# 96 - ALCOOLISMO: FROM DEPENDENCY TO THE BENEFITS OF PHYSICAL ACTIVITY.

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**INTRODUCTION**

The alcoholic beverages were present in almost all cultures known today. However, despite the fact that alcohol be known since the earliest days, remembered and biblically associated with sex and lust, only in the eighteenth century the issue has been subject to greater attention from the medical, when Benjamin Rush describes their effects on the body and the human mind, designing infirmity as this condition, that is, from earliest times, alcohol is consumed by humans in the form of both medicine and in the anti-anxiety, depression and concerns of day-to-day. Moreover, whatever the opposite is true when individuals seek substances or stimulants of the central nervous system depressants and found alcohol in a great ally. Alcoholism is one major public health concern, with about 10% of the population faces serious problems related to excessive use of alcohol, that is, are dependent on psychoactive substance.The aim of this work is to show the causes / effects of alcoholism on the body, lists the meaning of dependency, of abstinence and characteristics of some complications of excessive use of alcohol in the body, making an approach on the pharmacological treatments, and show the benefits of physical activity in the non-pharmacological treatment of this pathology.

**WHAT and alcohol?**

SOUZA, (1998) says that alcoholism is disease and chooses not social class, race, creed or sex. The alcohol-dependent, in most cases, must be helped early in the process of abstinence.

RAMOS, (1990) conceptualized alcoholism as a disease incurable, progressive and fatal, caused by chronic intake, continuous, intense, compulsive and uncontrollable spirit, characterized by a malaise that only improves the re-use.

According to these conceptualizations of alcoholism note that it is a chronic disease is not well defined and its origin, can affect many organs and achieve different social classes, as well as affect the individual in a gradual manner. Facing it is necessary that the user of alcohol has on their treatment, a direct monitoring, and pharmacological treatments than the mister is that there is intervention of professional physical education because the physical activities have character preventive and rehabilitation.

**ETIOLOGY OF ALCOOLISMO**

In excess, alcohol in the body operates mainly in the small intestine, and in smaller quantities in the stomach and colon. The concentration of alcohol that reaches the blood depends on such factors as: the quantity of alcohol consumed at a given time, body weight and metabolism of drinkers, quantity of food in the stomach. When the alcohol is already in the blood, there is no food or drink that interferes with its effects.

The design of the etiology of alcoholism be psychologically determined coexists with the theory of biological vulnerability. It is believed that alcoholics are characterized by specific personality traits, such as oral, dependency, insecurity, passivity and introversion. Noting the differences in consumption of alcohol related to gender, age, ethnic groups, religion and degree of urbanization, led to a growing appreciation of social factors in the genesis of alcoholism.

**CAUSES AND EFFECTS OF THE USE IN BODY abuse of alcohol**

You can classify the causes of alcoholism as biological, social or psychological. Innate biological characteristics as the largest research is genetic predisposition to developing the disease. Today we know that children of alcoholics lead this group. The company also appears as one of the causal factors of alcoholism, where within the social demands to which the individual is exposed and no longer able to serve them. The subject seeks refuge in the spirit to achieve your satisfaction, therefore, its existence is presented, in fact, pervaded by a sense of the suffering unbearably charged. Having knowledge about the causal factors of alcoholism can not be forgotten that the reasons and causes of alcoholism are things totally dispelled.

The combination of alcohol with other drugs (cocaine, tranquilizers, barbiturates, antihistamines) may lead to an increase in the end, and even death. The effects of prolonged use of alcohol are different. Among the problems caused directly by alcohol may become detached diseases of the liver, heart and digestive system.

**THE SIGNIFICANCE OF DEPENDENCY, of abstinence MEDICAL COMPLICATIONS AND SOME FEATURES OF EXCESSIVE USE OF ALCOHOL**

**Alcohol dependency**

The addiction to alcohol is a chronic disorder resulting from a combination of factors: genetic, environmental and psychosocial. It is characterized by increased tolerance to the effects of alcohol, loss of control of intake of alcohol, the intake of persisted despite the damage alcohol that brings.

The tolerance and addiction to alcohol are two separate events and inseparable. Tolerance is the need for higher doses of alcohol for maintaining the effect of drunkenness obtained in the first dose, as tolerance occurs before the addiction. The first signs of tolerance does not mean, necessarily, addiction, but is the clear signal that the dependence is not far away, because the dependency is the simultaneous tolerance. The dependence will be even more intense as the degree of tolerance to alcohol. It is said that the person has become dependent on alcohol when she does not have more forces to stop or reduce the use of alcohol. The drunk of "first trip" always has the impression that you can stop anytime and says: "when I want, I stop." This phrase usually masks the incipient alcoholism and resistant; resistant because the patient denies any problem related to alcohol, even if the others do not believe me, he believes in the illusion that you created.

