



## A REVIEW ARTICLE ON MADATYAYA (ALCOHOL INTOXICATION)

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### ABSTRACT

Alcohol consumption is one of the most health concern around the world. Chronic alcoholism is defined as the regular imbibing of an amount of ethanol that is sufficient to harm an individual socially, psychologically, physically. In Ayurveda, the varieties of disorders caused by excessive and improper use of alcohol are well described under *Madatyaya*. It is *Sannipatata Vyadhi*. It mainly vitiates *Ojas*, as *Madya* have opposite quality of *Ojas*. Alcohol is treated as poison when consume much more dose and as medicine in limited dose. Here is a small effort to understand the features of *Madatyaya* in terms of modern perspective.

**KEY WORDS –** *Madya*, *Madatyaya*, Alcohol intoxication.

## INTRODUCTION

Alcohol used disorders are one among the leading epidemiological health issues in India. Consumption of more than two standard drink per day increases the risk for health problems in many organ systems<sup>1</sup>. *Madya* has nectar like properties when used judiciously following all norms, otherwise it acts as poison<sup>2</sup>. That which produce *Mada* is called *Madya* and *Madya* possess all the qualities of *Visa* and indiscriminate use of *Madya* causes *Madatyaya*<sup>3</sup>. *Madatyaya* comprises of two words *Mada* & *Atyay*. *Mada* means *Harsha* (excitement) *Atyay* means *Atikrama* (excess). This over excitement is caused by excess consumption of *Madya*<sup>4</sup>. *Madatyaya* is produced when person takes the *Madya* without considering *Prakriti*, *Satmya*, *Agni* etc. continuing same amount of alcohol intake leads to *Madatyaya* & *Madatyaya Janya Yakrit Vikara*. It is *Pitta Pradhana Tridoshaja Vyadhi* mainly *Pitta Sthana* is vitiated along with *Agni*<sup>5</sup>. *Acharya Charaka & Acharya Vagabhata* have mentioned 4 types of *Madatyaya* namely *Vataja*, *Pittaja*, *Kaphaja* & *Sannipataja* whereas *Acharya Sushruta* classifies the disease caused due to inappropriate use of alcohol as *Panatyaya*, *Paramada*, *Panaajeerna*, *Panavibhrama*<sup>6</sup>.

### Nirukti of Madatyaya:

—*Madena Atyayo Madatyayah |*  
*Madahetuko Vyadhirityarthah |*

The *Atyayata* (disorder) produced by *Madya* is called as *Madatyaya*<sup>7</sup>.

### Nidana of Madatyaya:

Etiological factors for *Madatyaya* are mentioned separately for all type in almost all classical treatises, the same can be divided into

#### AHARAJA NIDANA

SANNIKRSHTA HETU	VIPRAKRUSHTA HETU
<i>Ruksha madya sevana</i>	<i>Guru &amp; snigdha ahara</i>
<i>Atimadyapana</i>	<i>Madura ahara</i>
<i>Pitta prokopaka &amp; Ruksha ahara</i>	
<i>Amla, Ushna, Teekshna ahara</i>	<b>PRADHANIKA HETU</b>
<i>Ajirna madyapana</i>	<i>Madya</i>
<i>Ekanta madyapana</i>	

#### VIHARAJA NIDANA

Behavioural factors like *Vega avarodha*, *Nittya madyapana*, *Avidhi madyapana* and indulging in *Stree*, *Bhara*, and *Adhvakarshita* causes morbidity of *Vatadosha*, *Agni*. *Atapapriya*, *Ushnabhitapta* increases *Pitta*, and *Avyaya*, *Divaswapna*, *Shayyaasanasukh* increases *Kaphadosha*.

**MANASIKA NIDANA**

The psychological factors like *Shoka*, *Bhaya*, *karshita*, *Krodhini* and *Laghusatva* are considered as *Manasikanidana*

**OTHERS:**

There are some miscellaneous factors which results in the morbidity of the *Dosha* like that of intake of *madya* when the person is *pipasita*, *bubukshita*, an having reduced *bala* and *Mandagni* also are causes for *Madatyaya*.

