

CONCEPT OF *MADATYAYA* – AYURVEDA VIEW TOWARDS ALCOHOLIC INTOXICATION

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ABSTRACT

Alcohol made up of many ingredients having many properties, actions & characterised by intoxication has both useful & hazardous effects; so it may act as poison or ambrosia depends upon its use. Alcoholic intoxication described by ayurveda books in details. Attributes of Poison are similar to alcohol. Merits and demerits, causes and types of *madatyaya* (alcoholism), different alcoholic diseases, its complications are explained in ayurved books in detail. Concept of addiction is explained in terms of *Dhwansaka* and *Vikshay*.

KEYWORDS: *Madya*, *Madatyaya*, alcohol, Alcoholism, addiction.

INTRODUCTION

As *madya* (alcohol) is considered as food. Food is sustainers of life, but when it eaten in inappropriate manner it leads to many disorders, It gives rise to diseases when used improperly; similarly the poison which causes death, it may work as *Rasayan* (rejuvenating agent), when it is used appropriately. Alcoholic intoxication described by Ayurved (*samhitas*) books in details. *Acharya* Charak describes alcoholism after chapter mentioning the treatment of poisoning, due to its similarity in attributes & causing delirium (*moha*). *Acharya* Sharangadhar stated the definition of alcohol as “the drug causing mental derangements or hampers intellect along with the drugs by virtue of its predominance of *Tamoguna* is called intoxicant (*madakari*). Ex- *Madya* & *Sura* (different types of alcohols).^[1] Alcohol made up of many ingredients having many properties (10+4), number of actions & characterised by intoxication having both useful & harmful effects.

Properties of *madya* (alcohol) – It has mainly 10 properties as Light, Hot, sharp, finely entering, Sour, quickly absorbed, quick acting, rough, depressant & non slimy.^[2] Sushrut also explains that the alcohol is sour in taste, fast, subtle, vivid, dry, quick acting, spreads all over the body, even digestion and dislodges the connection in the joints & essential immunity factors in the body.^[3] As sour taste is the prime quality in *madya*, Charak explains along with sour taste it has 4 sub tastes as sweet, bitter, acrid & astringent tastes.

Difference between alcohol, poison & *Oja* (essence of *Dhatus*) - As the properties of alcohol are similar to poison. The properties of *Oja* are opposite to poison & alcohol, as *Oja* having heaviness, cold, clear, slimy & unctuous. Alcohol counteracts the properties of *Ojas* by its own properties such as 1) heaviness by lightness 2) Coldness by hotness 3) Sweetness by sourness, 4) softness by sharpness 5) Clarity by quick action 6) Unctuousness by Roughness 7) stability by quick absorption 8) smoothness by depressant action 9) sliminess by non sliminess 10) Viscosity by subtleness. So it gets results of this affliction, the mind gets agitated & so causes intoxication means narcosis.^[4] Due to excessive drinking alcohol destroys *Oja* so disturbance occurs in the function of mind, intellect & senses.

Benefits of alcohol – If alcohol taken in proper manner, in proper quantity & in suitable time act as nector. Alcohol improves relish & appetite, is cordial, promotes voice & complexion is saturating, bulk promoting, strength promoting, alleviator of fear, grief & exertion. It is useful for those who awake for all night, it raises the voice of dumb, awakens those who oversleep, it relieves constipation, alcohol also acts as a medicine of *madatyaya* & disorders produced by alcohol.^[5] It also enhances the sexual pleasures and senses works properly & attentively. Alcohol if taken in combination with unctuous substances e.g. rice and meat or any other articles of food mainly with butter, oil, *ghee* in proper manner it enhances the longevity, muscular strength, replenishment of the body, good looks, satisfaction of mind, inclination & strength boldness.^[6]

Demerits of alcohol – In ancient *samhitas* alcohol is considered as CNS depressant. Alcohol directly affects on nervous system (*Vata Nadi sansthan*). In the alcohol resides delusion, fear, sorrow, anger, even death, so also insanity, infatuation, fainting, epilepsy & tetanus. There is loss of memory alone is present then all activities become improper. It also causes loss of three pursuits of life (religion, economy & sexual life.), intelligence, courage, shame etc.

All liquors are injurious to eyes, causation to impotency. They kill down the strength of men & non conducive to promote life.^[7]

Stages of Alcohol Intoxication – Different authors of ayurveda explain it in different ways. Charak explains in three stages and Madhav nidan explains it in four stages.

