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Consequence of Use of Alcoholic Beverages in Modern Life-Style and Remedy with Yoga and Ayurveda

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ABSTRACT:

Whenever we discuss regarding the alcoholism, which may be chronic or acute, it seems that the people who consumes alcohol may be due to any causes, it leads to an Alcoholic addiction. In the primary stage of alcoholic consumption, it may not harm to body but some socio-economic problem may occur. Sometimes the family members as well as friends also ignore to such activities of user knowingly or unknowingly. Users often take beetle with tobacco products in order to conceal the fact, which may also harm to their body. As the time passes and if it is not controlled by him-self or family, then such person falls down to another world, from where he does not want to come back and he makes distances from family as well as good friends. At last a stage comes where he becomes ruined socially, economically, physically and mentally. Some users even try to commit suicide due to frustration. Homicidal activities and sexual violence may also be noticed. Now-a-days alcoholism is a commonest cause for incidents of murder and rape as well as traffic accidents. Hence if the consumer adopt the lifestyle described in Ayurveda and Yoga, then one can give up the addiction of alcohol and able to lead a happy and healthy life.

Keywords– Alcoholism, Consequences, Yoga, Ayurveda, Consumer

INTRODUCTION

Alcoholic beverages are now very common in the people of modern high class society. Occasional gatherings such as marriage ceremony, birthday party, kitty party of ultra-modern females, bachelor party, victory party, marriage anniversary, service promotion etc. are included very commonly with soft drinks as well as alcoholic beverages. Now it becomes a lifestyle in ultra-modern society. In the

epic age of Mahabharat/Dwapara yuga, the famous dynasty Yadavas was destroyed due to disputes after intake of “KADAMBARI” (one type of Alcohol) by the Yadavs . A National Survey was conducted between December 2017 and October 2018 to assess the extent of substance use in India. According to the survey Alcohol is the most common psychoactive substance used by Indians. About 14.6 percent of population between 10 and 75 years of age



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uses Alcohol. In terms of absolute numbers, about 16 Crore persons consume alcohol in India. It is considerably higher in men (27.3) percent than women (1.6) percent.¹

According to the latest national family health survey 5 report, Arunachal Pradesh has the highest proportion for consumption of alcohol i.e. 53% in men and 24% in women and also the rural people consumes alcohol more than the urban people in India. Alcohol kills 2.6 lakh Indians every year either by causing liver cirrhosis, cancer or leading to road accidents caused by drunk driving. Alcohol kills 2.6 lakh Indians every year either by causing liver cirrhosis, cancer or leading to road accidents caused by drunk driving.

1. Almost 1 lakh deaths that occur on India's roads every year are indirectly related to alcohol abuse
2. Another 30,000 deaths among cancer patients every year can also be traced to use of alcohol

Liver cirrhosis is the biggest health problem posed by alcohol use, with 1.4 lakh deaths every year.²

A study has estimated that 79.9 million men consume alcohol in the country. As per the study, alcohol consumption among Indian women in the age group of 15-39 increased by 0.08% since the year 1990. At present, 5.39 million Indian women in this age group consume alcohol.³

As the alcoholic signs pass through some stages and in the first stage it produces excitement, thus it is called as “the stage of excitement”. In this state an alcoholic can show mischievous behavior and even crime. Besides, the consumers forget the ill effects and consequences during drinking. Here the motto is to create awareness among the consumers so that they can stay away from alcohol beverages and can lead a healthy life.

According to Ayurveda

Drugs possessing *tamoguna* predominantly and cause derangement of mind are called as “*Madakari*” (intoxicants) for example – *Sura*, *Madya* (Alcohol)⁴

Effects of *Madya* on *Oja*⁵

Madya effects heart by counteracting the *ojas* by its ten qualities with the ten qualities of alcohol itself.

- 1-*Laghu* (lightness) with *Guru* (heaviness)
- 2-*Ushna* (heat) with *Sheeta* (coolness)
- 3-*Amla* (sourness) with *Madhura* (sweetness)
- 4-*Tikshna* (sharpness) with *Mardava* (softness)
- 5-*Ashukari* (fast action) with *Prasada* (lucidity)
- 6-*Ruksha* (roughness) with *Snigdha* (unctuousness)
- 7-*Vyavayi* (ability to pervade) with *Sthira* (stability)
- 8-*Vikasi* (expanding) with *Slakshna* (smoothness)

9-*Vishada* (non-slimy) with *Picchila* (slimy)

10-*Bahala* (viscous) with *Sukshma* (tiny)