**VATAJA MADTAYAYA<sup>8</sup>****NIDANA**

If a person is excessively emaciated because of indulgence in women (Vyavaya), grief (Shoka), fear (Bhaya), carring heavy load (Bharavahana), walking long distance (Chankramana), and other strenuous activities (Sahasa), eating ununctuous food (Ruksha ahara), less quantity of food (Alpa ahara), drinks alcohol at night and which is excessively fermented then this leads to impairment of sleep(Nidra) and causes vataja madatyaya.

**LAKSHANA**

LAKSHANA	CORRELATED CAUSE
<i>Hikka</i>	Due to gastritis or other gastro intestinal problems leading to irritation of diaphragm.
<i>Shwasa</i>	Decreased respiratory function and infection due to decreased immunity.
<i>Shareera kampa</i>	Cerebellar degeneration
<i>Parshvashoola</i>	Due to cardiac disease or alcohol pancreatitis
<i>Prajagara &amp; Bahu pralapa</i>	Improper functioning of nervous system and associated psychiatric condition.

**PITTAJA MADATYAYA<sup>9</sup>****NIDANA**

If a person indulging in food that is *Amla*, *Ushna* and *Teekshna*, who likes excessive exposure to the fire and sun, drinks excess quantity of madya that is *Teekshna*, *Ushna* and *Amla*, then he suffers from the *Pittaja Madatyaya*.

**LAKSHANA**

LAKSHANA	CORRELATED CAUSE
<i>Trishna</i>	Due to dehydration
<i>Daha</i>	Alcoholic neuropathy
<i>Sweda, Moorcha, Vibhrama</i>	Due to autonomic hyperactivity
<i>Atisara</i>	Due to gastritis or liver dysfunction
<i>Harita varna</i>	Due to liver dysfunction

## KAPHAJA MADATYAYA<sup>10</sup>

### NIDANA

If a person who is habituated to Madhura, unctuous(Snidha) and heavy food (Guru ahara), who does not do physical exercise Vyayama), who sleeps during the daytime (Divaswapa) and who indulges in sukhaseenata, excessively drinks madya which is not an old one or which is prepared of Guda and *Paishtika* then he immediately develops *Kaphapraya Madatyaya*.

### LAKSHANA

LAKSHANA	CORRELATED CAUSE
<i>Chardi, Hrillasa</i>	Due to autonomic hyperactivity,gastritis, or pancreatitis.
<i>Arochaka</i>	Erosion of gastrointestinal mucosa &decreased secretion of gastric juice
<i>staimitya, gaurava</i>	May be due to cardio pulmonary dysfunction

## SANNIPATAJA MADATYAYA<sup>11</sup>

### LAKSHANA

All the above said clinical features of three individual *Doshas* can be seen in *Sannipataya Madatyaya*.

### According to Sushruta<sup>12</sup>

Effects of chronic usage of alcohol against the rules and regulations are classified into four types. They are *Pānātyaya*, *Paramada*, *Pānājīrṇa*and *Pānavibhrama*.

### DHVAMSAKA & VIKSHAYA<sup>17</sup>

If a person, after discontinuing intake of *Madya* starts taking it in excessive quantity suffers from the diseases named as *Dhvamsaka* and *Vikshaya* they are curable with difficulty particularly in one debilitated disorders.

### LAKSHANA

#### *Dhvamsaka*

Excessive salivation, dryness of the throat and mouth, intolerance to noise, excessive drowsiness as well as sleep, characterize the *Dhvamsaka*.

