

## A CASE STUDY OF ALCOHOLIC PATIENT

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## ABSTRACT

In this Present era of globalization, the stress of highly competitive work environment, increasing demands of family and friends on their time, fast food culture, fast lifestyle etc. are pushing executives, employees and even common men in to pressure cooker like existence. people found their all solutions by various addiction and one of which very common is that of alcohol. which gives pleasures and relaxation to millions but later it developed into frequent use of alcohol. Alcohol is strong associated with a wide range of mental health problems. In view of *Ayurveda Madya* (ethyl alcohol) is poison. though the *Madya* is poison, when person drink it in a adiequate dose, by proper manner with proper diet, it like as *Amrit*. But if we took a drink in over dose and by improper manner then it's destroyed the *Oja dhatu* in human body. A 47 years old male chronic and heavy alcohol drinker for 10 years. Consequently, he started having sweating, nausea, vomiting, tremors, loss of appetite, constipation, disturbed sleep, slurred speech, headache, constipation as alcohol withdrawal symptoms. The patient was treated with *Nashamukti Yog-1 (Kalpit yog)*, *Ashavgandha Churna*, *Shatavari churna*, *Chopchini churna*, *Madhuyashti churna*, *Shiva gutika*, *Panchsakar churna*, *Shirodhara with Mahanarayan Tail*. The treatment approaches to improve in condition of patient with improvement in sign and symptoms of alcohol withdrawal. The result assessment is done on the basis of the Clinical Institute Withdrawal Assessment of Alcohol revised scale (CIW-Ar score).

**Keywords:** Alcohol dependence, CIW-Ar score

## INTRODUCTION

That which produces *Mada* is called *Madya*<sup>1</sup>, the disease produced due to improper use of *Madya* is called *Madatyaya*<sup>2</sup>. *Madya* is explained to have qualities or gunas similar to *visha*, but in a milder form and also opposite to qualities of *ojas*<sup>3</sup>. The alteration of *ojas* results in the imbalance between the *dhatu*s and also in immune-compromise in the individual. so, if it is not administered properly, results in harm to the body and is termed as slow poison, by many<sup>4</sup>.

*Madatyaya* is produced when person takes the *Madya* without considering *Prakriti*, *Satmya*, *Agni* etc<sup>5</sup>. *Madatyaya* is a *Tridoshaja Vyadhi* mainly *Kapha Sthan* is vitiated along with *Agni*<sup>6</sup>. when the chronic alcoholic addicted patient stop to drink, sudden withdrawal causes group of clinical manifestation called as alcohol withdrawal syndrome. *Acharya Kashap* also described this term under the heading of *Panatyaya(Madatyaya)*, means sudden stop of alcohol leads to symptoms. The chronic drinker who has not get *Madya* produced *Panatyaya(Madatyaya)*<sup>7</sup>. it is similar to alcohol withdrawal syndrome. In *Madatyaya*, all the three *doshas* could be involved, so management should be aimed primarily at pacifying the most predominant *dosha*. if all the *doshes* are aggravated equally then, *kapha* should be pacified first, followed by *Pitta* and *Vata* respectively. The chronic condition are usually of *Pitta* and *Vata* aggravation and needs its management<sup>8</sup>.

**Case Report:** This is a case of 47 years old man working as a contraction base company from Magra Punjala, Dist. Jodhpur Rajasthan came at DSRRAU, Jodhpur de-addiction unit, OPD No. 13

(Reg.No.23872) on 8/06/2019. He receives treatment under OPD after taking of history and complete physical examination. The patient was presented with nausea, vomiting, tremors, loss of appetite, constipation, disturbed sleep, slurred speech, headache.

**Drug History:** At the age of 35 years, he started the intake of alcohol due to peer group pressure. Initially there was only occasional use, but later it developed into frequent use of alcohol. He tried to get rid of it but he fails to do so.

