



## W. GLADSTONE ON THE DANGERS OF STRONG DRINKS

*Madraim Khasanovich Sarikulov*

*Senior Lecturer, Department of General Professional and Economic Disciplines, Almalyk Branch of Tashkent State Technical University, Tashkent, Uzbekistan*

*([sarikulov.madraim4@gmail.com](mailto:sarikulov.madraim4@gmail.com))*

*Alcoholism makes more havoc,  
than three historical scourges put together: famine, plague and war  
W. Gladstone*

**Annotation:** This article discusses the problems of alcoholism, which are dangerous to human health. As you know, alcoholism is found everywhere in connection with the spread of infection and the human population. This problem is common to our civilization and to all humankind, as it covers the problem of the spread of poverty and accidents with families. The article also deals with the issues of negative analysis of alcohol on the human body.

**Keywords:** analysis of problems associated with alcoholism at the present stage, the impact of alcohol on the human body, alcohol danger, chronic alcoholism, social consequences of alcoholism.

### INTRODUCTION

Alcoholism is one of the significant problems of modern society, which adversely affects human health, primarily adversely affects the health of the younger generation. It is known that alcoholism is a chronic disease that developed because of the systemic use of alcoholic beverages. The consumption of alcoholic beverages has a harmful effect on the health, life, and work capacity of a person, the welfare and level of morality of society. Because of alcohol consumption, incurable diseases develop: with disorders of the gastrointestinal tract, liver and hepatic colic, and paralysis. The most important thing is the rapid destruction of the personality, its degradation.

The progress of civilization should be accompanied by the spiritual self-improvement of people, with the rejection of the absolutization of material values and the revival of harmony between man and nature in the spirit of the best achievements of peoples. In the imbalance of human relations with nature lies the root cause of all diseases of civilization.

Modern civilization is characterized by a significant increase in the number of diseases, which are based on vicious human inclinations. These include smoking, alcoholism, drug addiction, substance abuse, AIDS, hepatitis and other diseases. The distribution and use of alcohol, tobacco, narcotic substances and their ever-increasing popularity among young people lead to an increase in the number of infectious and oncological diseases, as well as dementia and degradation of the human personality.

## LITERARY RESEARCH

Most of us associate holidays, celebrations, mass celebrations and simple outdoor recreation with alcoholic beverages. This is not necessarily vodka; it can be low-alcohol drinks, wine, beer. However, if one understands and knows the measure, then the other, due to certain circumstances, becomes dependent on the amount and frequency of alcohol consumption. This addiction is called alcoholism. Who is an alcoholic, and why do some people drink alcohol without becoming addicted, while others cannot imagine their life without alcohol?

Low standard of living, social circumstances, nervous and stressful work, stress, scandals in the family and at work, problems of a personal and intimate nature - these are all reasons that can cause a desire to "relax" with a glass, second. However, this does not mean at all that in a socially disadvantaged environment everyone drinks. What is alcoholism, and why does it only affect certain people?

According to the author [1], studies related to the study of the dangers, threatening civilization and its role in human life have been going on for several centuries. At the present stage, the study of the protection of the human person from all sorts of dangers has become multifaceted and universal, but it has reached the greatest acuteness in megacities, where the maximum density of population and means of production is concentrated, which further exacerbates the current situation. The current situation at the present stage obliges every citizen to take care of his or her safety and the safety of his or her loved ones. If a person knows what to do in a given situation, he has a much greater chance of surviving than someone who allows himself to panic. By this, we want to focus on the fact that if a person acts wisely with the amount of drink consumed, then he will protect

For the first time, the Swedish physician and public figure M. Huss [2] used the term "chronic alcoholism" in 1849 (M. Hüss), who designated the totality of pathological changes that occur in the human body during prolonged, immoderate use of alcoholic beverages. For a long time, however, no distinction was made between drunkenness (binge drinking) and alcoholism (a disease). In the 19th and early 20th centuries, alcohol addiction was generally called dipsomania, but now the term has a different meaning.

The World Health Organization (WHO) [3] as a disease approved alcoholism in 1952. Already in the 19th century, it was believed that with an increase in the well-being of the population, alcoholism also began to grow.

