



EFFICACY OF HOMEOPATHIC TREATMENT IN THE WIVES OF ALCOHOLIC ADDICT MALE PATIENTS

Dr. (Mrs) Tanveer Akbar Khan*¹

BHMS, N.D., M.D.(HOM), PhD, Vice- Principal, Professor Department of Anatomy
¹ Bharati Vidyapeeth (Deemed to be University) Homoeopathic Medical College &
Hospital, Katraj-Dhankawadi, Pune, Maharashtra, India

Email: tanveer.khan@bharatividyaapeeth.edu

ORCID: <https://orcid.org/0000-0002-8672-0943>

MOB: 9850884006

Corresponding Author : Dr. (Mrs) Tanveer Akbar Khan

BHMS, N.D., M.D.(HOM), PhD, Vice- Principal, Professor Department of Anatomy
Bharati Vidyapeeth (Deemed to be University) Homoeopathic Medical College & Hospital,
Katraj-Dhankawadi, Pune, Maharashtra, India

Email: tanveer.khan@bharatividyaapeeth.edu

ORCID: <https://orcid.org/0000-0002-8672-0943>

MOB: 9850884006

ABSTRACT

Background: Consumption of alcohol is a culturally determined behaviour that is influenced by the economics and policies of a culture at a given period. Class, caste, religion, and gender are key determinants of alcohol use patterns and characteristics in India. Globalization and economic liberalization are increasingly influencing changes in the social fabric and organization of Indian society, and are anticipated to have an impact on drinking patterns and cultures in the nation. Alcoholism is one of the major health issues in developing countries, one of which is India. Not only the society, but the whole family is disturbed at once. While doing the research in De-addiction of alcohol, I came across the family of the alcoholics and explored the disturbances in the wives of alcoholic addicts. This instigated me to do research in the wives of alcohol addicts using Homoeopathic treatment.

Aim: The aim in study was to study the evaluation and efficacy of Homoeopathic treatment in wives of alcohol addicts who go through emotional disturbance and trauma. **Research Methodology:** The Study was carried out in two parts of extensive literature and second part consisted of practical study done on patients for treating the condition under study. The data have been collected through the primary and secondary sources from 101 patients' wives. It is a brief discussion of study carried out along with results obtained for quick glance. **Data analysis:** The collected data have been analyzed using graphs, tables, CIWA–Ar scale, chi-square etc. **Conclusion:** It is concluded that the homoeopathic treatment worked effectively on mind. Proper Counseling and Selection of remedy as per totality of symptoms has a significant role in the treatment. The findings of this ongoing observational research point to the potentially beneficial role that homoeopathy may play in the treatment of alcohol withdrawal symptoms as per the wives of the patients. Additional research should be conducted using a rigorous methodology and a substantial sample size



Keywords: Alcohol, Male, Homeopathic, wives

1. INTRODUCTION

Alcohol is an addictive substance. When a person begins drinking, it gradually becomes a difficult habit to break. Aside from a momentary feeling of exhilaration and lack of inhibitions, alcohol use has no positive effects on the individual who consumes it. On the other hand, it has many negative repercussions on the individual's health, family, and community. Research has contributed to our understanding of the relationship between alcohol intake and certain disorders, and has demonstrated that the relationship between alcohol consumption and health consequences is complex and multidimensional. Alcohol is associated with a number of illness categories, and its prevalence is expected to rise. [Ranganathan, T. T.2015]

Occasional or social drinking is frequent among some individuals, families, and communities. Nonetheless, alcoholism is becoming a way of life in several regions of the country,

particularly among the younger demographic. Nowadays, the most prevalent reason for ingesting alcohol is to get intoxicated. Increased alcohol intake is related with increased social, psychological, and physical problems, and heavy daily drinking is typically associated with additional life or health concerns. Concerns have been expressed concerning the health and societal effects of excessive drinking in light of these changes. Typically, alcoholics refrain from working, cause financial troubles for themselves and their families, and contribute to law-and-order issues such as violence and traffic violations.

Alcoholism is considered as a major health as well as a social problem. It generally refers to

an uncontrolled consumption of alcoholic beverages to such an extent that it turns out detrimental to the drinker's health, the personal relationships, and overall social functioning. As per the "alcohol alliance policy," it is estimated that there are around 62.5 million alcohol users in India. The consumption rates of alcohol are so high in India, that it has been identified as the third largest market for alcoholic beverages in the world. The problem of alcoholism though defined in context of an individual affects the family as a whole. When one member of the family abuses alcohol, it causes disruption and disharmony within the family and thus, every member suffers. The impact of alcoholism on the family is so marked that it leads to the absolute breakdown of family as an entity. The family members of alcoholics often report various negative emotional states ranging from guilt, shame, anger, fear, grief, and isolation. Among all members, the wives of alcoholics are most adversely affected. The wives of alcoholics undergo intense trauma and stress in their domestic environment which brings about major psychological problems in them. The high levels of anxiety, depression, neuroticism, and poor self-esteem are a few in the slope. Domestic violence, emotional violence, and financial violence are some of the frequently occurring and well-recognized problem faced by wives of alcoholics. Moreover, the alcoholic is so obsessed with drinking that he ignores the needs and situations of other family members and is unable to take up his expected roles and responsibilities. In such scenario, the functions which are normally carried by husbands often fall on the wives that further add to their burden and suffering. [Kaur D,



