

# Alcohol addiction treatment procedure



Drug addiction is a complex illness characterized by intense and at times uncontrollable cravings for the drug. Drugs can lead to physical as well as psychological dependence when taken in larger doses for a longer period of time. This leads to addiction. Some of the symptoms of addiction are cravings for the drug, inability to abstain from the drug, physical symptoms, an inability to recognize the deterioration of relationships with friends and family, inappropriate emotional responses, and other behavioural problems. Drug or alcohol addiction frequently involves cycles of relapse and remission, even with long-term treatment. We have the best [alcohol rehabilitation centre in Pune](#).

## **Addiction Treatment**

The main aim of addiction treatments is not just removing or reducing drug or alcohol use. Their main goal is to help addicted people change their habits, lifestyle, and core values to prevent them from returning to the problem of addiction. Hence, it is advisable not to quit abruptly. Addiction treatment consists of three stages:

## **Detoxification**

Detoxification is the process where an addict undergoes withdrawal of the stimulant under medical supervision. As withdrawal is associated with several physical and psychological symptoms, detoxification is done under the supervision of medical professionals. During the detox process, medical professionals may prescribe low-potency drugs in tapering doses to wean you off drugs or alcohol. Weaning helps you to cope with withdrawal symptoms so that you can carry out daily routine activities.



Along with the medications, addicts are evaluated for nutritional status. Nutrients, vitamins, and a healthy diet - of them are all part of the detox process.

## **Behavior Therapy**

Behavioural therapy helps patients modify their attitudes and behaviours related to drug abuse and increase healthy lifestyle skills and coping skills. They also help in enhancing the effectiveness of the drug. Therapy treatment can be delivered in many different settings: In-patient addiction treatment- Those who are having severe addiction problems or have a previous history of drug addiction are recommended for inpatient addiction treatment.

Here, the patient remains in the rehabilitative centres for at least one month to one year depending upon each case. Each day, the patient/user spends 6 to 8 hours of the day learning coping skills that can be used to reduce the reliance on drugs/alcohol. Various types of therapeutic activities and therapies are taught to the addict.

## **After Care**

As the patient/addict is most vulnerable to relapse during the first few months, continuing care services are designed to monitor the emotional health of the recovering patient. You can contact us through our website, we have the best drug de-addiction centre in Pune.





As there are many facilities to help and deal with such alcohol and drug-related issues in India, there are many top rehab centres in India where top-notch accommodation facilities are thus provided. Having the basic amenities of air-conditioned rooms and dormitories with the supply of hot water, veg, and non-veg food menu, satellite TV, and the availability of indoor games, the rehab centres also have a 24/7 medical and support staff, with a panel of medical and psychiatric staff and an experienced counselling team with top reputed therapists. One will also have the 24/7 availability of ambulances with clean and modern living areas which would indeed provide positive health being.

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