Stage 1- also known as Primary intoxication^[8] - The symptoms are pleasantness of intellect & memory, happiness, increase in desire for drinking, eating, sexual enhancement, development of reading, speaking, words loudly & singing songs loudly.

Stage 2 – Also known as *Madhyam mada*- **secondary intoxication / medium intoxication^[9]**- The alcoholic in this stage having confused so he has uncertain intellect, memory & speech. He has reverse activity, restlessness, he behave like an insane. The person become covered with laziness & he sleep again and again.

Stage 3- Third stage of Intoxication^[10]- In this stage the person is totally intoxicated so he behave like a mad person, he does not give respect to elders, teachers. He eat such type of food which are not edible, then he looses his control over senses & speak out the secretes of his heart.

Charak explains one middle stage i.e. intermediate stage between second & third stage & explained all above symptoms.

Stage 4 – Fourth stage of Intoxication^[11] – In this stage the person is motionless like a broken stick, he is in deep narcosis, so looses the senses of what to do & what not to do. He do not perceive the pleasurable senses nor he recognise his friends, he is worse than dead body.

If the person drinks lot of alcohol at a time then there is complete loss of sensation & narcosis occurs early. Sphincters relax so incontinence of urine and stool then begins stertorous breathing, cyanosis develops & the death of person is due to respiratory centre paralysis. This is related with Madhava's fourth stage & Charaka's third stage. Charak explains that the first stage of intoxication starts when Heart is involved & stimulated but the ojas is not affected so this stage have full of pleasure (stage of excitement). In second stage of intoxication Ojas is damaged so there is confusion, loss of memory, distinct speech, improper talk & unable to

stand (Stage of incoordination). In third stage of intoxication ojas is severely damaged so the person becomes motionless & can't recognise anyone^[12] (stage of narcosis).

Types of alcoholism (*madatyaya*) – All the experts of Ayurved (Charak, Sushrut, Vagbhat, Madhav nidan) stated four types of alcoholism i.e. *vataj*, *pittaj*, *kaphaj* and *Tridoshaj*. The details of each is given below.

1) Vataj Madatyaya

The person who is emaciated & his food is mainly rough in nature & doing more exercise then he will suffer from alcoholism who is predominant in Vata.

The symptoms of Vataj Madatyaya are tabulated in Table no 1.

Sr.no	Symptoms	Charak (chi24/91)	Sushrut (Uttar 47/17)	Vagbhat (AHN6/18)	Madhav N.(18/16)
1	Hiccup	+	-	-	+
2	Dyspnoea	+	-	+	+
3	Tremors in head	+	+	+	+
4	Pleural pain	+	+	-	+
5	Insomnia	+	-	-	+
6	Irrelevant talk	+	-	-	-
7	Stiffness	-	+	-	-
8	Bodyache	-	+	-	-
9	Cardiac distress	-	+	-	-
10	Headache	-	+	+	-
11	Seeing bad dreams	-	-	+	-

2) Pittaj Madatyaya

Symptoms of Pittaj madatyaya are tabulated in table no.2

Sr.no.	Symptoms	Charak (chi 24/94)	Sushrut (Uttar47/17)	Vagbhat (AHN6/19)	Madhav N.(18/17)
1	Thirst	+	-	+	+
2	Burning sensation	+	+	+	+
3	Fever	+	-	+	+
4	Sweating	+	-	+	+
5	Fainting	+	+	+	+
6	Diarrhoea	+	-	+	+
7	Giddiness	+	-	+	+
8	Greenish complexion	+	-	+	+
10	Delirium	-	-	-	-
11	Dryness of mouth	-	-	-	-
12	Yellowish of face & eyes	-	+	+	-
13	Red eyes	-	-	+	-

3) Kaphaj Madatyaya

Symptoms of kaphaj madatyaya are tabulated in table no.3

Sr.no.	Symptoms	Charak (chi.24/97)	Sushrut (Uttar47/17)	Vagbhat (AHN 6/20)	Madhav N.(18/18)
1	Vomiting	+	+	+	+
2	Anorexia	+	-	-	+
3	Nausea	+	-	+	+
4	Drowsiness	+	-	-	+
5	Stiffness	+	-	-	+
6	Heaviness	+	-	+	+
7	Feeling of cold	+	+		+
8	Excessive salivation	-	+	-	-
9	Urticaria	-	-	+	-
10	Increased sleep	-	-	+	-
11	Lassitude	-	-	-	-

4) Tridoshaj madatyaya

If the symptoms of all dosha are seen at a time then it is called as *Tridoshaj madatyaya* (severe intoxication).