Ajinkya, 2014]

1.1 Alcohol Use's Effects

Significant individual, familial, and social consequences are associated with alcohol consumption. Long-term or chronic alcohol consumption has been linked to cirrhosis of the liver, liver disease, malignancies of the lip, oral cavity, and throat, and heart disease. Additionally, intoxication raises the risk of motor vehicle accidents, poisoning, and intentional and unintentional injury. Alcohol causes 3.2% of all deaths, or 1.8 million deaths yearly, and accounts for 4% of disease burden (measured as disability-adjusted life years lost) [WHO, 2007]. Disability adjusted life years lost (DALYS) is a measure of mortality in terms of years lost owing to premature death and morbidity in terms of life years lived with disability. This section discusses what is known about the effects of alcohol on the health and lives of Indian individuals and families.

1.2 Difficulties of Living with an Alcoholic Partner

When living with a spouse, husband, or wife who has an alcohol use disorder, a person may confront a number of obstacles. These may vary based on the situation and the individuals involved, but research has revealed that there are numerous similarities. In one study, for instance, thirty wives of alcoholics were interviewed about the challenges they faced and coping strategies they employed.

The findings revealed that these women encountered financial, social, emotional, as well as physical health and violence-related obstacles. Among the issues they listed during the study were:

- Having anxiety
- Feeling aggravation

- Taking out their anger on their children
- Ignoring the needs of their children
- Feeling mentally disturbed
- Having trouble sleeping
- Without regard for their own health
- Spending less time in social interactions
- Feeling humiliated in the presence of others
- Having financial problems
- Being intimidated or hearing a partner threaten suicide
- Being hurt physically
- Considering suicide

It is evident that living with an alcoholic partner also affects social health, physical well-being, relationships with children, and finances, however the majority of these women's problems were emotional.

1.3 Stress in wives of alcoholic

In a marriage, drinking has a significant negative effect. This is one of the characteristics of alcoholism that sets it apart from other long-term illnesses or disorders. All long-term health conditions have an impact on marriage and family life, but none are as damaging as alcoholism.

Most of the time, the affected person doesn't act in ways that damage or ruin their relationship. Usually, the spouse who isn't suffering shows them empathy, sympathy, understanding, and support. Through it all, they remain by their side. Because of the lessons discovered during the course of their illness and recovery, they occasionally become closer. However, it is a slightly different situation when there is alcoholism in the marriage. Many non-alcoholic partners make an effort to be kind, sympathetic, understanding, etc., with their alcoholic



partner at first, but as the alcoholic continues to do even more cruel and detrimental things to the marriage, their patience is eventually tested to the breaking point.

According to studies, the wives of alcoholics have greater issues with their minds, bodies, and communication. They also engage in less social activities and have unhappy marriages. Also mention that the wife is in charge of the children's education, managing the finances, and caring for alcoholics. These women, whose life were centered on taking care of their husbands and children, kept their struggles to themselves and avoided thinking about them. **[Parsakarathy, 2013]**

In order to determine which of these attitudes might be linked to marital separation, a study investigated the different attitudes of the husband and wife prior to marital conflict, perceptions of injustice, and alternative partnerships. The findings indicated that low rates of marriage breakup are connected with marital violence being absent. On the other hand, a husband's use of drugs or alcohol is not linked to a high rate of divorce. Compared to women whose husbands were not alcoholics, they were nearly three times as prone to abuse alcohol. Additionally, research revealed that women with alcoholic relationships were more vulnerable to victimization, injury, mood disorders, and anxiety disorders. However, data from a different study revealed that women who were married to non-alcoholics did not have a higher prevalence of depression or bipolar disorder than those who were not.

The scientists evaluated the quality of life and depression in women who had experienced violence, and they found that 70% of offenders were alcoholics, with alcohol use and jealousy cited as the main causes of

aggression. Of these women, 61% had a Beck index score of eight or higher, indicating moderate to severe depression. The findings highlight the value of research aimed at understanding the lives of alcoholics' wives.

