

## SIGNIFICANCE OF SADVRITTA IN PREVENTION OF ALCOHOL CONSUMPTION: A MAJOR PUBLIC HEALTH PROBLEM

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## ABSTRACT

Alcohol remains the king of all popular addictions. Consumption of various types of alcohol is on the rise in teenagers as it has become a social fashion and global problem of the day. Alcohol is a liquid substance other than food that when consumed produces changes in the physical or mental functioning of the individual. In the year 1956 addiction was declared a disease by the American medical association. These problems cannot be treated unless addiction is treated first. This condition can be prevented and managed by strictly implementing the code of conduct regarding social behavior, self-control, and *Achar Rasayana* as well as a healthy diet which is explained in our classics Details will be discussed at the time of presentation.

**Keywords:** *Sadvritta*, Alcohol, Causes, Symptom, Prevention, Ayurveda.

## INTRODUCTION

Alcoholism is defined as a condition associated with the intake of excessive quantities of alcohol leading to damage physical as well as psychological, social, and personal functions of an individual. It is a worldwide social and medical problem over the past 30 to 40 yrs. alcohol consumption has increased in quantity and frequency. The population groups at

greater risk are those undergoing rapid Socioeconomic and cultural changes, they view alcohol as a symbol of prestige and social status. Age at a drinking start has declined and serves as a role model for the young. Worldwide an estimated 2-3 million people die from alcohol-related causes <sup>1</sup> There are about 2 billion people worldwide who consume alcoholic

beverages and 76.3 million with disorders arising out of harmful use of alcohol. In Indian prevalence rate is around 5 to 30 %, and 20 to 30% of adult males use alcohol. Its use is also considered a risk factor for high-risk sexual behavior leading to sexually transmitted diseases including HIV/AIDS<sup>12</sup>. Identification of risk factors is essential for the prevention of alcoholism, prevention of alcoholism is possible through the Ayurveda, and widespread public education, discussion, and investigation of public attitudes may result in measurable improvement<sup>2</sup>. Ayurveda has also brought to the individual as well as the Social behavioral aspect of life and advocated many practicable and non-practicable codes of conduct for the peace and betterment of the individual and Society under the heading of '*Sadvritta*'<sup>3</sup>.

#### Review of Literature

- **Review on Ayurvedic aspect:** Alcohol consumed according to dose and condition along with food in a pleasant state of mind acts like nectar. If consumed in excess it takes in heart and produces adverse effects *Ojas*, as it has qualities opposite to that of *Ojas*, Alcohol has light, hot, sharp, minute, sour, fast-spreading, instantaneous effects, dries non-sliminess qualities. When a person consumes alcohol in excess, the *Ojas* get destroyed, due to this the site of *Ojas* i.e, the heart gets vitiated. As the heart is vitiated the site of origin of *Dhatu* and the mind, intellect, sense organs, and soul which are residing in the heart get vitiated.
- **Features of intoxication:** Due to the excessive consumption of alcohol, the qualities of alcohol enter the heart, produce happiness, increased thirst, a sense of well-being, stupor, and sleep. according to *Rajas* and *Tamas* characters of mind.
- Three stages of *Madatyaya*
- **First Stage:** - Here the *Ojas* is in the normal state and the other things like intellect which is residing in the heart are in normal condition and

are performing their respective function.

- The mind will be in an alert state in the first stage of *Mada*  
The person has a pleasurable sensation. As the food taken produces a good effect on the body, drinking alcohol produces good effects in the first stage. The person indulges in singing, playing an instrument, joking, telling stories, etc. The intellect and memory are not affected. The senses are in normal condition. He gets good sleep and gets up comfortably.
- **Second Stage:** - *Ojas* is vitiated to less extent.  
In this stage sometimes a person has proper memory, sometimes he has a loss of memory. The speech is obstructed, or the speech is slurred (not clear). Sometimes talking about irrelevant time relevant has giddiness. The person sits in one place, drinks water, takes food, and tells stories, while doing these things sometimes does properly, sometimes improperly. Sometimes he is disturbed, sometimes runaway.
- **The stage between the second and third stages:**  
The intermediate stage is between the middle and superior intoxication. In this *Rajas* and *Tamas* qualities are predominant; the person does all the bad deeds. The vitiation of *Doshas* is to the maximum extent and is in the path of destruction
- **Third Stage:** - Especially *Ojas* is destroyed.  
In this stage, the person falls like a broken wooden log. He cannot do any work and is unconscious. Intoxication and semiconsciousness envelop his mind. He cannot perceive any beautiful thing and cannot recognize his friend. He cannot experience the pleasure for which he is drinking. He will not be in a position to know what to do, what not to do, what is good or what is bad, which should be discarded, and which should be used. No one should drink to this extent<sup>3</sup>.

