

**STRATEGIES FOR CONTROLLING ALCOHOL CONSUMPTION AND THERAPEUTIC APPROACHES TO OVERCOME****V. Pooja\*<sup>1</sup>, G. Tharani<sup>1</sup>, P. Karthickraja<sup>1</sup>, S. Sakthivel<sup>1</sup>, Mrs. P. Nandhitha<sup>2</sup>,****Dr. C. Jothimanivannan<sup>2</sup>**<sup>1</sup>Students at The SS Institute of Pharmacy.<sup>2</sup>Professor & Principal, SS Institute of Pharmacy, Sankari.

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**ABSTRACT**

The consumption of alcohol has been one of the major public health issues that has been affecting the lives of individuals worldwide. alcohol consumption has been linked to several negative physical, psychological, and social effects. Drinking alcohol in excess or over an extended period has been associated with different types of health disorders. Therefore, it is essential to have effective measures in controlling alcohol consumption and to assist in the recovery of individuals from alcohol dependence. This review focuses on the behavioural, pharmacological, and supportive measures essential to the management of alcohol consumption. Behavioural aspects, including cognitive behavioural therapy and motivational enhancement, have been considered essential in the management of alcohol dependence. In addition, pharmacological measures, including drugs that reduce

cravings or cause negative effects after alcohol consumption, have been considered essential in the management of alcohol dependence. Furthermore, different types of lifestyle changes, including stress management, exercise, and nutrition, have been considered essential in the management of alcohol dependence. Therefore, it is essential to know the effectiveness of the combined therapeutic measures that can be used to control alcohol consumption.

## INTRODUCTION

Alcohol consumption is a common practice among many cultures and societies around the world. However, excessive and uncontrolled consumption of alcohol has now turned out to be a major problem for the world at large. Many health, social, and economic problems are associated with the consumption of alcohol. According to the World Health Organisation, millions of deaths occur every year due to health problems associated with the consumption of alcohol, which makes it a major factor for health risks and disabilities for many individuals around the globe. Excessive consumption of alcohol may lead to health issues such as Alcohol Use Disorder, Liver Cirrhosis, etc. In recent years, there has been a growing interest in developing effective strategies for controlling alcohol consumption and helping individuals cope with alcohol dependence. Alcohol consumption not only impacts health but also affects psychological states, family, and work. There is a growing need for effective strategies that tackle alcohol consumption from a biological and behavioural perspective. Several therapeutic strategies have been developed to assist individuals in controlling or completely stopping alcohol consumption. Behavioural therapies such as Cognitive Behavioural Therapy focus on helping individuals cope with alcohol consumption. Motivational strategies focus on reinforcing an individual's motivation to change. In addition, pharmacological agents such as Naltrexone, Disulfiram, and Acamprosate are commonly used to control alcohol cravings. The purpose of this review article is to explore the various strategies for controlling alcohol consumption and to focus on the therapeutic methods that can help individuals overcome alcohol dependency. By considering the current behavioural, pharmacological, and supportive methods for alcohol control, it is possible to gain a deeper understanding of the effective methods for alcohol consumption that promote health outcomes.

## CAUSES AND EFFECTS OF ALCOHOL CONSUMPTION

### 1. Causes of Alcohol Consumption

Alcohol consumption is affected by a combination of biological, psychological, and social factors.

#### A. Biological Causes

Figure 1: Progressive stages of alcohol-induced liver damage



Genetic predisposition: Family history makes a person more prone to alcohol dependence.  
Neurochemical factors: Alcohol affects neurotransmitters such as dopamine and GABA.  
Tolerance development: The amount of alcohol needed to produce the same effect increases with regular consumption.

### **B. Psychological Causes**

Stress and coping: People may turn to alcohol to cope with depression and anxiety. Mental health disorders: Depression, Anxiety disorders, and PTSD may contribute to alcohol dependence. Low self-esteem and emotional instability, impulsiveness and sensation-seeking behavior.