[Govindappa, 2015]

1.4 Homoeopathy

The widely used medical approach known as homoeopathy is founded on the principle known as "Similia Similibus Curentur," which states that similar suffering is treated with similar types of therapeutic agents. In the 18th century, German physician Dr. Christian Fredrick Samuel Hahnemann made the discovery of homoeopathy. Before Samuel Hahnemann, Hippocrates and Paracelsus had also noticed the idea of the "Law of Similar," but it was only after Dr. Hahnemann's establishment of the idea's scientific validity. The Greek words "HOMEOS" (which means similar) and "PATHOS" (which denotes pain) are the roots of the word "HOMOEOPATHY." Homoeopathy is a form of healing that involves giving sick individual medicinal substances that can mimic a natural sickness and cause comparable symptoms in healthy people while also curing the sick person.

[CCRH, 2016]

The ingredients used to make homoeopathic remedies include plants, animals, minerals, and other organic materials. By dynamizing and potentizing inert substances, we can boost their internal therapeutic potency while lowering their toxicity and physical attributes. After then, drugs are tested on healthy people to determine their ability to treat illness, and the results are eventually documented in books. We use those symptoms to determine the best drug for the patient's condition during treatment. Homoeopathic medication activates the body's full defensive system in



sick people to naturally combat the illness conditions. Over the years, homoeopathy has been utilized as a treatment for a variety of illnesses, including musculoskeletal disorders, paediatric complaints, chronic dermatological issues, auto-immune disease conditions, psychosomatic disorders, lifestyle disorders, allergic conditions, etc. In order to provide palliative care and enhance the patient's quality of life, homoeopathy is also utilized as palliative treatment in circumstances like cancer, terminal illnesses, HIV/AIDS, etc. According to clinical research studies, homoeopathy is effective in treating a number of clinical conditions, including ADHD, autism, acute otitis media behavioral disorders, benign prostatic hyperplasia, cervical spondylosis, chronic sinusitis, chronic obstructive pulmonary diseases, learning disabilities, Japanese encephalitis, ovarian cysts, scabies, upper respiratory tract infections, and uriolit. There is evidence for homoeopathy, and studies using randomized control trials and meta-analyses in conditions like diarrhea in children, respiratory tract infections in children, attention deficit hyperactivity disorder, hay fever, musculoskeletal diseases, osteoarthritis, premenstrual syndrome, rhinopharyngitis, rheumatoid arthritis, respiratory allergies, etc. have established that homoeopathy has a satisfactory role to eliminate these conditions.

[CCRH, 2011]

1.5 Homeopathic treatments for alcoholic

There have been very few investigations on the efficacy of certain homoeopathic treatments. However, professional homoeopaths may be able to suggest a therapy for alcoholism based on the information and experience they have gained in therapeutic settings. The constitutional

type of a patient is evaluated thoroughly by a homoeopath before a treatment is recommended. A person's physical, emotional, and intellectual composition are what are referred to as his or her constitution in homoeopathic medicine. When establishing the treatment that is most suited for a certain person, a skilled homoeopath takes into account all of these aspects. Homeopathy is not an effective treatment for alcoholism on its own, but it may be used as a supportive therapy in conjunction with psychotherapy and support groups like AA. The following is a list of remedies that are some examples of those that a competent homoeopath would consider using to treat symptoms associated with alcohol misuse or withdrawal:

- ✓ **Arsenicum album** - Arsenicum album is used to treat compulsiveness and anxiety in patients who also experience nausea, vomiting, and diarrhoea.
- ✓ **Nux vomica** - Nux vomica is used to treat irritability and compulsiveness in patients who are also experiencing nausea, vomiting, and constipation.
- ✓ **Lachesis**: For when you have a want to drink alcohol, headaches, or trouble swallowing.
- ✓ **Staphysagria** - Staphysagria is a condition that affects people who have a tendency to repress their feelings and who may have a history of being physically, sexually, or mentally abused.

➤ Mind-Body Medicine

A very efficient method for treating alcoholism is called cognitive behavioural therapy (CBT), which is often carried out under the supervision of a psychologist or psychiatrist. This kind of treatment, which focuses on altering your ideas and mental process towards drinking, may assist you in



coping with stress and giving you more behavioural control. Talk to your primary care physician about being referred to an experienced cognitive behavioural therapist. People who suffer from post-traumatic stress disorder are more likely to use drugs and alcohol, but early research suggests that yoga may help reduce this behaviour (PTSD).

➤ **Acupuncture**

Acupuncture has shown promise as a complementary treatment for addiction in some circumstances. Some research on the use of acupuncture as a therapy for alcoholism have showed that it may lessen cravings and symptoms of withdrawal, however this was not the case in all of the trials. However, acupuncture should not be used as a sole treatment for alcoholism; rather, it should be used in conjunction with other therapies, like as counselling and support groups like AA.

