



ISSN 2456-3110

Vol 7 · Issue 1

Jan-Feb 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# A review article on causative factors of *Madatyaya* (Alcohol Used Disorders) in Ayurveda

Unnikrishnan PM<sup>1</sup>, Pooja Hassan G<sup>2</sup>, Sankanagoud Patil<sup>3</sup>

<sup>1</sup>Assistant professor, Department of Kayachikitsa, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

<sup>2</sup>Assistant professor, Department of Swasthavritta, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

<sup>3</sup>Associate professor, Department of Swasthavritta, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

## ABSTRACT

Alcohol used disorders are one among the leading epidemiological health issues in India. In Ayurveda it can be correlated to *Madatyaya* where Alcohol consumption, its benefits, bad effects and diseases caused due to rule-less use of alcohol, its types, symptoms and management is explained in detail. Understanding the *Nidana* (causative factors) will give the hint to the patho-physiology, severity and prognosis of the disease. Thus, planning the treatment considering all these factors would surely provide a better result. Around forty Causative factors can be seen according to different *Acharyas* (Authors of text books of Ayurveda) and it can be divided into six categories. Among the causative factors, *Madyapana* (consumption of Alcohol) is the prime reason behind the manifestation of *Madatyaya*. Compiling and analysis on the causative factors explained in various text books of Ayurveda is done in this article.

**Key words:** A *Madatyaya*, *Madyapana*, Alcohol used disorder, *Nidana*

## INTRODUCTION

Alcohol used disorders are one among the leading epidemiological health issues in India. In Ayurveda it can be correlated to *Madatyaya* where Alcohol consumption, its benefits, bad effects and diseases caused due to rule-less use of alcohol, its types, symptoms and management is explained in detail.<sup>[1]</sup> There are effective treatments explained for *Madatyaya* which are very much practical and can be used to treat other psycho active drug used disorders too. Before looking on to treatments it's important to

understand the disease with its specific causative and risk factors. Ayurveda stresses on *Nidana* [causative factors] as *Nidana Parivarjana* [avoiding the causative factors] is one among the various treatment modalities.<sup>[2]</sup> There is separate chapter dedicated for *Madatyaya* and its *Chikitsa* (management) all the classical text books of Ayurveda. Here is an attempt made to compile the different causes as per different authors explained in various classical text books for its better understanding.

## DISCUSSION

Around 40 Causative factors can be seen according to different *Acharyas* (Authors of text books of Ayurveda).<sup>[16-28]</sup>

These causative factors can be briefed in following 6 categories

1. *Madyapanajanya* (Related to Alcohol consumption)
2. *Madya* (Nature of alcohol)
3. *Prakruti* (Physical Constitution)
4. *Satva* (Mental Status)

### Address for correspondence:

Dr. Unnikrishnan PM

Assistant professor, Department of Kayachikitsa, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

E-mail: drunnikpm@gmail.com

Submission Date: 07/01/2022 Accepted Date: 12/02/2022

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license  
CC-by-NC-SA

5. Ahara (food):  
6. Shareerika Avastha (Physical conditions) and Vihara (Physical activities)

7. Madatayaya Nidana (causative factors for alcohol used disorders)

**Table 1: Showing Nidana of Madatyaya according to different Textbook**

SN	Nidasas	C.S <sup>[3]</sup>	S.S <sup>[4]</sup>	A.H <sup>[5]</sup>	A.S <sup>[6]</sup>	B.P <sup>[7]</sup>	Ka.S <sup>[8]</sup>	Ch.D <sup>[9]</sup>	Be.S <sup>[10]</sup>	G.N <sup>[11]</sup>	M.N <sup>[12]</sup>	Y.R <sup>[13]</sup>	V.S <sup>[14]</sup>	H.S <sup>[15]</sup>
1.	Ati Madyapana	+	+	+	+	+	+	+	+	+	+	+	+	+
2.	Rooksha Annapanani	+				+								
3.	Alpa Ashana	+				+								
4.	Pramitashi	+				+								
5.	Rooksha Parinata Madya	+				+								
6.	Stri Karshita	+				+								
7.	Shoka Karshita	+	+			+				+	+	+	+	
8.	Bhaya Karshita	+	+			+				+	+	+	+	
9.	Bhaara Karshita	+	+			+				+	+	+	+	
10.	Adhva Karshita	+	+			+				+	+	+	+	
11.	Tikshna, Ushna, Amla Madya	+		+	+	+								
12.	Amla Bhoji	+	+			+					+	+	+	
13.	Ushna Bhoji	+				+								
14.	Tikshna Bhoji	+				+								
15.	Krodhini	+	+	+	+	+				+	+	+	+	
16.	Agni Priya	+				+				+				
17.	Aatapa Priya	+				+								
18.	Taruna, Madhura, Goudika Or Paishtika Madya	+				+	+							
19.	Madhura Ashini	+				+								
20.	Snigdha Ashini	+				+								
21.	Guru Ashini	+				+								

