

Scientific Survey

## Health Problems by Alcoholic Beverages in village Ukhalgaon, Taluka Shrigonda, District Ahmednagar, Maharashtra, India.

<sup>1</sup>Sirsat P B, <sup>2</sup>Chandan S, <sup>3</sup>Dhongde P, <sup>4</sup>Bhamare A, <sup>5</sup>Kadam S S, <sup>6</sup>Anarse S

<sup>1</sup>Post Graduate Department of Zoology, Mrs. Kesharbai Sonajirao Kshirsagar College, Beed-431122, Maharashtra, India.

<sup>2,3</sup>Department of Microbiology, Jayawantrao Sawant College of Commerce and Science, Hadapsar, Pune, Maharashtra, India.

<sup>4</sup>Department of Biotechnology, Amity University, Mumbai, Maharashtra, India.

<sup>5</sup>Department of Botany, R.P. Gogate and R. V. Jogalekar College, Ratnagiri, Maharashtra, India.

<sup>6</sup>Department of Food Chemistry and Nutrition, College of Food Technology, Ghargaon, Maharashtra, India.

### Survey Info

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**Corresponding Author:**

Sonali Santosh Kadam,

**Email:** [sonali.kadam@resgjcrtn.com](mailto:sonali.kadam@resgjcrtn.com)

### Abstract

Alcoholism is commonly found in many parts of the world. Excessive consumption of alcoholic beverages adversely affects human health, social and commercial status and disturbs mental health. Such problems are needed to be explored and analyzed for protecting societal balance and integrity. In the present article, we surveyed health problems of villagers from Ukhalgaon, Taluka Shrigonda, District Ahmednagar, Maharashtra state of India owing to alcoholic beverages and reported that its excessive consumption resulted in heavy losses to life and social welfare.

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### 1. Introduction:

Alcoholic beverages are the fermented foods produced by microbes [1]. They are hazardous to health [2]. Consumption of alcohol brings social and economic losses and even deaths [2]. It may result into non-communicable diseases, for example, cancers, liver cirrhosis as well as cardiovascular diseases [2]. The basic real problems of society, in many cases, are explored up to the mark. In the present article, we surveyed effect of alcohol based drinks on the health of villagers from

Ukhalgaon belonging to Ahmednagar district of Maharashtra state, India.

### 2. Methodology:

Survey was conducted for 15 people belonging to 6 families. The following questions were asked;

1. How many people had suffered from liver cancer in the village?
2. Were any homemade alcoholic beverages made or not?
3. How many losses have been done by alcohol?
4. What treatment should take to avoid alcohol?

### 3. Result:

There have been 5 deaths in 2022. In five years, more than 100 people died due to liver cancer. There was no homemade alcohol reported in the village. Prevention of alcohol consumption is one of the most effective ways to reduce alcohol-related costs and harms. Alcoholic beverages resulted in widespread losses in terms of injurious, physical health problems like cirrhosis of the liver, heart disease, and diabetes as well as absenteeism, road traffic accidents and various mental health and behavioral problems.

Alcoholic beverages were one of the leading causes of death. Additionally, they harmed and damaged the physical and mental health. Moreover, they resulted into relational conflicts and social as well as legal problems. An alcoholic man's family used to be abused both mentally and physically in the society.

### 4. Strategies to reduce alcoholic beverage consumption:

A number of medications, for example, acamprostate, disulfiram, naltrexone, and nalmefene are recommended by the National Institute for Health and Care Excellence (NICE) to treat alcohol misuse. Acamprostate (brand name Campral) is used to help prevent a relapse in people who have successfully achieved abstinence from alcohol. Its usually used in combination with counseling to reduce alcohol cravings. Disulfiram (brand new Antabuse) can be used if you're trying to achieve abstinence but are concerned you may relapse, or if you have had previous relapses.

Naltrexone can be used to prevent a relapse or limit the amount of alcohol someone drinks. It works by blocking opioid receptors in the body, stopping the effects of alcohol. It is usually used in combination with other medicine or counseling. If naltrexone is recommended, one should be made aware it also stops painkillers that contain opioids working, including morphine and codeine. If someone felt unwell while taking naltrexone, he should stop taking it immediately and seek advice from care team. Many people who have alcohol dependency problems find self-help groups useful to lower alcoholic beverage dependency.

### 5. Conclusion:

Ukhalgaon village of Maharashtra state, India has negative health effects by alcoholic beverages and there is need to make the villagers aware of side effects of alcohol containing drinks.

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