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Addiction Treatment Programs Using Physical Activity

Chester Henley*

Department of Cardiothoracic Surgery, Presbyterian Hospital, New York, USA

Introduction

The objective of the review of the scientific literature was to ascertain the state of the research on the connections between addiction treatment programs and physical activity. Additionally, the search was restricted to studies that were carried out within the previous five years, i.e., from the 1st of January 2016 to the 31st of November 2021. Results: After conducting a more in-depth analysis, ten of the 38 initial articles that were chosen were ultimately included because they met the established eligibility criteria. Adherence to treatment for addiction cessation is positively correlated with physical activity, according to the findings. In conjunction with other pharmacological or behavioral treatments, physical activity has been incorporated into coadjuvant treatments. The significance of promoting physical activity in rehabilitation and treatment programs for substance withdrawal is underscored by these findings. Physical activity programs also reduce the likelihood of social exclusion and improve other health variables that have an impact on quality of life, like sleep quality and mood. More than 40 diseases and chronic conditions can be attributed to a sedentary lifestyle, which is directly reduced by physical activity.

Description

Physical and mental illnesses that lead to a need or dependence on a substance, activity, or relationship are known as addictions. They are a collection of signs and symptoms influenced by social, psychological, biological, and genetic factors. Addictions are diseases that get worse over time and kill people. They are characterized by constant episodes of feeling out of control, having negative thoughts, and denying that the disease exists. Drug dependence is a complex disorder that has an impact on a variety of areas of a person's life, including their general health, family and social relationships, activities at school or work, leisure habits, personal hygiene practices, economic circumstances, etc. which results in associated issues and consequences for both the affected individuals and their surroundings. Taking into account the advantages of active work on physical and emotional wellness, a few creators have investigated its viability as a treatment for various pathologies, including habit-forming messes. Multiple relapses are characteristic of addiction, but they can be avoided. One of the main factors that can lead to a patient's relapse is stress, so therapeutic interventions are needed to reduce or eliminate this possibility. Therapy that incorporates physical activity programs is one of these options. Physical activity is an important factor in reducing the most common stress symptoms depression, anxiety, sleeps, concentration, and fatigue and, as a result, relapses in addicts [1].

Physical activity and conventional treatment for substance withdrawal have been shown to have positive effects in a number of studies, as well as a reduction in withdrawal symptoms and levels of depression and anxiety. These outcomes have been documented in sedentary populations as well as in individuals who have a history of regularly engaging in physical activity. Since there is currently no pharmacological treatment that can act on so many aspects of health and the practice of physical activity has few adverse effects, some studies refer to sports and physical activity as a "poly-pill" because it influences a large number of health factors. Its impact on people's lives is crucial not only for enhancing quality of life but also as a preventative and effective component of combined treatments for some diseases, like addiction. Sports can directly affect the use of stimulants and reduce withdrawal symptoms, according to clinical evidence from studies on the impact of physical activity on issues like smoking, alcohol, and/or drug abuse [2].

In this sense, a recent meta-analysis of exercise programs, such as alcohol dependence intervention programs, demonstrated significant positive effects on depression and physical health. These works used aerobic exercise, a combination of aerobic exercise, strength training, or calisthenics, and yoga/stretching as models for the interventions. The World Health Organization (WHO) stated that exercise is beneficial for the mind, body, and heart. Since few studies have examined the efficacy of physical exercise for the treatment of addictions, either alone or when combined with other therapies, despite the findings and manifestations of knowledge of the multiple benefits of physical activity and sports on people, this study was conducted to observe the effect of sports on addictions. Then again, seeing every one of the constructive outcomes of actual work ought to be considered. More than 40 chronic diseases and disorders are directly caused by physical activity; Physical inactivity is the name for this issue. Physical activity is considered one of the main non-pharmacological measures proposed for older subjects because it is now known that one of the keys to good health throughout life is the promotion of regular physical activity (PA) in childhood, adulthood, and old age [3].

In fact, a 2016 study found that a healthier life was linked to certain physical fitness parameters like aerobic endurance, mobility, muscle strength, or balance. Public health organizations that aim to design population strategies that enable reaching a level of general health that is more satisfactory will therefore find aspects of health promotion strategies based on physical activity interventions to be of great relevance. Additionally, women who quit smoking through physical activity programs had a lower dependence on nicotine and smoked less. Sports practice was found to be associated with a reduction in stress and, as a result, with a contribution to smoking cessation, according to these studies findings. Given the level of perceived stress in the population and the strong link documented between this physiological reaction and smoking in the general population, it is surprising that stress has been shown to be a barrier to quitting smoking. On the other hand, research has shown that people who are stressed have a harder time engaging in physical activity. Because of this, these people should also be given other ways to reduce stress so that they can start participating in sports sooner rather than later [4].

Another study was looked at in this review, and it revealed a triple link between smoking addiction, sports practice, and genetic predisposition. People with a genetic predisposition to smoke who want to quit and decide to do aerobic and concentration training at the same time are much more likely to succeed. This may have something to do with the evidence that the D4DR gene is linked to the personality trait of novelty seeking. People who have allele 7 try to improve their results more often than people who don't have allele 7. Some authors have conducted intervention studies based on therapies like yoga for this kind of treatment in addition to studies that are related to aerobic or cardiovascular physical exercise interventions to demonstrate their influence on the treatment of addictions. Yoga, in conjunction with conventional counselling based on cognitive-behavioural therapy, is proven to be an effective method for breaking the smoking habit. In a similar vein, one of the studies

***Address for Correspondence:** Chester Henley, Department of Cardiothoracic Surgery, Presbyterian Hospital, New York, USA; E-mail: chesterhendlyedu@gmail.com*

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that was included in this review came to the conclusion that, particularly for light smokers, yoga appears to increase the likelihood of successfully quitting smoking [5].

Conclusion

Physical activity was effective as a complementary treatment for alcohol use disorder, which was another type of addiction that this study looked at. This examination found that a moderate degree of active work safeguards against the unreasonable utilization of liquor. In light of these findings, it is essential to keep in mind that addiction sufferers frequently have poor physical health as well as mental health issues that are co-occurring with their consumption disorder. Both of these issues can be alleviated by engaging in regular physical activity, which in turn reduces their need for this substance. What's more, it has been demonstrated the way that actual activity can invigorate the creation of proteins, for example, mind determined neurotropic factor, a component that helps brain adaptability, neurogenesis/versatility, neuroimmune flagging and the brain vasculature, all of which assume a part in fixation.

Acknowledgement

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Conflict of Interest

None.

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