

Effects of Alcohol on Human Body

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ABSTRACT: *In the present time alcohol has become a necessity in human life and humans also face major problems because of alcohol. Alcohol has increased the risk of a large number of human health and facing such problems as colorectal cancer, dementia, breast cancer, cirrhosis, alcohol dependency and upper digestive tract cancer. In the present time, heavy drinking is detrimental to one's health. This paper's main aim is to understand the effectiveness of alcohol in the human body and what types of problems facing after drinking alcohol. In this paper, the effect of an alcohol on the human body, what is the hangover and how it is bad for human health and some tips to overcome the consumption of alcohol have been discussed. In the future, this paper helps to understand the bad effects of the alcohol on human body & how alcohol damages the human body day by day and how it will affect the human body as well as human life.*

KEYWORDS: *Alcohol, Poisoning, Effect, Human Body, Dementia, Risk of Cancer, Health Hazard.*

INTRODUCTION

Alcohol (also known as ethanol) impacts wellbeing in a variety of ways. Intoxication and dehydration are short-term symptoms of alcohol intake. Long-term effect of the intake of alcohol include improvements in liver and brain alcoholism and metabolism. The brain is affected by alcohol intoxication, clumsiness, causing slurred expression, and delayed reflexes [1]. Alcohol stimulates the production of insulin, which accelerates the metabolism of glucose and can lead to irritability, low blood sugar & possibly death in diabetic. The will increase the likelihood that adolescents may develop alcohol utilization disorder when their brains are unmoving developing. Youngsters who drink alcohol have a greater risk of harm, that including death [2].

In people, both mild to moderate alcohol intake raises the risk of cancer. Research by the World Health Organization in 2014 showed that unsafe use of alcohol causes around 3.3 million deaths worldwide annually. A detrimental effort is added to the volume ingested with no shielded lower limit observed. Alcohol package warning messages have been adopted by several nations to educate consumers of alcohol & cancer, and fetal alcohol syndrome. The blood alcohol main concentration of 0.45% is the median lethal dose of alcohol in a laboratory of animals [3]. This is around 6 times the phases of the ordinary intoxication are (0.08 percent), but in people who have a poor alcohol tolerance, vomiting or unconsciousness can occur even earlier. The higher tolerance of the regular heavy drinker may cause few of them to stay aware at the level above 0.40 percent, but at this level, severe health risks are incurred.

The Vasopressin production from hypothalamus & release of this hormones from the rear pituitary gland is both limited by alcohol. When alcohol is drunk in significant quantities, this is what causes extreme dehydration [4]. It also causes the urine and vomits to have a high concentration of water, & the intense dryness that goes along with the hangover of alcohol. Stress and hangovers, & also the oral contraceptive pill that may increase the wish for the alcohol because the testosterone level be lowered and alcohol will be increased acutely by these things. Tobacco has the same effects as increasing alcohol cravings. The short-term symptoms of the alcohol intake range from the drop in lower doses of anxiety & motor functions to anterograde amnesia, unconsciousness, and depression of the central nervous systems at the high doses. The cell membrane is extremely alcohol-permeable, meaning it can diffuse through virtually any cell in the body until the alcohol is in the bloodstream. About any organ and system in the body is affected by long-term, heavy alcohol consumption. Alcoholism, chronic pancreatitis, malnutrition, cancer & alcoholic liver

diseases are among the dangers. The central nervous systems & peripheral nervous systems can be pretentious by persistent misuse of alcohol [5]. The developing teenage brain is especially sensitive to alcohol's harmful effects. Young people are at an extra chance of alcohol-associated harm than adults. As the mind keeps developing into the mid-1920s, drinking alcohol as a teenager can substantially boost the risk of damage to the developing mind. it may additionally cause issues with alcohol later in life. ingesting closely over a short time frame to become inebriated is called binge ingesting. Binge consuming is likewise described as ingesting over the endorsed degree of preferred beverages.

