

A CONCEPTUAL STUDY OF MADATYAYA WITH SPECIAL REFERENCE TO ALCOHOLISM.

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ABSTRACT

Alcohol is the most widely abused substance worldwide, alcoholic beverages such as wine, beer, and hard liquor—contain a depressant drug called *ethyl alcohol* (or *ethanol*). The concentration of the drug varies with the type of beverage (wine and beer have less pure alcohol per ounce than distilled spirits such as rye, gin, or vodka). Alcohol is classified as a Inebriant poison which are characterized by two sets of symptom i.e. excitement and narcosis, the stage of excitement being well marked in some and that of narcosis in others.¹ Alcohol addiction is considered when consumption of heavy dose of ethyl alcohol beverages for a long period, regularly and characterized by morbid

desire to drink alcohol. Prolonged and excessive use of A **Psychological addiction** then refers to how the individual can become mentally dependent on certain substances (usually mind altering) or behaviors. Even when the individual realizes the harm that alcohol and drugs are causing them they may continue to use because of these psychological symptoms – willpower alone is often not enough to overcome a psychological addiction. To say that an individual is **physically addicted** on a substance means that they have an increased tolerance for it, and they will experience physical symptoms should they try to stop or reduce their intake substantially. These physical symptoms are more commonly referred to as withdrawals symptoms. The way this usually happens is that the person develops a psychological dependence first of all, and this drives them to keep using the drugs until they become physically addiction as well. A **Craving** can be defined as an intense desire for some particular things. It is the hallmark of psychological dependence. If the individual attempts to eliminate their addiction, or cut down on their usage, they will experience cravings. **Alcohol withdrawal syndrome** is a set of symptoms occurred when addicted individual reduces or stops alcoholic consumption. The withdrawal syndrome is largely a hyper-excitabile response

of the central nervous system due to lack of alcohol. Typical symptoms of withdrawal include nausea, vomiting, tremors, anxiety, agitation, paroxysmal sweating, disorientation, headache and hallucination. The habit of alcohol consumption leads to its addiction and causes alcohol intoxication. The habit of alcohol consumption leads to its addiction and causes alcohol intoxication. Nowadays, alcohol abuse is widespread in most parts of the world and in the current scenario; alcohol addiction is one of the major problems faced by the society. Excess alcohol intake affects every organ of the body. Alcohol Consumption is a contributory cause of more than 200 illnesses defined by the International Classification of Diseases (ICD-10) as three-Digit disease codes.² In a longer perspective, drinking also leads to social problems in the home such as spouse and child abuse or family breakup, and to economic problems and loss of jobs due to instability at work. Finally, fetal alcohol syndrome is a serious condition of infants whose mothers have consumed large amounts of alcohol during pregnancy. Chronic use of alcohol causes hemorrhagic gastritis, hepatitis, cirrhosis of liver, pancreatitis, peripheral neuropathy, Wernicke's korsakoff syndrome, arrhythmia, holiday heart syndrome, decrease sperm count & erectile capacity, amenorrhea and low bone density. 3. In Ayurveda there is too much matter about *Mada*, *Madya*, and *Madatyaya* but there is lacuna in describing *Panaapkrām* and De-addiction method. So it needs to evaluate, elaborate and develop better Ayurvedic drugs and method for De-addiction of Alcohol. That can be suitably applied on alcoholic patient with effectiveness. Taking into consideration of the above description for the de-addiction of alcohol we have to choose the drug which has anticraving effect, subside the withdrawal effect of alcohol, and correct the deleterious effects of chronic use of alcohol. Vidarikanda (*Pueraria tuberosa*) is also known as Indian kudzu will be act as an anti-craving agent in alcohol withdrawal as it belonging to same genus *Pueraria* like kudzu (*Pueraria lobata*). Vidarikanda and Kudzu have same useful part (root), similar chemical constituent like Isoflavonoid. Kudzu and its alkaloid isoflavonoid have proved his anti-craving property. Hence Vidarkanda will be used as successfully to lessen the craving of alcohol. Also vidarikanda have Immunomodulating, Antioxidant, Cardiotonic, Aphrodisiac, Rejuvenation, Nootropic effect which help to cope out from withdrawal syndrome and chronic bed effect of alcohol. The drug like Sarpagandha (*Rauwolfia serpentina*) involve in this trial to calm down the clinical manifestation like insomnia, anxiety and agitation. Also sarpagandha is indicated for the treatment of Madatyaya.⁷ Sudden withdrawal of alcohol may cause *Agnimandya* (Indigestion) by impairing metabolism, hence Phaltrikadi Churna⁸ added in this trial. Prolonged alcoholism causes hepatic injury and hence Bhumiamalaki *Ghanvati* will be added to regulate the hepatic functions and also it has *vishahar* property⁹. Thus in this

clinical trial patient of alcohol withdrawal will be managed by anti-craving agent along with sedative, liver tonic and appetizer to improve the hepatic function and general health. There are so many research work had completed on Madatyay with single drug study like Kharjooradi mantha, Ashthaanga lavanayukta takra, Punarnavadi Ghruta, Mrudvikadi Kasayam, Shreekhandasava in madatyaya, Shunthi Dhanyak Toya, Laghupanchamula Kasayan in Vataja madatyay, Usheeradi Panak, Draksadi Panak in Pittaja Madatyaya and Ashtang Lavana in Kaphaja madatyaya in different -different trial work. But there is no work on protocol for de-addiction. In present study we are draw a basic Ayurvedic module to de-addict the alcoholic patient in one group and on second hand along with this vidarikand *churna* is taking. So we can evaluate the role of vidarikanda in alcohol de-addiction on other hand effectiveness of herbal formulation of our basic module in alcohol de-addiction.