1.5 PTSD homoeopathic treatments

Few studies have studied the efficacy of certain homoeopathic treatments. Based on their knowledge and clinical experience, however, professional homoeopaths may suggest one or more of the following treatments for PTSD (Post-traumatic stress disorder). Before prescribing a remedy, homoeopaths consider a patient's constitutional type, which encompasses their physical, emotional, and mental composition. It is possible to have a transient worsening of symptoms when receiving homoeopathic treatment before your condition improves. In the case of PTSD, it is essential to have a skilled support team in place to help you manage any symptom exacerbation. When identifying the most suitable treatment for a given individual, a skilled homoeopath considers all of these aspects. *[Sullivan, 2009]*

- **Aconitum**, for persistent anxiety after a stressful event. This treatment is ideal for those who suffer from heart palpitations and shortness of breath that induce an intense fear of death. Even if the event occurred years ago, aconitum is typically the first therapy prescribed.
- After-traumatic chronic disorders (such as depression) are treated with **arnica**. This treatment is most suitable for those who typically deny that anything is wrong.
- **Staphysagria**, for those who experience feelings of fear, helplessness, or inability to speak up or defend themselves.
- **Stramonium**, for anxiety disorders resulting from violent shocks or traumatic experiences. This treatment is particularly suitable for those who are generally afraid and suffer from night terrors.

2. LITERATURE REVIEW

Chaturvedi, Rintu & Maheshwari, Dr S K. (2019) Background: Alcoholism is a major social ill that impairs the normal functioning of the family. The population of alcoholic wives in India is growing. 1) To assess marital happiness among spouses of alcoholic husbands; 2) To assess the amount of addiction of the alcoholic husband; 3) To relate marital satisfaction among the women of alcoholic husbands to their socio-demographic characteristics. Materials and Methods: The study design was descriptive, and 90 wives of alcoholic husbands who met the inclusive criteria were chosen as samples using a non-probability convenient sampling technique. Data was collected using a Socio-Demographic Profile, a AUDIT scale, and a



Marital Adjustment Test, and the tool was administered after the study participants provided informed consent. The majority of the alcoholic husbands, 29 (32.2%), had possible dependence for alcohol addiction with an average mean of 16.36 and SD of 8.71, the majority of the wives of alcoholic husbands, 35(38.8%), had low acuity of marital satisfaction, and there was no association found between levels of marital satisfaction among wives of alcoholic husbands and their demographic variables.

Ciubara, A., and Burlea et al (2015) Alcohol is the most often used addictive substance, reflecting a genuine social phenomenon of worldwide significance. Alcoholism, being a dysfunctional pattern, has an unmistakable impact on the addict and his entourage's general functionality. While remaining a cultural cliché, alcohol addiction and alcohol itself signify something different for each individual depending on their socioeconomic standing and gender-based association. The study's goal is to examine how people perceive alcohol and alcohol consumption based on their gender, age, background, level of education, and even consumer status.

Nayak, Veena & Chogtu et. al. (2014) Alcoholism is one of the top causes of death worldwide, especially in underdeveloped nations. The use of medications to treat alcoholism is not without side effects, which further decreases therapeutic adherence. This study examined the socio-demographic profile of alcoholics, the medications used to treat alcohol withdrawal, and the management of alcoholism at a private hospital in southern India. The trial comprised forty participants who were willing to abstain from alcohol. The demographic information, medications used to manage withdrawal

symptoms, alcoholism therapy, and side effects of disulfiram were also documented.

Bhalerao, Rupali & Varanasi et. al (2014) Context and Objectives: Alcoholism (alcohol dependence) is a chronic condition characterized by alcohol dependence. It interferes with health, social and family life, and occupational obligations. Materials and Procedures: This will be a randomized, controlled, comparative study with an open label. Patients will be randomly assigned to the Homoeopathy or Allopathic intervention group using a computer-generated randomization chart. The duration of treatment and follow-up is one year. Both groups will be provided with supportive therapy. Primary outcome will be more than a 50% reduction in 'Severity of Alcohol Dependence (SADQ)' rating scale compared to baseline at the end of 1 year of treatment; secondary outcomes will include changes in World Health Organization quality of life - BREF (WHOQOL-BREF) at baseline; and at the conclusion of the study, detoxification will be managed using the Clinical Institute Withdrawal Assessment for Alcohol Scale, Revised (CIWA-Ar).