**C. Social and Environmental Causes:** Peer pressure and social influence: Drinking is often an activity. Cultural acceptability: Drinking is accepted and encouraged by family and friends. Availability and accessibility: Easy access to alcohol makes it more tempting to try it.

**D. Socioeconomic Factors:** Poverty, unemployment, and lack of education. Occupational stress occurs in high-risk and high-pressure jobs.

## **2. Effects of Alcohol Consumption**

Alcohol consumption has both short-term and long-term effects on physical, mental, and social well-being.

### **A. Short-Term Effects**

Impaired judgment and coordination, Slurred speech and reaction time, Risky behaviours, such as unsafe sex, accidents, and violence, Acute intoxication and alcohol poisoning.

### **B. Long-Term Physical Effects**

Liver diseases, including Cirrhosis and fatty liver. Cardiovascular problems, including hypertension and cardiomyopathy. Cancers, including liver, oral, and oesophageal cancer. Neurological damage, including memory loss and cognitive impairment. Immune system suppression.

### **C. Psychological Effects**

Exacerbation of mental health problems, alcohol use disorder, or alcohol dependence and addiction. Mood swings and irritability, suicidal tendencies.

### D. Social and Behavioural Effects

Family problems and domestic violence, Poor academic and work performance, Legal problems, including drunk driving, social isolation and broken relationships. Advertising and media influence: The glamorization of drinking in the media may encourage consumption. Family environment: Lack of supervision and family drinking habits may contribute to alcohol dependence.

**Socioeconomic Factors:** Poverty and lack of education, unemployment, and low socioeconomic status may contribute to alcohol dependence.

**Occupational stress:** People in high-stress jobs may.

### 3. Link to Control Strategies and Therapeutic Approaches (Brief Transition)

Knowledge of the causes and effects of addiction is vital in developing control strategies, which include:

- Behavioral therapy
- Motivational interviewing
- Pharmacotherapy
- Prevention programs
- Coping skill building.

### TREATMENT APPROACHES FOR ALCOHOL USE DISORDER

Effective management of Alcohol Use Disorder requires a comprehensive and multidisciplinary approach. This includes the use of medications to reduce cravings, prevent relapse, and manage withdrawal symptoms.

**1. Pharmacological Treatment** Medications are employed to reduce cravings, prevent relapse, and manage withdrawal symptoms.

#### A. FDA-Approved Medications

**Disulfiram:** Disulfiram induces an unpleasant reaction when alcohol is consumed, thereby discouraging alcohol use.

**Naltrexone:** Naltrexone blocks opioid receptors, thereby inhibiting the rewarding effects and cravings associated with alcohol.

**Acamprosate:** Acamprosate maintains neurotransmitter balance and aids in abstinence.

**B. Management of Withdrawal:** Benzodiazepines, such as diazepam, are employed to manage withdrawal symptoms and prevent complications such as seizures—supportive care: hydration, electrolyte balance, and nutritional supplements, especially thiamine.

**2. Behavioural and Psychological Therapies** A major role is played by psychotherapy in dealing with the causes of alcohol misuse.

#### **A. Cognitive Behavioural Therapy (CBT)**

Emphasises changing negative thinking and behaviour patterns. Helps in developing skills to cope with problems and prevent relapse.

**B. Motivational Interviewing (MI)** helps in developing intrinsic motivation to change drinking behaviour. MI is especially useful during the early stages of treatment.

**C. Contingency Management** Offers incentives to maintain a period of abstinence. Encourages good behavioural changes.

#### **D. Relapse Prevention Therapy**

Figure 8: Cycle of relapse in alcohol dependence



- Helps in identifying situations that lead to relapse.
- Helps in developing strategies to maintain long-term abstinence.

### **3. Support Groups and Community-Based Programs**

#### **A. Peer Support Groups**

- Alcoholics Anonymous (AA)
- It is a widely used 12-step method that offers peer support and accountability.