**Characteristics of alcohol**

The abstinence is a component that is present within the framework of alcohol dependence and its development takes place ahead of two non-pathological mechanisms, which is to strengthen the positive and negative reinforcement.

The positive reinforcement refers to the performance of the pleasure search: when something is enjoyable person to search the same stimuli to get the same satisfaction. The negative reinforcement refers to the behavior of avoidance of pain or

displeasure. When something is annoying the person seeking the same means to avoid pain or displeasure, caused in a given circumstance. In the beginning the search for pleasure is that the drink offers. After a period when the person does not reach the most pleasure previously obtained, no longer able to stop because that is always trying to emerge the unpleasant symptoms of abstinence, and to avoid them the person maintains the use of alcohol. The positive and negative reinforcement mechanisms are normal or resources that allow people to adapt to their environment. (MAROT, 2004).

Please note that alcohol can result in harmful factors to the body and can trigger the symptoms of alcohol withdrawal (SAA) which is characterized by a set of signs and symptoms clearly defined, resulting from the mere reduction or cessation of consumption of alcoholic beverages, among which stand out: the end tremor, irritability, nausea to vomiting, classified according to its intensity at: mild, moderate or severe. In general, appear linked to the events of the autonomic nervous system sympathetic, such as, tachycardia, elevation of blood pressure levels, sweating.

**Clinical complications**

When alcohol is consumed through the stomach and begins to be absorbed in the intestine falling into the blood. In passing the liver starts to be metabolized, which is being transformed into substances other than alcohol and not have their effects. The first substance formed by alcohol is called acetaldehyde, which is then converted to acetate by other enzymes, such substances as well as excess alcohol are removed by the kidneys. This means that the abusive consumption of alcohol causes physiological disorders of the body.

Alcohol has direct toxic action on various organs when used in doses considerably, for a certain period of time. The most frequent are in the stomach (the gastritis and ulcers), as peptic ulcer is an injury (wound) in gastrointestinal mucosa of the apparatus, which occurs mainly in the stomach and the duodenum (the initial portion of the intestine) and one of its main causes is the abuse of alcohol.

In high concentrations, alcohol can cause erosive gastritis, which explains the high frequency of this condition in chronic alcoholics. In addition to gastric lesions, the alcohol in quantities can produce injuries immoderate of the esophagus and duodenum. (And OLIVEIRA SENA, 1994, p.314).

In the liver lesion is found more alcoholic steatosis (fat liver): within a few days after administration of alcohol appears to be fat inside the liver cells, is mainly an increase in the synthesis of triglycerides due to the increased supply of fatty acids to the liver, less oxidation of fatty acids and lower formation and release of lipoproteins.

In the pancreas, the abuse of alcohol is a major cause of pancreatitis, the destruction of cells in the pancreas. The body stops producing substances that metabolise the fat. The patient starts to feel abdominal pain, lose weight, have diarrhea and eliminate fat by feces.

In the nervous system (brain damage, dementia, anesthesia and decreased muscle strength in the leg-neuritis), alcohol by itself is an agent that depression affects primarily the subcortical structures (probably the reticular formation of cerebellar upper torso) that modulate the cortical brain activity. The levels of blood alcohol level of disarray and function of Central Nervous System in non-habitual drinkers are closely related.

In the circulatory system (myocarditis, predisposition to the deposit of fatty plaques in blood vessels, at risk of infarction, hypertension and stroke-spills as the circulatory system is composed of the heart and the blood vessels that are the arteries, veins and the capillaries.

The chronic use of alcohol may constitute a major cause of cardiomyopathy, as the systematic use of alcohol can be harmful to the tissue of the heart and increase blood pressure causing palpitations, shortness of breath and pain in the chest. (And OLIVEIRA SENA, 1994, p.314)

**PHARMACOLOGICAL TREATMENT FOR ALCOHOL DEPENDENCE**

The addiction to alcohol is treated by doctors, by psychologists and social interventions, aiming to reduce or eliminate the desire for alcohol and its harmful effects. The treatment consists basically of two phases: the first of detoxification and rehabilitation of the second. The detoxification is designed to help control the symptoms of abstinence; the rehabilitation aims to avoid future problems.

Pharmacological treatment should be considered in all patients dependent on alcohol, so there is no contra-indications in use. Among all the medications that have more favorable reports are naltrexone (inhibits the pleasure given by alcohol, inhibiting the positive reinforcement) and acamprosate (decreases the malaise caused by abstinence, inhibiting the negative reinforcement.). In any alcoholic should be investigated other mental disorders

Unless the patient presents a picture of pathological drunkenness, an important caution is to avoid any drug central nervous system depressant, to prevent possible potentiation of central depressant effect of alcohol. (...) The pathological intoxication due to intense psychomotor excitement that can endanger both the patient as those that surround, is serious framework that requires sedation and contentação. (And OLIVEIRA SENA, 1994, p.315).