In this paper, the author discussed the effect of alcohol on the human body & how alcohol affects the human body & what kind of problems are facing through alcohol. In this paper author also discussed the effects on the human body, short terms effect on human body, the long terms effect on human body, how the hangover due to the alcohol, it is dependent on what human swallowed & how much, the hangover may contain these symptoms, the hangover are much probable or maybe more plain if you, & how does it affect your body, and, the following tips may help as they were discussed in this paper.

DISCUSSION

Factors that affects the human body through the alcohol:

Alcohol can affect the human body, like all drugs, particularly if humans drink excessively each day in binges. Even minimal levels of alcohol, like many tumors, are also related to the growth of some diseases. In certain ways, alcohol affect the liver. Certain repercussions are instant & only previous a while; different accrue over time and it may have a huge impact on the emotional and physical health & standard of life [6].

That how abundant alcohol damage your body its depend on that how much human can consume, your drinking pattern, & also the consistency of alcohol human drink. The composition and size of your body, age, biology, dietary status, drinking experience metabolism, & social influences every plays a role.

The short-terms effects of the alcohol:

A short-term effect due to the single occurrence of alcohol drinking that can contain:

- The interpersonal conflict
- A accidents and falls
- Lowered inhibitions
- The changed behaviour that containing violent or risky behaviour.
- The alcohol poisoning
- Hangover.

The magnitude of alcohol's short-term effect usually depend on that how much the person consumes, but some other variables play a part, such as hydration and food intake.

Hangover:

In present time every one is aware towards the word of hangover the 'hangover'-a series of adverse effects that usually accompanies heavy alcohol consumption, or even witnessed it. Many persons can understand the signs & serve the symptoms of human themselves. Usually speaking, the much human drink, the greater the chance that you will suffer a hangover, although there are no ways to foresee that how much human will drink & prevent the hangover. The some peoples may suffer the one-drink of hangover [7]. The intensity of a hangover also has to do with how alcohol is metabolized by your liver, when alcohol induces a variety of reactions in your body when you drink. These responses will lead to the hangover. They contain:

- Dehydration and the frequent urination.
- A droplet in the blood sugar
- Exasperation of the stomach lining
- A droplet in the blood sugar
- An development of the blood vessels.

Your hangover can contain these effects, depending on how much alcohol you consume and how much human consume and there are some symptoms:

- Headache
- Nausea
- Thirst
- Muscle aches
- Diarrhea
- Weakness
- Fatigue
- Shaking or Trembling
- Increased blood pressure
- Rapid heart rate
- Poor concentration
- Eyes and Dry mouth
- Augmented sensitivity of sound and light.
- Poor and restless.

Usually, most hangovers start after the level of blood alcohol start to the return close to zero. A hangover usually survives up to the 24 hours in general, then out on their individual [8].

When you drink too much, hangovers are more likely to occur, and they could be more serious:

- Drink on the unfilled stomach (so before and when you drink alcohol, it is a safe thing to eat).
- Using other medications when intoxicated (A hangover is believed to be exacerbated by smoking nicotine).
- Sleep without drinking badly (Smoking cigarettes is thought to make a hangover worse)
- Drink dark spirits, such as rum, brandy or bourbon.

The intensity of a alcoholic may be reduced by drinking water between alcoholic drinks and pacing itself (for one or less people per hour).

Hangovers usually pass with time, but these tips may help to ease symptoms:

- To keep hydrated, drink water or fruit juice.
- Eat an item. On a weak stomach, bland meals or plain, such as toast or soup, can be simpler.
- Using a softener to alleviate pain. A daily dose of an over-the-counter pain killer like paracetamol can alleviate a headache, but aspirin can irritate your stomach.
- Sleep it off.

Speak to your doctor about possibly limiting your drinking if you frequently suffer hangovers or have hangovers that impair your marriages, job or life in general [9].

Alcohol poisoning emergency:

The even more extreme consequence of alcohol poisoning often occurs in heavy consumption. There is an emergency that is life-threatening. If you see these symptoms in someone who has been intoxicated, dial 000 for urgent treatment:

- Vomiting
- Confusion
- Pale skin or blue tinged skin
- Seizures
- Body temperature is low
- Difficulty remaining aware.

