



Alcohol Use Disorders and the Role of Homeopathy in Their Management

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Introduction :

Alcohol Use Disorder (AUD) is a chronic disease — a brain disease that, over time, appears as compulsive use of alcohol, despite social consequence. AUD has implications for global health, mental well-being, and social cohesion. It is associated with a range of medical conditions, such as liver diseases or cardiovascular or neurological diseases, and personal problems, like financial problems and social conflicts¹.

Homeopathy takes health at a deeper level, while conventional therapies are based on detoxification and psychological counseling. This part of the homeopathic treatment deals with physical comforts and emotional and psychological triggers; a homeopathic doctor aims to provide long-lasting sobriety and quality of life in patients.

Metabolism of Alcohol: How It Works?

Alcohol Metabolism in Humans²

Alcohol is mainly metabolized in the liver via a multi-step enzymatic pathway:

Alcohol Dehydrogenase (ADH) Pathway:

- Ethanol → acetaldehyde, a toxin precursor.
- Acetaldehyde is further oxidized to acetate by aldehyde dehydrogenase (ALDH).

Microsomal Ethanol-Oxidizing System (MEOS)

- Ethanol bio-transforms through cytochrome P450 (CYP) enzyme system, mostly CYP2E1 in chronic or excessive intake.
- Nearly everyone knows about the exposure to acetaldehyde, one of the typical good of arts by products because human beings can actually make low amounts of this material every day in nephritic disorder, handkerchief and different bodily organs.
- Acetaldehyde very toxic and responsible for much of the harmful effect of alcohol. Its metabolism forms acetate and that gets metabolized to water and carbon dioxide to get rid of it. Metabolism at cellular level forms aggressive reactants like reactive oxygen species (ROS) which leads to cellular injury and mainly in liver through oxidative stress.

Rate of Metabolism and Half Life³

The average human metabolizes alcohol at a rate of about 0.015 g/100 mL of blood per hour, though this rate differs from person to person depending on several factors such as, genetics, gender, liver function and drinking habits.

The detoxification of alcohol is takes hour or day depend on how much you have intake and how efficient your metabolism is since alcohol has 40 of 50 hr half-life.

Detoxification Support⁴

Rehydration, essential nutrition and liver-boosting support for the body's natural alcohol detoxification and recovery. Homeopathic medicines such as Chelidonium Majus, Carduus Marianus & Nux Vomica aid detox; improve liver function & decrease detox side effects (nausea, fatigue, irritability).

Homeopathy as a Treatment Option for AUD

Homeopathy operates on the principle of "like cures like," and potentized remedies help with the body's natural healing mechanisms, according to homeopathy. In AUD, homeopathy aims to:

They have physical symptoms, such as, withdrawal effects and cravings.

Release psychological triggers while letting go of patterns like anxiety trauma & low self esteem and cultivate emotional resilience.

Support liver function for detoxification and cleansing

Prophylactic Approach

Prevention efforts in AUD target the factors underlying alcohol dependence and emotional dysregulation that leads to alcohol use and transcend risk factors. Remedies are determined according to the person's constitution, temperament and trigger sensitivity.

Prophylaxis and Treatment with Key Homeopathic Remedies⁵

Nux vomica

Indication: For irritable, overindulgent high stress type.

Effect: Decreases cravings, alleviates digestive symptoms, aids in recovery from withdrawal

Lycopodium clavatum

Indication: Administered to individuals with low self-confidence, with digestive disorders and alcoholics who have a tendency to escape emotional stress.

Re-creates liver operation, aids digestion, fights psychological addiction

Opium

- Indication: Acute withdrawal symptoms-obvious lethargy, confusion and mental dullness.
- Mechanism: Elicit opposite response through CNS depressants (long term exposure to alcohol)

Avena sativa

- Indication: Treatment of nervous exhaustion, restlessness, and insomnia from withdrawal.
- Effect: Soothing the nervous system to induce a peaceful sleep.

Chelidonium majus

- Indications: Liver Disorders, jaundice, or gall bladder dysfunction.
- Function: Aid in detoxifying the liver and promote bile irrigation.

Cardus marianus

- Indication: Chronic liver disease and alcoholic cirrhosis.
- Action: Reconstruct fatigued liver tissue, reduce symptoms such as abdominal pain and fatigue.

Selenium metallicum

CHRONIC ALCOHOLICS WITH MEMORY LOSS, NERVOUS EXHAUSTION AND WEAKNESS

What it does: Improves mental function, increases energy

Sulphur

- INDICATION: For those afflicted with chronic maladies of the skin, digestive orders or aptitude for addiction.
- Reason: Truncate the system and assist with emotion drivers

Calcarea carbonica

- Indication: For those whose metabolism is sluggish, those who are overweight or that are comforted by consuming alcohol
- Effects: Increases metabolism and strengthens emotional fortitude

Ignatia amara

- Indication: During times of mourning; for the disillusioned; when emotionally troubled.
- Effect: Calms mood swings, anxieties and general cravings for alcohol.

Pulsatilla nigricans

- INDICATION: For the emotional, those with personality instability, the moody, people suffering from loneliness.
- •Locus: Manages moods; prevents the drinking from taking charge.

Aurum metallicum

- Indication: Reminder for depression, feeling worthless or self-destructive behaviour
- Result: Promotes clear-headedness and self-worth, both of which lower the risk of resorting back to a life of addiction.

Quercus Glandium Spiritus

- Indication: Indicated in moderate to severe alcohol craving and withdrawal discomfort.
- How It Works: By reducing cravings and helping to minimize withdrawal symptoms, it works in the body.

Detoxification and Rehabilitation Support :

Acute Detoxification Phase

Detoxification: Removing ethanol and managing withdrawal. Homeopathic modality Continuing with symptomatic homeopathic medicines Avena sativa, Nux vomica and Opium To manage symptoms and stabilize the patient during this critical phase in her condition.

Long-Term Recovery

Physical health and emotional wellness make up a recovery. It is identified use Ignatia and Pulsatilla for nausea of emotional origin and Chelidonium and Cardus marianus for prevention of sequelae and to support the liver.

Alcohol use disorder homeopathic benefits

Addict in Recovery Part 1: Treats physical and emotional and psychological aspects of addiction.

One-to-One Caring: The individual patient's constitution and precise symptoms dictate the treatment.

Safety. Diluted to such degree that they can't induce side effects.

Sustainability: Preventive medicines can only push back non-psychiatry treatment.

Limitations and Future Directions :

Although homeopathy is still hypothetical, it still has very few clinical trials, and there are mechanisms of skepticism with which it is complicated.

Exploring Future Directions for Research:

“The big trials that are going to establish whether these remedies work.

You are researching molecular mechanisms of action of homeopathic treatments.

Antidote to Chronic Illness: Practising Homeopathy with a Therapist: The Path to Complete Recovery

Conclusion :

Context Alcohol Use Disorder (AUD) is a heterogeneous disorder that can necessitate multimodal treatment. By treating all aspects of addiction — physical symptoms, emotional pain, and psychological triggers — simultaneously, and by co-treating each one within the same operating framework of homeopathy's core philosophies of healing, homeopathy presents an entirely separate and complete road to recovery. AUD is mainly approached with the principles of long-term treatment and homeopathy is a strong individualistic approach and may therefore prove to be a very promising adjuvant in its management.

Homeopathy is able to help on a physical, emotional and mental level in breaking the addiction cycle and a well-rounded plan, combining homeopathic remedies with lifestyle changes, detoxification support, and emotional support, can facilitate lasting sobriety and excellent health.