#### *Vikshaya*

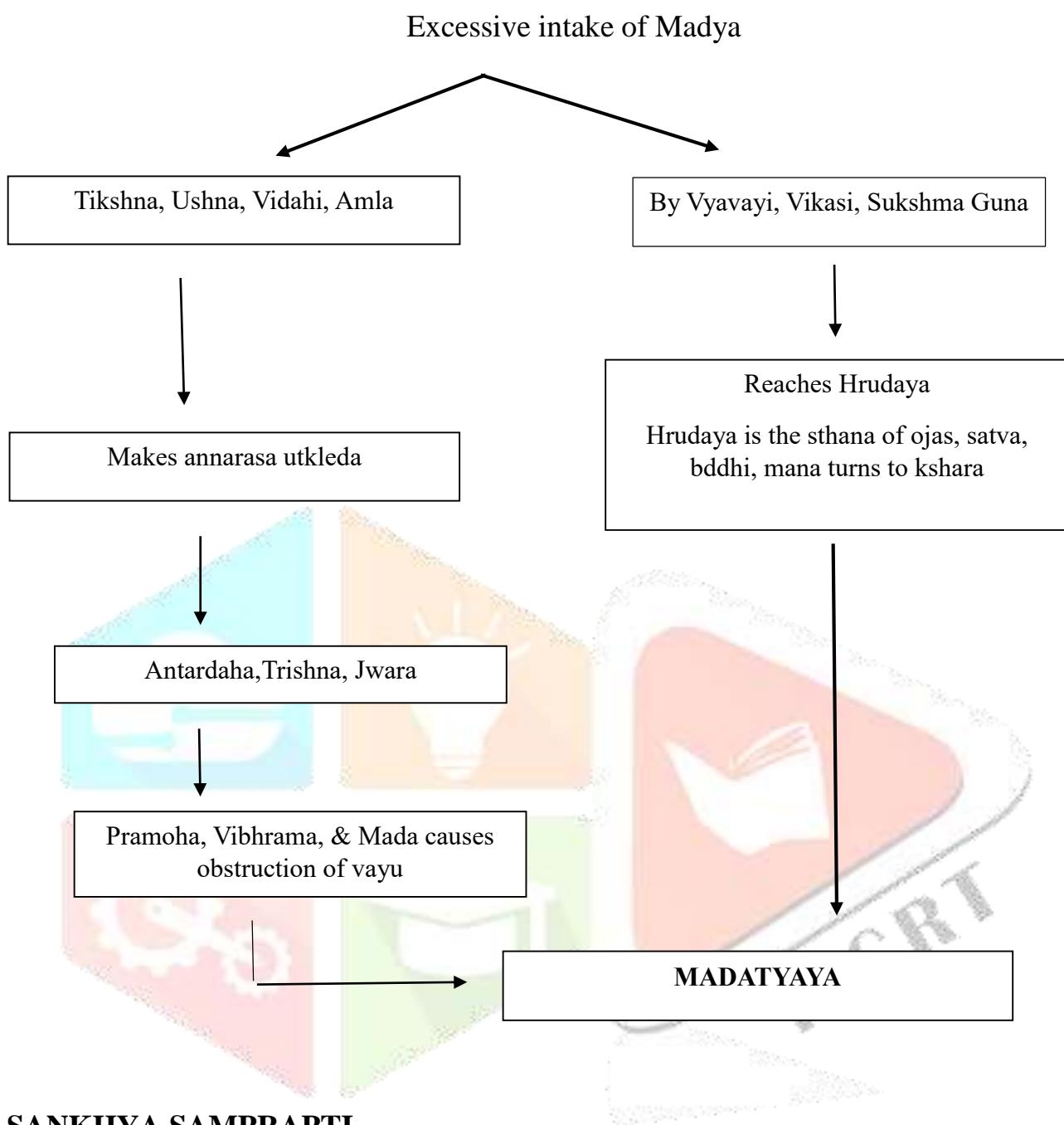
Abnormality in heart and throat, mental confusion, vomiting, pain in the body, fever, thirst, headache, cough, are the main features of *vikshaya*.

