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HEALTH IMPACT OF TOBACCO AND ALCOHOL CONSUMPTION

Use of Madya (Alcohol) during pregnancy; An ayurvedic perspective

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Alcohol causes several health hazards in pregnancy, including miscarriage, intrauterine growth restriction, preterm labor, stillbirth, and fetal alcohol spectrum disorders (FASDs). *Madya* (Alcohol) is having properties like toxin/*Visha*. Hence, the Caraka Samhita begins the chapter on alcoholism treatment (*Madatya Cikitsa*) with a warning that alcohol is a toxin. The classification, stages, severity, signs & symptoms, complications, and treatments of *Madatya* are explained in Ayurveda. Some Ayurveda drug preparations: *Arishta* and *Asava* contain some amount of alcohol generated during their development process and have been indicated for the conditions in pregnancy. The primary goal of this review is to study the Ayurveda perspective on use of *Madya* (Alcohol) During Pregnancy. The Caraka Samhita, Susruta Samhita, Ashtanga Hridaya Samhita, and Kashyapa Samhita are a few authentic Ayurvedic texts that were used to seek data and interpret it using contemporary correlations. *Madya* has included in the (*Garbhopaghatakara Bhavas*) specific practices that should be avoided while pregnant. The treatment of *Madhya's* consequences on newborns and pregnant women are also described in authentic texts. It has been observed that none of the references mentioned on use of alcohol containing Ayurvedic medications for a healthy pregnancy. But such medications can be given to pregnant women with acute, severe medical conditions, even though they are detrimental to the fetus. Examples of ailments for which alcohol containing Ayurvedic medicines are prescribed include the following: to treat after uterine death due to obstruction (*Mudhagarbha*), after abortion (*Garbha Srava* and *Garbha Pata*), to treat retained placenta condition, to treat puerperal post-pains (*Sutika Makkalla*), and to treat cessation of breast milk production (*Stanyakshaya*). In conclusion, Ayurveda has contraindicated the use of alcohol and alcoholic drug preparations during pregnancy.

Keywords: Madya, Ayurveda, Pregnancy