

A Review of the Growing Trend of Alcohol Consumption and Dementia

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Abstract

This study is based on the trend of alcohol consumption that makes an impact on the brain and other functions of the body. It has been seen that excessive consumption of alcohol make huge effects on the brain and nervous system. It can be responsible for memory loss, anxiety dementia, and other brain-related issues. On the other hand, these actions also increase the chemical reaction of the body which affects the general function of the body and increases the disease. This kind of disease also may occur in dementia. Psychological disorder is one of the most dangerous diseases for individuals who are intaking alcohol for a long time. There is various reason for growing the trends of alcohol such as toxic environment, anxiety, depression, and other kinds of situations. This study has also shed light on the connection between alcohol consumption and dementia. In this section, it has been seen that high levels of consuming alcohol make an impact on the neurons and nervous system, and sometimes it can be responsible for the missing signaling function between the cell and also hampers the reaction of nerves and other activities. It helps to injure the activity of brain nerves. This study has used a secondary qualitative method to continue the data collection process. It helps to gather a huge of knowledge on the subject matter. Accordingly, it can be said that this process also makes an impact on the entire research and achieves the desired result from the study.

Keywords

alcohol consumption, Dementia, nervous system, obsessive-compulsive disorder, Wernicke-Korsakoff Syndrome.

INTRODUCTION

Alcohol consumption and dementia are equally related to each other. Wernicke-Korsakoff Syndrome is developed due to a deficiency of vitamin B1 (thiamine) and different alcohol-related changes in the brain. The primary disruption is forming long-term memories due to alcohol consumption. The effects of alcohol on memory impact different diseases. The brain damage caused due to alcohol consumption is permanent. The change in brain size can be seen after the consumption of alcohol and a reversible effect can be seen once drinking is stopped. The improvement of diet and reduction of alcohol is beneficial to reverse issues of alcohol dementia. The impacts of alcohol on the brain are memory loss, learning problems, dementia, and hindered mental functioning. The effects of alcohol seen in the brain are creating difficulty in walking, slowing the reaction times, blurry vision, and impaired memory clearly creating a negative effect on the brain due to an increase in anxiety, and anger. Workplace productivity can be caused due to alcohol consumption, and crime and law enforcement can be developed with alcohol consumption. The risk of dementia can also be caused due to family history, age, and down syndrome.

In this study, it can be seen that alcohol consumption is affecting people by reducing health conditions and changing the physiological changes of individuals. The changing behavior of a person can be seen due to the consumption of

alcohol. Slowdown of the brain can be developed due to alcohol consumption and can create different types of dementia that are creating difficulties for an individual for maintaining a normal lifestyle.

LITERATURE REVIEW

Reason for growing alcohol trend in people

Effective and cost-effective policies developed with alcohol exposure are creating an issue for the reduction of harmful effects. Global disease is a risk factor developed due to the use of alcohol. The achievement of non-communicable diseases is developed in several countries. WHO is providing different initiatives to reduce the chance of addiction and mental health. The global goals are reduced as other harmful uses of alcohol are seen through a significant reduction in drinking issues. The heavy prevalence of drinking is developing a regression fractional response that developed due to different global surveys.

The risk factor of education, physical inactivity, smoking, and depression developed in people caused due to huge amounts of alcohol consumption. Hypertension, turmeric blood injury, and hearing aid issues are raised due to the consumption of alcohol in people [10]. The combined cardiovascular disease is caused due to alcohol consumption creating a risk of dementia in the people. This also created a complex relationship between dementia and cognition. Consumption of alcohol is associated with different health-

related factors, socio-cultural and cultural patterns. Changes in the brain can be seen due to heavy drinking and also developed dementia in people. The risk of dementia is increasing in people and also can be developed due to overweight and obese adults. Smoking creates a high chance of dementia that can be stopped or reduced after changing the habits. The worldwide risk of dementia is increasing and can be developed with smoking issues in people. The cause of dementia can create the risk of depression in people. Treated and untreated depression has created a risk of dementia in people and a high risk of health issues. Diet and nutrition are badly affected in dementia and also create different effects on body growth in people. Reduction of risk in brain tumors is developing a treatment for dementia prevention [1]. The discouragement of alcohol can also help to prevent the risk of dementia. Complex problems in symptoms are creating dementia issues in people affecting the ability to organize activities, well-being is the goal of dementia care. Therapeutic concentrations impacting substantial treatment are developing leaking in blood vessels [11]. Illness, discomfort, hunger, lack of intimacy, are creating behaviors considering the risk of harming. Potential prevention, detection, and diagnosis of dementia are improving the quality of life of people. The quality of life in people suffering from dementia can change life with proper medication and treatment.