22.	<i>Avyayami</i>	+				+								
23.	<i>Diva Swapni</i>	+				+								
24.	<i>Shayya Aasana Sukhi</i>	+				+								
25.	<i>Ajrna Madya Paana</i>		+	+	+	+	+			+	+	+	+	+
26.	<i>Abala</i>		+	+	+	+				+	+	+	+	+
27.	<i>Vega Avarodha</i>		+			+				+	+	+	+	
28.	<i>Ekanta Madyapana</i>		+			+				+	+	+	+	
29.	<i>Nitya Madyapana</i>			+	+	+	+		+	+				
30.	<i>Avidhi Madyapana</i>					+								
31.	<i>Nirbhukta Madyapana</i>			+	+	+	+			+				+
32.	<i>Laghu Satva</i>			+	+		+							
33.	<i>Sahasa Viccheda</i>						+							
34.	<i>Pipasita</i>		+			+				+	+	+	+	+
35.	<i>Bubhukshita</i>		+			+				+	+	+	+	+
36.	<i>Vyayama Karshita</i>		+			+				+	+	+	+	
37.	<i>Ushnabitapta</i>		+								+	+	+	
38.	<i>Vata Pitta Prakrti</i>	+		+	+									
39.	<i>Mandagni</i>			+	+									
40.	<i>Excess Vaya</i>			+	+									

C.S - Charaka Samhita, S.S - Susruta Samhita, A.H - Astanga Hridaya, A.S - Astanga Sangraha, B.P - Bhava Prakasha, Ka.S - Kasyapa Samhita, Ch.D - Chakradutta, Be.S - Bhela Samhita, G.N - Gada Nigraha, M.N - Madhava Nidana, Y.R - Yoga ratnakara, V.S - Vangasena Samhita, H.S - Harita Samhita.

### 1. Madyapanajanya (Related to Alcohol consumption)

Drinking alcohol is the main reason behind *Madatyaya* because if a person does not drink alcohol then there is no chance of the disease related to alcohol.

Various drinking pattern which may lead to *Madatyaya* are,

- Ati Madyapana (Excessive consumption):** All *Acharyas* (Authors of text books of Ayurveda) consider this as the main causative factor for *Madatyaya*. Excessive alcohol consumption is the prime cause for the disease as it leads to intoxication immediately and withdrawal or dependence in later stages.

- b. **Nitya Madyapana (Daily consumption):** Daily or regular consumption of alcohol definitely lead to withdrawal and dependence.
- c. **Ekantha Madyapana (Consuming alone):** Consuming alcohol alone is also a causative factor as it may lead to uncontrolled drinking.
- d. **Avidhi Madyapana (Inappropriate Consumption):** Consuming alcohol improperly without considering the *Maatra* (quantity), *Bala* (strength) and *Vidhi* (right way of consumption) would definitely lead to *Madatyaya*.
- e. **Sahasa Vicheda (Sudden stoppage of consumption):** Addiction to alcohol for several years followed by sudden stoppage of alcohol may lead to withdrawal symptoms<sup>[29]</sup> and various other complications which is also part of *Madatyaya*.
- f. **Ajeerna Madyapana (Consuming alcohol during indigestion):** Consumption of alcohol during indigestion may lead to *Dosha Prakopa* (Vitiation of *Tridosha*) hence, can be a prime cause for *Madatyaya*.
- g. **Nirbukta Madyapana (Consuming alcohol in empty stomach):** This will lead to fast absorption and affects the brain quickly.<sup>[30]</sup> Also if this continues to be a habit it may affect the nutritional status of the body.

## 2. Madya (Nature of Alcohol)

Property of alcohol a person consumes is also an important causative factor for *Madatyaya*. Though Ayurveda does not recommend taking *Madya* (Alcohol), still for those who want to have it as a part of pleasure, specific *Madya* based on the *Prakruti* (Natural constitution of the person), quantity and right way of consuming alcohol to avoid adverse effects are well explained. When this is not considered it will surely lead to *Madatyaya*.

