



METHOD OF ALCOHOL CONSUMPTION ACCORDING TO AYURVEDA

Shanishchara Jagruti¹

Mer Raksha²

¹Associate Prof. Agadtantra Department

²Assistant Prof. Kayachikitsa Dept, Sheth J. P. Govt. Ayurveda College, Bhavanagar Gujarat.

ABSTRACT: Alcohol consumption is responsible for so many burning problems of the society when it results in the addiction. It is necessary to have some ideas for the ideal consumption method to get beneficial effect from it. It should be noted that because of improper use by the public due to lack of such knowledge, awareness and self control physical and mental sufferings like Illusion, fear, grief, anger, death, insanity, intoxication, fainting, epilepsy, dementia and convulsion etc. with so many legal, social and economical burning problems like accidents (hit and run cases), Homicides, Rape, Stealing, Robbery, Domestic violence, poverty etc. are increasing day by day in the society. Some of Indian state Gov. tight the prohibition on alcohol for that reason. Let us have some guidance from the ancient literature of medical science - *Ayurveda* to prove alcohol a very pleasant, valuable and marvelous drink on the earth by using as per suggestions of our learned one's. Planned consumption of alcohol works like ambrosia stated in '*Ayurveda*'.

Keywords: Alcohol Consumption, Ayurveda, *Madya*

INTRODUCTION: Alcohol known as '*Madhya*' in *Ayurveda*, '*Sura*' for divine communities including human beings and '*Alcohol*' in modern science. It is a very well known and on the top in the list of the most favorable drinks for the humans as well as in the so called Heaven for the divine communities since from the beginning. It is prepared from different types of ingredients like cereals, fruits, roots, *Sara* (solid extract or heart-wood), flowers, leaves, stems, barks and sugar from different drugs.¹ Depending upon the methods of preparation alcohol is of different types like *Sura*, *Madhu* and *Mairey* etc. They have different attributes and actions regarding its property, intoxicating in nature (more or less) and effects both useful and harmful. Authorities described it as a classical inebriant (*Madak*) drug in *Ayurved* as well as in modern science. *Ayurvedic* literature included it under the group of food. Likewise Food and Poison each and every drug should be used in a proper

manner. Because improper use may lead very unfavorable condition instead of favorable.² Statements is available in *Ayurvedic* classics 'one should not sale, manufacture, take or give alcohol' regarding its fatality because of improper use. Alcohol may be a good drink if taken in moderation otherwise it may show its ugly face which can be the worst form of it. Alcohol abuse can be summarized again in the words of Abraham Lincoln "None seemed to think the injury arose from the use of a bad thing but from the abuse of a very good thing

Appropriate method of taking Alcohol³

1. Before taking alcohol, the body of the person should be got purified (both externally and internally-externally in the form of bath, dress, etc., and internally in the form of taking unctuous, hot food, etc., in accordance with seasonal requirements),
2. He should apply the most pleasing perfumes and have pleasant disposition;

3. He should wear different types of clean clothes and garland of variegated color's , jewels and ornaments perfumed with strong scents in accordance with the requirement of the season;

4. Before drinking, he should offer prayer the gods and *Dvijas* or the twice born (*Brahmans*, *Kshatriyas* and *Vaisyas*) , solicit their blessings and touch auspicious objects of excellence;

5. Alcohol should be taken in an air-conditioned (according to season) place which is surrounded with trees having falling flowers, which is exceedingly liked by the beloved ones, which is perfumed with the aroma of incense and which is provided with well spread beds and seats along with pillows;

6. The person comfortably sitting or lying in an incumbent posture over the above mentioned seats or bed should drink alcohol served to him in a beaker of gold, silver or costly stone or in other clean and well prepared vessels.

7. While taking alcohol, he should be pleasantly massaged in different parts by a retinue of beautiful, youthful and passionate damsels, specially trained, adorned with beautiful clothes, ornaments and garlands suited to the seasonal requirements, and having the spirit of service and love.

