following way, construct the outlines for the withdrawing addicted substance based on *Ayurvedic* principles.

Padamshika Krama in Opioid dependence: opioid medicines are developed to be stronger and more potent than natural opiates. They are used to treat acute pain (such as recovering from injury or surgery), chronic pain (such as Musculoskeletal pain), active-phase cancer treatment, palliative care, etc., as we know that in *Ayurveda*, *Vaata* is the primary cause for all painful conditions. As a result, *Vata Nashaka Upakrama* manages opioid addiction by applying the pattern of *Padamshika Krama*, which provides relief from severe withdrawal symptoms.

For example, as per RODs scale 20, a person diagnosed with opioid dependence in the case of Severe multiple joint pain and their daily dose of opioid medication is around 560mg (7 tabs/day; each 60 mg). So, two patterns of *Padamshika Krama* will be used here: one for reducing drug frequency and one for reducing dose.

Table 6: Padamshika Krama in reducing drug frequency

PK	Frequency reduction	Replacement	Duration of Padamshika Krama
15PKc	Once in daily	Sameera Gaja Kesari Rasa ²¹ Max. 3 tablet/day (TDS)	Finish Padamshika Krama within 10 days with opioid medicine - 4 time/day & Sameera Gaja Kesari Rasa - 3 time/day

Now, reduce the remaining opioid medicine dose (240mg) by replacing it with the same in the following way:

Table 7: Padamshika Krama in reducing drug dose

PK	Dose reduction	Replacement	Duration of Padamshika Krama
15PKh	60 mg/day from 240 mg/day	Sameera Gaja Kesari Rasa - 3 tablet/day (TDS)	Finish Padamshika Krama within 15 days with only Sameera Gaja Kesari Rasa - 3 tablet/day (TDS)

Why Sameera Gaja Kesari Rasa?

Vata is the primary cause of all painful conditions, and Vata Nashaka Upakrama can help manage opioid addiction. This Sameera Gaja Kesari Rasa contains Kuchala and Ahiphena, so its potency is exceptionally high. It primarily works on reducing Vata-Kapha conditions. As a result, this Sameera Gaja Kesari Rasa can be used in any Vatavyaadhi.

Padamshika Krama in Alcohol withdrawing: The Dravya that causes Buddhi Lumpati (intellectual disturbance) is known as Madakari Dravya ²²(intoxicated substances), such as alcohol, and excessive alcohol consumption is known as Panatyaya. This leads to Oja, Kapha, Shukra Kshaya, Pitta Prakopa, Dhee, Dhruiti, and Smriti Hara. Hence, in

such cases, there is a need to taper off alcohol gradually. But, in some cases, people drink alcohol weekly 2-3 times in very little quantity; they can quit alcohol through the cold turkey method. But those who are habituated to alcohol and physically dependent on alcohol can taper off through Padamshika Krama.

For example, if a person consumes alcohol daily, around half a liter for more than 20 years. After drinking, have quarreled with family, revealed all secrets, uncontrolled anger and behaviors, and a reduced appetite. In this scenario, alcohol withdrawal can be managed using various replacement strategies and Padamshika Krama patterns. Here, as per ADS (alcohol dependence scale)²³, he has moderate dependence. Hence, Hemadri's 15 and 63 days of Padamshika Krama can be selected.

Table 8: reducing alcohol quantity and its replacement

pattern of PK	quantity reduction	Replacement	Duration of Padamshika Krama
15PKh	50 ml alcohol can be reduced per day	Medicated water	Within 19 days finish Padamshika Krama with 250ml Alcohol+250ml Medicated water
63PKh	Reducing 50 ml daily from 500ml alcohol concentration (250ml Alcohol + 250ml Medicated water)	पानक	Within 39 days finish Padamshika Krama with 0 ml alcohol and 500 ml of पानक

Why medicated water and Panaka?

Madya's Agneya and Vayavya qualities cause dryness in Udakavaha Srotasa, resulting in thirst.²⁴ As a result, administering Deepana-Paachana (Jeera, Ginger, dry ginger powder, pink salt) and Sugandhita

Dravya Siddha (prepared from fragrant medicine) medicinal water mixed with alcohol would be helpful to relieve thirst.²⁵ And introducing Panaka prepared from Tvak, Ela, Nagakeshar, Draksha, Guda, Yash-timadhu, etc.²⁶ through Padamshika Krama will help

to gradually reduce alcohol use while also correcting digestive fire and thirst.

Padamshika Krama in nicotine addiction: There are two methods of nicotine administration: smoking (tobacco pipes, cigarettes, cigars, hookahs, etc.) and smokeless tobacco, which is a pinch of tobacco kept under the lip. In *Ayurveda*, tobacco has *Ushna* and

Tikshna qualities. As a result, smoking tobacco weakens the heart and diminishes *Shukra*. According to *Desha Prabhava*, there will be more tobacco smoking in *Tikshna* and *Pittakaraka*. Additionally, its *Prabhava* is *Vamana-Virechanakari*.²⁷

Table 9: Reducing daily tobacco intake and its replacement

pattern of PK	Quantity reduction	Replacement of chewed tobacco	Duration of Padamshika Krama
15PKc	Daily – 2 gm of tobacco	Ajamoda Churna – 2 gm	Within 34 days finished Padamshika Krama with 0 gm of tobacco and 20 gm/day with Ajmoda Churna

After this *Padamshika Krama*, gradually lessen the *Ajmoda Churna* according to the person's requirement. Meanwhile, alongside *Padamshika Krama*, *Dhatakyadi Churna* mixed with *Madhu*²⁹ can be used for *Pratisarana* to treat gum swelling and discoloration.