Alcohol consumption put an impact on the psychological condition of individuals

Alcohol dependencies are increasing family life and creating strained relationships between neighbors due to developing inappropriate behavior. Poor health outcomes are developed in family members due to inappropriate behaviors. Persistent cognitive impairment harmed family life creating different issues among neighbors due to the increase in alcohol consumption in people. The consumption of alcohol is increasing in India as per various surveys and this is creating different issues for people. Dementia and coronary heart disease are degrading the quality of life in people that are developed due to extensive amounts of alcohol consumption. The increase in loneliness, anxiety, depression, dementia, and social isolation are developed in people due to the pandemic situation development [2]. Mental illnesses are increasing during the pandemic situation and the cases of lockdown situations. Alcohol addiction in India is creating enormous situations that are creating obsessive-compulsive disorder (OCD) in a large group of people. The lack of awareness is creating several issues that are increasing in people developing dementia. The different rumors and other misinformation have also increased the risk of mental health issues. WHO issued several guidelines for mitigating anxiety, depression, and dementia that are creating stress arising in pandemic situations.

The population-based studies are developing dementia trends. Disease modification treatment for dementia prevalence mental health. Type 2 diabetes is creating an issue

of mental health that is increasing dementia for health and quality of life. The long-term disabilities are creating a cognitive depression in the clinical environment. The communication pathways developed in a person due to the consumption of alcohol are increasing behaviors and mood with coordinating physiological functioning. Premature death, problems learning, and remembering are developing serious issues with long-term effects on human health. An increase in aggression, self-disclosing, and sexual adventuresomeness are creating social behaviors developed with drinking alcohol causing effects that can ensure a change in health. Changing mood and behavior are creating memory loss, dementia, problems with learning, and alcohol impact on the brain. Heart issues are developed over time drinking, temporary increase in heart rate and blood pressure, weakening heart muscles, and irregular heartbeat. The decrease in self-control and increase in anger issues are developed changes in behavioral control due to alcohol consumption. Aggressive behavior is increasing stress and difficult situations for people under stress. Short and long-term health are creating negative effects in alcohol consumption that are leading to dementia and alzheimers.

Connection of alcohol consumption and dementia

Dementia is a word that can be described as a group of symptoms that are able to affect memory, social abilities, thinking capacity, and decision-making process. accordingly, it can be said that it also makes a huge impact on the individual's daily life as well. Dementia is not a specific disease and it has not a particular symptom though several diseases can be responsible for dementia. This disease is generally involved with memory loss, lack of understanding, and other things. Too much alcohol consumption always affects the function of the body and it is responsible for a high level of chemical reactions in the body [3]. On the other hand, it also affects the nervous system of the body. From several studies, it has been seen that high levels of alcohol consumption relax the activity of nerves and the nervous system also. The nervous system is highly connected with the brain and neurons as well. Excessive consumption of alcohol over a long time period can be responsible for the damage of brain cress and increase the risk of dementia. The consumption of alcohol interrupts the pathway of brain communication and also affects the response of the nerve. It is responsible for the imbalance of speech, memory, emotion, judgment, and many more. There are several stages of intoxication of alcohol such as subliminal intoxication, euphoria, excitement, confusion, stupor, coma, and death. Too much consumption of alcohol reduces the capacity of thinking and impacts the decision-making process. On the other hand, it indirectly affects the cells of the brain and it makes the worst impact on the central nervous system. Accordingly, long-term alcohol consumption may lead to the shrinking of the brain and a decrease in the white matter or fiber that generally carries the information from cell to cell. These kinds of factors also prevent the growth of new brain cells and also hamper the old

brain cells. Alcohol has effects on the complex framework of the brain and it is also responsible for blocking the chemical signals that generally the brain cells that are known as neurons [4]. The long-term effects of consuming alcohol are responsible for adapting the block signals of the brain. In addition, it can be said that after leaving the alcohol, the brain is also overactive at this time which can be more painful and dangerous for individuals.

Initiatives of government to mitigate the trends of alcohol consumption and dementia

The maintenance of brain health and promoting a healthy lifestyle are lowering the risk factors in individuals is vital for promoting the well-being of people. The risk of modifiability and different opportunities for dementia are reducing the limitation of alcohol consumption is developed due to limitation of alcohol usage, reduction of exposure to air pollutants adopted in the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) multidomain lifestyle approach is created in different effective measures. Geographic, cultural, and economic development are increasing challenges and opportunities for risk detection. Behavioral changes are developing prevention factors in different levels of intervention, care, and treatment establishing linkage in primary care improvement [5]. The risk factors that are creating an issue for the reduction of dementia and other opportunities for interventions.