The WHO materials [4] noted that the trend in the incidence of alcoholism in the world is constantly growing: if in 2000 there were about 140 million patients with alcoholism in the world, then in 2010 it was already about 208 million: with such a trend, by 2050 the number of patients with alcoholism in world may exceed 500 million people. According to WHO, more than 15 million people are diagnosed with mental and behavioral disorders caused by alcohol use, while men are diagnosed with alcoholism 3 times more often than women.

According to L.D. Miroshnichenko [5] by the beginning of the 21st century, the world produced over 200 billion liters of alcoholic beverages per year. In all developed countries, the majority of the population over the age of 15 consumed alcoholic beverages, with about 1/6 of men and about 1/13 of women drinking alcohol daily. She also believes that alcoholism is characterized by a loss of control over the amount of alcohol consumed, an increase in alcohol tolerance (an increase in the doses of

alcohol required to achieve satisfaction), an abstinence syndrome, toxic damage to organs, and memory lapses for individual events that occurred during the period of intoxication.

The Journal of the American Medical Association [6] defines alcoholism as “a primary, chronic disease characterized by impaired control over drinking, addiction to alcohol, drinking despite negative consequences, and distortion of thought.”

According to [7], alcohol has the fastest and most destructive effect on brain cells, while, first of all, the higher parts of the brain suffer. Quickly delivered by the blood stream to the brain, alcohol penetrates the nerve cells, and is destroyed, because of which the connection between different parts of the brain is upset. Alcohol also affects the blood vessels that carry blood to the brain. From the beginning, they expand, and the blood saturated with alcohol rapidly rushes to the brain, causing a sharp excitation of the nerve centers. This is where the overly cheerful mood and swagger of a drunk person comes from.

According to the source [8], Figure 1 shows indicators characterizing the social consequences of alcoholism in 2004 by country. As can be seen from the figure, due to the use of alcohol, there are costs for the working capacity of the population in all countries of the world. As can be seen from the figure, the main share of the disability adjustment process indicator falls on developed countries.



Fig.1. Life years adjusted for disability due to alcohol consumption per 100,000 inhabitants in 2004.

no data    less than 50    50–150    150–250    250–350    350–450    450–550    550–650    650–750    750–850    850–950    950–1050    greater than 1050

Drunkenness opens the way to various malignant neoplasms. The presence of carcinogens in alcoholic beverages is not excluded. Being a good solvent, alcohol helps their penetration into the body. Alcohol abusers, especially at a young age, have a 10 times higher risk of developing oral cancer, and if they also smoke, it is 15 times higher compared to non-drinkers.

## METHOD

In ancient times, people was acquainted with the unusual amusing effect of certain drinks. The most ordinary milk, honey, fruit juices, standing in the sun, not only changed their appearance, taste, but also

acquired the ability to excite, instill a feeling of lightness, carelessness and well-being. People did not immediately notice that the next day the person paid with a headache, weakness, and a bad mood. Of course, our distant ancestors could not even guess what a terrible enemy they had acquired. Unfortunately, the debilitating effects of alcohol use have received less attention than the mood improvements associated with alcohol use.

The history of the manufacture and consumption of intoxicating drinks goes back thousands of years, this tradition continues today, because there are many reasons for this. and for drunkenness there are such occasions: commemoration, holidays, meetings, seeing off, christening, wedding, divorce, frost, hunting, New Year, recovery, housewarming, success, reward, new ranks.

Who is an alcoholic for others? This sick person causes irritation, aggression, pity, anxiety, misunderstanding and a sense of shame. According to the observation of sociological workers, the level of alcohol dependence increases with a decrease in social security. A dysfunctional environment has a direct impact on those who cannot cope with daily challenges. A person can struggle with problems for a year, five, and ten. But at some point, his emotional stamina cracks, fatigue and tension that has accumulated over the years, responsibility to relatives and children, obligations at work, life principles become a "burden" and stress that only a sense of serenity will help to remove.

Alcohol abuse can have negative and far-reaching health consequences. The harm of alcohol manifests itself, ranging from banal memory lapses to serious illnesses that can lead to the need for lifelong treatment in the clinic. An alcoholic is a sick person who causes irritation, aggression, pity, anxiety, misunderstanding and a sense of shame.