Evren, Cuneyt & Mine, Durkaya et. al. (2010) this study aimed to investigate clinical characteristics associated with return to alcohol consumption during a 12-month follow-up period following inpatient treatment in male alcohol dependents. Participants consisted of 156 consecutively admitted male alcoholics. One year after receiving inpatient therapy, 102 of these patients were accessible for examination. At baseline, patients were evaluated using the Symptom Check List (SCL-90) and Michigan Alcoholism Screening Test (MAST), and at follow-up, the PENN Alcohol Craving Scale



(PACS) was administered. Results showed that 61.8% (n=63) of 102 alcohol-dependent inpatients relapsed to alcohol misuse. Socio-demographic characteristics did not vary between groups. The mean scores on the

3. METHODOLOGY

The outline of scientific study has been given with respect to conduction of study, study type, criteria for patients' selection, treatment, approach and guidelines follow up criteria for response, judgment and presentation. [Savita, Sulekha, 2014]

3.1 Sources of Data Collection

- ✚ **Primary data** – The primary data have been collected through the interview method direct from the respondents
- ✚ **Secondary data** – The secondary data have been collected through the research papers, internet, websites, journals, thesis, dissertation etc.

3.2 Sample size for the study

The total of 110 case registered have been made out of which 9 cases were dropout and selected cases for the study are 101 respondents.

- No. of cases Registered: 110
- Drop Out: 09
- Cases for study: 101

4. DATA ANALYSIS AND RESULTS

4.1 Demographic Distribution

Table 1: Description of personal variables of wives of alcoholics

S. no.	Personal variable	No. of patients	Percentage
1.	Age Group		
	20-30	32	31.6%
	30-40	28	27.7%
	40-50	25	24.7%
2.	Education		
	Illiterate	29	28.33%
	School	24	23.33%

MAST and global severity index of the SCL-90 did not substantially differ across groups, while the desire score was significantly greater in the relapsed group.

3.3 Research Design

The Study was carried out in two parts of extensive literature and second part consisted of practical study done on patients for treating the condition under study.

3.4 Outcome measures

The total score on the Clinical Institute Withdrawal Assessment Scale of Alcohol–Revised (CIWA–Ar), a validated 10-item scale that is used to track the clinical course of alcohol withdrawal symptoms, was the major outcome measure employed in this study. [Note: CIWA–Ar] The CIWA–Ar total score is related to the severity of alcohol withdrawal as a whole as well as the individual symptoms that are rated by raters. These symptoms include assessment of nausea, tremor, sweating, anxiety, agitation, perceptual abnormalities, and clouding of sensorium. [Sullivan JT, 1989]

3.5 Data analysis

The collected data have been analyzed using graphs, tables, CIWA–Ar scale, chi-square etc.



	Graduation	33	33.34%
	Post-Graduation	15	15%
3.	Occupation		
	Agriculture	30	30%
	Casual	37	36.67%
	Business	19	18.33%
	Service in Government sector	15	15%
4.	Family income (rupees per month)		
	Rs 2000 -5000	19	18.33%
	Rs 5001 to Rs8000	15	15%
	Rs 8001 to Rs 10000	25	25%
	Above Rs10000	42	41.67%
5.	Religion		
	Hindu	89	88.33%
	Muslim	5	5%
	Christian	5	5%
	any other	2	1.67%
6.	Type of family		
	Nuclear	76	75%
	Joint	25	25%
7.	Duration of marital life		
	Below 05 Years	13	13.33%
	05 to 10 years	29	28.33%
	11–15years	25	25%
	Above 16 years	34	33.33%
8.	Duration of husband's alcoholism		
	Below 5 years	19	18.33%
	6 to 10 years	20	20%
	11 to 15 years	40	40%
	above 16 years	22	21.67%
9.	Alcohol drinking in last 1year		
	Continuous	51	50%
	Episode	45	45%
	Occasional	5	5%
10.	Nature of alcohol consumption		
	Arrack	2	1.67%
	Beer	2	1.67%
	Wine	2	1.67%
	Rum/ Whisky/ Vodka/Brandy	95	95%



