

№22/2019 ISSN 3375-2389

Vol.1

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Danish Scientific Journal (DSJ)
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email: publishing@danish-journal.com
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DANGER AND EFFECTS INFLUENCE OF ALCOHOL ON THE ORGANISM

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Abstract

The article presents data on the negative effect of alcohol on the human body. The problem of the need for supervision and control over the production and sale of alcoholic beverages is discussed.

Keywords: alcohol, negative effect, menthol, alcohol consumption, supervision and control over production.

According to the Ministry of Health of Ukraine, alcoholism is the third leading cause of death. Most accidents occur as a result of intoxication; the life expectancy of alcohol addicts is reduced by 20 years. According to statistics, about 40,000 people in our country die each year because of alcohol. Today in Ukraine, the Ministry of Health has registered more than 650 thousand people who are registered as sick with alcoholism, but the real figure is 3-5 times higher, since only a small part seeks help.

In the social strata of the world, there are many factors affecting alcohol consumption, ranging from the traditions of various countries, religions of certain societies, cultures to environmental factors, economics, and the norms of the law governing the rules of circulation of alcoholic beverages.

In Ukraine, the basic requirements for the rules of sale and consumption (drinking) of alcoholic beverages are regulated by the Law of Ukraine № 2376-VIII dated 03.22.2018 «It passed the regulation of production and use, virtual and fertile, alcohol and alcohol intoxication». In addition, retail sales of alcohol products are completely prohibited.

The need for supervision and control over the production and sale of alcoholic products is due to the existing various negative consequences. One of the most important and relevant factors today is the negative impact of alcohol use on society as a whole, and on the health of every citizen of the state.

Alcohol consumption has a detrimental effect not only on the organism as a whole, but also on all its systems (nervous, immune, digestive, circulatory, reproductive). Alcohol abuse provokes the development of acute and chronic diseases.

The destruction of the body and its functions does not depend on the amount of alcohol consumed, every sip damages both the physical and spiritual condition of the person (person). It is impossible to isolate the systems and organs that are most affected, each organ experiences various injuries from intoxication when meeting with alcohol.

The negative effect of alcohol on the brain is due to the disruption of oxygen access to the neurons, after which the death of brain cells begins, as a result of the abuse of alcoholic beverages dementia, various disorders of brain activity, seizures, etc.

Diseases of the cardiovascular system and the number of deaths due to cardiac abnormalities, which are characterized by damage to the heart muscle, the presence of cardiac arrhythmias, the development of coronary heart disease, hypertension, heart attacks and other diseases of the cardiovascular system, which lead to disability and lethal outcomes.

Drinking alcohol causes significant damage to the digestive system. The activity of the gastrointestinal tract is disturbed, and the gastric mucosa suffers, to which alcohol has a toxic and irritating effect. With prolonged use of alcohol-containing beverages, most people are diagnosed with: gastritis, gastric ulcer and duodenal ulcer.

Alcohol has a special, destructive effect on the liver, as it occupies the leading position among the organs of the digestive system. Since the liver is the filter of the body, it takes a whole toxic blow on itself. It is an organ that is involved in almost all types of metabolism, and alcohol, by its harmful effects, violates the fundamental functions and as a result, if there are other somatic factors, cirrhosis of the liver most often develops.

Most people have disorders of the excretory system, impaired renal function, affects the hypothalamic-pituitary-adrenal system.

The mental health of a person is very vulnerable from the frequent use of alcohol. Dormant for years, possible mental illnesses not only manifest themselves, but can also have a detrimental effect both on the person himself and on the community around him, on his family, on his family and friends, outbreaks of conflict situations, sometimes harmful and threatening the health of others. For a person as a person, the principles of ethics and morality cease to exist. Mental abnormalities can manifest as aggressions, hallucinations, muscle cramps, paralysis, psychosis, with prolonged effects of alcohol on the body, it is possible to switch to coma. The most severe form of alcohol intoxication is delirium tremens.

In turn, disorders of the immune system reduce the overall body resistance to infectious diseases, contribute to the development of allergic reactions, various skin diseases progress.

An indelible trace of the harm of alcohol leaves on the human reproductive system and on the further development of the fetus. Alcohol use by parents affects the development of the embryo and the presence of defects in the newborn. In people with chronic alcohol dependence, infertility is diagnosed.

One of the urgent problems at the present time are the frequent cases of poisoning by poor quality alcoholic beverages. The highest peak of poisoning is observed on holidays, in connection with this supervisory authorities are taking various preventive measures to reduce the cases of surrogate alcohol poisoning. It should be noted that the symptoms can be different, it is important to seek medical help on time, as severe cases of poisoning can be fatal.

Every year around the world recorded a lot of methanol poisoning. Methanol is used in various industries: in the gas industry, as a solvent in the paint industry, in the production of formaldehyde, as an additive to liquid fuel for internal combustion engines, as a denaturing additive to ethanol in the production of perfumery.

Methanol is a dangerous poison, its danger is due to the fact that at home it cannot be distinguished from ethyl alcohol, it is well soluble with other liquids, it is indistinguishable not by smell, not by color. The ingestion of the order of 10 ml of methanol can lead to severe poisoning, blindness is a frequent consequence, the use of 80-150 ml of methanol is considered fatal. Methanol has a detrimental effect on the body for several hours. Lighter forms of poisoning may be accompanied by general weakness, malaise, headache, nausea.

Most often, poisoning occurs when using cheap counterfeit alcohol, which instead of ethyl alcohol, contains poison-methanol.

Being a consumer, it is necessary to carefully consider the choice of alcoholic beverages, pay attention to product labeling, on the implementation dates, on storage conditions, on containers and containers, on the presence of excise stamps. It is better to buy alcohol in stationary objects of trade, to avoid acquiring from hands, on the Internet, in various plastic containers and without labeling, if there are doubts about the quality of

alcoholic beverages, the consumer has the right to get acquainted with the documents certifying the origin, quality and safety of this product. It must be remembered that any holiday may end in tragedy with a careless attitude to the choice of alcohol for the holiday table

In the modern world, everyone should be aware of the detrimental feature of the effect of alcohol on the body, on the irreversibility of consequences in the event of negligence and negligence to their own health and the health of others.

Thus, it can be said that the effect of alcohol on the human body is detrimental and irreversible. A conscious person must understand that the imaginary state of relaxation from alcohol cannot be compared with the consequences for the body. Maintaining a healthy lifestyle involves the complete abandonment of alcohol use, including the weak. No matter what kind of strength an alcoholic drink a person uses, the harm to health from this is the same.

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