

# Efficacy of Homeopathic Medicines in Treatment of Alcohol Addiction

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**Abstract:** *The per capita alcohol consumption in India increased two folds between 2005 and 2016, according to the Global Status Report on Alcohol and Health 2018 released by the WHO. Indians consumed 2.4 l of alcohol in 2005, which increased to 4.3l in 2010 and up to 5.7 l in 2016, the report suggested. More than 3 Million people died as a result of harmful use of alcohol in 2016. Far too many people, their families and communities suffer the consequences of the harmful use of alcohol through violence, injuries, mental health problems and disease such as cancer and stroke<sup>1</sup>. The aim of my study is to prove the efficacy of Homeopathic medicines in the treatment of alcohol addiction and to prevent its harmful effects. The study was conducted for 18 months. This research is mostly focused on alcohol addiction. As this was an exploratory study, it included an exploration of different aspects of alcoholism. Considering all the parameters out of 50 cases 34% are now in low risk group, 48% medium risk and 8% high risk group. Where as 10% cases show no improvement and are still in addicted category. So, from above study it is concluded that 90% of the cases responded well to the indicated Homoeopathic remedy.*

**Keywords:** Alcoholism, Rubric, Synthesis Repertory, Emotion, Mental health, Homoeopathy, Alcohol Screen Score

## 1. Introduction

Alcohol addiction is inability to control drinking due to both physical & emotional dependence on alcohol, also called alcoholism. Individuals struggling with alcoholism often feel as though they cannot function normal without alcohol; lead to severe issues regarding relationships, personal matter, performance, professional goals and overall health.

Factors like genetics, sex, and race of socioeconomics that may predispose someone to alcohol addiction. Psychological, genetic & behavioral factors can all contribute to having the disease.

Signs of alcoholism:-

- Having no control over the alcohol consumption.
- Constant urge for drinking.
- Have more tolerance without hangover.
- Use to behave differently after drinking.
- Lacking to face the family situations.

If alcohol consumption continuous for a long time leading to severe health problems like nervous weakness, liver disease, heart disease, diabetes, etc<sup>2</sup>. Homeopathy is capable of treating persons mentally as well as physical aspects (Holistic approach). It treats such cases from the origin of addiction upto the withdrawal effects.

Homeopathic approach involves the counseling, adequate measures for de-addiction & appropriate medications. With constitutional treatment I have also used mother tinctures like Quercus Glandium Spiritus, Passiflora Indica, Avina Sativa. Apart from homeopathic remedies there is a need for supportive measures to detoxify the effect of alcohol and that body needs a healthy diet to make up deficiencies. Along with this few life style changes will also help in quitting alcohol habits<sup>3</sup>.

For the conduction of this study my choice of Repertory is Synthesis Repertory as it has extensive and well elaborated MIND section therefore fulfilling my requirement of case studies.

Homeopathy suggests that illness, or disease, is internal imbalance which first presents itself at our most fundamental levels. Illness, according to homeopathy, denotes an underlying imbalance, one that shows itself as symptoms.

### Alcohol screen score

0 to 7 points	Low risk
8 to 15 points	Medium risk
16 to 19 points	High risk
20 to 40 points	Addiction likely

## 2. Materials & Methodology

The study has been conducted on the patients who attended OPD, IPD, and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana.

### Inclusion Criteria:

All the cases involves patients addicted with alcohol only. Drinking more than 14 drinks/ week for women and 21 drinks/ week for men in the age group of 18 - 60 years.

### Exclusion Criteria

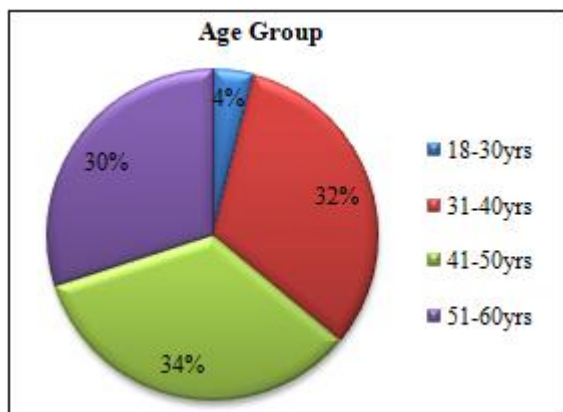
Associated symptoms like bad effect of alcohol over the other organs of the body are excluded in the study. Pregnant women, subjects with addiction other then alcohol. Subjects who are dependent over the steroidal therapies & immunosuppressant or other allopathic treatment.

**Research Technique**

Individualization of each patient after proper case taking is done and medicine is selected on the basis of symptom similarity. Repertorization from Synthesis Repertory has been done to find the similitimum. The data from the sample size of 50 was statistically analyzed, yielding a 95% confidence limit. T - tests were used to demonstrate the efficacy in the post - test results.