KEYWORDS: Mada, Madya, and Madatyaya.

INTRODUCTION

Ayurveda mention about *Madya* (Alcohol) its property, merits and demerits of its use, effect of alcohol when taken in right way or in wrong manner. Acharya charak mention that alcohol is taken in right manner or way, it act as nectar but in wrong manner it will causes many diseases. Again they said that the food is a life and poison destroy the life but in wrong manner food may act as poison and poison will be act as *Rasayana* when it is taken with well planed manner. In general **Mada** takes in meaning of lusty or madness. From medical point of view it means the partial loss of intellect, consciousness and discriminating power. The substance on administration produces disturbance of the intellect faculty by virtue of its *tamoguna*, or substance which causes intoxication by its excessive consumption is called as **Madya**. Intake of Alcohol in improper manner for long time in excess quantity leads to the disease called **Madatyaya or Panatyaya**.

General Properties *Madya* according to different *Acharya*.

Guna	Charak/ Y.R./ B.P.	Sushrut	Vagbhat
Laghu	+	-	+
Ushna	+	+	+
Tikshna	+	+	+
Sukshma	+	+	+
Vishada	+	+	+
Amla	+	-	+
Vyavayi	+	+	+
Aashu	+	+	+
Vikasi	+	+	+
Ruksha	+	+	+

Comparison of Gunas of Madya and Visha and Ojas

Madya is having guna which are just opposite to that of ojas. Therefore when Madya reaches the hridaya, it afflicts the ten guna of Ojas, which is located in Hridaya. Madya by virtue of its ten guna gives rise to ‘**manakshobha**’

Ojas	Madya				Visha		
	Ch. Sam.	Su. Sam.			Ch. Sam.		Su. Sam.
Guru		Laghu		-		Laghu	Laghu
Sheeta		Ushna		Ushna		Ushna	Ushna
Mrudu		Teekshna		Teekshna		Teekshna	Teekshna
Shlakshna		Sukshma		Sukshma		Sukshma	Sukshma
Bahala		Vishada		Vishada		Vishada	Vishada
Madhura		Amla		-		Anirdeshyarasa	Apaki
Sthira		Vyavayi		Vyavayi		Vyavayi	Vyavayi
Prasanna		Aashu		Aashu		Aashu	Aashu
Picchila		Vikasi		Vikasi		Vikasi	Vikasi
Snigdha		Ruksha		Ruksha		Ruksha	Ruksha

Tabel No. 3: Action of Madya and Visha on the Body.

Guna	Karma of Madya Acc. To Sushrut	Karma of Visha Acc. To Sushrut	Karma of Visha Acc. To Charak
Ruksha	Vata Kopa	Vata kopa	Vata kopa
Ushna	Sheetahara	Pitta and Rakta kopa	Pittakopa
Sukshma	Vishati avayavaan	Shareeraavayava Pravesha and vikaara	Raktaprakopa
Aashu	Aashukarma	Aashumarana	Annarasadushti
Vyavayi	Harshadam	Prakritim bhajet	Dehavyaapana
Teekshna	Manogatiharana	Marmaghnana Mano-moha	Marmaghnana
Vikaasi	Visarpati	Dosha-dhatu-mala-Kshapana	Pranaghna
Laghu	-	Durupakarma	Durupakrama
Vishada	Kapha and Shukrahara	Atiricyeta	Dosha pervading
Avyaktarasa	-	-	Kaphakopa
Avipaki	-	Durharam	-

DISCUSSION

Consumption of *Madya* continuously in inadequate dose or inadequate manner for prolonged period produce chronic toxicity of *Madya* in human being called as ***Madatyaya***. Almost all the Acharya has mentioned *Mada*, *Madya* and *Madatyaya*, although the name is different like Acharya Shushrut mentioned *Panatyaya* instead of *Madatyaya*. Acharya Charak has stated

that due to continuous utilization of any *aahara* and *vihara* become beneficial to the body is called *Oak Satmya*. Acharya Chakrapani further explain *Oak Satmya*, that *apathy* (unwholesome) whatever it may be harmful if it is taken continuously become *Satmya* and does not produce any harm to the body though it maybe poison. Drug addiction is the process in which the person becomes psychologically and physiologically dependent on that drug due to continuous utilization. The alcohol addicted person as per Ayurveda also *Satmya* with alcohol. Hence both the process addiction and *Satmya* are somewhat similar only difference is that *Satmya* have less craving than addiction after withdrawal of the *Satmya* substance.

CONCLUSION

India has been identified as the potentially third largest market for alcoholic beverages in the world which has attracted the attention of multinational liquor companies. About 80% of alcohol consumption is in the form of hard liquor or distilled spirits showing that the majority drink beverages with a high concentration of alcohol.⁴ The per capita consumption of alcohol has gone up by 106.7% in India over the 15 years period About 32% of Indians consume alcohol, out of which 4-13% are daily consumers. Around 30-35% of adult men and approximately 5% of adult women consume alcohol on average. The average age of initiation of alcohol use has reduced from 28 years during the 1980s to 17 years in 2007.⁵ There are 381 de-addiction centers running in India funded by government of India directly indirectly,⁶ but the problem of alcohol addiction is status quo. Hence it is a prime need of country, society, family, addict person and the female who is most sufferers by this problem to give more attention to de-addiction by better way with best result without any harmful effect of treatment.

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