#### **B. Other Support Models**

- SMART Recovery (self-management approach)

- Family and group therapy programs
- It is important to note that these are just some of the support groups that are applicable.

#### **4. Psychosocial Interventions**

- Family therapy: It focuses on family dynamics and support systems.
- Social skills training: It enhances social and communication skills.
- Vocational rehabilitation: It helps the individual to return to society.

#### **5. Integrated Treatment for Co-occurring Disorders**

It is important to note that some individuals who suffer from AUD also have mental health problems, including

- Depression
- Anxiety disorders

#### **6. Emerging and Complementary Approaches**

- Mindfulness-based therapies: Enhance emotional regulation and reduce cravings.
- Digital interventions: Mobile applications and telecounseling.
- Neurostimulation techniques: Transcranial magnetic stimulation—experimental.

#### **7. Lifestyle and Long-Term Management**

- Avoiding triggers: People, places, and situations.
- Healthy lifestyle: Exercise, nutrition, and sleep.

### **PATHOPHYSIOLOGY OF ALCOHOL DEPENDENCE**

Alcohol dependence is a complex disorder that affects the brain, altering its functions, neurotransmitter systems, and behaviours. The development of dependence involves a mix of genetic, environmental, and psychological factors. This combination leads to compulsive alcohol use and a loss of control over consumption.

#### **1. Effect on the Brain Reward System**

Alcohol mainly influences the brain's reward pathway, especially the mesolimbic dopamine system. When a person drinks, alcohol triggers the release of dopamine in the nucleus accumbens. This release creates feelings of pleasure and encourages further drinking. The repeated activation of this system makes the brain link alcohol consumption with rewards. This link increases the chance of continued drinking and promotes addictive behaviours.



## 2. Role of Neurotransmitters

Alcohol changes the balance of important neurotransmitters in the central nervous system:

- Gamma-aminobutyric acid (GABA): Alcohol increases GABA activity, leading to effects such as sedation, relaxation, and reduced anxiety.
- Glutamate: Alcohol slows down glutamate transmission, particularly at NMDA receptors. This results in less excitatory activity and affects cognitive function.
- Dopamine: Increased dopamine release strengthens the rewarding effects of alcohol and is crucial in addiction.

The imbalance between inhibitory and excitatory neurotransmitters contributes to both short-term effects and long-term dependence.

**3. Development of Tolerance:** With long-term alcohol exposure, the body adjusts to its presence, causing tolerance. This means that larger amounts of alcohol are needed to achieve the same physical and psychological effects. Tolerance develops due to changes in the brain, including the downregulation of receptors and changes in neurotransmitter sensitivity.

## 4. Formation of Dependence

As a person continues to use alcohol, the brain changes its structure and function, leading to physical and psychological dependence. At this point, the individual needs alcohol to function normally and to avoid withdrawal symptoms. Dependence is characterised by compulsive drinking and an inability to cut back despite negative consequences.

## 5. Withdrawal Mechanism

When dependent individuals suddenly stop drinking, they experience withdrawal syndrome. This happens because the central nervous system becomes overly excitable after alcohol's inhibitory effects are removed.

**Common withdrawal symptoms include**

- Tremors
- Anxiety
- Sweating
- Insomnia
- Seizures (in severe cases).

**6. Long-Term Neurological Changes**

Chronic alcohol use leads to significant structural and functional changes in the brain. These changes include damage to the prefrontal cortex, which is important for decision-making, impulse control, and judgment. Memory problems and cognitive deficits are also common due to damage to the hippocampus.

**7. Psychological Reinforcement**

Alcohol use is often reinforced by its ability to relieve stress, anxiety, and emotional pain. Over time, individuals may turn to alcohol as a way to cope, resulting in psychological dependence. This cycle of behavioural reinforcement further fuels the addiction.