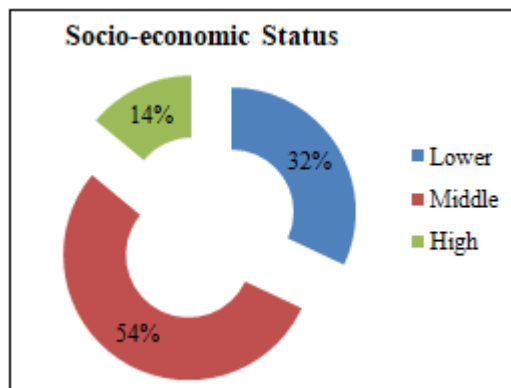
**3. Result**

- This study achieves practically all of the aims and objectives that were established for it.
- Most of the cases were in the age group of 41 - 50 years which is 34%, followed by the age groups of 31 - 40 years, 51 - 60 years & the least in 18 - 30 years which was 32%, 30% & 4% respectively. All the cases were male patients. There was no female patient for the treatment.



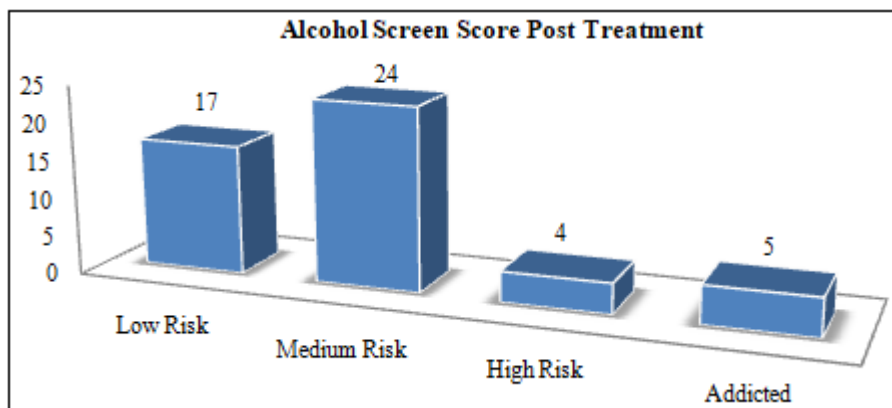
**Figure 1:** Graphical representation of cases on the basis of Age Group

Categorizing the cases on the basis of socio - economic status 54% cases belonged to middle class. 32% lower economic group 14% high socio economic group.



**Figure 2:** Graphical representation of cases on the basis of Socio Economic Status

Out of 50 cases 34% cases showed marked improvement and their alcohol screen score came down to 0 - 7 (Low Risk). 48% cases showed moderate improvement with alcohol screen score from 8 - 15 (Medium risk category). 8% High risk with 16 - 19 screen score. While 10% case showed no improvement with alcohol screen score above 20 likely addicted.



**Figure 3:** Graphical representation of cases on the basis of Alcohol screen score post treatment

As per the statistical analyses of sample size of 50 cases it is observed that the two major predisposing factors of alcohol addiction in patients is bad company and family dispute which is about 24% and 22%. Which is then followed by

depression and work load at 14% both, business and financial loss, grief and society status at 10%, 8% and 8% respectively.

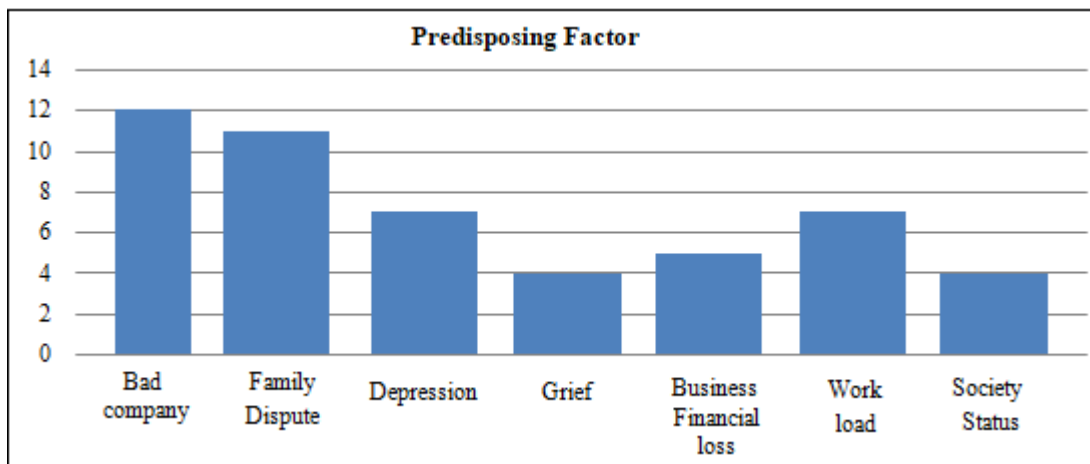


Figure 4: Graphical representation of cases on the basis of Predisposing factor

Nux - v was mostly prescribed followed by Sul - Ac, Agar - m & Opium Asar - E, Cocc, Stroph. And Nat - mur Syph, Puls, and China. With Material doses of Avena Sativa Q, Quercus - G, and Passiflora.

