

Addiction Protocol

Addiction recovery is probably the most common treatment program administered at the clinic. Alcohol and opium addiction are all too prevalent, with over 90% of the addiction patients being young males.

During treatment there is no smoking, alcohol, or



drugs. Initially the HIV diet is observed during treatment period; however, it is rather quickly altered to add back foods that will make preparation and compliance easier. This is a 21-day treatment. If physically able, the patients are required to prepare their own food as well as gather and help take care of the herbs.

Often a symbolic shaving of the head of males is done to emphasize a new start.

Protocol:

- 1) **Detoxification Protocol** (repeated twice with *lot thanong daeng*).
- 2) Work around the clinic when strong enough.
- 3) Involvement in spiritual and social activities.
- 4) *Pae tum pung* taken in the third week.

Note: *Lot thanong daeng* is excellent for stopping withdrawal symptoms as well as dealing with most hallucinations and other psychosis. I have seen patients that could not drink from a glass without smashing their teeth with the glass, because their hands were so uncontrollable; and after one treatment of *lot thanong daeng* their shaking were significantly reduced and after two treatments they had no shakes as well as another other side effects.

Patient Notes: This is the most common condition treated at the clinic and the success rate is good. However, in order for a patient to be accepted there must be a commitment by both the patient and any family members. A number of patients have gone through the program while I was here. I was surprised with the effectiveness of *lot thanong daeng* in reducing and usually eliminating the symptoms of withdrawal. The return of the patients to their normal life causes a very high relapse rate and the clinic sees some patients multiple times.

One patient, Wachira Moonsheep (Ning), age 23 had been addicted to alcohol, drugs, and cigarettes since the age of 13. He was very bright and otherwise healthy. He had lived for the past several years in a lifestyle which was destroying his life with his wife and child. He reacted very well to the medication (steam inhalation, **Pramman Formula**, and *lot thanong daeng* and had no significant withdrawal symptoms. While committed initially, his desire to leave the clinic and return to his home grew. He was initially not responsive to social life at the Wat and stayed withdrawn. However, after a meeting called by Phra Vichien with the patients family, he recommitted to the program

and took five more treatments of *lot thanong daeng*. He has remained sober for the last 9 months. The location of the Wat past easy walking distance to any form of communication, source of purchase of alcohol, cigarettes, etc, and from transportation home on a spur of the moment decision is also a huge asset.