**SIGNS AND SYMPTOMS OF ALCOHOL DEPENDENCE**

Alcohol dependence shows a variety of physical, psychological, and behavioural symptoms. These signs depend on how long and how much a person has been drinking, as well as their individual vulnerability. Recognising these signs is important for early diagnosis and effective treatment.

**1. Physical Symptoms**

Long-term alcohol use causes several noticeable physical changes. These symptoms can show up during drinking or withdrawal.

**Common physical symptoms include**

- Tremors, especially in the hands
- Excessive sweating
- Nausea and vomiting
- Headaches

## 2. Psychological Symptoms

Alcohol dependence greatly impacts mental health and emotional well-being.

Key psychological symptoms include

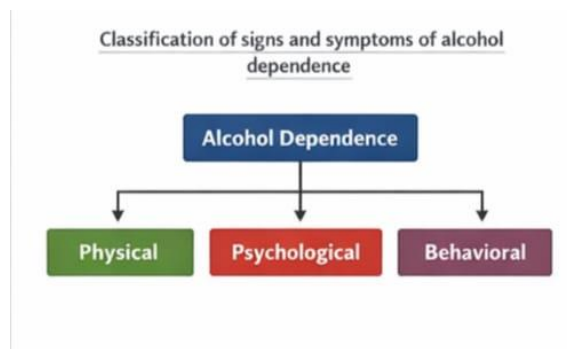
- Anxiety and restlessness
- Depression and mood swings
- Irritability and agitation
- Difficulty concentrating
- Impaired memory and thinking.

## 3. Behavioural Symptoms

Behavioural changes are often the most obvious signs of alcohol dependence.

These include

- A strong urge to drink alcohol
- Losing control over drinking habits
- Inability to cut back or stop drinking despite trying
- Neglecting personal, social, or work responsibilities
- Continuing to drink despite knowing the risks.



## 4. Social and Functional Impairment

Alcohol dependence often harms social relationships and job performance.

Common features include

- Conflicts with family and friends
- Social withdrawal and isolation
- Lower productivity at work or school
- Financial issues due to spending too much on alcohol

**5. Withdrawal Symptoms:** When a person reduces or stops drinking, withdrawal symptoms may appear, signalling physical dependence.

Typical withdrawal symptoms include

- Tremors
- Anxiety.

## **ALCOHOL DEPENDENCE DIAGNOSTIC METHODS**

The diagnosis of alcohol dependence requires full assessment through clinical examination, standardised testing, and laboratory tests. Medical professionals need to make precise and timely diagnoses because it serves as the foundation for treatment initiation and complication prevention.

### **1. Clinical Assessment**

Alcohol dependence detection requires healthcare professionals to proceed with their initial assessment through clinical evaluation.

This includes:

- Comprehensive documentation of alcohol intake, which includes details about the amount consumed, how often it occurred and for how long
- Evaluation of withdrawal symptoms
- Assessment of drinking-related behaviour patterns.

### **2. Standardised Screening Tools**

Validated screening questionnaires exist to identify people with alcohol dependence and determine their level of dependence.

#### **A. CAGE Questionnaire**

The CAGE questionnaire presents a straightforward screening method that includes four questions

C – Have you ever felt the need to cut down your drinking?

A – Have people annoyed you by criticising your drinking?

G – Have you ever felt Guilty about drinking?

E– Have you ever needed an Eye-opener drink in the morning?

## B. AUDIT (Alcohol Use Disorders Identification Test)

The World Health Organisation developed the AUDIT as a complete assessment instrument.

- The assessment tool contains 10 questions
- The tool evaluates drinking patterns, alcohol use, and problems that arise from it
- The assessment tool classifies people into three groups, which are low risk, hazardous risk and dependent risk.

People who drink large amounts of alcohol for extended periods experience many health problems that affect their entire body. The health issues that arise from this condition can develop suddenly or persist throughout life to create serious disruptions in a person's physical and psychological state and their ability to interact with others.

