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**Targeting alcohol abstinence: An original study****Neeraj Nagaich***Senior consultant gastroenterology, India*

**Statement of the problem:** A large unmet need for non-pharmacologic tool for relapse prevention in alcohol dependent exists. Meditation is an emerging modality with promise for alcohol relapse prevention. This prospective and retrospective study was done to evaluate efficacy of Sudarshan Kriya Yoga and practices (SKY& P) for relapse prevention in alcohol dependent patients.

**Methodology & theoretical orientation:** 131 adult alcohol-dependent patient were enrolled for Sudarshan Kriya Yoga and practices (SKY & P). Inclusion criteria was ASSIST Score less than 26 and stable health. 106 patients completed this course supplemented by at-home meditation and "standard of care" therapy. Outcome measures included relevant surveys like abstinence duration, overall harm reduction and others.

**Findings / Results:** 89 patients (83.96 %) were abstinent for 90.9 (SD = 78.2) days at enrolment. Completers (N = 89) attended 85% of meditation course sessions and meditated on average 5.6 (SD = 2.1) days per week; they were abstinent on 90.9% (SD = 7.9) of study days, with 59% reporting complete abstinence and 41% reporting 1 or more heavy drinking days. Stress reduction, confidence building and coping with craving, " was the most common positive feedbacks. The meditation programme was well tolerated.

**Conclusion:** Meditation (SKY & P) is an emerging avenue for relapse prevention in alcohol dependence. Needs revalidation in larger cohort in future studies.

**Biography**

Neeraj nagaich is senior consultant gastroenterology at fortis escorts Jaipur. Avid researcher, more than 20 national and 25 international publications. Organizing of multiple conferences. Fellow of American college of gastroenterology (FACG).