

## Effects of Alcoholism and its Treatment

Rajiv Sinha\*

Department of Psychiatry, Yale University School of Medicine, New Haven, Connecticut 06511, USA

### DESCRIPTION

Alcoholism is defined as any consumption of alcohol that causes serious mental or physical issues. Alcoholism is not a recognized diagnostic entity since there is debate about its definition. Alcohol use disorder or alcohol dependence is the most common diagnostic classification; they are specified in their respective sources. Excessive alcohol use can harm all organ systems, but the brain, heart, liver, pancreas, and immune system are most vulnerable. Alcoholism can cause mental disease, delirium tremens, Wernicke-Korsakoff syndrome, irregular heartbeat, a weakened immune system, liver cirrhosis, and a higher risk of cancer. Fetal alcohol spectrum disorders can be caused by drinking during pregnancy. Because of their smaller body weight, poorer capacity to metabolize alcohol, and larger proportion of body fat, women are more vulnerable to the negative effects of alcohol than males. Prolonged, severe alcohol abuse leads to cognitive deterioration and frank dementia in a limited proportion of people [1].

The warning signals of alcohol misuse might be rather obvious at times. They may take longer to appear at other times. When an alcohol addiction is diagnosed early on, the chances of a successful recovery improve dramatically.

The following are some of the most common indications of alcoholism:

- Drinking too much alcohol and not being able to control it
- Putting alcohol ahead of personal obligations
- Feeling compelled to keep drinking
- Investing a significant amount of money in booze
- After consuming alcohol, one's behavior changes.

If anyone feels that daily alcohol intake is negatively impacting children's life, it's critical to seek out treatment alternatives that can help to overcome alcohol addiction. If people are concerned about regular drinking, our doctor will be able to provide expert medical aid. Seeking alcoholism treatment for alcoholism as soon as possible will restore on track to living a healthy and fulfilled life although alcohol can make people feel joyful, pleasant, and social for a short time, excessive or chronic, long-term drinking

can develop to alcohol dependence or addiction, which is formally known as an alcohol use disorder. Chronic alcohol consumption has also been linked to various cognitive and mental health difficulties, such as learning and memory impairments, as well as worsening or creating major mental health disorders including sadness and anxiety [2].

### Short-term effects of alcohol

**Brain:** Alcohol alters mood, delays reflexes, and affects balance by delaying the chemicals and routes that the brain utilizes to govern body. It can also cause issues with learning, memory, and sleep.

**Heart:** Alcohol raises heart rate and dilates the blood vessels, allowing more blood to flow to someone's skin. However, this heat escapes through the skin, causing the body temperature to drop once it has increased [3,4].

**Digestive:** The stomach is the first place where alcohol is broken down, causing an increase in digestive fluids. Alcohol also irritates the small intestine and colon, where it is broken down and absorbed, and it can slow down the usual passage of food through them, causing stomach discomfort, bloating, and diarrhea.

**Kidney:** Alcohol dries out (i.e., dehydrates) the body, which can affect the kidneys and the body's ability to regulate fluid and electrolytes. It also disrupts hormones that affect kidney function.

**Liver:** The liver, which filters circulating blood and eliminates and destroys harmful chemicals, including alcohol, metabolizes most of it. The liver can withstand a certain amount of alcohol, but it can become strained to the point of irreparable damage if a person continues to drink.

### Treatment

Treatment for alcoholism varies depending on the specific requirements. A quick intervention, individual or group therapy, an outpatient program, or a residential inpatient stay is all options for treatment. The major treatment objective is to help people stop drinking in order to enhance their quality of life.

**Correspondence to:** Rajiv Sinha, Department of Psychiatry, Yale University School of Medicine, New Haven, Connecticut 06511, USA, E-mail: rajiv.sinha@yale.edu

**Received:** 02-Feb-2022, Manuscript No. JALDD-22-16484; **Editor assigned:** 04-Feb-2022, PreQC No. JALDD-22-16484 (PQ); **Reviewed:** 18-Feb-2022, QC No. JALDD-22-16484; **Revised:** 23-Feb-2022, Manuscript No. JALDD-22-16484 (R); **Published:** 02-Mar-2022, DOI: 10.35248/2329-6488.22.10.354

**Citation:** Sinha R (2022) Effects of Alcoholism and its Treatment. J Alcohol Drug Depend.10: 354.

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**Detox and withdrawal:** Treatment may begin with a detoxification or detoxification program, which lasts two to seven days and involves medically supervised withdrawal. To avoid withdrawal symptoms, patients may need to take sedative drug programs. Detox is generally done in a hospital or an inpatient treatment clinic.

**Psychological counseling:** Individual and group counseling and therapy can help understand their alcohol issue and support overall recovery from the psychological effects of drinking. Couples or family therapy may be beneficial to everyone; family support is a crucial element of the rehabilitation process.

**Continuing support:** Aftercare programs and support groups assist persons recovering from alcoholism in quitting drinking, managing relapses, and adjusting to new lifestyles. This might entail medical or psychiatric treatment as well as participation in a support group.

**Medical treatment for health conditions:** When people stop drinking, many alcohol-related health issues improve dramatically. However, some medical issues may necessitate prolonged therapy and monitoring.

**Spiritual practice:** People who engage in some form of spiritual practice regularly regular basis may find it simpler to continue their recovery from alcoholism or other addictions. Gaining a better understanding of one's spiritual side is an important part of healing for many people.

## CONCLUSION

Ethanol's major acute effects are on the neurological system, resulting in distinct alterations in behavior and judgment. There are specific concerns when it comes to driving, with different nations establishing differing "safe" blood-ethanol content levels. Extremely high levels of ethanol in the blood can be lethal. Excessive drinking causes alcoholic liver disease, which includes fatty liver (which is a reversible stage), and more serious alcohol-induced hepatitis and cirrhosis. Excessive drinking can also harm the neural system, resulting in dementia and central nervous system tissue shrinkage. Alcohol use by the mother during pregnancy can cause fetal alcohol syndrome. It includes embryonic development disturbance, which results in CNS abnormalities, growth retardation, and distinctive facial traits. Other than abstinence, treating liver problems is tough.

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