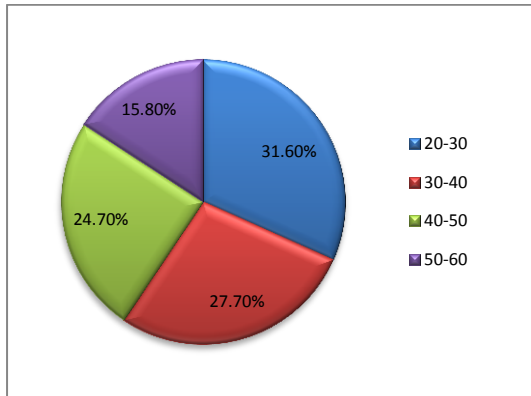


Figure 1: Distribution of Age Group

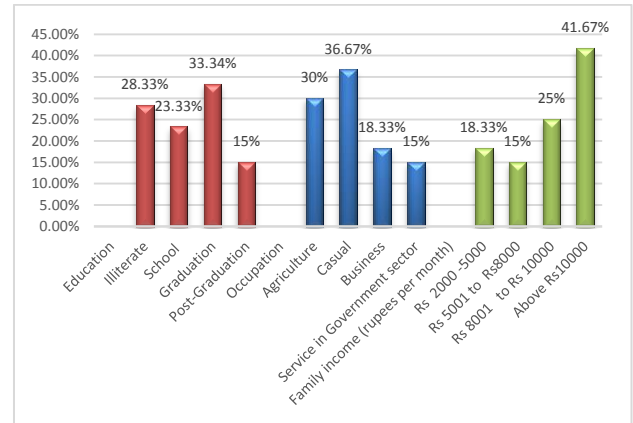


Figure 2: Personal Variables of Wives of Alcoholics

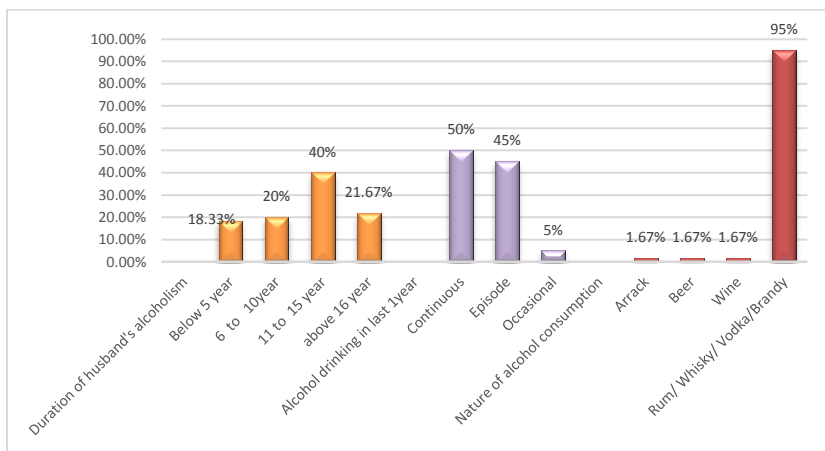


Figure 3: Personal Variables of Wives of Alcoholics

Age Groups: The purpose of assessing age groups was to identify greater affected age group of wives. It was seen that incidences are more in age group 20-30 years which was 31.6% followed by age group 30-40 years which was 27.7%. Moderately affected age group included age 40-50 yrs which was 24.7% Least affected age group included 50-60 years with a percentage of 15.8%. **Education:** Findings concerning the majority of alcoholic wives' 33.34% had completed graduation. Among the wives of alcoholics, at least 15% had completed their post-graduation. These findings are similar to those of another study, which found that the majority of participants had completed graduation. **Occupation:** A significant

percentage of alcoholic wives worked in the government sector, with 36.67% working coolly. These findings were consistent with prior research that found that the majority of individuals worked in low-skilled occupations. **Family earnings:** In terms of family income, the majority of alcoholic wives 41.67% earned more than Rs. 10,000. At least 15% had Rs 5001 to Rs 8000 income. These findings were consistent with prior studies that found the majority of participants had a high household income. **Religion:** The Hindu religion was represented by 88.33% of the wives of alcoholics. These findings were consistent with prior studies that found that the majority of the individuals belonged to the Hindu religion. **Family structure:** In terms of family



structure, 75% of alcoholic wives belonged to a nuclear family. At least 25% belonged to a joint family. These findings were consistent with previous research. **Duration of marriage:** The maximum number of alcoholic wives is 34%, and the marriage life span exceeds 16 years. The minimum duration of marriage life is six to ten years. These findings are consistent with those of other investigations. It was revealed that the majority of the participants had been married for more than 16 years. **Duration of spouses' alcoholism:** In terms of duration of husbands' alcoholism, 40% were aged 11 to 15 years. At least 18.33% had less than 5 years. These findings

agreed with those of other studies. It is found that the majority of the participants had been exposed to their husbands' long-term alcoholic behaviour. **Alcohol consumption in the previous year:** The maximum number 50% consumed alcohol continuously in the previous year. At least 5% have on occasion. These findings are consistent with prior research that found that the majority of participants had consumed alcohol over the previous year. **Nature of alcohol consumption:** A significant number of people consumed 95% Rum, Whisky, Vodka, and Brandy.

4.2 Quantity of alcohol used

Table 2: Quantity of alcohol used in last 30 days (in ml)

Response	Total	Percentage
180	9	8.9%
360	21	21.4%
750	35	33.9%
1500	7	7.1%
Above 1500	19	18.8%
Not specified	10	9.9%
Total	101	100%

9 patients drink 180ml, 21 patients drink 60ml, 35 patients drink 750ml, 7 patients

drink 1500ml, 19 patients drink above 1500 and 10 patients' drinks are not specified.