### 1. Hepatic Complications (Liver Disorders)

The liver serves as the main body organ through which alcohol enters through its second metabolic pathway. This metabolic process makes the liver vulnerable to the development of harmful effects.

Diagnostic approach for alcohol dependence



#### a. Fatty Liver (Steatosis)

- The condition represents the primary outcome, which occurs in patients who drink excessive amounts of alcohol.
- The condition involves fat buildup inside liver cells
- The condition becomes reversible after a person stops drinking alcohol.

#### b. Alcoholic Hepatitis

- Liver inflammation occurs because a person has consumed alcohol over an extended period.
- The liver condition shows three major symptoms, which include jaundice, abdominal discomfort and fever.

- The illness leads to severe liver damage, which develops in people who do not receive treatment.

### **c. Liver Cirrhosis**

- The condition results in permanent liver tissue damage, which creates irreversible destruction.
- The condition results in complete loss of liver function.
- The condition produces various problems, which include portal hypertension and liver failure.

## **2. Gastrointestinal Complications**

Alcohol creates irritation in the gastrointestinal system while it stops the body from digesting food correctly.

- Gastritis (inflammation of the stomach lining)
- Peptic ulcers
- Pancreatitis (inflammation of the pancreas).

## **3. Cardiovascular Complications**

People who consume large amounts of alcohol experience negative effects on their cardiovascular system, which includes both their heart and blood vessels.

- Hypertension (high blood pressure)
- Cardiomyopathy (weakening of the heart muscle)
- Arrhythmias (irregular heartbeats).

## **4. Neurological and Cognitive Complications**

Alcohol causes direct toxicity on the nervous system and the brain.

- Memory loss and cognitive dysfunction.
- Peripheral neuropathy (damage to nerves resulting in pain and numbness).

Wernicke -Korsakoff syndrome (because of thiamine deficiency)

## **NON-PHARMACOLOGICAL TREATMENT OF ALCOHOL DEPENDENCE**

Non-pharmacological treatment is a very important treatment for alcohol dependence. These are behavioural modifying methods, better coping skills and psychological and social assistance. They are commonly applied individually in menial cases or combined with pharmacological therapies with enhanced results.

## 1. Behavioural Therapies

Behavioural therapies are used to modify drinking behaviour by using well-organized interventions and building skills.

### a. Cognitive Behavioural Therapy (CBT)

One of the best therapies for alcohol dependence is Cognitive Behavioural Therapy.

- Assists people in Recognising and changing negative thinking patterns related to alcohol consumption.
- Educates on the management of triggers and cravings.
- Improves problem-solving and decision-making.

### b. Motivational Enhancement Therapy (MET)

Motivational Enhancement Therapy aims at enhancing the motivation of the individual to change.

- Promotes self-realization of the negative impact of alcohol.
- Assists in overcoming ambivalence to quit.
- Encourages investment in recovery.

### c. Contingency Management

This will involve positive reinforcement to promote abstinence.

Recognition is made on sobriety.

- Promotes treatment program adherence.

## 2. Counselling and Psychotherapy.

Counselling, both in groups and individually, is an imperative aspect of alcohol dependence treatment.

- Gives emotional assistance and advice.
- Assists patients in searching for their queer psychological problems.
- Enhances stress management and coping.

## 3. Support Groups

Support groups offer a community recovery solution.

- Promote experience and support.

The encouragement of responsibility and inspiration.

#### 4. Lifestyle Modifications

To recover in the long run, a healthy lifestyle is important.

- Physical exercise enhances cognitive and physical well-being.
- Proper nutrition is used to replace deficiencies that have been brought about by alcohol consumption.

#### 5. Stress Management Techniques

Alcohol consumption is largely caused by stress.

Some of the stress management plans are

Meditation and mindfulness activities.

