

Treating and preventing alcohol, nicotine, and drug abuse through Transcendental Meditation: A review and statistical meta-analysis.

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Abstract

Contents that the Transcendental Meditation (TM) program provides a holistic, natural, and effective treatment that impacts social, environmental, physiological, psychological, and spiritual factors that can influence addictive behavior. The problem of substance dependence and the limitations of current drug treatment approaches are described. A theoretical framework, the Vedic psychology of Maharishi Mahesh Yogi, and supporting research for understanding how TM may be used to address the multiple causes of addiction are provided. A qualitative review and statistical meta-analysis of 19 studies summarize the effects of TM on alcohol, cigarette, and illicit drug use and compare the outcomes of TM with relaxation and standard treatments. (PsycInfo Database Record (c) 2020 APA, all rights reserved)

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