### Personal History:

**Ahara:** Vegetarian; **Kostha:** *Madhyam*; **Aharvidhi:** *Vismashan*; **Tea:** Takes tea four times a day;

**Nidra:** *Alapnindra*, **Emotional make up:** Depression

### Astvidh Pariksha:

1) **Nadi (Pulse):** 78/min; 2) **Mootra (urine):** yellowish discolouration; 3) **Mala (bowel):** constipation

4) **Jihwa (tongue):** coated; 5) **Shabda (speech):** slurred speech; 6) **Sparsha:** *Samanya*; 7) **Drukh:** yellowish discolouration of eyes, 8) **Aakruti:** *Madhyam*

### Vital Examination

Blood pressure: 130/80 mmHg

Resp. Rate: 19/ min.

Pulse Rate: 80/min

Temperature: 98 F Height: 5 feet 11 inch

Weight: kgs:52 Kg

Liver: Enlarged Abdomen: Pain Bowel: Constipation

### Ayurvedic Management of Addicted Patient of Alcohol Withdrawal Syndrome.

In OPD the prescribed medicine is advised for 15 days.

**Table 1:** *Nashamukti yog -I(Kalpiti yog)*

S.N.	Ingredient	Botanical Name	Quantity	Part Used
1.	<i>Shunthi</i> <sup>9</sup>	<i>Zingiber Officinale</i>	1 Part	Kand
2.	<i>Choti Pippali</i> <sup>10</sup>	<i>Piper Longam</i>	1 Part	Root
3.	<i>Maricha</i> <sup>11</sup>	<i>Piper Nigrum</i>	1 Part	Fruit
4.	<i>White Jiraka</i> <sup>12</sup>	<i>Cuminum Cyminum</i>	1 Part	Seed
5.	<i>Ajvain</i> <sup>13</sup>	<i>Trachyspermum Ammi</i>	1 Part	Fruit
6.	<i>Aamla</i> <sup>14</sup>	<i>Emblica Officinalis</i>	1 Part	Fruit
7.	<i>Seindhava Lavana</i> <sup>15</sup>	<i>Seindhava Lavana</i>	1 Part	Salt
8.	<i>Nimbbu</i> <sup>16</sup>	<i>Citrus Limon</i>	5 Part	Fruit Juice

**Dose 2 Tab BD**

**Anupan- Water**

1. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm and *Chopchini churna* – 1 gm, *Anupaan* – milk, drugs are continuous through complete treatment follow-up.
2. *Madhuyashti churna*<sup>17</sup> – 3 gm BD
3. *Shiva gutika*<sup>18</sup> – 2 Tab. BD, *Anupan- Milk*
4. *Panchasakara churna*<sup>19</sup>- 2gm BD
5. Syp. M. liv – 2 tsf BD
6. *Shirobhyanga* – Massage of Head by *Mahanarayan taila* + *Til taila*, Early morning for 15 days.

Patient would be given psychological counselling, normal healthy diet and medication along with medicines.

**1<sup>st</sup> follow-up**

1. *Nashamukti yog -I(Kalpiti yog)*
2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm and *Chopchini churna* – 1

gm, *Anupaan* – milk, drugs are continuous through complete treatment follow-up.

3. *Madhuyashti Churna* – 3 gm BD
4. *Panchasakara churna* -2gm BD
5. Syp. M. liv – 2 tsf BD
6. *Amritkumbha* – 2 tsf BD

**2<sup>nd</sup> follow-up**

1. *Nashamukti yog -I(Kalpiti yog)*
2. Combination of *Ashvagandha churna* – 1gm, *Shatavari churna* – 1gm and *Chopchini churna* – 1 gm, *Anupaan* – milk, drugs are continuous through complete treatment follow-up.
3. *Madhuyashti churna* – 3 gm BD
4. *Panchasakara churna* -2gm BD
5. Syp. M. liv – 2 tsf BD
6. *Amritkumbha* – 2 tsf BD

During the treatment and follow-ups, the patient was completely on cessation of alcohol and was advised to avoid spicy, oily, salty food and advised to take milk, *Peya*, and *khichadi* as *Pathya* in food