- Relaxation and yoga.
- Deep breathing exercises

### ALCOHOL DEPENDENCE: PHARMACOLOGICAL TREATMENT

The pharmacological treatment is a major approach used to treat alcoholism, especially for those who have moderate to severe addictions. The drugs are utilized to alleviate cravings, avert relapse, and relieve withdrawal symptoms. Pharmacotherapy should be used along with non-pharmacological interventions in the form of counselling and behaviour therapy.

Drug	Mechanism	Use
Disulfiram	Aversion	Deterrent
Naltrexone	↓ Reward Pathway	Craving Reduction
Acamprosate	Neurobalance	Maintenance

#### 1. Pharmacological Treatment Objectives

The main goals of drug treatment are:

- Reducing alcohol cravings
- Maintaining abstinence
- Preventing relapse.

#### 2. Disulfiram

One of the first drugs applied in treating alcohol dependence is disulfiram. Mechanism of Action

- Inhibits enzyme aldehyde dehydrogenase.

- Causes the development of acetaldehyde when taking alcohol.

### 3. Naltrexone

Naltrexone is an opioid receptor antagonist that is used to a large extent in reducing alcohol cravings.

Mechanism of Action:

inhibits the reward system of opioid receptors in the brain.

- Makes the effects of alcohol pleasurable.

#### Clinical Use

Reduced desire and relapse. Orally, or in a long-acting injectable formulation.

#### ADVANTAGES

- Well-tolerated
- Good at minimizing binge drinking.

**4. Acamprosate** is taken to sustain the abstinence in those individuals who are already drinking.

#### Mechanism of Action

- regulates glutamate neurotransmission.
- Balances the excitatory and inhibitory brain systems.

#### Clinical use

- Helps prevent relapse
- Most effective: to begin following detoxification.

#### ADVANTAGES

- Safe and well-tolerated
- Suitable for long-term use.

### THE USE OF HERBAL AND NATURAL THERAPIES IN ALCOHOL DEPENDENCE

The use of herbal and natural therapy in the treatment of alcohol dependence has gained more and more attention in recent years. These methods are seen as complementary to traditional therapy and are prized due to their potential safety, cost-effectiveness and low side effects.

The herbs might be beneficial in suppressing cravings, mitigating withdrawal symptoms, and enhancing general mental health.

### 1. Reasons behind Herbal Therapy

Herbal medicines have been employed in different systems of medicine to treat addiction and mental disorders. They are generally considered to be less harmful and less dangerous. Human|>\* Has various pharmacological effects, including anxiolytic, antidepressant and neuroprotective effects.



### 2. Ashwagandha

Ashwagandha is a famous adaptogenic herb that is used in traditional medicine.

#### Pharmacological Effects

- Reduces stress and anxiety
- Protective of the brain and an antioxidant.

### 3. Kudzu Root (\**Pueraria lobata*)

Traditional Kudzu root has been used in Chinese medicine as a remedy for alcohol-related disorders.

#### Active Constituents

Isoflavones: daidzein e Pueraria.

#### Mechanism of Action

- Regulates the metabolism of alcohol.
- Cuts back on alcohol consumption by affecting neurotransmitters.

### ALCOHOL DEPENDENCE, RELAPSE PREVENTION STRATEGIES

The relapse is a typical problem in the treatment of alcohol dependence, which is often common even after successful treatment and abstinence. As such, the aspect of relapse prevention is an important element of long-term recovery. It entails exposure of the risk

factors, the formulation of coping mechanisms and the fact that behavioural and lifestyle interventions should be maintained in order to maintain abstinence.

### **1. Understanding Relapse**

The relapse is the use of alcohol after some time after abstinence.

This normally happens in phases

Emotional relapse: growing stress, anxiety or negative moods.

- Mental relapse: Drinking cravings and thoughts.
- Physical relapse: A factual alcohol intake.

### **2. Identification of Triggers**

Examples of triggers are those factors that predispose a person to alcohol use.

- Internal Triggers
- Stress and anxiety
- Depression or loneliness

### **3. Coping Strategies**

Effective coping mechanisms can be developed to be able to stay sober.