- a. **Ruksha Parinatha Madya:** Alcohol stored for long time which causes removal of unctuousness in the body leading to increase in *Vata Dosha* and thus producing *Madatyaya* with symptoms dominated to *Vata*.

- b. **Tikshna, Ushna, Amla Madya:** Consuming Alcohol with *Tikshna Guna* (Penetrating), *Ushna Veerya* (hot in potency) and *Amla Rasayukta* (Dominated with sour taste) in excess will lead to increase in *Pitta Dosha* and thus producing *Madatyaya* with symptoms dominated to *Pitta*.
- c. **Taruna, Madhura, Goudika, Paishtika Madya:** Consuming Alcohol in excess that is prepared fresh, Sweet in taste, prepared with jaggery or fine flour will lead to *Kapha Dosha* vitiation and produce *Madatyaya* with symptoms dominated to *Kapha*.

Alcohol and Drinking patterns are the main causative factors for the disease *Madatyaya*. Along with that *Prakruti* (Natural Constitution) of the individual, *Satva* (Psyche), *Ahara* (Food habits), *Shareerikabhava* (Physical activities and Physical conditions) factors also contribute for the manifestation of *Madatyaya*. Below its discussed in brief

## 3. Prakruti (Physical Constitution)

People with *Vata-Pitta Prakruti* are more prone to suffer with *Madatyaya*. Such people get affected easily even with little amount of *Madya* and progress in to complications.

## 4. Satva (Mental Status)

Mind or mental status of a person is also important for manifestation of *Madatyaya*

- a. **Laghu Satva (weak minded):** People with less control over their mind may get affected easily due to Alcohol consumption and get in to disease *Madatyaya*.
- b. **Shoka Karshitha** (afflicted from Grief)
- c. **Bhaya Karshita** (afflicted from Fear)
- d. **Krodhi** (afflicted by Anger)

Researches states that mood of a person has influence on their alcohol consumption. In negative emotions people are more prone to consume alcohol.<sup>[31]</sup> Such individuals on consuming Alcohol in excess are more prone to suffer from the disease *Madatyaya*.

## 5. Ahara (food)

Quality of food a person consumes can also be an important factor for facilitating the disease *Madatyaya*.

- a. **Ruksha Annapana** (foods devoid of unctuousness)
- b. **Alpa Ashana** (Eating less quantity of food)
- c. **Pramitashana** (Habit of eating any one taste dominated food only)

These *Ahara* (foods) increases *Vata Dosha* and thus *Vata* predominant *Madatyaya*.

- d. **Amla Bhoji** (Excessive consumption of Sour taste foods)
- e. **Ushna Bhoji** (eating more of hot potency foods)
- f. **Teekshna Bhoji** (Consumption of foods with penetrating quality)

If an Alcoholic person consumes above said foods, it can lead to vitiation of *Pitta Dosha* which further accelerates *Pitta* predominant *Madatyaya*.

- g. **Madhuraashini** (Excessive consumption of sugars and carbohydrates)
- h. **Snigdha Ashini** (Consumption of oily foods in excess)
- i. **Guru Ashini** (Consumption of foods which are heavy to digest)

Above said foods will vitiate *Kapha Dosha* and may lead to *Kapha* predominant *Madatyaya*.

Also, having no food during or after consumption of alcohol will definitely affect the nutritional status of person. Similarly spicy foods may lead to gastric irritation and heavy, oily foods will put extra burden on liver along with alcohol which will lead to various complications in Alcoholic person.

## 6. Shareerika Avastha (Physical conditions) and Vihara (Physical activities)

Certain physical conditions are important in the manifestation of *Madatyaya*

- a. **Pipasitha** (excessive thirst)
- b. **Bubhukshita** (excessive Hungry)

In above conditions Alcohol affects the brain quickly and in later stages such people will end up in complications.<sup>[32]</sup>

- c. **Mandagni (Reduced digestion):** People with reduced digestive power where food itself is not digested well, consuming Alcohol above that would worsen the condition by vitiating all the *Tridoshas*.
- d. **Vaya (Age):** Age is also a factor in the manifestation of *Madatyaya*. An individual consuming Alcohol in old age may easily get in to the disease *Madatyaya*. This could be probably due to worsening of the condition where already physiologically brain functions are slow.<sup>[33]</sup>
- e. **Stri Karshita** (exhausted due to sex)
- f. **Bhara Karshita** (exhausted due to carrying heavy weight)
- g. **Adwa Karshita** (Exhausted due to excessive walking)
- h. **Vyayama Karshita** (exhausted due to over exercising]

These four activities cause excessive physical strain and can lead to vitiation of *Vata Dosha*. Such people consuming alcohol will be greatly affected.

