

**CLINICAL ASPECTS OF MADATYAYA; MANAGEMENT THROUGH
PHARMACOLOGICAL AND NON-PHARMACOLOGICAL APPROACHES OF
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ABSTRACT

Madatyaya is characterized by excessive alcohol consumption, symptoms includes aphasia, thirst, confusion, headache, numbness and disturbed motor coordination. Alcohol abuse or excessive alcoholism known as *Madatyaya* in Ayurveda, it not only harms the health of individual but also impacts social and economic well being of family. *Madatyaya* is categorized as a lifestyle disorder or addictive disorder, its prevalence increases globally due to the modern pattern of life style. *Madatyaya* affects *Hridaya*, *Rasavaha srotas*, *Manovaha srotas* and *Oja*, etc. *Mithya*, *Atiyoga* and *Heenayoga*, etc. are behavioral issue related with *Madatyaya*. The treatment regimen includes *Satvavajay Chikitsa*, *Yoga* practices, *Shaman Chikitsa* (*Rasayana* medications), *Snehan*, *Swedan*, *Nabhi puran*, *Nasya*, *Shirodhara* and *Basti*, etc. Ayurvedic approaches not only address physical symptoms but also cure psychological and emotional aspects. This article explores pharmacological and non-pharmacological approaches of Ayurveda for the management of *Madatyaya*.

KEYWORDS: *Ayurveda, Madatyaya, Alcoholism, Chikitsa, Abuse, Addiction.***INTRODUCTION**

The excessive consumption of alcohol causes disorders, leading to intoxication symptoms. Excessive consumption of alcohol affects *Rasa dhatu*, *Satva*, *Buddhi*, *Indriya*, *Aatma* and *Ojas*, etc. Condition is characterized by dryness, heat, diffusion, sourness, fast action and uncontrolled behavior, etc. Ayurveda described term *Madatyaya* for alcoholism characterized by symptoms of aphasia, confusion, thirst and headache, etc. The condition can be classified as *Tridoshaja* as it involves all three *Doshas*.^[1-3] Clinically this condition presents three stages as follow.

**Stages of Madatyaya**

Chronic conditions may stem from imbalances in *Pitta* and *Vata*. Withdrawal syndrome includes vomiting, nausea, tremors, anxiety, agitation and headache, etc. This condition can be managed through *Dhara*, *Nasya* and *Virechana* therapies. Subsequently, alcohol dependence is addressed through *Panchakarma*, which includes *Snehapana*, *Sodhana*, *Nasya* and *Vasti*. Ayurvedic oral medications, *Panchakarma* therapies, yoga practices and lifestyle modifications, etc. are mainly advised for *Madatyaya* along with absenteeism from alcohol consumption. The major therapeutic approaches of *Madatyaya* are depicted in **Figure 1**. *Mada*, *Murcha* and *Sannyasa*, etc. are major features of *Madatyaya*. *Rajas Guna* along with *Moha* affects mental status of person due to which he/she adopts habits of alcoholism.^[4-6]

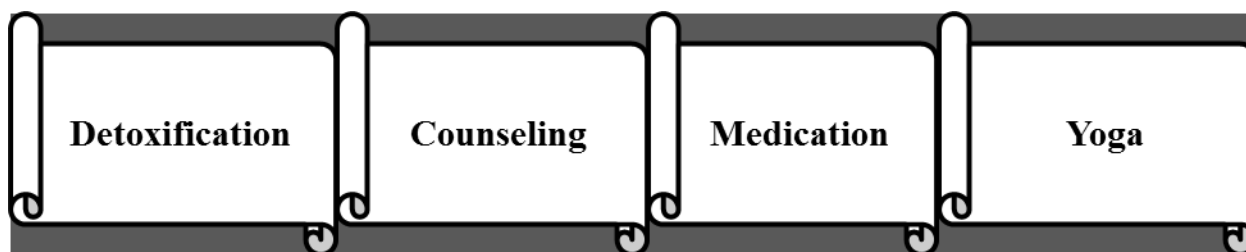


Figure 1: Therapeutic approaches for *Madatyaya*.