Alcohol abuse can have negative and far-reaching health consequences. The harm of alcohol manifests itself, ranging from banal memory lapses to serious illnesses that can lead to the need for lifelong treatment in the clinic. An alcoholic is a sick person who causes irritation, aggression, pity, anxiety, misunderstanding and a sense of shame.

Today, according to a number of studies and observations, scientists have concluded that almost 75% of those suffering from alcohol addiction are people with a certain genetic predisposition. Unfortunately, any reasons that led to this outcome are difficult to eliminate. Depending on the individual characteristics of the body and the human psyche, alcoholism is a disease that often becomes incurable.

Alcoholism strikes and takes away everyone, leaving behind only black spots an unhealthy generation, an unhealthy heredity and the inability to be cured. Moreover, famine, plague, war affect people who often had nothing to do with the appearance of these troubles. Unlike them, a person chooses alcoholism himself, following the lead of his passion.

Alcoholism is a voluntary insanity, harming oneself and society. No wonder alcoholism is considered one of the types of deviant behavior. An alcoholic does not follow moral standards - he can beat his own children. An alcoholic also violates legal norms by thoughtlessly committing crimes. Therefore, it is easier to prevent the disease than to cure it, it is better to explain to young people what alcoholism leads to. Crime can also cause such deviant behavior as alcoholism. A person who has committed a crime tries to forget it by taking alcohol. However, its frequent use again leads to alcoholism.

Alcoholism is a real madness, damaging both your body and society as a whole. Alcoholism is also included in the list of deviant behavior. Raising the problem of the harmful consequences of alcoholism as a social phenomenon, Gladstone is convinced that both alcoholism and such social phenomena as

famine, plague and war destroy a person. Therefore, I fully agree with the author's statement. One cannot but agree with the author that this problem is especially relevant in modern society, since deviant behavior is the first step not only to self-destruction of a person, but also to negative impacts on society as a whole.

According to Gladstone, in the absence of food, poor people die, in individual countries. For example, in some countries in Africa, the poorest, the poorest, are dying of hunger, while the rich, well fed are in good health. Alcoholism kills both the poor and the rich, and the hungry, and the well-fed, smart makes insane. There are examples when educated people had everything: a good job, a decent salary, and a prosperous family. However, the constant use of alcohol deprives them of everything. Ultimately, a person, degrading, dies.

The war also takes away healthy and strong people old people, adults, and children. Nevertheless, war cannot cover the entire planet at once. It starts in one country, and then continues in another. For example, the Second World War claimed many lives, but healthy people remained, thanks to whom a new generation appeared.

In this regard, I would like to compare alcoholism with the plague, because it is not in vain that they say, "Alcoholism is the plague of the 20th and 21st centuries." The plague is the Black Death that claimed many lives. However, she was stopped. For example, the plague broke out in London in 1664, and then in 1665 London burned down, destroying all the sick and the dirt.

Scientists in the field of medicine have proven that the human body is a perfect and intelligent mechanism, often able to protect itself. This is what happens when the human body consumes alcoholic beverages. At the same time, the human body perceives alcohol as a toxin and begins to process alcohol into acetic acid, which does not belong to the category of toxic. Acetic acid is removed from the body only through the pores, and an unpleasant odor is released. This is in addition to the fact that at the same time our breath exudes a steady fume, which creates a certain discomfort in society.

Most alcoholics know that excessive drinking over a long period can lead to problems with the liver, the organ that breaks down ingested alcohol into harmful by-products and then removes them from the body. However, not everyone knows that the harm of alcohol in relation to the brain can manifest itself in a very specific way. It is expressed in the fact that long-term liver dysfunction, for example, cirrhosis, caused by the regular use of alcohol in large quantities, can also lead to brain disorders, including a serious disorder of brain functions, which can be deadly. Those alcohols, in addition to direct damage to the brain, destroys the liver, which in turn damages the brain on its own. All this can be expressed in sleep disturbances, sudden mood swings, changes in personality characteristics, anxiety and depression, disorders of cognitive (i.e. cognitive) functions, for example, inability to concentrate, as well as problems with coordination of movements. In the most severe cases, patients may fall into a coma (hepatic coma), which often ends in death.

