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Scope of homoeopathy in alcoholism and addictions

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Abstract

Alcoholism can be defined as addiction of irresistible desire of taking alcohol. It can be treated or managed by homoeopathy, which offers significant assistance in the fight against the disease.

In India, alcohol consumption per capita doubled between 2005 and 2016, according to the WHO's 2018 Global Status Report on Alcohol and Health. According to the data, Indians consumed 2.4 l of alcohol in 2005; this number rose to 4.3 l in 2010; and as high as 5.7 l in 2016.

The harmful use of alcohol resulted in the deaths of more than 3 million individuals in 2016. The negative effects of alcohol usage on several individuals, their families, and communities include violence, accidents, mental health issues, and illnesses including cancer and stroke.

Keywords: Alcoholism, addictions, homoeopathy, cirrhosis, cognitive behavioural therapy, group therapy

Introduction

Alcohol has been used extensively throughout many cultures for ages and is a psychoactive drug that can lead to dependence. Alcohol abuse puts a strain on social and economic systems as well as on people's health. One of the main causes of death and disability worldwide is its intake. In the world, about two billion people drink alcohol, and one third of them probably have one or more diagnosable alcohol use disorders [2].

Alcoholism can relate to harm that has been caused by such excessive consumption, including social, mental, and physical effects. Excessive alcohol intake is defined as a daily or weekly consumption of alcohol in excess of a set limit. Alcohol abuse refers to drinking that negatively impacts a person's mental, physical, or social well-being.

The following phrases are alternatives to "alcoholism":

1. Abusing alcohol excessively
2. Abusing alcohol.
3. Abuse of alcohol.
4. Alcohol abuse.

Medical Viewpoints of alcohol misuse

The moral model holds that when someone drinks excessively, it is of his own free will, and that his acts are immoral if they injure him or his family.

A person who abuses alcohol is considered sick rather than evil in the medical model.

Alcoholism is a condition that is characterised by three main concepts:

1. Some persons are more prone than others to abusing alcohol.
2. Excessive drinking develops in stages that are clearly defined, and at one point, the person loses control of their drinking.
3. Drinking too much can result in Drinking too much can result in

Epidemiology

Young men who are single, separated, or divorced have been found to drink the most alcohol overall.

Cases found of alcohol misuse

1. Based on hospitalization rates.
2. Deaths from cirrhosis brought on by alcoholism.
3. Broad population surveys.

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Demography of alcohol misuse

1. **Gender:** Men over women.
2. The prime age range is late adolescence or early twenties.
3. **Ethnicity and culture:** Compared to the general population, adherents of particular religions are less likely to misuse alcohol.
4. **Profession:** People who work as cooks, kitchen porters, bartenders, or brewery workers and have ready access to alcohol are more likely to misuse alcohol.

Disorders Associated with Alcoholism

Physical

1. Cirrhosis
2. Neuropsychiatric side effects like cerebellar degeneration, epilepsy, and peripheral neuropathy.
3. Cardiovascular issues include high blood pressure and stroke.
4. Foetal alcohol syndrome - is a condition that affects children whose moms drink heavily. Facial abnormalities, short stature, low birth weight, poor IQ, and excessive movement are among them.

Psychiatric: Psychiatric diseases are divided into four categories:

- a. manifestations of intoxication
- b. phenomena of withdrawal
- c. toxicological or dietary disorders
- d. Related psychological conditions

Social

1. Family issues
2. Problems at work and traffic collisions
3. Crime

Alcoholism's causes

1) Biological factors: It has been established via study that alcoholism tends to run in families. This research have been quite supportive of the genetic perspective.

2) Psychological and social aspects

- a. **Psychological vulnerability:** People who have trouble controlling their drinking are frequently blamed for having psychological issues or having a "alcoholic personality," which is a character structure that makes drinking alcohol more likely than using other coping mechanisms when under stress. A common trait of alcoholics is emotional immaturity. Depression and antisocial personality disorder are two clinical illnesses that have also frequently been linked to later heavy drinking.
- b. **Reduction of tension, stress, and reinforcement:** It has been determined that alcoholism is a learned reaction to anxiety. Alcohol is probably the person's go-to method for numbing anxiety, resentment, despair, or other unpleasant emotions brought on by stressful parts of his position every time. He drinks, which helps him decompress and reinforces his drinking behaviour, which eventually becomes his go-to method of handling stress.
- c. **Marital and other intimate relationships:** Excessive drinking frequently starts during times of marital or other intimate relationship stress, especially when such

times of stress result in hurt and self-devaluation.

3. General socio-cultural factors: Alcohol has become the "drug of choice" in our culture and is used as a social lubricant and a tensing agent. Additionally, alcohol now plays a nearly ceremonial role in encouraging joy and enjoyable social contact.

Homoeopathic management

Homoeopathy is renowned for treating people with alcoholism and disorders brought on by alcohol misuse.

Aphorism 221 of the 6th edition of the Organon of Medicine states that acute medicines are employed to cure acute mental illnesses like insanity brought on by the overuse of alcoholic beverages that temporarily produce latent psora explosiva^[3].

In their first phases, these illnesses are caused by psoric miasm, and they may subsequently progress to syphilitic miasm.

1. **Nuxvomica:** It is an excellent anti-alcohol treatment. It is correlated with tremor, nervous afflictions, and unpleasant taste.
2. **Opium:** This is the treatment recommended for "old sinners" who have repeatedly experienced delirium tremens. There is a perpetual look of fear or panic on their faces, they see ghosts and creatures sprouting up everywhere, and their sleep is restless. There is stertorous breathing.
3. **Stramonium:** It is appropriate for frequent drinkers; he sees creatures approaching from all sides and wants to flee. Stramonium has a brilliant red face as opposed to the dark red face of opium.
4. **Ranunculus bulbosus:** It's administered as tinctures. It is without a doubt among our greatest treatments for severe alcoholism.
5. **Sulphuric acid:** This is the cure for long-term alcoholism. Water that hasn't been properly whisked is inedible to them.
6. **Capscicum:** The tincture will halt morning vomiting, a sinking feeling in the pit of the stomach, and an overwhelming desire for alcohol in dipsomania in doses of ten drops^[4].

Psychological counselling

Treatment may need to be more extensive when patients have major alcohol-related issues, especially when alcohol dependency is present. Any intervention should be preceded by a thorough evaluation that considers the drinking history as well as any current physical, mental, or social issues.

With the patient (and spouse, if applicable), a clear treatment plan should be developed. There should be clear objectives, and the patient should be responsible for achieving them. There should be attainable short-term goals in the beginning. As your treatment goes further, you might set longer-term objectives.

Psychosocial interventions: The main psychosocial interventions in the treatment of alcoholism include:

1. **Group therapy,** which is perhaps the most popular intervention for problem drinkers. About ten patients and one or more staff members attend regular meetings. The goal is to help patients see how their own issues are reflected in other problem drinkers and to come up with better strategies to deal with those issues.
2. **Cognitive behavioural therapy (CBT):** Instead than

focusing on the ostensible underlying psychiatric issues, CBT treatment addresses the drinking behaviour itself. These issues highlight the importance of education and the development of social and interpersonal skills in relation to alcohol misuse.

Conclusion

Homeopathy treatment is a natural form of medicine based on the principle of symptom similarity. Homeopathy is a wonderful support for those withdrawing from drug or alcohol addiction. Not only it relieves the immediate symptoms, it also works to heal the underlying cause, whether inherited, acquired, emotional or psychological and gradually helps the patient to restore his health.

Conflict of Interest

Not available

Financial Support

Not available

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