Types of Intoxication

Vataja, *Pittaja*, *Kaphaja* and *Sannipatika* are the four types of intoxication based on *Dosha* predominance.^[5-7]

✓ *Vataja Madatyaya*

This occurs when a person is excessively emaciated due to factors like *Krodha*, *Shoka*, *Bhaya*, *Vyavaya*, *Chankramana* and *Sahasa*, consumes excessive *Madya* at night which leads to impairment of sleep.

✓ *Pittaja Madatyaya*

Pittaja Madatyaya occurs due to the consumption of *Ushna*, *Amla* and *Teekshna* foods along with *Madyapana*.

✓ *Kaphaja Madatyaya*

This *Madatyaya* occurs due to the involvement of *Madhura*, *Snigdha* and *Guru Ahara* along with excessive consumption of *Madya* which is thick in nature. Sedentary lifestyle and *Diwaswapn* also assist pathogenesis of *Kaphaja Madatyaya*.

Effect of *Madya* (Alcoholism)

Madya affects *Vata*, *Pitta* and *Kapha*, *Rasa*, *Rakta* and *Shrotas*. Thus affects process of absorption, circulation and metabolism. The organ affected mainly is *Hridaya*, leading to various effects such as *Ojakshaya*, *Dhatukshaya*, *Sharirkampa*, *Pralapa*, *Bhrama* and *Anidra*, etc. Unusual enthusiasm, improper movements, mental disturbances, wrong posture and confusion, etc. are major consequences of *Madatyaya*.

Dhvamsaka symptoms manifests as dryness of mouth, intolerance, drowsiness, sleep and excessive salivation, etc. *Vikshaya* symptoms include mental confusion, vomiting, pain, thirst, headache and abnormality in heart, etc.

According to Ayurveda *Madyaavastha*, *Prathama Avastha*, *Madhyama Avastha*, *Antima Avastha* and *Madatyaya* are various stages of noxious effects of alcoholism. Characteristics features of these stages of *Madatyaya* are as follows.^[7-10]

Madyaavastha

- Results from deliberate heavy drinking, either in small doses at short intervals or a large dose at once.

Prathama Avastha

- Characterized by enthusiasm, enhanced appreciation of food and drink and association with humor, etc.

Madhyama Avastha

- Unintelligible speech, improper movements & posture and confusion, etc. are main feature of this situation.

Antima Avastha

- Excitement and in-coordination, mental disturbances, inability to perceive pleasurable things and often results ailments.

Madatyaya

- *Madatyaya* refers to the poisonous effects of alcohol consumption, sometimes induces diseases and imparts fatal effects.

TREATMENT APPROACHES

The treatment approach combines counseling, gradual reduction of alcohol intake, purification therapies, herbal remedies to address the physical, mental, and emotional aspects of *Madatyaya* along with lifestyle modifications.^[9-12]

1. Counseling

- Motivational counseling to encourage behavior change.
- Counseling for social support and absenteeism from alcohol addiction.

2. Relaxing Therapies

- *Siropichu*.
- *Sirodhara*.
- *Padabhyang*.
- *Takradhara*.

3. *Padanshik Chikitsa*

- Gradual reduction of alcohol consumption using tapering doses.

4. *Shodhana Chikitsa*

- *Vamana* with *Yastimadhu Phanta* and *Saindhava Jala*.

5. *Shamana Chikitsa*

- *Brahmi* for cognitive function and stress relief.
- *Ashwagandha* for anxiety and overall strength.
- *Bhringaraja* for liver support and detoxification.

- ✚ *Kushmanda* for cooling effects and digestion.
- ✚ *Jatamansi* for calming the mind and promoting sleep.
- ✚ *Shankhapushpi* for mental clarity.
- ✚ *Guduchi* for detoxification purpose.