Alternative activities like exercising or hobbies.

- Doing relaxation exercises (meditation, deep breathing)
- Problem-solving skills: dealing with stressful situations.

### **4. Behavioural Interventions**

Behavioural therapies have a significant role to play in relapse prevention.

Cognitive Behavioural Therapy (CBT): This therapy is used to detect and change the risky thoughts. Motivational strategies make abstinence stronger.

- Constant counselling offers emotional support and advice.

## **REHABILITATION AND SOCIAL SUPPORT IN ALCOHOL DEPENDENCE**

Long-term management of alcohol dependence should also include rehabilitation and social support. Whereas medical and psychological therapies consider the biological and behavioural aspects of addiction, rehabilitation is based on readmission to society and a substance-free life. A good social support system promotes better outcomes of recovery and lessens the chances of recidivism.

## 1. Rehabilitation Programs Role

Rehabilitation programs are organized and full-fledged programs that supply and offer support to alcohol dependent persons who are undergoing recovery stages.

### a. Inpatient Rehabilitation

- Patients are kept in a confined environment after a certain period of time.
- Gives medical attention and intense treatment.

### b. Outpatient Rehabilitation

- It involves therapy, counselling, and follow-ups.
- Appropriate in mild and moderate cases.

## 2. Significance of Social Support

Social support is also a crucial factor in maintaining recovery and deterring relapse.

- Gives emotional support and encouragement.
- Lowers the sense of isolation and loneliness.
- Assists people in overcoming stress and difficulties.

## 3. Family Involvement

One of the main contributors to the recovery process is the family members.

- Provide emotional stability and support.
- Assistance in tracking the progress and detecting the indicators of relapse.

## 4. Problems in Rehabilitation

Although rehabilitation has its advantages, there are some challenges it may encounter: Social stigma relating to addiction.

- Inaccessibility to rehabilitation centers.
- Financial constraints
- Recovery relapse.

## FUTURE PROSPECTS OF ALCOHOL DEPENDENCE MANAGEMENT

Alcohol dependence is an ongoing treatment that improves in relation to the development of the medical field, technology and health policies among the population. Future directions are trying to increase the effectiveness of treatment, decrease the rate of relapse, and increase the overall quality of life of the affected people.

### 1. Novel Pharmacological Agents Development

Current studies are directed at developing new drugs that can be effective and less side-effects in comparison.

- Attacking particular neurotransmitter networks in addiction.
- Creation of personalized drugs, which are developed based on genetic factors

### 2. Precision Medicine and Personalized Medicine

There will be future treatment strategies that will be designed to suit the needs of individual patients.

- Genetic profiling to identify alcohol dependence vulnerability.
- Individualized biological and psychological treatment plans.

### 3. Digital Health Integration Technologies

Addiction management involves technology, which is becoming a critical part of it. health alcohol use monitoring applications.

- Remote follow-up and counselling telemedicine.
- Wearables that would measure physiological metrics.

## CONCLUSION

Alcohol dependence is a long-lasting and polygenic disorder that causes serious problems for people and society. It is associated with complicated neurobiological, psychological and social mechanisms, and results in compulsive drinking and loss of control. This review Emphasises the essence of the multidisciplinary approach in the treatment of alcohol dependency, comprising diagnosis in the early stages, effective administration of pharmacological and non-pharmacological interventions, and robust rehabilitation and support. Behavioural therapy, medication, and lifestyle change are important in the development and maintenance of abstinence. Moreover, combining herbal treatments and developing new approaches to treatment presents a good opportunity to improve recovery outcomes. Long-term follow-up and relapse prevention are also considered part of successful management. To sum up, alcohol dependence requires a multidisciplinary and personal approach to effectively solve the problem. Further studies, publicity, and better access to treatment services are essential to decrease the global burden of alcohol-related disorders and promote healthier lifestyles.

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