TYPES	LAKSHANA
<b>PANATYAYA</b> <sup>13</sup>	<ul style="list-style-type: none"> <li>• VATA – Sthamba, Angamarda, Hrudaya graha, toda, kampa, Shiroruja</li> <li>• PITTA – Sweda, Pralapa, Mukhashosha, Daha, Murccha</li> <li>• KAPHA – Vamathu, Sheeta, Kapha praseka</li> <li>• SANNIPATA – Presence of all symptoms</li> </ul>
<b>PARAMADA</b> <sup>14</sup>	Ushma, Guruta, Aruchi, Malamutra sanga, Trishna, Shiroruja, & Sandhibheda.
<b>PANAAJIRNA</b> <sup>15</sup>	Adhmana, Chardi, Daha, Pitta prakopa lakshna.
<b>PANAVIBHRAMA</b> <sup>16</sup>	Hrudgatra toda, Chardi, Jwara, Murccha, Shiroruja, Dvesha

## SAMPRAPTI

Intake of excessive alcohol which is Tikshna, Ushna, Amla, & Vidahi makes the annarasa utkleda and will be digested improperly which ultimately turns kshara and causes Antardaha (burning sensation in the interior of the body), Jwara, Trishna, Pramoha, Vibhrama, and Mada. The dosha incited by alcohol causes obstruction to the movement of vayu in the srotas because of which the patient suffer from excruciating pain in the head, bones & joints.

## Flowchart showing the *Samprapti* of *Madatyaya*



### SANKHYA SAMPRAPTI

All the types of *Madatyaya* are produced by the simultaneous exacerbation of *TriDoshas* and they are named on the basis of dominant *Dosha* involved.

*Acharya Charaka* – 4 types ( *Vataja, Pittaja, Kaphaja, Sannipataja* )

*Acharya Sushruta* – 4 types ( *Pānātyaya, Paramada, Panajeerna, Panavibhrama* )

*Acharya Vaghbata* – 4 types ( *Vataja, Pittaja, Kaphaja, Sannipataja* )

### VIDHI SAMPRAPTHI

It is a disease which comes in exogenous ( *Agantuja* )

### VIKALPA SAMPRAPTHI

*Ruksha* & *sukshuma guna* of *vata*, *ushna* & *Tikshna guna* of *pitta*

### PRADHANYA SAMPRAPTHI

*Tridosha*

## SADHYASADYATA<sup>18</sup>

### ASADYA LAKSHANA

The following are the characteristics of bad prognosis:

Hinottaraushtham (thinner upper lip), Atisheetam (excessive cold), Amandadaham (mild burning sensation), Tailaprabhasyam (oily glistering of face), Jihvaushtha Dantamasitam Vaa Neelam (black or blue tongue, lips and teeth), and Peete Nayana Rudhirata (reddish eyes immediately after taking alcohol).

### UPADRAVA<sup>19</sup>

Complications arise in excessive alcoholism is *Hikka, Jawara, Vamathu, Vepathu, Parshwashoola, Kasa* and *Bhrama*.

## DISCUSSION & CONCLUSION

Madya is a substance which effects on all functions of the body by enhancing tamoguna and can prove fatal. Alcohol if taken in appropriate manner, time and wholesome food, optimum dose, according to ones own strength then it is beneficial as Amrit. Alcohol leads to mental as well as physical disturbance of individual. Mostly 80 % alcohol absorbed in small intestine and much more metabolized in the liver. So it shows toxic effect on liver and thus damages it. as per ayurvedic textbook Madatyaya has similar clinical symptoms as alcohol intoxication. Madatyaya includes tridosha, rasa & raktha as dushya, and rasavaha, rakthavaha, sangyavaha srotas. By understanding the features of madatyaya we can say that madatyaya is not just an alcohol intoxication, dependence or withdrawal state but it is the condition where multiple systemic dysfunction are involved from immediate & acute manifestation to chronic. Neurological, gastroheptic & cardio pulmonary manifestation are the commonest features seen in the patient of madatyaya which is also similar to the description of alcohol intoxication.

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