Formulation used in *Madatyaya Chikitsa*

- *Mrudweekadi Kashayam*
- *Kalyanak Ghrita*
- *Ashtanga lavana*
- *Kharjooradi Mantha*
- *Punarnavadi Ghrita*
- *Kashmaryadi Panaka*
- *Triphaladya Kashay*
- *Chavyadi Churna*
- *Phalatrikadi Churna*
- *Mahakalyanaka Vati*
- *Shreekhandasava*
- *Draksharishta*
- *Ashvagandharishta*

6. *Visistha Chikitsa* for *Vataja Madatyaya*

- ✚ *Prtvika, Dipyaka, Hingu* with *Sauvarchala* salt.
- ✚ *Amra Phala, Amrataka, Dadima* and *Matulunga*, meats of marshy animals with *Sugandi Dravyas*.

7. *Visistha Chikitsa* for *Pittaja Madatyaya*

- ✚ *Madhya* with *Kashaya* prepared with *Madura Rasa Dravyas* along with *Madhu* and *Sita*.
- ✚ *Lava Mamsa Rasa, Mudga Rasa* with *Sita* and *Ghruta*.

8. *Visistha Chikitsa* for *Kaphaja Madatyaya*

- ✚ *Vamana* using *Bimbi* and *Vidula Swarasa*.
- ✚ *Mamsa Rasa* of fatty wild animals with bitter and pungent tastes.

9. *Paramada Chikitsa*

- ✚ Drink prepared from *Kasmarya, Daru, Vida, Dadima, Pippali* and *Draksha* along with *Bijapuraka* juice for relieving *Paramada*.

10. *Panajirna Chikitsa*

- ✚ Mixture of *Iksvaku, Vrksaka, Kakahvayo* and *Damambarika* cooked with milk can be used to induce vomiting.

11. *Panavibrama Chikitsa*

- ✚ Syrups prepared from *Draksa, Kapitha, Dadima, Madhu* and *Sita* can be used to treat *Panavibrama*.

12. *Dhvamsaka and Vikshaya Chikitsa*

- ✚ Treatment of *Dhvamsaka* and *Vikshaya* include similar approach used for *Vatika Madatyaya*, which utilizes *Basti* therapy, *Sarpi Pana, Abyanga* and *Udwartana* using various *Dravyas*.

PATHYA

- ✓ *Mamsa Rasa, Veshavara* with *Ghrit, Poopa, Poopalikas, Dadima Rasa, Panchamoola Siddha*

Jala, Abhyanga, Utsadana, Madhura-Amla Rasatmaka Aahar, Patola Mudga, Dadima, Amalaki, foods prepared from *Yava, Godhooma* and *Mamsa*, etc. Abstinence from *Madya*.

APATHYA

- ✓ Avoid *Ushna, Ruksha* and *Guru Ahara*, stay away from excessive heat exposure, grief and strenuous activities, one should avoid consumption of *Manda* and *Yusha*. *Ushnodaka, Svedana, Dhoopana, Yavagu, Dugdha* and preparations of *Tilapishta* should be avoided. One should avoid excessive and improper consumption of alcohol.

CONCLUSION

Ayurveda provides a comprehensive understanding of *Madatyaya* including involvement of *Dosha* and their specific manifestations. Symptoms of *Pittaj Madatyaya* can be likened to alcoholic hepatitis as per the modern science. The Ayurvedic management protocol, combined with rehabilitation measures, effectively alleviates alcohol withdrawal symptoms and associated conditions. *Shamana* and *Shodhana* therapy can be administered based on the severity of the condition and the individual's constitution. The inclusion of *Satvavajay Chikitsa* and *Yoga* helps in mental well-being and stress reduction. *Shaman Chikitsa* mainly *Rasayana* therapies aimed to rejuvenate body balances *Doshas* and promotes vitality. The Ayurvedic therapies along with psychological and lifestyle interventions can provide comprehensive care to the patient suffering from chronic alcoholism and associated symptoms.

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