

Exploring the Homoeopathic Approach to Alcoholism - A Comprehensive Approach to Addiction Recovery

Dr. T. Surekha¹, N. Swetha², N. Sowmya³, P. Mahesh⁴

¹Associate Professor and HOD, Department of Community Medicine, MNR Homoeopathic Medical College and Hospital, Sangareddy

^{2,3,4}Interns, MNR Homoeopathic Medical College and Hospital, Sangareddy

Corresponding Author: Dr T Surekha

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ABSTRACT

As Alcoholism is a high-risk behavioural factor in many adolescents and adults, this article throws light on the causes of alcoholism and their effects on the human body. Homoeopathic medication is quite effective in treating conditions like this. An insight on assessment of this condition, and its homoeopathic approach have been presented in this article. This article explains the risk of alcoholism and its management with different types of repertories. Homoeopathy has good scope in controlling the further deterioration of health and helps in maintaining the good health in the drunkards.

KEY WORDS: Alcohol; Alcoholism; Homoeopathy

INTRODUCTION

Alcohol is one of the most widely used psychoactive substance in the world. Drinking alcohol can have serious harmful consequences, it is linked to various cancers, gastrointestinal diseases and metabolic problems. Regular use of alcohol can lead to alcohol dependence and bouts of withdrawal and this can take a serious physical and emotional toll on a person's life⁽¹⁾.

By pharmacological definition, alcohol is a drug and may be classified as a sedative, tranquillizer, hypnotic or anesthetic, depending upon the quantity consumed. Of all the drugs, alcohol is the only drug whose

self-induced intoxication is socially acceptable. Alcohol is rapidly absorbed from the stomach and small intestine. Within 2-3 minutes of consumption, it can be detected in the blood - the maximum concentration is usually reached about one hour after consumption. The presence of food in the stomach inhibits the absorption of alcohol because of dilution. ICD-10 recognizes the following psychoactive drugs, or drug classes, the self-administration of which may produce mental and behavioral disorders, including dependence⁽¹⁰⁾.

CAUSES:

- Starting in the early age of consumption of alcohol.
- Lower socioeconomic groups.
- Biological factors: with the family history.
- Psychology factors: psychological factors greatly impact the likelihood that someone will develop alcoholism. For example- individuals who suffer from depression, bipolar disorder and social anxiety are much more likely to develop alcoholism.
- Some professions which are related to both physical and mental stress like agricultural laborers, industrial workers, IT employees, doctors⁽²⁾.

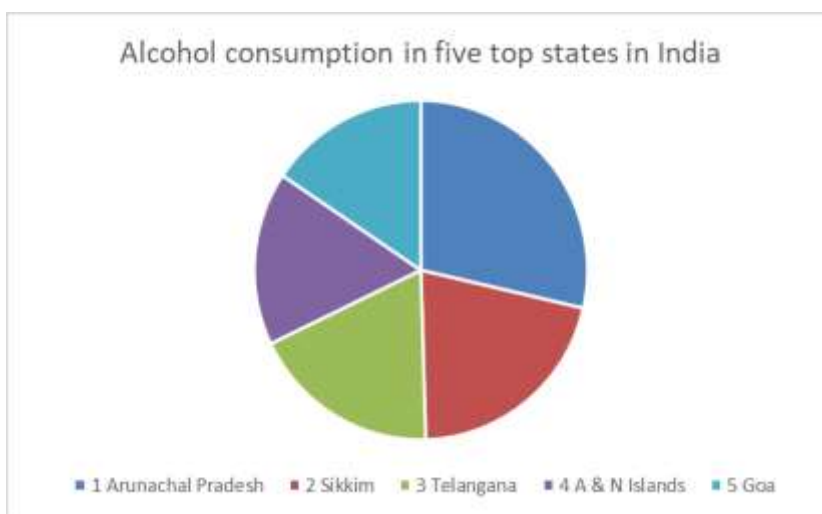
EPIDEMIOLOGICAL ASPECTS FOR EXCESSIVE DRINKING AND ALCOHOLISM:

It has been seen that the highest consumption of alcohol is in young man who are unmarried, separated divorced. This is associated with risk of developing health problems like Mental and Behavioral disorders which includes alcohol dependence and major non communicable

diseases like Liver cirrhosis, CA and CVS disorders⁽¹¹⁾.

All over the country the below mentioned states are having high consumption of alcohol for 15 yrs and more, wherein Telangana is ranking third in the country⁽¹²⁾.