4.3 Level of stress in wives of alcoholic

Table 3: Level of stress

Level	F	%
Low	2	2%
Moderate	77	76%
High	22	22%
Total	101	100%



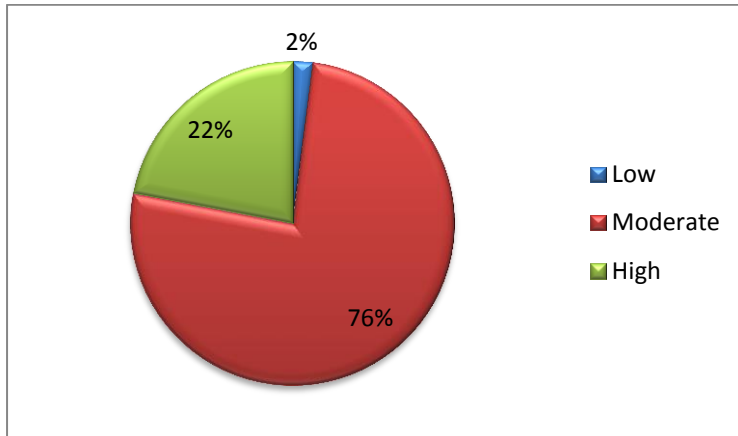


Figure 4: Distribution Graph According to Level of stress

As per the study of 101 cases it was seen that low level of stress and 76% shows moderate level of stress. [Naik, 2014]

4.4 Medicines Prescribed as per number of cases

Table 2: Medicines Prescribed

Medicines Prescribed	No. of Cases	%
Pulsatilla	16	16
Nat Mur	15	15
Sepia	32	31
Cina	6	6
Agnus Cactus	5	5
Phosphorous	8	8
Calc Carb	4	4
Ignatia	8	8
Staphysagria	7	7
Total	101	100%

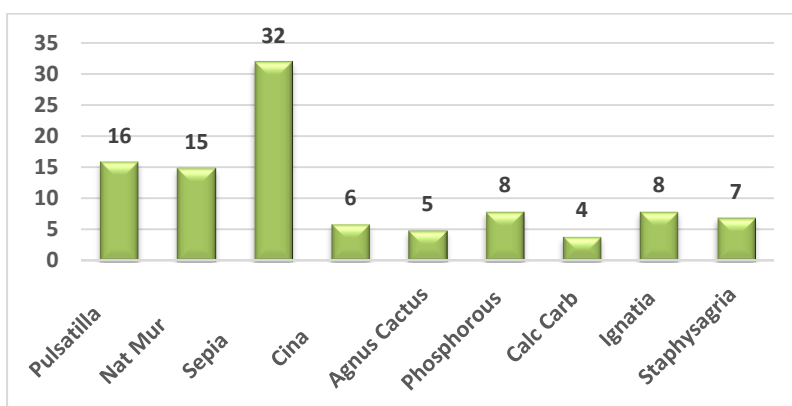


Figure 5: Distribution Graph According to Response Chart

It was seen during the study that out of 101 patients, 32 were prescribed Sepia which was the most prescribed drug. Followed by Sepia, the most prescribed drug was Pulsatilla and

Nat mur with 16 & 15 cases respectively. The other prescribed medicines include Ignatia,

Staphysagria, Phosphorus, Cina and Agnus Cactus.

4.5 Problems faced by wives of alcoholic patients

Table 6: Problems faced by wives of alcoholic patients

Problems	No	Once or twice	Sometimes	Often
Emotional problems				
felt anxious	3.3	6.7	20	70
feeling mentally disturbed	3.3	3.3	30	63.4
Felt frustrated	0	10	50	40
displaced their frustration on children	53.3	13.3	33.4	0
Ignored children	73.4	13.3	13.3	0
Health-related problems				
Ignorance of own health	53.3	10	30	6.7
Suffered from sleep disturbance	40	16.7	33.3	10
Social problem				
Social visits got reduced	33.3	23.4	30	13.3
Sold home appliances	93.4	3.3	3.3	0
Physical violence				
Physically harmed	80	3.3	16.7	0
Any weapon used	93.4	0	3.3	3.3
Children physically harmed	96.7	0	0	3.3
Threatened to kill himself	60	10	16.7	13.3
Threatened to kill other family members	90	3.3	3.3	3.4
Suicidal ideation	60	6.7	23.3	10



