

Today's youth in the grip of intoxication and addiction

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Alcohol addiction affects not only the person who consumes it, but also their family and people around them. Along with physical health, alcoholism also has emotional side effects for both the person who consumes it and people around them. Family members face depression, anxiety, and shame because their loved one is addicted. They also face physical and emotional outbursts.

As a result, an addicted person may want to keep themselves away from their family and protect them from the impact. Sadly, isolation doesn't protect family from emotional and financial strain. We have seen many cases in our country. where the parents of 25yrs old adolescent student were alarmed by repeated incidents of anger outburst, irritability, sleep disturbance, depression. Which reduced him to motivation and rushed him to psychiatrist. Now reduced concentration and other mental health issues were affected and regular consumer of cannabis, gutka or a betel quid. usually sourcing it from pan shops. "on history and interview he spoke how addiction has spoiled his relation with his sister's and mother his addiction has restricted him from his studies and growth in career. How he is not able to socialize with society. He even missed his own sisters event because of his addiction. He even spoke about his loneliness which attracted him towards regular use of cannabis and gutka chewing. With all this situation which has been taken place because of addiction his mother sent him to rehabilitation center where he was unable to recover it made him to an anger outburst where he even lost his emotional family support. Now successfully he recovered by himself from all his addiction and successfully he made it by his self-control and understanding by him self.

IMPACT OF INTOXICATION AND ADDICTION IN LIFE

LIVER

BRAIN

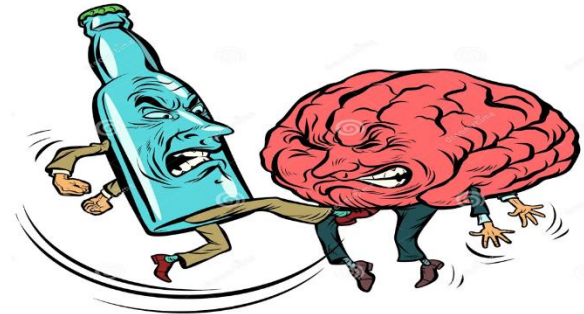
HEART HEALTH

IMPACT ON FAMILY RELATIONS

IMPACT ON MENTAL HEALTH

IMPACT ON CARRER

Telangana state consumes 19% of liquor where compare to central level report which is 17.3%



Liver

Binge drinking may cause inflammation on the liver. Liver cells die and scar tissue replaces them, causing a serious health condition called "cirrhosis" (Massey & Arteel, 2012; Rivara et al., 1993; Barrio et al., 2004). Cirrhosis is non-preventable disease and causes various serious health conditions. In worst case scenario, it leaves patients with no option other than liver transplant. Alcoholic liver diseases are the collective diseases caused by alcoholism. Fatty liver is first of these conditions, caused by the rise in fat in liver cells. Eventually, fatty liver grows in 90% of people who drink more than 15ml (1/2 ounce) of alcohol every day (Crabb, 1999; Bergheim et al, 2006).

Brain

There are several extreme effects of consuming excessive alcohol on the brain. Alcohol contains a key ingredient "ethanol" which is responsible to cause addition. It is ethanol than makes a person to drink more. It affects communication among brain cells for a short term. Binge drinking can also cause blackout, a phenomenon responsible for amnesia or memory loss when drinking heavily (Lee et al., 2009). These effects don't last long. But chronic substance abuse may lead to permanent effects like impaired brain

function (Zahr et al., 2011; Harper, 2011; Read et al., 2007).

Heart Health

In this day and age, cardiovascular disease is responsible for millions of deaths worldwide. It is a vast category which involves heart attacks, strokes, and heart disease. There is a complex relation between alcohol and heart disease and it relies on various factors. Heavy drinking is associated to increased risk of heart disease (O’Keefe et al., 2007; Corrao et al., 2000; Pinder & Sandler, 2004).