The initiatives are taken by governments focusing on issues of population, stabilizing and development of mental health. Life-long drug therapy, life-long rehabilitation, and physical therapy are helping to reduce medical issues. The issues of dementia are raising problems due to the age of people, socioeconomic status, living status, and health. The community-based studies in India are dependent on epidemiological data and are providing a scaring status. A part of generic patient studies creates community-based studies, mental illness in the elderly is developing by 2.23%, in rural areas of India are badly affected due to the issues of dementia and difficult mental health issues [8]. Suicidal tendencies developed due to an increase in depression are creating a major issue for mental health problems. Improper diagnosis of depression can create a more developed psychiatric disorder in the geriatric population for elderly psychiatric patients. The typical development is increased with wrong and improper depression diagnosis. The different socio-economic disparities developed in a multicultural pluralistic society in India are providing care for a heterogeneous population that is ensured with additional variable knowledge and practices. The symptoms of illness in most cases are developed due to normal aging of people. A demographic transition process is developed in India that is creating growth for the overall population gaining an increase in population. The sex ratio in aged favored males is growing in various countries in India. Disease control, child and maternal health, and population stabilization are the main focus of India's health, and policies. The quality of social and

medical care is growing in the growing elderly population. The issues of lack of awareness, inadequate training opportunities, health, and resource distribution inequitably to reduce mental health issues in

METHODOLOGY

This study has used a secondary data analysis process to get the best outcomes from the study. This process of research is more beneficial for the study and it makes an effective impact on the progress of the study. This process of data collection and data analysis method helps to gain more knowledge on dementia and excessive alcohol consumption. Accordingly, this process of data analysis helps to create a significant structure of the data. This process of data collection involves the data that is used by the researchers or gathered the information by someone. The secondary data analysis process always uses existing and authentic data for the research study. In this study, data has been collected from journals, newspapers, magazines, and other sources. This collection process of data is also able to provide a large amount of data set. The analysis process helps to extract the data from a large set of data and accordingly, it helps to gain authentic and relevant information for the study. Generally, observation is the fundamental criterion of this type of data process. It assists to increase the experiments and also provides opportunities for the application of the experiences in the study. This paper also has chosen the qualitative method that influenced the study to get the desired outcome. This process is much time saving and it is not required to have high-quality technical knowledge to do the analysis process. On the other hand, this process of data collection and analysis provides a huge source to collect data and also provides the chance to take the relevant data for the study. It can be said that these kinds of data collection and analysis processes are much more time-saving and researchers can give their 100% effort to the research. The secondary qualitative method is easier than other processes and it also makes a positive impact on the process of research. One of the biggest things about this process of analysis is, it does not require a high level of technology that is able to save the budget. This process obtains minimum or low cost due to data always available for the researcher. Those factors influence the study and research process which is why this study has chosen the secondary qualitative method. On the other hand, this data lacks uniqueness that makes an impact on the study process.

The effects of alcohol consumption are creating different issues in risk factors due to dementia. Methodological limitations are effective to ensure chronic and excessive consumption caused due to alcohol-related brain damage. The research develops other implementations of design and analytical based are creating constraint-level data. Early intervention of dementia is helping to prevent physiological interventions for treating harmful usage of alcohol consumption. The usefulness of clinical practices is developed in the general population created through this study. Thiamine substitution is helping to prevent dementia

that is developing due to the increase in alcohol consumption providing harmful effects in the general population. The efficacious way for improving physical and mental health is creating an effect on the general population. The risk of dementia is lowered in old age from the study. Cardiovascular diseases are affecting public health that is affecting high-income countries. Lifestyle factors are creating the management of different cardiometabolic disorders that are affecting an infectious way for creating a formal education are creating an increased stock for cerebral and cognitive reserve which are leading to a decreasing incidence for dementia. Prevalence of physical activity, heart failure, and hypertension are creating the issues of dementia in people developed in the study. Dementia status in different surveys is creating societies awareness and improvement of health services are diagnostic criteria and creating a status for dementia status for developing surveys [20]. A rare and unique development is created from identifying dementia cases developing growth in the studies. The studies are creating growth for improvement in health services and are performing a comprehensive view of clinical records and death registers. BMI, alcohol consumption and smoking are creating multiple imputations to imputing the missing values [18]. The National Institute of Neurological and Communicative Disorders and Stroke–Alzheimer’s Disease is creating cardiovascular health issues that are developing a major growth in the studies that can ensure a major issue to prevent disease. The in repair of memory is developing functional neuroanatomy of memory creating an issue that is proving a growth for human health. New long-term memories for facts and events are created due to alcohol- including amnesia [19]. The study is showing that the issues of different brain regions are developing formations that are created due to functional neuroanatomy of memory. The study says that the impact on the brain varies from person to person developing different memories impacts the effects of drugs.