- i. **Ushnabhitapta** (Heat exhaustion)
- j. **Atapa Priya** (like to expose to sun)
- k. **Agni Priya** (like to expose to fire)

Consuming Alcohol in the above said conditions, leads to *Pitta* predominant *Madatyaya*.

- l. **Avyayami** (lack of exercise)
- m. **Divaswapni** (day sleeping)
- n. **Shayya Asana Sukhi** (being lazy with long hours of comfortable sleeping and sitting)

Consuming Alcohol in the above said conditions, leads to *Kapha* predominant *Madatyaya*.

- o. **Abala (Physically weak):** Physical weakness includes weak nutritional status and lack of immunity. Such people on consuming alcohol in excess will end up in *Madatyaya* easily.

**p. Vega Avarodha (Suppressing the natural urges):**

Suppressing the natural urges like Micturition, defecation etc are considered to be physically weak due to increase in *Vata Dosha*. So, they are easily prone to suffer with *Madatyaya* on excessive Alcohol consumption.

**CONCLUSION**

Among the above said causative factors, *Madyapana* (consumption of Alcohol) is the prime reason behind the manifestation of *Madatyaya*. If a person maintains abstinence from *madya* then rest of the causative factors cannot manifest the disease *Madatyaya*. So, understanding the causative factors like drinking patterns, physical and mental constitution, food habits and lifestyle practices will give the hint to the pathophysiology, severity and prognosis of the disease. Thus, planning the treatment considering all these factors would surely provide a better result.

**REFERENCES**

1. Agnivesha, Charaka, Dridhabala, Chakrapanidatta. In: Acharya JT (eds.) Charaka Samhita with Ayurveda Deepika commentary. Reprint 2009 ed. Varanasi: Chaukhamba Prakashan; 2009. P587.
2. Sushruta, Dalhana. In: Acharya JT (eds.) Sushruta Samhita with Nibandha Sangraha commentary. Reprint 2010 ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2010. P742.
3. Agnivesha, Charaka, Dridhabala, Chakrapanidatta. In: Acharya JT (eds.) Charaka Samhita with Ayurveda Deepika commentary. Reprint 2009 ed. Varanasi: Chaukhamba Prakashan; 2009. P587.
4. Sushruta, Dalhana. In: Acharya JT (eds.) Sushruta Samhita with Nibandha Sangraha commentary. Reprint 2010 ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2010. P742.
5. Vagbhata, Arunadatta, Hemadri. In: Paradakara HS (eds.) Astangahridaya with sarvanga sundara and ayurvedarasayana commentary. Reprint 2002 ed. Varanasi: Chaukhamba subharati prakashan; 2002. P486.
6. Vagbhata. In: Murthy K R S (trans) Ashtanga sangraha with english translation. 2<sup>nd</sup> ed. Varanasi: choukhambha orientalia; 1999. P182.
7. Sri Bhava Misra. In: Misra BS(eds) Bhavaprakasha with Vidyotini Hindi commentary. Part 2. 8<sup>th</sup> ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2003. P290.
8. Vridhha jivaka, vatsya. In: Sharma H, Satyapala (eds) Kashyapa samhita with vidyotini hindi commentary. Reprint 2009 ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2009. P136.
9. Sharma P V (eds). Chakradatta with English translation. 2<sup>nd</sup> ed. Varanasi: Chaukhamba publishers; 1998. P167.
10. Bhela. In: Krishnamurthy K H, Sharma P V (eds) Bhela samhita with English translation. Reprint 2008 ed. Varanasi: Chaukhamba visvabharati; 2008. P471.
11. Vaidya Shodala. In: Tripathi I, Pandeya G S (eds) gadanigraha with vidyotini hindi commentary. Reprint 2011 ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2011. P448.
12. Madhavakara. In: Chandramurthy PH (eds) Madhava nidanam with madhukosha commentary. 1<sup>st</sup> ed. Varanasi: Chaukhamba Sanskrit series office; 2006. P213.
13. Asha kumari, Tewari Premvati (eds). Yogaratnakara with English translation. 1<sup>st</sup> ed. Varanasi: Chaukhamba visvabharati; 2010. P538.
14. Vangasena. In: Nirmal saxsena (eds) Vangasena samhita with English translation. 1<sup>st</sup> ed. Varanasi: Chaukhamba Series office; 2004. P359.
15. Harita. In: Pandey Jaimini (eds) Harita samhita with Nirmala hindi commentary. 1<sup>st</sup> ed. Varanasi: Chaukhamba visvabharati; 2010. P347.
16. Agnivesha, Charaka, Dridhabala, Chakrapanidatta. In: Acharya JT (eds.) Charaka Samhita with Ayurveda Deepika commentary. Reprint 2009 ed. Varanasi: Chaukhamba Prakashan; 2009. P587.
17. Sushruta, Dalhana. In: Acharya JT (eds.) Sushruta Samhita with Nibandha Sangraha commentary. Reprint 2010 ed. Varanasi: Chaukhamba Sanskrit Sansthan; 2010. P742.
18. Vagbhata, Arunadatta, Hemadri. In: Paradakara HS (eds.) Astangahridaya with sarvanga sundara and ayurvedarasayana commentary. Reprint 2002 ed. Varanasi: Chaukhamba subharati prakashan; 2002. P486.