“Alcohol damage a happy life”

There is a close and complex relationship between alcohol consumption and depression (Boden & Fergusson (2011). As depression and alcohol consumption were found to increase the risks of each other at the same time, alcohol consumption was found to be a stronger causal factor (Fergusson et al., 2009; Flensburg-Madsen et al., 2009; Sihvola et al., 2008). A lot of people with depression and anxiety drink to enhance mood and escape from stressful situations intentionally. Drinking provides relief for a few hours. But it worsens overall psychological health and starts a vicious cycle of drinking and escapism (Grant et al., 2009; Young-Wolff et al., 2009). Since heavy drinking is found to be a significant cause of depression, treating alcohol abuse can have significant improvements in mental health (Baker et al., 2010; Wilton et al., 2009

Impact on Family and Relationships

There is a highly destructive effect of alcoholism on family and relationships of a person who abuses alcohol. It is especially true when a person who is addicted has children. Their children face a lot of risks and circumstances because of alcohol abuse of one or both parents. Broken promises, lies, and manipulation are some of the behavioral symptoms of alcohol addiction, which eventually erode trust and love which have once kept family together. Alcohol addiction keeps the person insulated from family and near and dear ones.

Because of increasing resentment or to protect themselves, family may feel helpless and end up distancing themselves. This split lasts for lifetime as one or both sides avoid to reunite. As a result,

alcoholism leaves a lifelong scar on everyone’s life (Spinks, 2023).

Solutions

Meditation and Mindfulness

Mindfulness includes different therapies to keep people from relapsing (a condition when a drinker resumes unhealthy drinking after recovery). Meditation is the most important part of these programs. An addict person is trained to notice their feelings, thoughts, and cravings, instead of just reacting to them. In some studies, it is observed that mindfulness gives better results than just 12-step programs (Bowen et al., 2014). However, all studies didn’t have the same outcomes. This therapy was not found to be more effective than other relapse prevention therapies (Grant et al., 2017).

Lifestyle Changes

When it comes to leave drinking, lifestyle changes can be a healthy way out. One can get relief from withdrawal symptoms and avoid cravings by replacing unhealthy habits with healthier ones. Here are some of the lifestyle changes to feel better when quitting drinking (Kattimani & Bharadwaj, 2013) –

- Exercise – Moving body can improve mood, boost endorphin levels to relieve pain, relieve stress, etc. to help quit drinking.
- Healthy diet – Food rich in minerals and vitamins can restore nutrient loss due to drinking.
- Proper sleep – At least 8 hours of sleep is needed to get body and mind relaxed when quitting drinking. Insomnia is a serious issue when it comes to quit drinking.
- Stay hydrated – It is recommended to drink up to 8 ounces of water every day to feel fuller and reduce withdrawal symptoms.
- Self-motivation – Most importantly, it is recommended to be prepared to avoid people who used to drink, places where drink is provided, and activities related to drinking.
- Stress management – If alcohol is consumed as a coping mechanism, there is a need to look for other ways to reduce stress, such as, yoga, meditation, music, gardening and art, and other hobbies to reduce stress naturally.
- Healthy Socializing—healthy socializing is the best thing to divert our mind and turn over the new

things and explore the life, the exposure is the best thing to get rid of alcohol addiction.

Therapies and Self-Help Groups

There are several online recovery and self-help groups which are available 24x7 and accessible with different recovery programs, such as “Alcoholics Anonymous (AA), Green Recovery and Sobriety Support (GRASS), Secular Organizations for Sobriety (SOS), etc.” They offer different programs to help people achieve abstinence from alcohol. They provide online support to people to help them recover from alcohol and other harmful behaviors and substances.

In addition, there are several behavioral therapies that can help people stop drinking. Therapies are also available online to help people with “alcohol use disorder”, such as family counseling, brief interventions, cognitive behavioral therapy (CBT), and self-motivation therapy. This way, acupuncture can also help dealing with withdrawal symptoms and cravings. In this therapy, tiny and sterile needles are put in targeted spots as part of “traditional Chinese medicine (TCM)”. It is also helpful to treat depression and anxiety.

The person with alcohol addiction often denies the fact that they need treatment. For instance, families of an alcoholic person may find it hard to convince them to seek treatment as they haven’t faced extreme effects of additions yet. But family members still shouldn’t lose their hope. There are different ways to deal with this behavior. Counseling and support groups can help members affected by alcohol abuse of their family member. Alcoholism and alcohol abuse can have drastic effects on families.