S.no	State	% of Alcohol consumption
1	Arunachal Pradesh	38.42%
2	Sikkim	28.11%
3	Telangana	24.61%
4	A & N Islands	22.22%
5	Goa	20.94%



DISORDERS RELATED TO ALCOHOL MISUSE:

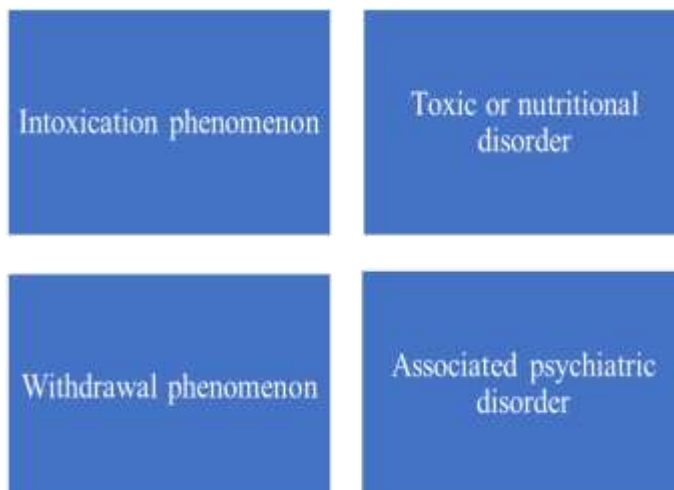
Physical damage:

Gastrointestinal effects: Hepatitis, Cirrhosis of liver, stomach ulcers, pancreatitis.

Cardiovascular effects: It leads to complications like high blood pressure and stroke.

Neurological effects: It leads to peripheral neuropathy, epilepsy, cerebellar degeneration.

Psychiatric degeneration: It falls in to four groups:



Social damage:

- Family problems
- Work difficulties and road accidents
- Crime⁽²⁾

RUBRICS FROM DIFFERENT REPERTORIES:

- Kent Repertory: ⁽⁶⁾

MIND - Dipsomania

- BBCR: ⁽⁷⁾

MIND - Alcoholism, Intoxication etc.

MIND - Alcoholism, Intoxication, etc: Easy

- Phatak Repertory: ⁽⁸⁾

Alcoholism: Acute

Alcoholism: Later

Alcoholism: Later: Recurrent

Dipsomania

- Synthesis Repertory: ⁽⁹⁾

MIND - Ailments from alcoholism

MIND - Dipsomania

MIND - Drunkenness: symptoms during

MIND - Libertinism

GENERALS - Alcoholism

GENERALS - Family History of - Alcoholism

GENERALS - Food and Drinks - Alcoholic drinks - desires

GENERALS - Intoxication, after

HOMOEOPATHIC REMEDIES: ^{(3) (5)}

- **Nux vomica** - It is a great anti-alcoholic remedy. It corresponds to tremor, nervous affections, and headache and also to bad taste. It also correlates with delirium tremens, where every little noise frightens the victim and place for rest. The tremor associated with irritability, ugliness and gastric disturbances. This remedy should be given to the patients who are still under the influence liquor or at any stage of alcoholism.
- **Sulphuric acid**: This remedy is given for chronic alcoholism. It is given when Nux vomica fails. It suits the sour breath and vomiting. It is given to the patients who can't tolerate the slightest amount

of food. They can't drink water until it is whisked. These people are quick and hasty in everything and have a constant desire for brandy.

- **Cannabis indica**: It is given in acute alcoholism cases. These people are mostly talkative and active mind with delusions and hallucinations related to time, subjects, space etc. Face is flushed and pupil dilated, perspires easily.
- **Opium**: This remedy is given for "old sinners" who had delirium tremens again and again.
- **Capsicum**: This remedy is given for morning vomiting, pain at the pit of stomach. There is intense craving for alcohol and intense appetite.
- **Avena sativa**: Its main action is on brain and nervous system and favourably influences their nutritive function. Alcoholism. Mostly sleeplessness in alcoholics.
- **Hyoscyamus**: It is usually given when delirium tremens occurs. There is marked sexual excitement and desire to expose person. There is fear of poison. There is constant insomnia. There is outburst of laughter alternating with weeping occurs.
- **Stramonium**: It is mostly suited for habitual drinkers. The indicated mental characteristics is terror, all hallucinations and illusions which are of fright and terror producing.
- **Agaricus**: It is indicated when Nux fails to control tremor. It acts as intoxicant to the brain, producing vertigo and delirium. It corresponds to various forms of cerebral excitement rather than congestion.
- **Arsenic album**: There is vision of ghosts, with great weakness, diseases from over usage of alcohol. There is great tremulousness and nervous weakness. There are suicidal tendencies and constantly annoyed by bugs and constantly tries to brush off them.
- **Quercus glandium spiritus**: It antidotes the effects of alcohol. It takes

away the cravings for alcohol and causes disgust on alcoholic beverages.

CONCLUSION

WHO emphasised on global strategy to reduce the harmful use of alcohol. This article helps in understanding the condition of alcoholism and its effects on human beings and their homoeopathic approach. In the system of homoeopathic medicine, we consider holistic concept of individualizing the patient. This helps in understanding the difficulties faced by patients and we can guide them in best way to deal with this condition and avoid the deterioration of health of drunkards.

Declaration by Authors

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