DISCUSSION

The consumption of alcohol is creating different mental and health issues that are increasing a socio-economic change in India. The county is facing different health and crime related issues that are increasing in a huge number creating a major growth [17]. The issues in the country are affecting populations that are creating different long and short-term effects in health problems. Alcohol in a week of 17% is increasing the risk of dementia and other health problems related with mental health [7]. The damage of the cardiovascular system is affected in the issues of dementia are showing a progressive growth in medical conditions that are causing a major effect in the cardiovascular system and increase of high blood pressure rates. The heart disease and risk factor of heart disease are developing in the country are caused due to alcohol consumption and growth in heart rates. The rise of urbanization is one of the major issues of alcohol consumption in the country [6]. Both men and women are equally affected by the effects of alcohol that are creating

different diseases increasing in a huge manner in the country. Diseases like high blood pressure, heart disease, liver disease, cancer and others are creating different physical effects due to consumption of alcohol [14]. The growth of depression, dementia, social isolation and other effects are developed as mental issues that are growing due to consumption of alcohol in the country.

The consumption rate of alcohol is increasing in a huge manner that is shown in the reports by WHO. As per the family health and survey reports the Arunachal Pradesh are mostly alcohol consumption is shown in the state whereas the states of Gujrat, Bihar and Lakshadweep are the non-alcoholic states of India. Forgetfulness and short-term memory loss are created in the people with difficult functionalities are the primary stage of dementia that are growing due to alcohol consumption [15]. The death rates are increasing at a huge rate due to alcohol consumption in the country as drinking culture in the country is increasing in a huge manner. Underage drinking growth rates are creating different mental and physical issues that are changing the problems in life for the people in the country. Different states are banning alcohol trying to control the increasing growth of patients that are creating a major issue for the country [13]. The different awareness campaigns organized by governments in different rural areas are beneficial to lowering the growth effects of alcohol consumption and its consequences on people both physically and mentally. The disruption of long-term memory is highly affected due to alcohol consumption increasing in a huge manner in the country.

The solutions of mental and physical effects of alcohol are creating an effect on the individuals. The economic problems created due to alcohol consumption effects are developing a huge effect on people. Work performance is lowered due to excessive spending on alcohol and it can limit the career opportunities that are creating major social effects in the country. The communication pathways of the brain are affected due to consumption of alcohol that are creating a major change in the balancing control of the brain. Memory, speech, and other negative outcomes are developed due to alcohol consumption in human health [12]. The issue of dementia can be reversed with the help of alcohol, improvement in diet and replacement of vitamins such as thiamine and vitamin B1 [16]. Thiamine is beneficial for lowering down the toxic effects of alcohol treatment and can be the only option for the people affected with the issues of alcohol consumption. Moderate consumption of alcohol can develop different health benefits that are helping to reduce the effects of heart diseases and lowering down the risks of diabetes. The alcohol is developed as both tonic and poison; it is dependent on the consumption rate. Unsafe behaviors, death and other issues can be developed for individuals due to the huge amount of consumption of alcohol that is creating a huge number of diseases for individuals. The alcohol dependence as per surveys are 25% in men of India that are developing an increasing risk of violence and accidents are

increasing in a dangerous manner due to this [9]. Different crime rates are also increased due to different alcohol consumption development in India as per survey says it is a very dangerous situation for the country and governments are taking major steps to control the issues.

CONCLUSION

From the study it can be concluded that dementia is created due to the high consumption of alcohol by humans that are creating a disturbing effect on people. Brain diseases create well-ensured short and long-term health benefits that are leading to dementia. Different health issues are developing in humans that are affecting the growth of people for creating growth in human health. The secondary qualitative research is developed with signaling functions that are growing in an individual due to long consumption of alcohol. The consumption of alcohol can create a big issue for ensuring growth. The family relationships are changed due to alcohol consumption and family growth development. Heart diseases are creating an issue for individuals due to creating long-term effects on health and brain effects. The educational factors, smoking, depression is developed in individuals due to alcohol consumption for people in India. The study also shows that the connection of dementia and alcohol consumption are creating an impact over a different toxic environment. Gathering knowledge ensures that it creates an impact over different social and ecological effects on society. Alcohol consumption creates a major effect on society and creates an environment that is affecting the growth of the nation. The decision-making process is developing because people are creating a major issue in progressive growth for countries. The family issues are also increasing due to major factors of alcohol consumption and different diseases are increasing at an alarming rate. The rural places of India are affected due to different issues of mental and physical health that are created due to extensive consumption of alcohol. Governments are creating different ways to decrease the issues of mental and physical health for improving the condition of the country. The different awareness campaigns are created by governments to ensure a lowering of the growth rate of mental effects caused due to alcohol consumption. During the process of treatment, controlling and taking care for the affected are ensured by governments that are beneficial for gaining a visible low result in the issues of dementia and alcohol consumption. The change in personality, issues with memories, difficulty for different clear and logical thinking are affected due to dementia that got increased due to excessive consumption of alcohol that are making the situation worse. The heavy drinking is creating major effects on health that are increasing different other health issues rather than dementia and health-related health problems.

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