**Assessment Criteria**

**Table 2:** Clinical Institute Withdrawal Assessment of Alcohol revised scale (CIWA-Ar scale)<sup>20</sup>.

S.N.	Clinical features	Before treatment Score	During treatment 15 <sup>th</sup> day	1 <sup>st</sup> follow-up	2 <sup>nd</sup> follow-up
1.	<b>Nausea and vomiting</b> 0 = no nausea and no vomiting 1 = mild nausea with no vomiting 4 = intermittent nausea with dry heaves 7 = constant nausea, frequent dry heaves and vomiting	1	0	0	0
2.	<b>Tremor</b> 0 = no tremor 1 = not visible, but can be felt fingertip to fingertip 4 = moderate, with Patient’s extended 7 = severe, even with arms not extended	4	1	0	0
3.	<b>Paroxysmal sweats</b> 0 = no sweat visible 1 = barely perceptible sweating, palms moist 4 = beads of sweat obvious on forehead 7 = drenching sweats	4	1	0	0
4.	<b>Anxiety</b> 0 = no anxiety 1 = mild anxious	4	4	0	0

	4 = moderately anxious, or guarded, so anxiety is inferred 7 = equivalent to acute panic states as seen in severe delirium or acute schizophrenic reactions				
5.	<b>Agitation</b> 0 = normal activity 1 = somewhat normal activity 4 = moderately fidgety and restless 7 = paces back and forth, or constantly thrash about	1	0	0	0
6.	<b>Tactile disturbance</b> 0 = none 1 = very mild itching, pins & needles, burning, or numbness 2 = mild itching, pins & needles, burning, or numbness 3 = moderate itching, pins & needles, burning, or numbness 4 = moderate hallucinations 5 = severe hallucinations 6 = extremely severe hallucinations 7 = continuous hallucinations	0	0	0	0
7.	<b>Visual disturbances</b> 0 = not present 1 = very mild sensitivity 2 = mild sensitivity 3 = moderate sensitivity 4 = moderate hallucinations 5 = severe hallucinations 6 = severe hallucinations 7 = continuous hallucinations	0	0	0	0
8.	<b>Headache</b> 0 = not present 1 = very mild 2 = mild 3 = moderate 4 = moderately severe 5 = severe 6 = very severe 7 = extremely severe	5	3	2	1
9.	<b>Auditory disturbances</b> 0 = not present 1 = very mild harshness or ability to startle 2 = mild harshness or ability to startle 3 = moderate harshness or ability to startle 4 = moderate hallucinations 5 = severe hallucinations 6 = severe hallucinations 7 = continuous hallucinations	0	0	0	0
10.	<b>Orientation and clouding of sensorium</b>	1	0	0	0

0 = oriented 1= cannot do serial addition or is uncertain about date 2 = disoriented to date by no more than 2 calendar days 3 = disoriented to date by more than 2 calendar days 4 = disoriented to place and /or person				
<b>Total Score</b>	20	09	02	00

### Scale for Scoring:

**Table 3:** Total Score

Range	Withdrawal
0 – 9	Absent or minimal withdrawal
10 – 19	Mild to moderate withdrawal
More than 20	Severe withdrawal

## DISCUSSION

*Acharya Vagbhata* explains the *Madataya* treatment to be done to 7 or 8 days to overcome the ill effects<sup>21</sup>, which is quite correct in case of Alcohol withdrawal syndrome. It has been explained that the symptoms due to localization of Madya in improper channels will be exhibiting only for 7 or 8 days and treatment is needed for those days. Mild to moderate symptoms on stoppage of consumption of alcohol subsides by 7 or 8 days, with treatment from our experience Nausea and vomiting, Anxiety, Tremor, Paroxysmal sweats, Headache, Agitation and clouding of sensorium are the major symptoms of alcohol withdrawal syndrome.

## CONCLUSION

Addicted patient of Alcohol managed by ayurvedic principle and drugs without complication.

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