General symptoms of alcoholism

General symptoms explained by Vagbhatacharya as there is profuse delusion, chest pain, loose motions, severe thirst, fever with rigors, anorexia and loss of taste. There is headache, pain in pleural region or sides of flank, bone pain, tremors, cutting pain in vital spots, constriction in chest, blindness, cough, breathlessness, Insomnia, perspiration, indigestion & stasis of food inside the stomach for longer time, swelling, confusion, irrelevant talk, vomiting, nausea, dizziness & seeing bad dreams.^[13] Charak said that along with this, disorders of eyes, ears & mouth also occurs.

Diseases caused by Irregular Alcohol intoxication

- 1) *Paramad* – (Reactionary effects of abuse of alcohol) – Heat & sense of heaviness in the body, bad taste in mouth, excessive accumulation of *shleshma* / *kapha* in the body, aversion of food, suppression of stool & urine, thirst, headache and a crushing pain in the joints are the symptoms present in paramad.^[14]
- 2) *Panajirna* – (Alcoholic Gastritis) –distension of abdomen, acid or sour taste in mouth, vomiting, deficient gastric digestion, burning pain in stomach are the clinical features of alcoholic indigestion.^[15] There is aggravation of deranged *pitta* should be existing factor of this disease.

- 3) *Pan Vibhram* – (chronic alcoholism) – pricking pain in heart & limb, feeling of full of smoke in the throat, salivation, unconsciousness, fainting, vomiting, fever, headache, burning sensation, & aversion to various alcohols & food.^[16]

Alcoholic addiction view of Ayurveda

The person who starts drinking alcohol excessively after discontinuing it he may suffer from *Dhwansaka* and *Vikshaya*.

Dhwansaka^[17] - Symptoms of *Dhwansaka* are excessive salivation, dryness of mouth & throat, intolerance to sound, excessive drowsiness & increased sleep.

Vikshaya^[18] - Symptoms of *Vikshaya* are abnormality in heart and throat, delusion, vomiting, body ache, fever, thirst, cough and headache. These are same as that of *Vatik Madatyaya*, so occurs fast in who are emaciated & debilitated. Sushrut said that these symptoms of *Dhwansaka* & *Vikshaya* are mentioned in *Panatyaya*.

Aacharya Jejjat said that those born in alcoholic addict family they are more or less immune to the effect of alcohol like poison-girl or (*Vishkanya*).

Incurable symptoms of alcoholism^[19] –Incurable symptoms of alcoholism are - whose upper lip become atrophied, who feel very cold externally & burning sensation internally, who has oily radiance over face, whose tongue, lips & teeth becomes black and eyes become yellowish or bloody reddish.

Complications of Alcoholism^[20] –Hiccough, fever, vomiting, tremors, pain in flank (pleural pain), cough these are the complications were develop in over drunken.

Principle of Treatment of Alcoholism –All types of madatyaya are caused by the vitiation of all three doshas. So which ever the dosha found to be prominent should be treated first. If all doshas are equally aggravated then treatment should be generally started from the location of *Kapha dosha* followed by the *Pitta* & then *vata dosha*, because in alcoholism generally has a aggravation of *Pitta* & *Vata* at its terminal stage.^[21] Intake of excessive alcohol (which having sharp, hot, sour etc properties) when mixed with food, so it become stick, improperly digested (*vidagdha*), which ultimately turn alkaline causes burning sensation inside the body, fever, morbid thirst, unconsciousness, giddiness & intoxication instantaneously. To correct these ailments, alcohol should be administered because when an alkaline substance (*kshar*)

gets mixed with a sour substance, outcome become sweet in taste so alcohol is best among the articles having sour taste. This is the idea (*Yukti*) of using alcohol in alcoholism.^[22]

Acharya Vagbhat said that the treatment of alcohol should be done for 7-8 days only, by that period the alcohol localised at abnormal passage other than G.I.T. it gets digested.

CONCLUSION

The detail study of Alcohol & Alcoholism is studied in many ayurveda books. Charak's view towards alcoholism has great value because of its scientific literature study. Though there is difference in stages of alcoholism but their characteristics are same. The general symptoms explained by Vagbhata are as same as modern point view. The physical & mental characteristic symptoms are high lighten. Ayurveda also accept that it is cardiotoxic as well as dependent drug. Alcohol Symptoms of pittaj *madatyaya* may compare with alcoholic hepatitis. Concept of alcoholic addiction or Alcohol used disorder may be high lightened in terms of *Dhwansaka* & *Vikshay*. The chronic alcoholism may compare with Pan Vibhram as mentioned in Sushrut Samhita & Madhav Nidan.

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