

**A survey on
Alcohol with Benzodiazepines Dependency in
Manipur State, India**

By:

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Introduction

There are around 2,855,794 peoples living in Manipur, which is a North East State of India. Around 82.6% of the population use alcohol (both AUD and social Use). Most of the tribe make alcohol at their own house as it is a traditional to them.

From early 2000 to 2017 there was a very high rate of using Spasmoproxyvon which is an Opioid Analgesic capsules. During that time AUD percentage was low, about 39 percent of the total population. But after the Government ban on Spasmoproxyvon from being manufactured, there's rise in Heroin Use and mix using of alcohol and benzodiazepines. Most of the Spasmoproxyvon user became to use alcohol as a method for stopping withdrawal symptoms. And they also use benzodiazepines at night for make them sleep properly. But they got a new kind of kick from the combination of Alcohol and Benzodiazepines and began to use daily which makes them addicted. From the total use of alcohol (82.6% of the total population), 38.33 percent use both Alcohol and Benzodiazepines(where around 24 percent show dependency and 14 percent show non dependency), 25.46% are AUD, 18.81% are social user of Alcohol and 18.4% are Non Alcoholic.

Case study

A survey is done on 426 patients who are using Alcohol and Benzodiazepines together and all of them have dependency showing withdrawal symptoms. Among 426 patients 371 patients(87.09%) show aggresive and violent nature. 83 patients(19.48%) have seizures(fit) during the withdrawal period, 315 patients (73.94%) have hallucinations during the withdrawal period and 28 patients(6.57%) have both seizures and hallucinations during withdrawal period.

Among 426 patients 214 patients(50.23%) have started having mental illness. Due to the violent and aggressive nature of the patients, most of the family members also have mental health issues, broken or bad relationship, even divorce. 78 patients got divorce due to extreme nature of the patients. 318 patients are married among these 249 patients(78.30%) suspect their wife of having extra marital affairs, which is a very high by looking at the rate of percentage.

From 1st day of January 2024 to 30th day of September 2024, 31 person died(didn't wake up after sleeping) in Manipur State due to the combination of Alcohol and Benzodiazepines.

Conclusion

A proper treatment methods need to be implement regarding this matter as it's a new case in the state of Manipur, India. Both psychiatrist doctor and AUD/SUD counselor needed in this treatment. Frequent follow up after discharged must be done as it is also an important component of the treatment program. Most of the patients having mental illness need medications, so it is very important to know whether the patient is under correct medication form. If not then, the patient need to be readmitted to the Residential Treatment Center. The rate of Getting Sober from Alcohol is very low in Manipur due to the traditional linkage, so the effectiveness of the treatment program will take time.