Why Ajmoda Churna?

Like tobacco, *Ajmoda* has *Ushna* and *Teeksha* properties. So, in the case of tobacco chewing, using

Withdrawal of smokeless nicotine –

For example, imagine a person chewed tobacco regularly, consuming approximately 20 gm per day, indicating that 2 gm of smoking had been placed between the lower lips ten times each day for the past 10-15 years. He also complains about swelling and discoloration in his lower lip and gums. According to the FTND-ST scale²⁸, he showed low dependence. So, table no.9 shows that in the case of smokeless nicotine dependency, what kind of replacements and patterns of *Padamshika Krama* can be used.

Ajmoda churna as a tobacco replacement contributes to a false sensation of addiction.

Withdrawal of smoke from nicotine –

For example, suppose a person has been consuming 16 cigarettes per day, approximately one cigarette per hour, for the past five years. So, according to the FTND scale³⁰, a person is highly dependent on cigarettes. So, for those with a high degree of dependency, first, *Arunadatta's* 46-day *Padamshika Krama* can be followed, and nicotine cigarettes can be replaced with medicinal cigarettes prepared from *Eladi Gana Dravya*.³¹

Table 10: reducing nicotine cigarettes and its replacement

pattern of PK	Quantity reduction	Replacement	Duration of Padamshika Krama
46PKa	Daily – 1 cigarette	1 Herbal Cigarette	Within 15 days finish Padamshika Krama with 10 cigarettes/day and 6 Herbal cigarette/day

After this, follow-ups will be conducted, and the dependency will be tested again using the FTND scale; if the person is diagnosed with moderate dependency, the *Padamshika Krama* will be modified accordingly. So, reducing remain ten nicotine cigarettes from your daily routine in the following way:

Table 11: reducing remaining nicotine cigarettes with its replacement

pattern of PK	Quantity reduction	Replacement	Duration of Padamshika Krama
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63PKh	1 cigarette/day	1 Herbal Cigarette	Within 39 days finish Padamshika Krama with 0 cigarette/day and 2 Herbal cigarette/day
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This Hemadri's 63-day Padamshika Krama for cigarette withdrawal is shown in Table no.8. where there will be no parallel reduction in nicotine cigarettes and an increase in medicinal cigarettes. More than six medicated cigarettes will not be added daily, and we will attain our goal of 0 nicotine cigarettes and two medicinal cigarettes per day by the end of Padamshika Krama. At the end of Padamshika Krama, the remaining two medicated cigarettes will be continued according to the requirements of the person and Dosha Shamana.

Table 12: Hemadri's 63-day Padamshika Krama for cigarette withdrawal

Days	No. of cigarette to be adopted	No. of medicated cigarette to be adopted	Days	No. of cigarette to be adopted	No. of medicated cigarette to be adopted
D ₁	9 cigarettes	6 M. cigarettes	D ₂₀	4 cigarettes	4 M. cigarettes
D ₂	10 cigarettes	6 M. cigarettes	D _{21,22,23}	5 cigarettes	5 M. cigarettes
D ₃	9 cigarettes	6 M. cigarettes	D ₂₄	4 cigarettes	4 M. cigarettes
D ₄	8 cigarettes	6 M. cigarettes	D ₂₅	3 cigarettes	3 M. cigarettes
D _{5,6}	9 cigarettes	6 M. cigarettes	D ₂₆	4 cigarettes	4 M. cigarettes
D ₇	8 cigarettes	6 M. cigarettes	D ₂₇	3 cigarettes	3 M. cigarettes
D ₈	7 cigarettes	6 M. cigarettes	D ₂₈	2 cigarettes	2 M. cigarettes
D _{9,10,11}	8 cigarettes	6 M. cigarettes	D _{29,30}	3 cigarettes	3 M. cigarettes
D ₁₂	7 cigarettes	6 M. cigarettes	D ₃₁	2 cigarettes	2 M. cigarettes
D ₁₃	6 cigarettes	6 M. cigarettes	D₃₂	1 cigarette	2 M. cigarettes
D ₁₄	7 cigarettes	6 M. cigarettes	D _{33,34,35}	2 cigarettes	2 M. cigarettes
D₁₅	6 cigarettes	6M. cigarettes	D ₃₆	1 cigarette	2 M. cigarettes
D ₁₆	5 cigarettes	5 M. cigarettes	D ₃₇	0 cigarettes	2 M. cigarettes
D _{17,18}	6 cigarettes	6 M. cigarettes	D ₃₈	1 cigarette	2 M. cigarettes
D ₁₉	5 cigarettes	5 M. cigarettes	D ₃₉	0 cigarette	2 M. cigarettes

Padamshika Krama in caffeine addiction:

Caffeine is a stimulant that increases alertness, wakefulness, and mood. If a person is dependent on caffeine, there are strategies to minimise it. Padamshika Krama suggests gradually tapering off caffeine. Assume a person consumes 12 cups of filter coffee daily, around 30 ml per hour. According to the Caff EQ scale, he has a moderate dependence on caffeine. For

such, Hemadri's 15 and 63-day Padamshika Krama can be adopted. Among these two Padamshika Kramas, 63 days of Padamshika will be used twice: once to reduce the frequency and again to reduce the dose. So, tables 13 and 14 show that in the case of caffeine addiction, different kinds of replacements and different patterns of Padamshika Krama can be used.