Drinking alcohol during pregnancy can lead to negative consequences for the developing brain of the fetus, which will later be expressed in the physiological, cognitive and behavioral aspects of the personality. The harm of alcohol is manifested in the fact that in the most severe cases, a complex of symptoms develops, known as fetal (fetal) alcohol syndrome. Children with fetal alcohol syndrome often have malformations of external organs, and also usually grow and develop more slowly than healthy children develop. Their brain volume may be smaller than normal, while such children also have fewer brain cells (including neurons) than others do. Neuronal brain cells in children with fetal alcohol



syndrome are not able to function normally, which leads to cognitive impairment and various behavioral abnormalities.

It is worth noting that the disease of alcoholism on a nervous basis, as a rule, is incurable for women. The female psyche is more sensitive, the emotional load in the usual volume is perceived much harder. As a rule, in the absence of universal support from relatives, friends and others, alcohol becomes the only “helper”.

## CONCLUSIONS

Alcoholism is a problem not only for the “patient” himself, but also for the entire society as a whole. Alcohol “beats” not only the drinker himself, but also the people around him. Often men or women who are prone to alcoholism neglect their responsibilities, friends, family and children in order to satisfy their need. Addiction to alcohol is the cause of various crimes. Statistics show that 50 percent of all crimes are related to the use of alcohol. Children often pay the price for their parents' alcoholism. Studies of nervously ill children have shown that the cause of their illness is often the alcoholism of their parents. The harm of alcohol has been proven. Even small doses of it can cause great troubles or misfortunes: injuries, car accidents, disability, family breakdown, loss of spiritual needs and strong-willed traits by a person. Alcoholism, according to experts from the World Health Organization, is a big threat to public health on a global scale.

In conclusion, it is worth noting that if humanity does not stop, does not begin to think about itself, about its future, about its offspring, then humanity will be left without its future, i.e. it will doom itself to destruction.

## REFERENCES

1. Sarikulov M. X. TO STUDYING THE PROTECTION OF CITIZENS FROM HAZARDS EURASIAN JOURNAL OF ACADEMIC RESEARCH Innovative Academy Research Support Center EURASIAN JOURNAL OF ACADEMIC RESEARCH Volume 1, Issue 2 Part 2 May 2021 Pp 669-677 [www.innacademy.uz](http://www.innacademy.uz) <https://doi.org/10.5281/zenodo.4896581>
2. I.N. Pyatnitskaya, A.M. Stochik. Alcoholism // Big Medical Encyclopedia: in 30 volumes / ch. ed. B.V. Petrovsky. - Third ed. - Moscow: Soviet Encyclopedia, 1974. - T. 1. A - Antibiosis. - S. 244-279.
3. Lisitsyn Yu. P., Kopyt N. Ya. Alcoholism (social and hygienic aspects). – 2nd edition revised and enlarged. - M: Medicine, 1983. - 233 p. chronic alcoholism. [historymed.ru](http://historymed.ru).
4. Global Population Estimates by Age, 1950-2050 (англ.). Pew Research Center (30 January 2014).
5. Miroshnichenko L.D. Alcoholism / chair. Yu.S. Osipov and others, responsible. Ed. S.L. Kravets. - Great Russian Encyclopedia (in 30 volumes). - Moscow: Scientific publishing house "Great Russian Encyclopedia", 2004. - T. 1. Russia.
6. Morse R.M., Flavin D.K. (August 1992). «The definition of alcoholism. The Joint Committee of the National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine to Study the Definition and Criteria for the Diagnosis of Alcoholism». JAMA: the journal of the American Medical Association.
7. Sarikulov M.Kh. TO STUDYING THE PROTECTION OF CITIZENS FROM HAZARDS MODERN SCIENTIFIC CHALLENGES AND TRENDS ISSUE 4(38) Part 2 May 2021

Collection of Scientific Works WARSAW, POLAND Wydawnictwo Naukowe "iScience" 7-9 May 2021 Pp. 173-177