According to the table seventy percent of the spouses reported often experiencing feelings of anxiety. Also, more than sixty percent of women have reported often feeling psychologically disturbed. In addition, half of the husbands reported sometimes experiencing feelings of exasperation. Despite the fact that they suffered from such emotional issues, over half of them never took out their anger on their children, and three quarters of them never neglected their kids. The issues that pertain to one's health are depicted in items no. 6–7. It was discovered that just 7% of the women claimed that they often overlooked their own physical health, while 10% of the wives also reported

experiencing sleep difficulties. Items 8–9 illustrate the issues that are prevalent in the social sphere. 13% of wives said that their social contacts were cut down often as a result of their husband's drinking, and 50% of those women stated that they felt embarrassed in public because of their husband's drinking. Regarding the issue of physical violence, relatively few spouses reported experiencing different types of abuse at the hands of their alcoholic husband. These forms of violence included: Only 3% of spouses said that their alcoholic husband or boyfriend often uses a weapon against them or their children, and only 2% said that their relationship was physically abusive to them.

4.6 Response Chart of improvement from medicine

Table 7: Response Chart

Response	Total	Percentage
Marked	84	83%
Moderate	14	16.8%
Mild	03	2.9%
Total	101	100%

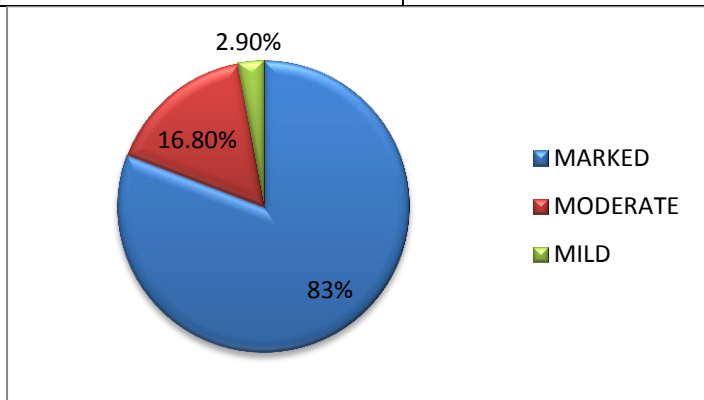


Figure 6: Distribution Graph According to Response Chart

On final analysis of 101 cases, it was seen that 78 cases showed marked improvement and

23 moderate improvements whereas 3 cases showed mild improvement.



5. DISCUSSION

Alcoholism does not only affect people who consume it but has a great, long lasting and emotionally damaging impact on their spouses. It leads to emotional as well as behavioral disturbances of the immediate family affecting highly the wives of the addicts. Homoeopathy works very well on such emotional disturbances, disturbed and traumatized mindsets and enhances their capabilities of dealing with their situation. Medications and Counseling together gives great results.

5.1 Potency Prescribed

The potency prescribed was 200 and 1 M in the cases. Repetition was done whenever needed and if the result was not seen then higher potency i.e., 1 M was prescribed. The remedies have shown excellent results as it helped in stabilizing minds of patients who are initially emotionally unstable. The patients recovered greatly with Constitutional remedies.

5.2 Case studies

- I have 101 patients for this topic and incorporated these cases which has been treated along with follow ups in brief during my study.
- I have followed case proforma. It was seen that maximum cases covered age group 20-30 yrs.
- Sepia was most frequently used remedy followed by pulsatilla and natmur. Sepia was given most frequently and gave good results.

5.3 Observation and analysis

In this observation of study was carried out is presented statistically and in table form for easy understanding. It is a brief discussion of study carried out along with results obtained for quick glance.

6. CONCLUSION

As we enter the twenty-first century, India has showed obvious signs of becoming a developed country and adding its name to the list of superpowers, self-sufficient nations. To attain these goals, the development of human resources is critical, which includes not only the quantity but also the quality of human resources. The impact of alcoholism in husbands on socially structured reactions and the psychosocial development of family members is a difficult subject to investigate. The majority of alcoholic women endures stress and employs a variety of coping techniques in stressful situations.

The outcomes of this study will assist the community in identifying various coping techniques used by wives of alcoholics, assisting them in strengthening healthy adaptive coping mechanisms, and assisting them in perceiving stressful events as manageable, challenging, and not threatening. An understanding of adaptive coping methods can help to reduce distress and promote well-being. **[WHO, 2004]**

The study showed that homoeopathic treatment worked effectively on mind. Proper Counseling and Selection of remedy as per totality of symptoms has a significant role in the treatment. Repetition is required in few cases. Results were not satisfactory in few patients due to no co-operation from patients. The remedy most frequently prescribed was sepia, Pulsatilla and Nat Mur. The other remedies were Cina, Staphysagria, Calc carb, Ignatia, Phosphorous and Agnus Cactus.

The findings of this ongoing observational research point to the potentially beneficial role that homoeopathy may play in the treatment of alcohol withdrawal symptoms as



per the wives of the patients. Additional research should be conducted using a rigorous methodology and a substantial sample size.

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