### Rough correlation between blood alcohol level and behavioral motor impairment.

Rise in blood alcohol level expected to affect blood mg%

Sl. No	Blood mg%	Effect
01	20-99	Impaired coordination
02	100-199	Ataxia, poor judgment
03	200-299	Marked ataxia, slurred speech, poor judgment, labile mood, nausea, vomiting
04	300-399	Anesthesia, Memory lapse, labile mood.
05	400-above	Respiratory failure, coma, death.

#### • Schedule for giving up addictions.

An intelligent person should gradually discontinue unwholesome practices to which he is addicted and should adopt wholesome practices correspondingly. On the first day, a quarter of unwholesome habits should be given up and a quarter of wholesome habits should be adopted, on a second day half of the unwholesome practices should be given up and half of the wholesome practices should be adopted. This is continued on the third day also, on the fourth day  $\frac{3}{4}$  of unwholesome practice should be given up and  $\frac{3}{4}$  of wholesome practice should be adopted. The same is continued for the fifth day and sixth days. The process of giving up unwholesome habits and adopting wholesome habits is fully completed on the seventh day<sup>4</sup>.

#### Importance

Gradual withdrawal of unwholesome practices and adoption of wholesome practices. Results in eradication and unwholesome practices forever and adoption of wholesome practice completely<sup>4</sup>.

#### REVIEW ON ALCOHOLISM (Modern Concept)

By pharmacological definition alcohol is a drug and may be classified as a sedative, tranquilizer, hypnotic, or anesthetic, depending upon the quantity consumed of all the drugs, alcohol is only drugging whose self-induced intoxication is socially acceptable.

#### Environmental Factors.

Unemployment, Broken houses, Family tension, Delinquency, Urban Migration, Urbanization, Peer group influence, and social drinking.

#### Symptoms

Anxiety, irritability, insomnia, decreased sexual potency and results in many interpersonal problems. At

persistent higher doses, it can cause almost any psychiatric symptoms, including temporary pictures of intense sadness and auditory hallucination.

#### Effects on the body

- a. Gastrointestinal System: Alcoholism is associated with high rates of cancer at all levels of the digestive tract. Specifically, esophagus, stomach, and high rates of ulcer disease. elevated rates of inflammation of the stomach (gastritis), pancreatitis, and fatty liver. alcoholic hepatitis and cirrhosis. Alcohol disturbs the ability of the liver to produce gluconeogenesis and shunts building blocks into the production of fats.
- b. Nervous System: Chronic intake of alcohol results in deterioration of peripheral nerves (5-15 %) temporary as well as permanent organic brain syndrome, associated with both direct effects of alcohol and specific vitamin deficiency such as thiamin related wernicke korsakoff syndrome. 15-30 % of patients with organic brain syndromes are alcoholics.
- c. CVS-Quarter of alcoholics, heart disease, myocardopathy, heart inflammation, hypertension, elevated blood fall and cholesterol
- d. Decreases production of RBC leads to macrocytosis due to folic acid deficiency. decreases the production of deficiency of WBC and decreases the production of clotting factors. It results in a decrease in thymus-derived lymphocytes which may relate to the rates of cancer in alcoholism.
- e. Body muscles are sensitive to alcohol and alcohol results in inflammation or chronic abuses primarily muscle wasting. Primarily in the shoulder and hips.
- f. No. of mechanism induces several other blood

test abnormalities including liver function, glucose, blood components, creatinine phosphokinase (CPK), and uric acid. Effects on the mental process are with moderate intake at peak or decreasing alcohol levels, most people experience sadness, anxiety, irritability, insomnia, decreased sexual potency (for males), and results in many interpersonal problems. At persistent higher doses, alcohol can cause almost any psychiatric symptoms, including temporary pictures of intense sadness and auditory hallucinations.

- Prevention is aimed at four levels

#### **Primordial Prevention**

Aims to prevent the introduction of alcoholism in a population in which they have not appeared. These efforts are mostly directed towards children from adopting harmful lifestyles. Main Intervention: - Individual / mass education in schools: - Syllabus / role-playing/posters of audiovisual aids etc.

