

**A DESCRIPTIVE VIEW OF ALCOHOLISM FROM AN AYURVEDIC VIEWPOINT****Dr. Nandali Zade***

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ABSTRACT

Alcohol-related disorders represent a significant epidemiological health concern in India. In Ayurveda, this issue is referred to as Madatyaya, wherein the consumption of alcohol, its benefits, adverse effects, and diseases resulting from unregulated use, as well as its types, symptoms, and management, are elaborated upon in great detail. A thorough comprehension of the Nidana (causative factors) can provide insight into the pathophysiology, severity, and prognosis of the disease. Therefore, devising a treatment plan that takes all of these factors into account is likely to yield superior outcomes. Various authors of Ayurvedic textbooks have identified many causative factors, which can be classified into six categories. Among these factors, Madyapana (alcohol consumption) is the primary cause of Madatyaya. This article presents a compilation and analysis of the pathogenesis of alcoholism described in various Ayurvedic texts.

KEYWORDS: Alcoholism, Madyapana, Alcohol used disorder, Madatyaya.**INTRODUCTION**

Today, the issue of alcoholism has become a significant social problem, resulting in both mortality and morbidity, which in turn places a burden on the national economy. To address this social problem, a study has been conducted. The trend of alcohol consumption has led to chronic alcoholism, which is now recognized as a disease. Alcoholism is a broad term used to describe problems associated with alcohol, and it generally refers to the compulsive and uncontrolled use of alcoholic beverages, often to the detriment of the drinker's health, personal relationships, and social standing. It is considered a medical condition, specifically an addictive illness. In psychiatry, other terms such as "alcohol abuse" and "alcohol dependence" have been used, each with slightly different definitions. The increasing rate of alcohol consumption is a major problem with extensive legal, social, moral, and ethical consequences worldwide, regardless of cultural, geographical, educational, and economic differences.^[1] The four purusharthas, namely Dharma, Artha, Kama, and Moksha, are entirely dependent on a person's health. Therefore, Ayurveda not only deals with the preventive and curative aspects of the disease but also the happiness of the mind and soul.

It appears that the World Health Organization (WHO) has drawn inspiration from the following definition of health: "Health is defined as a state of physical, mental, and social well-being, not merely the absence of diseases."^[2] Ayurveda, an ancient Indian system of

medicine, recommends chronobiology, namely daily regimen, night regimen, seasonal regimen, to achieve positive health and prevent diseases. Additionally, *good conducts* and *Aachar Rasayana* provide a code of conduct that, if followed, can lead to a long and healthy life. Alcohol misuse has the potential to harm almost every organ in the body, including the brain. People often indulge in various activities to satisfy their senses and sensory motor organs, which may provide momentary pleasure but are harmful in the long run. One such activity is the consumption of intoxicating substances, which are detrimental to the human body and mind. Ayurveda refers to these activities as *Pragyaparadh*. Over time, the concentration and intoxicating effect of these beverages have increased, causing various ill effects within a shorter period of consumption. *Madatyaya* is a behavioural disorder characterized by repetitive and excessive consumption of alcohol, which affects a person's general health and socio-economic status. However, the intake of alcohol in higher concentrations causes vitiation of *tridosha*, with the dry quality of alcohol increasing *vata dosha*, leading to symptoms such as insomnia and irrelevant talk, tremors, the pitta dosa causing dizziness, burning sensation, excessive thirst, and the *kapha* dosha causing vomiting, anorexia etc.^[3] This condition described in Ayurveda is similar to alcohol withdrawal syndrome. The cumulative toxic effect of chronic alcohol abuse can cause both medical and psychiatric problems. One who has alcoholism is called an alcoholic. *Sushrut, Vagbhata,*

Yogratnakar, and other *samhitas* have described "*Madatyaya chikitsa*" or the treatment of alcoholism.

2. Objectives—To examine the aetiology and pathology of *madatyaya*, as described in Ayurvedic literature, within the context of alcoholism.

3. Material

In order to conduct the study, a comprehensive collection of materials was gathered from various sources including the *From Charak Samhita, Ashtang Hridayam, Ashtang Samgrah, Sushrut Samhita*, research articles, review papers, websites, and other relevant sources.

4. Method

To search in *Samhita* and other text some Article and compile the paper.

