

IT MAKES YOU THINK TWICE.....

Sampath Wickramasooriya

Board of Study in Chemical Sciences

Alcohol is a psychoactive substance that is used in various cultures and countries with the dependence of diverse factors. Social and economics tragedies are involved with harmful use of alcohol [1]. *Lord Buddha* understood the dangerous effects of alcohol use on human beings. Therefore, *Lord Buddha* advised human



beings to refrain from drinking alcohol. According to the *lord Buddha's* teaching, it's said that, "***Surāmerayamajjapamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi***" and its mean that "**I refrain from drinking alcohols**".

3.3 million deaths of every year results due to the use of alcohols while this represents 5.9% of all deaths. Also, 25% of deaths of 20-29 age group are mainly due to the alcoholic disaster. The latest relationships have been established between harmful drinking and incidence of infectious diseases such as tuberculosis as well as the course of HIV/AIDS [2]. There are several factors effecting to the alcohol consumption such as, environmental factors include economic development, culture, availability of alcohol, and the comprehensiveness and levels of implementation and enforcement of alcohol policies [3].

Categories of alcohols

General categorization of alcoholic beverages with their alcoholic percentages is mentioned below [4],

- Beer: 4-6%
- Wine: 7-15%
- Champagne: 8-14%
- Grain alcohol: 95-97.5%
- Malt liquor: 5-8%
- Wine coolers: 5-10%
- Hard liquor (Distilled spirits - vodka, rum, whiskey, etc.): 40-95%

Effect of alcohol on the human health

Alcohol is absorbed in to bloodstream and distributed throughout the body. This alcohol exits in your urine and your breath. If you eat food which has high fat while you are drinking alcohol it will cause slow absorption of your body. Alcohols act as a stimulant at lower level doses. It induces feelings of euphoria and talkativeness. Those are the primary actions shown by persons who drunk alcohols. But drinking too much alcohol at one session can lead to drowsiness, respiratory depression (where breathing becomes slow, shallow or stops entirely), coma or even death. After a drink is swallowed, the alcohol is rapidly absorbed into the blood (20% through the stomach and 80% percent through the small intestine), and the effects are felt within 5 to 10 minutes after drinking. It usually peaks in the blood after 30 to 90 minutes, and thus is carried through all the organs of the body [5].

Central Nervous System

Alcohols travel through all the blood streams and quickly reaches to many parts of the body such as, brain and other parts of the central nervous system. It can affect coordination, interfering with balance and the ability to walk. Several alcoholism can progress to permanent brain damage, causing dementia. Further it can damage to salivary glands and irritate the mouth and tongue, leading to gum disease, tooth decay, and even tooth losses as visible health effect through nervous system.

Circulatory System

Even a small amount of alcohol can caused trouble to heart if you are a chronic drinker. Heart damage for women has a higher risk than men. Therefore, women should pay their attention on this tragedy. Circulatory system is one of the complicated systems and effects mentioned below may occur [6]. Poisoning of the heart muscle cells (cardiomyopathy) irregular heartbeat (arrhythmia) high blood pressure, stroke, heart attack and heart failure.

Immune System

Fighting off viruses, germs, and all types of illness are caused due to alcohol abuse. Chronic alcohol use increases the risk of many forms of cancer.



Drinking alcohols is up to you. But it affects to everyone around you including your family and friends.

Think twice before use alcohols.....

Reference

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