8. While drinking alcohol , he should eat delicious refreshments like fruits, green salads which are salted and aromatic, and which go well with the type of alcohol and seasonal needs; Along with alcohol , he should take different types of roasted meat-preparations of animals and birds inhabiting land, water and sky, and other various types of eatables prepared by expert cooks;

9. He should pour a part of the alcohol along with water on the ground for the needy (celestial beings like *Baladeve*,

Candi and *Yaksa*) before starting the drink. The rules of drinking alcohol described above are meant for wealthy persons or for those who are going to attain wealth (in near future). However, drinking alcohol is useful for them only when appropriate procedure is followed and the drink is taken in proper quantity.

Regimens to be followed by persons of different types of constitutions ⁴Person having *Vatika* type of constitution should drink alcohol prepared of jaggery and *pista* (paste of the flour of wheat etc.) and such other types of alcohol which are unctuous and heat producing while eating food which is unctuous after massage, unction, bath, fumigation and application of unguent .Persons having *Paittika* type of constitution, alcohol prepared of grapes, *sarkara(sugar)* and such other types of alcohol which are cooling and sweet after eating food is useful. He does not get adversely afflicted if drinks alcohol after resorting to different types of cooling regimens, and take food-preparations which are sweet, unctuous and cooling.

The person having *Kapha* type of constitution should drink alcohol prepared of honey and such other types of alcohol which are unctuous and sharp before eating food, after resorting to heating regimens, along with food prepared of barley, wheat and meat of animals inhabiting arid zone mixed with black pepper.

Appropriateness of Alcohol Intake: One should always drink alcohol with due regard to the three varieties of each of the eight factor i.e. food, drinks, age, disease, strength, season, *Doshas* and mental faculties.⁵ The propriety involved in the application of these eight factors to the drinking of alcohol is as follows;

If a person has taken *Vayu*-aggravating type of food and drink, then he should use

Vayu –alleviating type of alcohol. If a person takes Pitta- aggravating type of food and drink, He should take Pitta-alleviating type of alcohol, and if a person takes Kapha- aggravating food and drink, then he should take Kapha-alleviating type of alcohol;

During childhood and old age, strong alcohol should not be used, and in youth, strong alcohol may be used. If a person is suffering from a mild disease, then he may use strong alcohol having heating effect. During summer season consumption of alcohol is not recommended, through someone is habituated then the alcohol to be taken should be cooling and sweet, during rainy season, the alcohol to be taken should be unctuous and digestive stimulant; during winter season alcohol is recommended.

According to Vatik, Paittk, Kaphaj types of constitution criteria are already described earlier. What has been described for persons of Vatik, Paitik and Kaphaj types of constitution also holds good for persons suffering from Vatika, paittika and Kaphaja types of diseases respectively.

A person having Sattvika type of mental faculty can take alcohol in large quantity. On the other hand, persons having Rajasika and Tamasika types of mental faculties should take alcohol only in small quantity.

Company while drinking alcohol Sattvika types of friends are recommended for company. Persons of Rajasika and Tamasika types of mental faculty generally drink alcohol in excess, and in their company one may be tempted to drink in excess which may lead to the second and third stages of intoxication, and may produce adverse effects.⁶

One should drink alcohol in the company of good friends in an appropriate manner,

in a right dose, at an appropriate time, in an appropriate place, along with wholesome food, in accordance with one's own strength and with a cheerful mind, with the pleasing environment represented by the most enjoyable objects of the five sense organs.⁷

Appropriate person; one who is having strong mind and stable body, who have taken food before drinking alcohol, who are born in a family accustomed to taking alcohol, and who are habituated to drinking alcohol in a large quantity do not get intoxicated by alcohol immediately.⁸

Inappropriate Person; one who are afflicted with hunger and thirst, who are weak, who are of Vatika and Paittika types of constitution, who are given to ununctuous food, less of food and limited quantity of food, who are constipated, who are of weak mind, who are wrathful in nature, who are not accustomed to taking alcohol, who are weak and fatigued, and who are afflicted by alcoholism, get intoxicated quickly after drinking alcohol even in small quantity. If, however, a person drinks whichever type of alcohol is available (without considering its appropriateness), and that too in excess quantity with above mentioned factors alcohol works as a poison.⁹