They may be at risk of death if someone is asleep or cannot be woken up. When you think someone has alcohol poisoning, get urgent medical attention, even if you do not see the signs and symptoms.

The long-term effect of alcohol:

Drinking more than two daily drinks a day on average has long been thought to be the cause of many long-term health problems and other hurts. According to current studies, any level of alcohol use increases the risk of contracting chronic diseases.[10].

According to the World Health Organization (WHO), alcohol is responsible for 200 different kinds of injuries and diseases.

The most ordinary harms through the alcohol includes:

- Road & several accidents
- Crime
- Domestic & the public violence
- Social dysfunction
- Cardiovascular diseases
- Family breakdown
- Diabetes
- Cancers, containing of the pharynx, larynx, oral cavity, liver, esophagus, colorectal & female breast.
- Overweight & obesity
- Nutrition-related situations, such as malnutrition and folate deficiency
- Liver diseases
- Risks to the unborn babies
- Alcohol tolerance & addiction or alcohol dependence
- Long-terms reasonable impairment
- (Suicide) Self-harm
- Mental wellbeing issues such as anxiety and depression, as well as antidepressant drug interactions.

The WHO estimates that 5.3% of all casualties worldwide were reasoned by alcohol use in 2016. Worldwide, survey helps to know that men are die more than women after taking alcohol.

Alcohol usage can influence all facets of a person's life in the long term: their mental and physical health, jobs, relationships and finances .

What does binge drinking entail, and how does it effect your health?

The drinking usually involves drinking excessively over a brief amount of time with the intention & effects getting drunk quickly & seriously (drunk).

Binge drinking can lead to a hangover, the alcohol overdose or any of the other short-term consequences of the alcohol use, like as injuries and abuse, explained above, in the short term.

The drinking in the long run will lead to some of long-term consequences of alcohol consumptions, like heart disease, stroke, cirrhosis of the liver & diabetes.

How to reduce or avoid the effects of alcohol on the human body

Not drinking alcohol is the safest means of preventing the effects of alcohol on the liver. Whether you're planning to get pregnant, pregnant, or breastfeeding, this is especially important since no safe level of alcohol intake has been identified.

Low-level drinking is safer for the liver than binge drinking or heavy drinking if you want to drink alcohol.

The Public Health & Medical Research Council's National Recommendations to Minimize Health Risks from Consuming Alcohol state that the more you consume, the higher the lifelong chance of injury from drinking alcohol. For healthy women and men they advise:

- Drinking no more than 10 daily drinks a week reduces the risk of long-term harm from alcohol-related illness or accidents.
- The alcohol-related risk that injuries resulting from the incident are minimized by drinking not more than 4 regular drinks every day.
- The fewer person wants to drink, the minimum chance of damage associated with alcohol. For certain people, the best choice is not to drink at all.

For more guidance on drinking level, see the recommendations or read the facts from the sheet.

The following tips helps to cut down the consumption of alcohol may help:

As part of a balanced lifestyle, it is necessary to control your alcohol intake. Based on how many individual drinks, the types of drink drunk, and the composition of every person & a variety of different interpersonal variables, alcohol intake can induce obesity and weight gain. You would like to learn more about the use of alcohol and the dangers.

CONCLUSION

In the present time, the youth generation is addicted to alcohol in a very high range. In that time alcohol became a major part of human life and every person got involved in it. But on the other side alcohol shows a bad impact on human life and it is also becoming the reason for many deaths. Alcohol affects the human body in a very bad manner and gives serious problems in his life. There is an increased chance of adolescents having an opined use problem as their brain begins to evolve. Due to alcohol, the young generation faces major problems which are related to health as well as related human life. This paper helps to understand the side effects of the human body after taking alcohol. This author also discussed the short & long-term body effects of alcohol in the human body. Due to alcohol, there are several types of disease gone to rise in the human body like colorectal cancer, dementia, breast cancer, cirrhosis, alcohol dependency and upper digestive tract cancer. This paper also helps to understand the effect of alcohol and how to control the alcohol consumption of alcohol.

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