

## Short Note on Alcohol Withdrawal

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### DESCRIPTION

Alcohol withdrawal is a set of symptoms that can occur following a reduction in alcohol use after a period of excessive use. Symptoms typically include anxiety, shakiness, sweating, vomiting, fast heart rate, and low fever. More severe symptoms may include seizures, hallucinations, and delirium tremens (DTs). Symptoms typically begin around six hours following the last drink, are worst at 24 to 72 hours, and improve by seven days.

Experiencing alcohol withdrawal is one of the most obvious indications of alcoholism. Alcohol withdrawal refers to the physiological changes that occur when a person abruptly ceases drinking after a period of more alcohol use. Both the body and the brain get reliant on drinking frequency and patterns over time. When people stop drinking suddenly, their body is deprived of the effects of alcohol and must adjust to live without it. The severe side symptoms of alcohol withdrawal, such as tremors, sleeplessness, nausea, and anxiety, occur during this transition phase.

Alcohol withdrawal syndrome can cause life-threatening health issues in addition to unpleasant side effects. It's possible to get alcohol withdrawal syndrome if you've been drinking for weeks, months, or years. Those seeking to stop drinking should get professional help from a specialist alcohol rehab clinic, as withdrawal may be exceedingly deadly.

### Causes of alcohol withdrawal

When attempting to stop drinking, alcohol affects many physical systems, resulting in alcohol withdrawal. Excessive drinking, first and foremost, activates and disturbs the central nervous system. Alcohol has a calming impact on the brain, suppressing particular neurotransmitters and making individuals feel relaxed after they drink. This explains why people have sensations of euphoria, sociability, and relaxation after drinking alcohol.

The brain of a heavy, long-term drinking is virtually always exposed to alcohol's depressive effects. As a result, the individual develops a dependency on the substance. When the body grows

reliant on alcohol, it takes increasing amounts of the drug to achieve the same benefits. When someone stops drinking suddenly, alcohol no longer inhibits neurotransmitters, and the brain scrambles to adjust to the new chemical imbalance, resulting in painful withdrawal symptoms that are distinct from the benefits of alcohol intake.

The consequences of alcohol withdrawal differ from individual to person. Many people are afraid to stop drinking because the prospect of unpleasant withdrawal symptoms is frightening. However, it's worth noting that physicians who specialize in alcohol addiction therapy can prescribe pain relievers. Visitors will be able to focus on healing and getting better by lowering withdrawal symptoms.

### Symptoms of alcohol withdrawal

Symptoms of alcohol withdrawal might appear as soon as two hours after users' last drink. Symptoms usually peak within the first 24 to 48 hours after quitting smoking. The most unpleasant withdrawal symptoms, including sleeplessness, fast pulse, changes in blood pressure, perspiration, tremors, and fever, may occur during this time.

While some people have mild withdrawal symptoms, others may experience more severe negative effects. Delirium tremens, for example, is one of the most severe alcohol withdrawal symptoms. It manifests as bewilderment, acute shaking, hallucinations, and elevated blood pressure within the first 48 hours following the last drink. Despite the fact that delirium tremens is uncommon, it can be fatal. Heavy drinking who abruptly quit drinking may have a variety of harmful symptoms, so those who are experiencing withdrawal should get medical help. The symptoms of alcohol withdrawal usually go away within five days; however a small percentage of people may experience them for longer. Several variables influence the intensity and duration of alcohol withdrawal symptoms, including drinking frequency, quantity ingested when drinking, and length of time drinking, medical history, and co-occurring health issues. If a person has taken narcotics in addition to alcohol, they are more likely to have severe withdrawal symptoms.

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**Received:** 02-Feb-2022, Manuscript No. JALDD-22-16503; **Editor assigned:** 04-Feb-2022, PreQC No. JALDD-22-16503 (PQ); **Reviewed:** 18-Feb-2022, QC No. JALDD-22-16503; **Revised:** 23-Feb-2022, Manuscript No. JALDD-22-6503 (R); **Published:** 02-Mar-2022, DOI: 10.35248/2329-6488.22.10.355.

**Citation:** Fraser AG (2022) Short Note on Alcohol Withdrawal. J Alcohol Drug Depend.10: 355.

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