DISCUSSION: Among the list of Sour drug Alcohol is considered the best according to Ayurved. It is having the property like Laghu (lightness), Uushan (hot), Tikсна (sharpness), Amla (sourness), Vayvayi (pervasiveness or the attribute of a substance which first of all pervades the entire body and thereafter gets digested), Asuga (swiftness), Ruksha (ununctuousness), Vikasi (expansiveness) and Vishda (non-sliminess). The property is similar to poison, but less in quantity so less potent in comparison to poison while

totally against the *Ojas* (vital fluid of the body). Limited quantity dose not disturb the level of *Ojas* and so on while medium quantity disturbs and more quantity destroys the level, which is further harmful accordingly and results in intoxication. Occasionally unlimited quantity and improper method induce 'Mad' (sleep like condition) while regularly intake will result in the disease called 'Madatyay' (disease induce due to consumption of alcohol improperly).

Method: The role of pleasant sensory subjects and articles in the drinking method by affordable ones may be due to its nature of multiply the pleasure of it. Alcohol is prescribed after having caloric food (according one's constitution) to limit its absorption because of intoxicating property. Holistic approach before drinking by prayer and worship etc. satisfies the mind of a person and increase happiness.

Constitution: The persons having *Vatik* and *Paitik* types of constitution are not recommended to consume alcohol as they have the same property of provoking *vat* and *Pitta* which may result in sufferings of its accordingly. But with above mentioned regimen it will maintain the level and gives benefit of it by stimulating the heart and so on.

Company: It is also cited that one should take alcohol with *Satvika Prakriti* as they generally will not consume alcohol in excessive quantity and if they take then it will not induce intoxication because of the strong and stable mind.

Season: During summer season consumption of alcohol doubles general debility, as per the season and alcohol both are having the nature of reducing essential tissue elements like cough, water etc. Through someone is habituated then the sweet and cool verity in small quantity

diluted by adding more water can be taken to get its benefit without damage. Due to against nature, alcohol is recommended during winter season, particularly prepared from Jiggery to get better nourished.

Food: Alcohol is a very good vehicle for digestion of meat preparation. Different kinds of well prepared delicious, aromatic, salted fruits, green salads, tuberous root etc. accordingly ones constitution and season will helpful to increase pleasure of drinking and moreover food makes its limited quantity for absorption which is better effective.

Age: Only adult persons are preferable in comparison to children and old due to its strength from complete tissue elements which will not allow any kind of damage by proper method and quantity.

Quantity: That much Quantity of alcohol is advisable which do not disturb the level of *Ojas* and so on, it may be vary from person to person, it should only pleasant one's mind but not lose consciousness, one can perform his duties well, enjoy perceptions of subjects and senses properly, go for sleep and wake up without any agitation. Excessive quantity due to its against property disturbs and destroys 'Ojas' (vital body fluid) which are located in the heart. Heart is also the seat of tissue elements, mind, organs, intelligence, soul etc. which will show the adverse effect of alcohol i.e. on heart by its dilatation, mind by its deterioration, sensory and motor nervous system by impairment of speech, action and thought etc. Excessive intake may lead acute poisoning which may lead death also.

Time: Drinking should be stop before impairment of eyes and agitation of mind; it means that one should stop before starting intoxication to maintain health.

Habit: Those who are born in a family accustomed to taking alcohol, and who are habituated to drinking alcohol in a large quantity do not get intoxicated by alcohol immediately due to 'Okasatmya'.

Diseases: Moreover it itself cures the diseases caused by its excessive and inappropriate intake due to its acidic reaction, property, habit and nature of removing obstruction induced by the aggravated *Dosha* from the channels. Remedies should be medicated, selected and limited for maximum eight days according to the nature of alcohol induced disease. Diseases particularly induced by vitiated fat, *Vata* and *Kapha* can only be cured by planned consumption of medicated alcohol due to its strong opposite property as well as nature of immediate action. Generally drinking alcohol is restricted in disease which generate 'Kled' (vitiating body fluid) like 'Prameh', because its *usna, tikshan* property will again liquefy the tissue elements which will increase pathology. Though old verity prepared from different kind of medicine may be prescribed.