#### **Primary prevention**

- A. Health Promotion
- B. Health Education
- C. Environmental modification
- D. Specific Protection

#### **Health Education Target Groups**

- A. Schools
- B. Adolescence
- C. Aids (Electronic Media, School Curriculum, Audiovisual aid, Posters, Roleplaying, and Debates)

#### **Environmental Modification**

- A. Increase employment opportunities
- B. Raise socio-economic status.
- C. Legislation
- D. Partial Restriction
- E. Complete non-availability
- F. Controlling Manufacture
- G. Distribution
- H. Increase Price

#### **Secondary Prevention**

Early diagnosis and treatments. This involves early identification and selective interruption of target groups.

**Tertiary Prevention:-**(Rehabilitation) It is very dif-

ficult, especially in the late stages complications and relapses are common.

#### **Essential elements**

01. Community Support
02. Vocational training
03. Counselling<sup>5</sup>.

**Sadvritta (Codes of Conduct):** Association with good people leads to development and good behavior, which can be considered *Sadvritta*. For maintaining the health of the sense organ and the mind one has to observe the following rules:

- Proper interaction of sense organ i.e *Samyakyoga of Indriya*
- Performing different actions after proper thoughtful analysis by his intelligence
- By using a contradiction to the qualities of places, season, and one's constitution

Always one should act in such a way that, he will be always healthy by resembling all the things mentioned in *Sadvritta*.

## **DISCUSSION**

In *Charaka Samhita* word of noble persons is considered as best among the adaptable behaviors. Happiness is best among nourishing things. Detachment is best among enhances of nourishment, so these have been mentioned in *Sadvritta*. The person who does not believe in God should be boycotted. Greed is prime among trouble markers, and words of the wicked are prime among the factors leading to harmful effects. So, these have to be abandoned. *Sadvritta* not only includes mental faculties but also rules related to general hygiene, religion, food consumption, sexual intercourse, and exercise, which leads to the prevention of psychological, physical, and psychosomatic disorders. Similar principles are mentioned in *Achara Rasayan* and *Dharaniya Vegas*. Ayurveda believes that the mind, soul, and body are like the pillars of life. The combination of these is responsible for *PURUSH* as well as the world even if the disease occurs either in the body or mind. One should avoid intellectual errors, take care of sense organs, by avoiding excessive, improper, or disuse of sense organs, knowledge about the place, time, and oneself

and adopt codes of conduct mentioned in Ayurveda to prevent disease. In the present scenario, most diseases are multifactorial diseases, where involvement of the mind is variably present at one or the other stage of the disease. So, following the above said principles properly will lead to prevention Practicing the regimen which is wholesome for sense organs *Indriyopasama*. Causative factors for physical and mental disease are wrong utilization, overutilization and non-utilization of objects of sense organ, time, and intellect, so intelligent people should avoid them and prevent diseases.

### **Good memory power**

One who has good memory power can remember rules well and prevent disease.

Knowledge about the place, time, and himself one who has proper knowledge about his place of residence can follow different regimens related to food and habits accordingly and prevent diseases. The time factor is very important whether it is the season, time of day, or the age of the person in the prevention of disease. Knowledge about himself i.e., *Prakriti*, *Agni* etc. is a must for following any regimen properly.

### **Observance of codes of conduct.**

The code of conduct can be divided into different types.

01. *Vyavaharika Sadvritta* (Ethical code of conduct)
02. *Samajika Sadvritta* (social code of conduct)
03. *Mansika Sadvritta* (mental code of conduct)
04. *Dharmika Sadvritta* (moral code of conduct)
05. *Sharirika Sadvritta* (physical code of conduct)

They are the principles of right conduct that apply to all people of all times and all places. Practicing these principles gives balance and peace to the mind. Violating or ignoring them makes the person agitated in thoughts and feelings. Among the above types of *Sadvritta* *Mansika* and *Samajika Sadvritta* plays important role in the prevention of psychological disturbances.

### ***Mansika Sadvritta* (mantel code of conduct):**

Always make a question to a self about who are I? What is the purpose of my life? What are my duties? Try to understand the real divine and eternal nature

of our soul. There are many benefits to keeping a balance between spiritualism and materialism. Keep faith in yourself and God.

Visit pilgrimages and various religious places like temples or shrines. Be regular in reading spiritual books, chanting mantras, meditation, and worship of God. All these practices can help to stabilize and tranquilize your mind and your entire life<sup>7</sup>.

