



THE HARMFUL EFFECTS OF ALCOHOL PRODUCTS ON THE HUMAN BODY

Rahmatov Rahmatjon Alisher ugli

Andijan branch of Kokand University

Faculty of Medical Work

Student of group DI25-36

Annotation: Alcoholism — from a medical point of view, is a chronic disease that occurs as a result of continuous consumption of alcoholic beverages; severe drunkenness. In a broader sense — it is a set of harms caused by drinking alcoholic beverages in amounts exceeding the norm, affecting people's health and work capacity, moral and domestic life, as well as the well-being of society. Alcoholism affects all forms of individual and social life. Under the influence of alcohol, people lose their sense of responsibility to society and the state, and may engage in hooliganism and other law-violating behaviors. Alcoholism harms production, causes violations of labor discipline and decreased productivity, leads to people falling ill and even dying prematurely. In drunkenness, a person cannot maintain balance well, attention is distracted, and they cannot clearly perceive the surrounding situation, which leads to accidents. Alcoholism damages all systems and organs of the human body. A person addicted to alcohol loses track of the amount of alcohol they consume, the activity of the central and peripheral nervous system is disrupted (psychological disorders, neuritis are observed), and the functions of internal organs fail. The toxic effect of alcohol leads to metabolic disorders, especially vitamin metabolism. An alcoholic may experience trembling of fingers, eyelids, and tongue tip, as well as inability to perform daily routine tasks. In heavy drinkers, vision may become blurred, and sometimes hearing may also weaken. Alcohol negatively affects the stomach, disrupting all its functions. Alcohol especially damages the liver, causing cirrhosis. Alcoholism can also lead to pancreatitis, diabetes, angina, and myocardial infarction. Alcohol harms endocrine glands, especially sexual glands, leading to decreased libido and sexual dysfunction. Women under the influence of alcohol age faster, lose facial color, and are more likely to experience complications during pregnancy. Chronic drinking leads to early aging and disability.

Prevention of Alcoholism: When signs of alcoholism appear, the alcoholic should be hospitalized in narcology clinics and undergo long-term treatment under the supervision of a narcologist.

According to the World Health Organization: every 10 seconds, one person loses their life due to alcoholism (May 14, 2022).

The World Health Organization released a report on the catastrophic consequences of alcoholism. According to it, this dangerous disease causes 3 million deaths worldwide each year. This indicates that every 10 seconds one person becomes a victim of alcoholism. In other words, about 5% of premature deaths worldwide are caused by alcohol consumption. Alarmingly, nearly 14% of these tragic cases are people aged 20-39. Research shows that the harmful effects of alcohol pose an even greater risk to teenagers and young people. In addition, it is concerning that women around the world are increasingly falling victim to this disease. Currently, three-quarters



of alcohol consumption worldwide is attributed to men. However, in the future, this statistic may change, with women's share increasing.

Why is this happening?

WHO explains this situation by the aggressive promotion and marketing of alcoholic products in many countries. Online advertisements are increasingly widespread, which is concerning. Studies show that people prone to alcohol rarely resist its appeal when confronted with attractive advertisements. Therefore, WHO calls on governments and health authorities to regulate the alcohol advertising market. "Alcohol threatens not only the health, life, and family of young people but the entire society," says the head of the organization, Tedros Gebreyesus. "Nevertheless, control over its sales and advertising is much weaker than for other psychotropic substances. Implementing more effective measures and regulating the industry can save countless young lives."

Reminder: According to the Law of the Republic of Uzbekistan "On Advertising," advertising of any alcoholic beverages of any strength is prohibited in the country.

"WHO has launched a new major initiative (03.07.2025). It urges countries to increase the real prices of tobacco, alcohol, and sugary drinks by at least 50% by 2035 through health taxes to combat chronic diseases and ensure vital state revenues," the document states. According to WHO, consumption of tobacco, alcoholic beverages, and sugary drinks strengthens non-communicable diseases, especially heart disease, cancer, and diabetes. These diseases account for over 75% of all deaths worldwide. "Recent research shows that a one-time 50% increase in the price of these products could prevent 50 million premature deaths over the next 50 years," the organization emphasizes. From 2012 to 2022, nearly 140 countries increased tobacco taxes, raising real prices by more than 50% on average. "This demonstrates that large-scale changes are achievable," the statement notes. From Colombia to South Africa, governments have found that high taxes on harmful products can reduce consumption and increase budget revenues. However, in many countries, tax incentives for producers of these products, including tobacco, remain. Long-term investment agreements with the industry may also hinder achieving national public health goals because they prevent increasing tobacco taxes.