4.1 Nirukti

Excessive ingestion of *Madya* or alcoholic beverages causes the *vikruti* of *mana*, *buddhi*, *sharira* leads to various symptoms & disease is called "*Madatyaya*".^[4]

4.2 Aetiology of *Madatyaya*

The beverage known as wine, which is composed of various ingredients possessing diverse properties and effects, and is characterized by its intoxicating nature, presents both advantages and disadvantages. However, when consumed in an unwholesome manner, disregarding proper protocols and engaging in constant physical exertion, it can act as a toxic substance for the individual indulging in such behaviour.^[5] Wine should not be taken by a person under the influence of anger, grief, fright, thirst or hunger. The use of wine is prohibited immediately after a fatiguing journey, physical exercise or an act of load-carrying, or after the repressing of any physical urging, after the use of excessively acid food, (D.R. excessive water and food) to the full, or before the proper digestion of food or by a weak person, or by one suffering from the effects of heat. Individuals who possess physical strength, have a regular and substantial food intake, exhibit a tendency towards obesity, possess a strong mental fortitude and are in their youth, consume wine on a daily basis as a habitual practice, and belong to a family with a constitution that is predominantly composed of fat and *kapha*, and less of *vata* and *pitta*, and possess a robust digestive system, are less susceptible to experiencing significant levels of intoxication.^[6] Conversely, individuals who possess characteristics that are opposite to the aforementioned, who have an appreciation for the properties of alcohol, and who are prone to experiencing anger, are more susceptible to experiencing significant levels of intoxication, particularly when consuming wines that are excessively sour and dry, and are consumed in large quantities and with high frequency without proper digestion.

5.1 Pathogenesis of *Madatyaya*^[7]

As a result of excessive consumption of *madya*, there is a manifestation of *oja-nasha*, along with *mana*, *buddhi*, and *indriya vikruti*. This is subsequently followed by the vitiation of all *dhatu*, resulting in various symptoms of *madatyaya*. *Madya*, upon entering the heart, counteracts the ten properties of *ojas* with its corresponding ten properties, thereby disrupting the mind. *Madya's* properties, such as heaviness, coldness, sweetness, softness, clarity, unctuousness, stability, smoothness, sliminess, and viscosity, counteract the properties of *ojas*. This disturbance quickly affects the mind, which is dependent on *ojas*, leading to narcosis.

5.2 Symptoms of *Madatyaya*^[8]

Madatyaya is a condition that presents with a variety of symptoms, including severe physical distress, mental confusion, cardiac pain, anorexia, continued thirst, fever characterized by cold and heat, pain resembling electric shock in the head, sides, and bone joints, severe yawning, twitching, tremors, exertion, obstruction in the chest, cough, hiccup, dyspnoea, vigil, trembling, disorders in the ear, eye, and mouth, stiffness in the sacrum, vomiting, diarrhoea, and nausea with symptoms of *vata*, *pitta*, and *kapha*, giddiness, delirium, visual hallucination, covering oneself with grasses, ash, creeper, leaves, and dust, and with an unstable mind feeling assaulted by birds, seeing terrifying and inauspicious dreams. Improper or excessive use of alcoholic drinks is the cause of *madatyaya* (alcoholism).

Treatment of *Madatyaya* – All forms of alcoholism are classified as *tridosaja*, therefore it is imperative for the physician to first address the predominant *dosa*. In the case of alcoholism, treatment should commence with *kapha* as it is primarily located between *pitta* and *vata*. The disorder caused by excessive, deficient or faulty drinking can be alleviated by wine itself, provided it is consumed in appropriate quantities.^[9] Once the patient has digested the toxins and negative effects of wine, and their appetite and lightness have returned, they should be given wine that is suitable for them. This wine should be cold and mixed with *sauvachala*, *bida*, rock salt, *matulunga* and fresh ginger, in the correct proportions.^[10] If all the *dosas* are found to be equal in alcoholism, then the predominant seat of *kapha* should be treated first, as alcoholism typically exacerbates *pitta* and *vata* in its advanced stages.

DISCUSSION

Alcohol is a beverage that is widely accepted in society. However, it is often consumed excessively, leading to the development of alcoholism, a brain disorder that is beyond the control of the drinker. The ancient Ayurvedic texts provide a detailed account of the advantages and disadvantages of alcohol consumption, including its effects on the body, soul, and various organs. Alcohol consumption leads to the vitiation of *tridoshas*. Alcohol withdrawal syndrome is a potentially life-threatening condition that can occur in individuals who have been

consuming alcohol heavily for weeks, months, or years and then abruptly stop or significantly reduce their alcohol intake. The symptoms of anorexia, nausea, giddiness, delirium, and tremors' resemble those of alcohol withdrawal syndrome. Alcohol withdrawal symptoms can manifest as early as two hours after the last drink, persist for weeks, and range from mild anxiety and shakiness to severe complications. Given that alcohol withdrawal symptoms can rapidly worsen, it is crucial to seek medical attention even if the symptoms appear mild. Alcohol is perhaps the most versatile and remarkable of all pharmacological agents, affecting every system in the body. When consumed in small doses, alcohol can have beneficial effects on the body and mind, similar to ambrosia. However, when consumed excessively, it becomes a cumulative poison. Although alcohol affects all systems in the body, it has a particularly detrimental impact on the central nervous system, including the autonomous and peripheral nervous systems.

CONCLUSION

It has been determined that Alcoholism/madatyaya is comprehensively elucidated in Ayurveda, thereby facilitating its diagnosis and management based on the Dosha's involvement.

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