Table 1 Approximate percentage of Alcohol⁶

Table 2 Alcohol percentage according to brand⁷

Various country liquors⁸

- Mahua: Traditional tribal drink in central and eastern India. It is made from dried flower of mahua tree (*Madhuca longifolia*) and chhowa gud (granular molasses).
- Toddy (palm wine) is made from sap of various species of palm tree. It is common across Asia and Africa.
- Feni: Goan spirit, made from coconut or juice of cashew apple.
- Arrack (Arabic araq—sweet liquor usually made from raisins in those regions) is distilled from coco-palm, rice, sugar or jaggery and has strength of 40-50%. It may be mixed with chloral hydrate or potassium bromide.
- Tharra is made by fermenting the mash of sugarcane juice/pulp in ceramic containers and distilling to high alcohol content.
- Chhaang (Tibetan: 'nectar of gods') is a Tibetan/Sherpa rice beer, also popular in parts of eastern Himalayas. It is can be brewed from barley and millet stuffed in a barrel of bamboo, over which water is poured. Handia: It is made by fermenting boiled rice mixed with herbs. Commonly seen in Bihar, Jharkhand, Orissa, MP and Chhatisgarh.
- Chuak is made by fermenting rice in water, common in Tripura.
- Sonti is made much like sake and similar to wine in its alcohol content. It is made by steaming rice. A mold, *Rhizopus sonti*, is used, followed by fermentation.

Consequences of alcohol misuse

Stages of *Mada* (intoxication)⁹

1-Prithama Mada – the early stage of *Mada* starts when it spreads up to the heart but *Ojas* is not disturbed.

2-Madhyama Mada – In the middle stage *Ojas* gets disturbed.

3-Uttama Mada – In the later stage there is severe disturbance to the *Ojas*

Characteristics of intoxication of alcohol¹⁰

Samanya Mada Lakshna (Characteristic features of *Mada*)

The heart gets affected resulting in *Harsha* (exhilaration), *Tarsha* or *Abhilasha* (excessive desire), *Rati* (sexual pleasure) and other *Rajas* and *Tamas* disorders leads to the nature depending upon the mental attitude of the person

concluding in *Moha Nidra*. This mental perversion caused by alcohol is called *Mada*.

Prathama Mada lakshan (first stage of intoxication)

Exhilarating, passion, invokes instrumental and vocal music, different internment and narrative stories. Neither affects the intellect or memory, not lead to incapability of the senses. The pattern of sleep and awakening is restored and overall enjoying the phase.

Madhyama Mada (Second stage of intoxication)

Memory gets affected, causes confusion, indistinct speech, irrelevant talk, rambling postures.

Madyama Uttama Mada Sandhikala lakshna (in between stage of second and third stage intoxication)

The individual with *Rajas* and *Tamas* predominance behaves unpleasantly and inappropriately without any consideration.

Uttama Mada (Third stage of intoxication)

Body become static like a torn wood, mind is confused, similar to a dead but still alive.

Harrison's principles of internal medicine

Nutritional effect of Alcohol¹¹

Alcohol supplies calories, but devoid of nutrients such as minerals, vitamins and proteins. Alcohol also interferes with absorption of vitamins in the small intestine and decrease their storage in the liver with modest effect on folate (folic acid), pyridoxine (B₆), nicotinic acid (B₃) and Vitamin A. a heavy alcohol load in a fasting, healthy individual is likely to produce hypoglycemia within 6-36hours, secondary to the acute action of ethanol on gluconeogenesis.

Alcoholism and its features

According to J.P.Modi.¹²

According to its toxic effect Alcoholism can be classified into two categories i) Acute and ii) Chronic. Acute poisoning includes three stages a) Stage of excitement, b) Stage of stupor, c) Stage of coma

Chronic features

Habitual drunkards claim that the alcohol decreases the stresses and strains of life. Due to taking alcohol for a long and continuous period, they suffer from many organic diseases. Some develop dipsomania, an irresistible desire to take large amounts of alcohol until become unconscious. This habit recurs shorter and shorter intervals, mostly there is some psychological basis of some distressing event in the patient's past life. Patient develops loss of appetite, vomiting, nutritional deficiency, impaired hepatic function. Alcoholic cirrhosis of the liver is a major problem. There may be cognitive defects, impaired mental functions and

neurological damages

According to Davidson's Principle and Practice of Medicine¹³

Acute intoxication

- Emotional and behavioral disturbance
- Medical problems: hypoglycemia, aspiration of vomit, respiratory depression.
- Complicating other medical problems.
- Accidents and injuries sustained in fights

Withdrawal phenomena

- Psychological symptoms; restlessness, anxiety, panic attacks
- Autonomic symptoms; tachycardia, sweating, pupil dilatation, nausea, vomiting
- Delirium tremens; agitation, hallucination, illusions, delusions
- Seizures