### ***Samajika Sadvritta* (social code of conduct):**

In society, one should be careful about conduct. Hurting the mind of others to behave in such a manner that will create disregard, and hatred for you is improper behavior. *Acharyas* have given the following guidelines for social conduct.

### **Talk**

Always make a soft speech, which will be appropriate, as well as beneficial to you and others. Never criticize or speak a lie. Always start speaking with a smiling face. Speak politely with teachers, elderly and intelligent people, and never quarrel or debate. Even the doubts or differences should be explained politely. Never contradict, even though your teacher is angry with you. Never tell to about your insult. Never make any bodily movement (of hands, eyes, eyebrows) while talking, and never insult a person, who is inferior to you

Behavior: Never be jealous of the prosperity of others, on the contrary, try to understand the reason for his progress for your own development. Give proper punishment to your own disciple or son for the faults, for his betterment. Help the poor with courtesy. Undertake and activity considering its long-term effects. Social mannerisms

Do not prick the nose in front of the people cover the mouth with a hand. kerchief while coughing, sneezing, or belching. Prinking the teeth, nail-biting scratching the head, and making sounds while munching or eating are bad habits. Never look at the woman who is naked or in an awkward position. Take care of all the people in a family with love. Whistling or making different instrumental sounds by mouth are also not good habits. Do not exaggerate recreational things like dance, music, or cinema. Avoid any addictions to alcohol, smoking, or drugs.



Always be ready for learning different types of knowledge<sup>8</sup>. "Secret of national health lies in homes of an individual" prevention is better than cure" on the basis of this principle, whole *Sadvritta* is meant for the prevention of psychosomatic diseases and improvement of mental as well as physical health. The imbalance of the three dashes is the immediate cause of all diseases & they are vitiated by disharmonious diet, behavior & lifestyle. The excess, less & improper use of sensory & motor organs leads to all sort of discomforts & evil to man. The sense organs are our real link to the outer world & our relationship with the environment. If the defect in the mental faculties that constitute the defect in the objects, is due to intellectual error, the ignorant indulge in unwholesome gratification of senses. This type of disease is called A "*Aindriyaka Vyadhi*" because they are originating due to improper co-relation. between sense organs with their objects. In modern it is called "stress disorders". Currently, these diseases are produced because of more influence of modern lifestyle on the mind and senses organs. The *Sadvritta* has got an overall controlling capacity for all sorts of mental and sinful acts of the individual. Man is an absolute unit of a Society. It is the characteristic and the behavior of an individual which constitutes the good or bad character of the society on a smaller scale and at large, it reflects the same for the whole of the nation. Apart from the general behavior of an individual at a personal level as well as at a large, there is a certain code of conduct for which one has to be more careful, to bring harmony and peace, and to avoid disturbance in the common walk of life. The heart is the seat of the mind, *Ojas* (the essence of Dhatu) and *Vyana Vata*. These three factors influence each other by the external environment and produce an effect on the mind and body. *Ojas* (the essence of Dhatu) and alcohol have similar qualities. So due to excessive intake of alcohol, enters into the heart and vitiates the mind, *Ojas* and *Vyana Vata*. *Vyana Vata* controls all activities of the heart, and it is responsible for the balance and imbalance state of mind, body, and *Ojas*. When *Vyana Vata* vitiates, it destroys the *Ojas* (the essence of dhatus) and increases the *Rajasika* and

*Tamasika* qualities of mind and results in many psychosomatic problems. When it is in normal condition it preserves the health by controlling and enhancing *Satva* qualities of mind. The mind plays an important role in the prevention of diseases. In the present scenario, most the diseases are multifactorial diseases, where involvement of the mind is Variably present at one or the other stage of the disease. *Sadvritta* helps in keeping the mind healthy. A healthy mind is as important as a healthy body. When the body possesses *Satvika* quality of mind, it directs all actions for the welfare of an individual. *Rajas* and *Tamas* are harmful qualities of the mind. An unhealthy mind generates wrong judgment and misconceptions by the intellect. So, every attempt should be made to enhance the *Satvika* quality of mind. Hence following the said principles properly and constantly will lead to the prevention of alcoholism and other problems.

## CONCLUSION

*Sadvritta* has a multidimensional effect on the body and mind in the prevention of Alcoholism. The *Sadvritta* comprises personal, social, interpersonal, occupational, ethical, and spiritual values which ensure the well-being of living. This presentation is intended to prevent the alcoholism and practical utility of *Sadvritta*.

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