Table 13: reducing cups of caffeinated coffee and its replacement

pattern of PK	Frequency reduction	Replacement	Duration of Padamshika Krama
63PKh	1 cup/day	Cup of Decaf coffee	Within 26 days finish Padamshika Krama with 6 cups of caffeinated coffee (180ml) and 6 cups of decaf coffee per day

Now, reduce the quantity of remaining caffeinated coffee from your daily routine by replacing it with the same decaf coffee in the following way:

Table 14: reducing remaining caffeinated coffee intake

pattern of PK	Total quantity	Quantity reduction	Replacement	Duration of <i>Padamshika Krama</i>
63PKh	180 ml/day	30 ml /day	Decaf coffee	Within 15 days finish <i>Padamshika Krama</i> with 60 ml of coffee and 60 ml of decaf coffee per day

The remaining 60 ml of caffeinated coffee will be reduced by 15 ml per day and replaced with chicory root powder coffee by following *Chakrapani's 7-day Padamshika Krama*.

Padamshika Krama in cannabis (marijuana) dependence: The concept of marijuana (Cannabis) dependency includes three key components. These are -

- preoccupation with the acquisition of marijuana
- compulsive use of marijuana
- relapse to or recurrent use of marijuana.

As a result, when withdrawing from cannabis, using the *Padamshika Krama* can help avoid relapse and provide relief from severe withdrawal symptoms. So,

choose the *Padamshika Krama* based on the intensity of dependency. So, the table below shows that in different forms of cannabis, various kinds of replacements and other patterns of *Padamshika Krama* can be used.

Shodhita Bhanga replaces many types of *Bhaanga* (cannabis), such as *Charas*, weed, marijuana, and Bong. Because, after the *Shodhana*, all of the fatal side effects and toxicity would be eliminated, and it can be used therapeutically. As a result, in cases of marijuana addiction or dependence, *Shodhita Bhanga* can assist in creating a false sense of addiction while simultaneously providing no intoxicating effects. It does not, by itself, induce intellectual deterioration.

Table 15: *Padamshika Krama* in cannabis (marijuana) dependence

Cannabis form	Route of administration	Pattern of <i>Padamshika Krama</i>	Replacement
<i>Bhanga</i>	Orally with milk/water	<i>Chakrapani's 15-days Padamshika Krama</i>	<i>Shodhita Bhanga Goli</i>
<i>Charas</i>	Smoke	<i>Hemadri's 63- days Padamshika Krama</i>	<i>Shodhita Bhanga</i> Smoke - dried leaves of <i>Shodhita Bhanga + Eladi Gana Dravya</i>
Weed/ Marijuana	Smoke	<i>Hemadri's 63- days Padamshika Krama</i>	
Bong	Smoke	<i>Arunadatta's 46-days Padamshika Krama</i>	

How the *Padamshika Krama* will be working?

It is generally difficult to change old habits and form new ones. Developing good habits requires effort, patience, and commitment. The mind works hard to break old habits and accept new ones. As a result, when victims commit to this path and decide to achieve a goal, it becomes much easier for them to adopt new behaviours. Replacing a *Satmya lousy* habit with an *Asatmya* good one makes acquiring new habits more accessi-

ble and provides a substitute that fulfils the exact requirement. As a result, it enhances the consistency and stability of new behaviours while simultaneously making it hard to revert to old habits. However, through *Padamshika Krama*, we are introducing *Asatmya's* new habits without much external help, and this change is occurring organically rather than by force. In *Padamshika Kram*, repeating new habits during Antara (1,2,3 days gap) will help you adopt new habits with less effort.

CONCLUSION

Padamshika Krama is about practising wholesome things and systematically taking out unwholesome practices. This *Padamshika Krama* is not only for *Ahara* and *Vihara* but also for *Aushadha*. Different methods of *Padamshika Krama* and the number of new practices adopted will be selected based on chronicity and the number of unwholesome substances. Obtaining wholesome practice through *Padamshika krama* will reduce the chance of relapse. Gradually adopting *Ahara* through *Padamshika Krama*, as per *Desha* and *Rutu*, will help prevent *Asatmyajanya Roga*. It can be helped to overcome dependency addiction by gradually switching out addictive substances with medicinal ones or by creating a false sense of addiction. The *Antara* (interval) in *Padamshika Krama* will help in the natural and effortless adoption of new habits and take out old habits.

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