Medical consequences

- Neurological; peripheral neuropathy, cerebellar degeneration, cerebral hemorrhage, dementia,
- Hepatic; fatty change and cirrhosis, liver cancer
- Gastrointestinal; esophagitis, gastritis, pancreatitis, esophageal cancer, Mallory-Weiss syndrome, mal absorption, esophageal varices
- Respiratory; pulmonary TB, pneumonia
- Skin; spider naevi, palmar erythema, Dupuytren's contractures, telangiectasiae
- Cardiac; cardiomyopathy, hypertension
- Musculoskeletal; myopathy, fractures
- Endocrine and metabolic; pseudo-Cushing syndrome, hypoglycemia, gout
- Reproductive; hypogonadism, fetal alcohol syndrome, infertility

Psychiatric and cerebral consequences

1-Depression

2-Alcoholic hallucinosis

3-Alcoholic blackouts

4-Wernicke'sencephalopathy;nystagmus, ophthalmoplegia, ataxia, confusion

5-Korsakoff's syndrome; short-term memory deficits, confabulation

Social consequences of Alcoholism

it is also seen that due to alcohol consumption by the family head, it effects the family and becomes ruins economically,

socially, physically and mentally especially in middle class and poor families. Use of alcohol causes a large disease, social and economic burden. Alcohol intoxication is strongly linked to accidents, injuries, deaths, domestic conflict and violence. Alcohol consumption affect work performances in several ways like more absences in workplace, increases accidents during work, heavy drinking reduces work performance and productivity of the person. This causes more economic loss to the country. Family life is also disturbed by alcohol. Parental drinking lead to child abuse and numerous other impact of the child’s social, psychological and economic environment. The financial cost of alcohol purchase and medical treatment as well as lost wages can leave other family members destitute. Further it cannot be ignored that due chronic alcoholism, the marriage life also may be disturbed due to impaired sexual gratification and consequently divorce between the couple occurs.

Therapeutic Life style adoption to combat against alcohol in Yoga and Ayurveda

In order to combat addiction of alcohol the consumer has grown strong will power as well as determination is necessary. According to *Maharshi Patanjali* “yogaschitta vritti Nirodh”. It means process of gaining control over the mental function.¹⁴ Yoga is the science of Life and art of living. It is a system of physical and mental self-improvement. *Maharishi Charak* has described *Satwavajay* (mental transformation) means control of mind from unwholesome objects.¹⁵

The following Yoga therapies can be practiced to improve the wellness of mind and body, which will help him to maintain a healthy life.

1. *Yogasanas*

- *Padmasana*
- *Vajrasana*
- *Tadasana*
- *Trikonasana*
- *Padahasthasana*
- *Ardhachakrasana*
- *Sarvangasana*
- *Shirshasana*
- *Shavasana*

2. All types of *Pranayama* (Breathing practices)

3. *Dhyana* (Meditation)

These yogasanas causes smooth contraction and relaxation of muscles without jerk leading to expenditure of energy, which increases the vital force, enhance the concentration

power, induce mental calmness, and enhance the pain tolerance capacity.

Pranayama (Breathing exercise) increases consumption of oxygen with the minimum of physical exertion. *Pranayama* has a great beneficial effect on the Nervous system. Mind becomes calm and quite.

Dhyana or Meditation increases concentration power and reduces mental stress by giving maximum rest to the Nervous system.

CONCLUSION

Besides a harmful action of alcohol to consumer, it also destroys the source of knowledge and the wellness of mind as a result the consumer can’t understand the consequences of the bad impact of alcohol, hence the person concerned may harm not only to him-self but also he may harm to society. According to Ayurveda *madya* (alcohol) has equal attributes like *visha* (poison), so it can harm like a poison and it should not be recommended anyway. Many consumers are unknown about the consequences, so it is highly necessary to create awareness regarding the bad impact of alcohol addiction globally.

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Table 1 Approximate percentage of Alcohol ⁽⁶⁾

Beverage	Alcohol by volume
Spitits(Whisky, Brandy, Rum,Gin,Vodka	35-50%
Port(Fortified by Brandy), Sherry	17-21%
Wine	10-15%
Champgne	10-13%
Beer Stout, Cidar	4-8%

Table 2 Alcohol percentage according to brand ⁽⁷⁾

Brand	Percentage	Brand	Percentage
whisky	40 - 50	Claret	8 - 12
Rum	51 - 59	Champagne	10 -13
Gin	40	Cedar	6 -13
Brandy	40 - 50	Beer	2 - 6
Port	18 - 22	Porter	5 -7
sherry	18 - 22	Ginger beer	1 -3
Hocks	9 - 13	Koumis	1 -3