8. Global Status Report on Alcohol and Health 2011 (АНГЛ.). World Health Organisation.
9. Israilova H.M. The economic role of fruit and vegetable growing in the development of the national economy (on the example of Fergana region). *Economy and finance. Scientific-practical journal.* №10 (130), 2019 y.
10. T.T. Adilov, X.M. Israilova, I.E. Uzohkov, Food security: National food market strategy *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL.* 11 (2), Pp. 619-626
11. Kh.M. Israilova The development of the culture of fruit and vegetables growing in fergana. *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL* 2021.11 (1). Pp.1456-1460
12. ТАБИЙ РЕСУРСЛАРДАН ФОЙДАЛАНИШНИНГ ЭКОЛОГИК АСОСЛАРИ  
*Хунаров Абдувахоб Маматович, Кучкарова Ноила Хуснитдиновна*  
***Journal of Advanced Research and Stability***  
***Volume: 02 Issue: 04 | 2022 ISSN: 2181-2608***
13. Study of the effect of alcohol on the human body Ikromjon Esanboyevich Uzohkov Abdurahob Mamatovich Khunarov  
*Science and Education" Scientific Journal / ISSN 2181-0842 March 2022 / Volume 3 Issue 3*
14. NX Kuchkarova, DT Fidaev, AM Khunarov, -**[AIR POLLUTION AND ITS CONSEQUENCES FOR HUMAN HEALTH](#)** Academic research in educational sciences, 2021.02 ООО «Academic Research»
15. Кучкарова Н.Х. Энергосберегающий метод подготовки воды на ТЭЦ "SCIENTIFIC PROGRESS" VOLUME 2 | ISSUE 2 JUNE 2021 ISSN: 2181-1601
16. Adilov, T. T., Sarikulov, M. K., Artikbaevich, R. H., & Kuchkarova, N. K. To Study the Problem of Drinking Water Shortage and Public Health. *International Journal of Innovative Analyses and Emerging Technology, 1(5), 192–196.* Retrieved from (2021).  
<http://openaccessjournals.eu/index.php/ijiaet/article/view/489>
17. Adilov, T. T., Israilova, X. M., Uzohkov, I. E., Axtamov, M. X., & Raxmatullayeva, X. I. (2021). Food security: National food market strategy. *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL*, 11(2), 619-626.
18. Itoimasovna, K. S. (2022). DEVELOPMENT OF MARKETABLE PROPERTIES OF PROCESSED LEMON. *The American Journal of Agriculture and Biomedical Engineering, 4(02), 21-25.*
19. Худаёрова, С. И. (2022). ОСОБЕННОСТИ МОРФОЛОГИЧЕСКОГО ФОРМИРОВАНИЯ ЛИСТЬЕВ У СОРТОВ ЛИМОНА (CITRUS L.) В ЗАЩИЩЕННЫХ МЕСТАХ. *БАРҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ*, 15-18.
20. Ёулдашева, Г. И., & Тешабаева, О. Н. (2020). Развитие цифровой экономики Республики Узбекистан. *Universum: экономика и юриспруденция, (7 (72)), 4-6.*
21. Teshabaeva, O., Yuldasheva, G., & Yuldasheva, M. (2021). DEVELOPMENT OF ELECTRONIC BUSINESS IN THE REPUBLIC OF UZBEKISTAN. *Интернаука, (3-3), 16-18.*

22. Ibragimovna, Y. G. (2022). ADVANTAGES OF CREDIT-MODULE SYSTEM IN THE FIELD OF EDUCATION. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 *Impact factor: 7.429, 11*, 14-16.
23. Йўлдашева, М. (2021). ЭФФЕКТИВНОЕ УПРАВЛЕНИЕ ИНВЕСТИЦИОННОЙ ДЕЯТЕЛЬНОСТЬЮ ИНФОРМАЦИОННО-КОММУНИКАЦИОННЫХ ТЕХНОЛОГИЙ УЗБЕКИСТАНА. *Студенческий вестник*, (3-4), 11-13.
24. Йўлдашева, Г., & Йўлдошева, М. (2022). ИСПОЛЬЗОВАНИЯ ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ В ОРГАНИЗАЦИЯХ. *Scientific progress*, 3(3), 477-480.
25. Shermatova, G. Y. N. (2022). ANIQ FANLARNI O'QITISHDA AXBOROT TECHNOLOGIYALARIDAN FOYDALANISH. *Scientific progress*, 3(1), 372-376.