Strength: Persons having *Kapha-Meda Pradhan Dosha* and *Pravar Bala* can tolerate such a *Usna, Tikshan, Ruksha, Vyavayi, Vvikasi* etc. type of poison like property without any damage.

Verities: Selection of verities depend upon the dominancy of *dosha*. Fresh verity is heavy (difficult for digestion) and responsible to aggravate all the *Dosha* while one year old is vice worse. It should be very pure and prepared with sufficient material for better effect. It should not be so soft or too strong for a better action. Paishtik (prepared from flour) alcohol is comparatively safe due to its light property of *Ruksh, Vikasi, Vishad* which never

hurts *Ojas*. Persons having *Vatik* type of constitution can take it.

Contraindication: Due to same nature alcohol should not be taken with any kind of hot regimen i.e. hot article, hot season, in hot place, after coming from hot place as well as with hot therapeutics. One should drink it after taking food, empty stomach enhance its absorption may result in immediate intoxication is not recommended.

Laborers having weak and thin body, low calorie diet, excessive workload and consumption of alcohol of any type of varieties randomly in excessive quantity tend to reduce tissue elements may result in above mentioned sufferings due to its chronic poisoning

Proper application of the triads or these factors result all the good effects of alcohol without endangering *Dharma* (religious virtues) and *Artha* (satisfaction of senses).

Benefits: Alcohol consumption by above mentioned method with proper quantity dose not disturb the *Ojas* but stimulate the heart with blood vessels, senses, mind, intelligence and soul, which are already located in the heart. By its virtue it improves metabolism, circulation, nerve conduction, hormonal secretion etc. which will increase appetite, stimulates the power of digestion, tones up the heart, promotes the voice and complexion, produces the feeling of refreshment and corpulence, increase strength, and removes fear, grief and fatigue; it improves insomnia, excessive sleep, constipation, it stimulates and demonstrates the minds of all creatures and renders insensitive to the miseries of injury, imprisonment and fatigue, it represents erotic passion, and when associated with an object, it promotes the association of pleasure in it; it

itself cures the diseases caused by its excessive and inappropriate intake; it stimulates passion and hilarity even in persons of old age; the enjoyment derived from the five enjoyable objects of senses by the young or the old during the first stage of alcoholic intoxication has no parallel in this world

CONCLUSION: Alcohol intake with proper method and quantity stimulates mind and provides respite to persons afflicted with multitudinous sufferings and grief by its nature. So, one should kept all above mentioned factors in the mind i.e. Preparation ,purification , following dietary and other above mentioned regimen (according to one's *Sharir-Manas Prakriti*) , proper place, season, ingredients, articles, company, atmosphere, etc. and three varieties of eight factors while drinking . It means one should consult a physician before drinking for better judgment of varieties , quantity and method according one's constitution , age ,types of food ,season , *Dosha* ,disease, place , time , strength , mind ,habit etc. Otherwise abuse of alcohol agitates mind as a strong wind shakes the tree located on the bank of a river. People acquainted with the adverse effects of alcohol vehemently condemn its drinking.

REFERENCES:

1. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Sutrasasthan, 25/49 Page no.
2. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/59-60 Page no. 397
3. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV

Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/11-20 ,page no. 389

4. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/21-25 Page no. 390

5. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/68-69 Page no.400

6. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/79 Page no.403

7. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/27 Page no. 390

8. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/85 Page no.405

9. Dr. Ramkaran Sharma And Vd. Bhagvandash, Charak Samhita, Vol. IV Edition Reprint 2014, Chaukhamba Sanskrit series office Varansi Chikitsasthan, 24/86-87 Page no. 405

Corresponding Author: Dr. Shanishcharya Jagruti ,A/4 Abhishek apartment, Waghavadi road, Bhavanagar-364002 Gujarat. Email-jagrutishani@gmail.com

Source of support: Nil

Conflict of interest: None

Declared

Cite this Article as : [Shanishcharya Jagruti et al:Method of Alcohol Consumption According to Ayurveda]www.ijaar.in : IJAAR VOLUME III ISSUE II MAY-JUNE 2017 PAGE No:209-214