Causes

Chronic alcoholism is a chemical addiction. The body requires another dose of ethanol, so the patient cannot stop consuming alcohol. However, there are predisposing factors: 1. Difficulties adapting to a new community. 2. Obligatory drinking with colleagues to maintain relationships. 3. Heredity (if there is already alcoholism in the family). 4. Family problems or complete loneliness. 5. Minimal amount of the enzyme called alcohol dehydrogenase. 6. Constant stress and mental suffering.

Symptoms

A person who drinks heavily may experience: 1. Colds; 2. Wounds and injuries; 3. Chronic headaches; 4. Gastrointestinal disorders; 5. Frequent complaints of sleep disturbances. External signs: 1. Facial redness; 2. Red eyes; 3. Trembling fingers (especially in the morning); 4.



Smoking; 5. Persistent dark circles under the eyes; 6. Inability to move correctly; 7. Muscle weakness, pain in legs and heels.

Treatment

Chronic alcoholism is treated in three stages:

1. Detoxification (disintoxication therapy); general treatment: 40% 20 ml glucose with 5% 5.0 ascorbic acid intravenously for 15 days, unithiol 5% 3–5 ml intramuscularly 6–10 times; sodium thiosulfate 30% 15–20 ml intravenously 10–15 times; sodium chloride 0.9% 1–2 liters intravenously; gemodez, reopolyglukin 400 ml intravenously 4–5 days; magnesium sulfate 25% 5–10 ml solution with 40% glucose intravenously up to 14 days. Vitamins B1 1000 mg, B6 100 mg, nicotinic acid in large doses are administered. Used during abstinent and chronic phases. In abstinent states and vegetative-asthetic nervous changes, nootropic drugs, phenazepam 1–2 mg, seduksen 0.5% 2–4 ml, pyrroxin 1–3 ml 2–6 times are used. For mental disorders, aminazine, tizersin, haloperidol, teralin, melleril, and for depression, amitriptyline are prescribed.
2. The second stage includes treatment of the disease, elimination of alcohol craving, and psychotherapeutic methods. Psychotropic drugs such as carbiden 90–150 mg, neuleptil 30 mg, melleril 150 mg, teralen, etaperazin, pyrogenal 250–1500 mg are used. To create a conditioned reflex of aversion to alcohol, 0.5% apomorphine 0.2–1.0 ml is administered subcutaneously. The patient is given 30–50 ml of alcohol to induce vomiting. To strengthen vomiting, emitin 0.05 mg, ipecacuanha 0.25–0.5 mg, copper sulfate 0.5–0.75 mg dissolved in 150 ml distilled water is given. Alcohol intolerance is induced in the patient. For long-term use, esperal and radeter drugs are administered intramuscularly surgically.
3. The third stage — stabilization and prevention of relapse. Psychotherapy and psychotropic drugs are used. To prevent relapse, teturam 0.25–0.75 g, trichopol 0.75–1 g, nicotinic acid are given daily for 1–3 months. After 1–2 months, the course is repeated.

Description

With the progression of chronic alcoholism, negative traits in an addicted person intensify; they become selfish, strict, and intolerant of others. They accept any opposing opinion with anger and aggression, making it very difficult to change their lifestyle. Everything revolves around alcohol and related matters. Gradually, the addicted person loses interest in work and family, stops caring about the needs of close ones. Over time, alcohol craving intensifies, and the person becomes like someone excessively hungry or thirsty, with dilated pupils and sweating. The initial pleasure from the first state of drunkenness also decreases; it no longer relaxes or calms, but makes the person restless. When sober, the patient is lethargic and worried, but after drinking, they become lively and agile. However, this happiness quickly turns into irritability, anger, constant crying, as well as unjustified jealousy, quarrelsomeness, and aggression.

Keywords: alcoholism, alcoholic beverages, addiction, harmful, factors, negative, narcological, death, prohibition, drunkenness, psychological disorder, chronic diseases, popularization, youth

Conclusion



According to WHO reports, nearly 70 million people worldwide suffer from alcoholism. Currently, in Russia, 10% of the population belongs to the category of heavy drinkers, with the proportion of men being 5–10 times higher than women. Until the 1950s, in Europe and America, society and doctors did not consider alcoholism a disease but rather a vice caused by moral weakness, corruption, and lack of willpower. In recent years, scientific research has shown that this disease includes biological, psychological, and social factors. WHO states that the incidence of alcoholism is steadily increasing worldwide: in 2000, about 140 million people suffered from alcoholism, and by 2010, this figure reached nearly 208 million. At this rate, by 2050, the number of people suffering from alcoholism may exceed these figures — 500 million out of 9.5 billion, i.e., one in every 19 people.

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