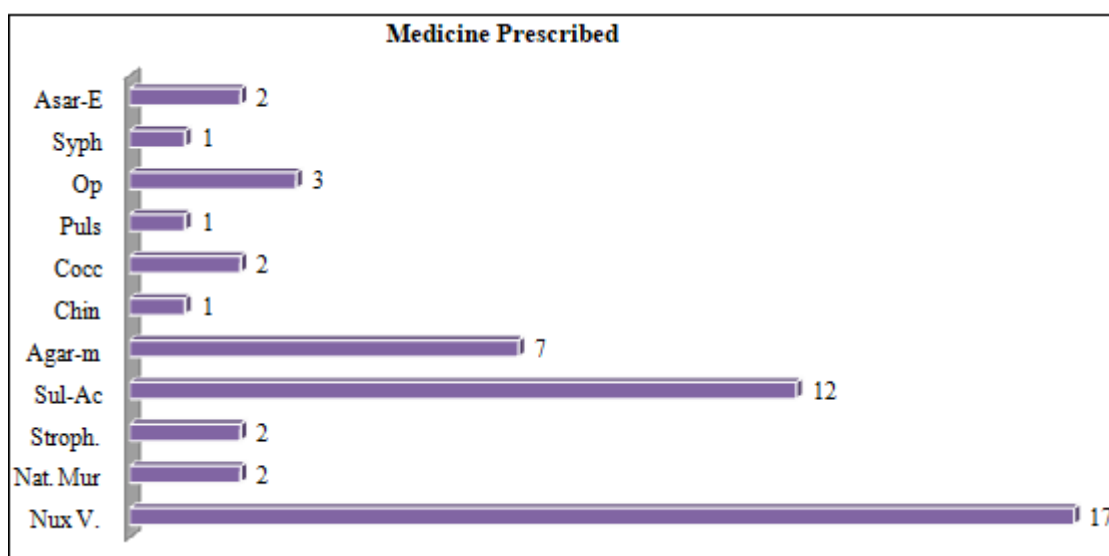


Figure 5: Graphical representation of cases on the basis of Medicine Prescribed

#### 4. Discussion

In the process of the study, proper case taking has been done followed by analysis and evaluation of the symptoms, repertorisation was done from Synthesis Repertory, in which the eliminating symptoms which represent the patient as a whole were used. During the study cases that involved alcohol addiction were studied. The statistical analysis of the study shows that most affected age group is 31 - 40 and 41 - 50 years that is the most important phase of life both financially and emotionally. With their predisposing factor being family disputes and bad company patients in these age group often tend to alcoholism to calm themselves. Although the study was initially meant to be conducted on both sex but it was seen that there was no female patient up for the treatment in the OPD for various reasons and that opens up a window for new further researches. Because of the stressful environment and societal pressure, the middle - income group is more affected (54%) than the upper income group (14%) and lower income group (32%). From the study of homeopathic medicines in the treatment of alcohol addiction the results are very positive. It is now proven that homeopathic remedies can cure most of cases of alcoholism

and that was the main reason behind conducting this research

#### 5. Conclusion

The study sample comprises of total 50 patients which were selected on the basis of inclusion and exclusion criteria from IPD/OPD and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & hospital, Ludhiana and following conclusion has been procured after analysis and observation of the outcomes of the study with proper statistical analysis using paired t - test. Synthesis Repertory includes wide range of MIND related rubrics and sub rubrics with minutest details about it, covering almost all its expressions, reactions, sensitivities, so from this study it concluded that in order to have better understanding of Mind Rubrics Synthesis Repertory can be of great help. This study not only aided in grasping and comprehending the various aspects, attributes and characteristics of alcohol addiction and its consequences and effects on health, but also in ascertaining and determining the effectiveness of the Rubrics and sub - rubrics of Mind in individualising a case so that a proper clear cut picture can be made assisting in

differentiation between similar remedies and helps in the selection of similimum as well as improving the overall quality of life of the patients who participated in the study. So, it is concluded that stress and emotional factors plays an important role in alcohol addiction and if these are given due importance than it can prove to be very efficacious in treating illness holistically thereby providing relief to the patient in both the planes mentally and physically as the sole aim of the physician is to cure the patient in all its aspects. Overall, this study achieves practically all of the aims and objectives that were established for it.

## 6. Acknowledgement

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Dr. Sahil Mittu MD (Hom.) Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana

## 7. Conflict of Interest

None Declared

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## Author Profile

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