19. Vagbhata. In: Murthy K R S (trans) Ashtanga sangraha with english translation. 2<sup>nd</sup> ed. Varanasi: chouxhambha orientalia; 1999. P182.
20. Sri Bhava Misra. In: Misra BS(eds) Bhavaprakasha with Vidyotini Hindi commentary. Part 2. 8<sup>th</sup> ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2003. P290.
21. Vridhha jivaka, vatsya. In: Sharma H, Satyapala (eds) Kashyapa samhita with vidyotini hindi commentary. Reprint 2009 ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2009. P136.
22. Sharma P V (eds). Chakradatta with English translation. 2<sup>nd</sup> ed. Varanasi: Chaukhambha publishers; 1998. P167.
23. Bhela. In: Krishnamurthy K H, Sharma P V (eds) Bhela samhita with English translation. Reprint 2008 ed. Varanasi: Chaukhambha visvabharati; 2008. P471.
24. Vaidya Shodala. In: Tripathi I, Pandeya G S (eds) gadanigraha with vidyotini hindi commentary. Reprint 2011 ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2011. P448.
25. Madhavakara. In: Chandramurthy PH (eds) Madhava nidanam with madhukosha commentary. 1<sup>st</sup> ed. Varanasi: Chaukhambha Sanskrit series office; 2006. P213.
26. Asha kumari, Tewari Premvati (eds). Yogaratnakara with English translation. 1<sup>st</sup> ed. Varanasi: Chaukhambha visvabharati; 2010. P538.
27. Vangasena. In: Nirmal saxsena (eds) Vangasena samhita with English translation. 1<sup>st</sup> ed. Varanasi: Chaukhambha Series office; 2004. P359.
28. Harita. In: Pandey Jaimini (eds) Harita samhita with Nirmala hindi commentary. 1<sup>st</sup> ed. Varanasi: Chaukhambha visvabharati; 2010. P347.
29. Becker, Howard C. "Alcohol dependence, withdrawal, and relapse." *Alcohol research & health : the journal of the National Institute on Alcohol Abuse and Alcoholism* vol. 31,4 (2008): 348-61.
30. Paton, Alex. "Alcohol in the body." *BMJ (Clinical research ed.)* vol. 330,7482 (2005): 85-7. doi:10.1136/bmj.330.7482.85
31. Duif M, Thewissen V, Wouters S, Lechner L, Jacobs N. Associations between affect and alcohol consumption in adults: an ecological momentary assessment study. *Am J Drug Alcohol Abuse*. 2020;46(1):88-97. doi: 10.1080/00952990.2019.1635606. Epub 2019 Aug 20. PMID: 31430201.
32. Paton, Alex. "Alcohol in the body." *BMJ (Clinical research ed.)* vol. 330,7482 (2005): 85-7. doi:10.1136/bmj.330.7482.85
33. Dufour MC, Archer L, Gordis E. Alcohol and the elderly. *Clin Geriatr Med*. 1992 Feb;8(1):127-41. PMID: 1576571.

**How to cite this article:** Unnikrishnan PM, Pooja Hassan G, Sankanagoud Patil. A review article on causative factors of Madatyaya (Alcohol Used Disorders) in Ayurveda. *J Ayurveda Integr Med Sci* 2022;1:233-239.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*