**PHYSICAL EXERCISE AS non-pharmacological treatment the syndrome of alcohol dependence.**

According Pitanga (1998), a series of transformations occurred in the health status of individuals during the transition from "was kept for the" industrial age "by continuing to occur in the current" era of computerization. " The style of life had a characteristic more sedentary, with the consequence increase in the lipid profile; the power lost much of its natural appearance with inclusion of products with chemical additives.

In recent years the recognition of the benefits of regular practice of physical activities and /or physical activity to promote health by reducing the incidence of several types of diseases is unanimous in studies of many researchers.

According to Caspersen, Powell & Christenson (1985), the exercise is repetitive activity, planned and structured, which aims at the maintenance and improvement of one or more components of physical fitness, I physical activity is defined as any movement produced by the body skeletal muscles, which results in energy expenditure.

Alcohol is an exciting action, which disguises the physical tiredness of work, giving the illusion of back forces, the worst is after, ie a sedentary way of the individual victim and the syndrome of dependence on alcohol disguise the need for the practice of physical activities to promote the physical well-being.

Facing the above it should be placed within the non-pharmacological treatment the regular practice of physical exercise, because this practice is intended to improve the way direct the operation of various organs affected by the abuse of alcohol.

It is known that alcohol abuse affects the composition of the body mass of an individual, change its metabolism, increasing its pressure level, causes tachycardia, increases the synthesis of triglycerides, decreases the oxidation of fatty acids, if not regulated the formation and release of lipoproteins, and change the motor coordination and breathing.

The practice of physical exercise brings together with the more healthy habits and makes it easier to decrease the consumption of alcoholic beverages and has the characteristic to improve in all aspects of the items listed above to change due to excessive use of alcohol.

For both it is recommended that the patient's syndrome of alcohol dependence than the drugs prescribed by health professional, and after release for the practice of physical activities it conducts exercises cardiorespiratory and neuromuscular to promote the best benefit for health, recommends the authors of this work that the practice of physical activities must be drafted by professional in physical education.

**FINAL CONSIDERATIONS**

This work is intended as a contribution to subsidize a new approach on the combination of regular physical activity in the treatment of alcoholism and its complications in the body of the individual. As the regular practice of any physical activity is directly linked to the concept of health proposed by WHO (World Health Organization), which explains not only mean the absence of disease, but the total balance of well-being physical, psychological and social.

The main challenge of the proposal presented here is in shortage literature and not co-relation of the benefits of physical activity in the treatment of alcoholism. Intend to be open to discursão the subject in order to achieve its cientificação so that their real goals can be achieved, so that it revert to increase the quality of life of people affected by this pathology.

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**ALCOOLISMO: FROM DEPENDENCY TO THE BENEFITS OF PHYSICAL ACTIVITY.**

**ABSTRACT**

The history of mankind shows us a taste in that man in general is the alcoholic beverage. Since when are more preferred than the others, for its tonic effect and euforizante to alleviate the anguish and to release what is repressed. Much of the polução, regardless of sex, believes his "performance" or "good physical performance" has its cause in the intake of alcohol. The use of alcoholic beverages is as old as humanity itself. Drinking moderate and occasionally is part of the habits of various companies. Determining the borderline between the social drinking, or using abusive or harmful use of alcohol and alcoholism (syndrome of dependence on alcohol) are sometimes difficult because these limits are thin, vary from person to person and from culture to culture. The SDA or alcoholism (alcohol dependence syndrome) is today a disease with physical and social consequences more damaging, "which takes the individual problems to develop biological, social or psychological." This article presents some complications about the excessive use of alcohol and the benefits of physical activity as auxiliary treatment, no drug, the recovery of bodies affected by the use of alcohol. Identifying himself as a new proposal for rehabilitation of people affected by this pathology. The aim is also to open a more in-depth research on issues that permeate this study.

Key words: alcoholism, addiction, abstinence, physical activity.

**ALCOOLISMO: DE LA DÉPENDANCE À L'BIENFAITS DE L'ACTIVITÉ PHYSIQUE.**

**ABSTRACT**

L'histoire de l'humanité nous montre un goût que dans l'homme en général est la boisson alcoolisée. Depuis quand sont plus privilégiées que les autres, pour son effet tonique et euforizante d'atténuer l'angoisse et de libérer ce qui est réprimé. Une grande partie de la polução, sans distinction de sexe, croit que sa "performance" ou "bonne performance physique" a sa cause dans la consommation d'alcool. L'usage de boissons alcoolisées est aussi vieux que l'humanité elle-même. Potable modérée et parfois fait partie des habitudes de diverses entreprises. Déterminer la frontière entre le social potable, ou en utilisant abusif ou l'usage nocif de l'alcool et l'alcoolisme (syndrome de la dépendance à l'alcool) sont parfois difficiles parce que ces limites sont minces, varient d'une personne à l'autre et de la culture à la culture. Le SDA ou l'alcoolisme (l'alcool syndrome de dépendance) est aujourd'hui une maladie physique avec des conséquences sociales et plus dommageable ", qui prend l'individu à développer des problèmes biologiques, sociaux ou psychologiques." Cet article présente certaines complications au sujet de l'usage excessif de l'alcool et les avantages de l'activité physique comme traitement auxiliaire, pas de drogue, la récupération des organes touchés par la consommation d'alcool. Identifier lui-même comme une proposition nouvelle pour la réadaptation des personnes touchées par cette pathologie. L'objectif est également d'ouvrir un des recherches plus approfondies sur des questions qui imprègnent la présente étude.

Mots-clés: l'alcoolisme, la toxicomanie, l'abstinence, l'activité physique.

**ALCOOLISMO: DE LA DEPENDENCIA A LOS BENEFICIOS DE LA ACTIVIDAD FÍSICA.**

**RESUMEN**

La historia de la humanidad nos muestra un gusto en que el hombre en general es la bebida alcohólica. Desde cuándo es más preferido que los demás, por su efecto tonificante y euforizante para aliviar la angustia y la liberación de lo que es reprimida. Gran parte de la polução, independientemente de su sexo, cree que su "rendimiento" o "buen rendimiento físico" tiene su causa en la ingesta de alcohol. El uso de bebidas alcohólicas es tan antigua como la humanidad misma. Potable moderados y

ocasionalmente es parte de los hábitos de diversas empresas. La determinación de la frontera entre la social beber, o utilizando abusivas o el uso nocivo del alcohol y el alcoholismo (síndrome de dependencia del alcohol) son a veces difíciles, porque estos límites son delgados, varían de persona a persona y de una cultura a otra. El SDA o alcoholismo (síndrome de dependencia del alcohol) es hoy una enfermedad física y con consecuencias sociales más perjudicial ", que tiene el individuo a desarrollar problemas biológicos, sociales o psicológicos". Este artículo presenta algunas complicaciones sobre el uso excesivo de alcohol y de los beneficios de la actividad física como tratamiento auxiliar, no de drogas, la recuperación de los órganos afectados por el uso de alcohol. Identificar a sí mismo como una nueva propuesta para la rehabilitación de las personas afectadas por esta patología. El objetivo es también abrir una más en profundidad la investigación sobre las cuestiones que impregnan el presente estudio.

Palabras clave: el alcoholismo, la adicción, la abstinencia, la actividad física.

**ALCOOLISMO: DA DEPENDÊNCIA AOS BENEFÍCIOS DA ATIVIDADE FÍSICA.**

**RESUMO**

A história da humanidade nos mostra o gosto constante que o homem em geral tem pela bebida alcoólica. Desde sempre são mais preferidas que as outras, pelo seu efeito tônico e euforizante, para aliviar a angústia e para liberar o que está reprimido. Grande parte da polução, sem distinção de sexo, acredita que sua “performance” ou “bom desempenho físico” tem sua causa na ingestão de bebida alcoólica. O uso de bebidas alcoólicas é tão antigo quanto a própria humanidade. Beber moderada e esporadicamente faz parte dos hábitos de diversas sociedades. Determinar o limite entre o beber social, ou o uso abusivo ou nocivo de álcool e o alcoolismo (síndrome de dependência do álcool) são por vezes difícil, pois esses limites são tênues, variam de pessoa para pessoa e de cultura para cultura. O alcoolismo ou SDA (Síndrome de Dependência do Álcool) é hoje uma das doenças com conseqüências físicas e sociais mais danosas, “que leva o individuo a desenvolver problemas biológicos, sociais ou psicológicos”. O presente artigo apresenta algumas complicações acerca do uso excessivo de álcool e os benefícios da atividade física como tratamento auxiliar, não farmacológico, na recuperação dos órgãos afetados pelo uso do álcool. Identificando-se assim uma nova proposta para reabilitação das pessoas acometidas por esta patologia. Objetiva-se ainda a abertura de uma pesquisa mais aprofundada nas questões que permeiam este estudo.

Palavras-chave: alcoolismo, dependência, abstinência, Atividade física.