
EFFECT OF AEROBIC EXERCISE ON ALCOHOL URGE

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ABSTRACT: Alcoholism is the most severe form of problem drinking. Alcoholism involves all the symptoms of alcohol abuse, but it also involves another element: physical dependence on alcohol. It was seen that exercise helps to reduce the urge of alcohol. It is possible that effects on serotonergic systems could mediate any effect of exercise on alcohol urges. However, if reductions in alcohol urges during or following exercise are to have clinical significance then future studies will need to demonstrate that any beneficial effects of exercise translate into clinical outcomes. As moderate intensity aerobic exercise programme reduces alcohol urge it should be incorporated in individuals with alcohol dependents to help them refrain from alcohol consumption and hence further complications.

Key Words: Penn Alcohol Craving Scale (PACS), aerobic exercise, alcohol uses

INTRODUCTION

At the bottom of every person's dependency there is always pain. Discovering the pain and healing it an essential step in ending dependency. According to National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine. The committee agreed to define alcoholism as a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial. Each of these symptoms may be continuous or periodic. Alcoholism is the most severe form of problem drinking. Alcoholism involves all the symptoms of alcohol abuse, but it also involves another element: physical dependence on alcohol. If you rely on alcohol to function or feel physically compelled to drink, you're an alcoholic. Do you have to drink a lot more than you used to in order to get buzzed or to feel relaxed? Can you drink more than other people without getting drunk? These are signs of tolerance, which can be an early warning sign of alcoholism. Tolerance means that, over time, you need more and more alcohol to feel the same effects. Do you need a drink to steady the shakes in the morning? Drinking to relieve or avoid withdrawal symptoms is a sign of alcoholism and a huge red flag. When you drink heavily, your body gets used to the alcohol and experiences withdrawal symptoms if it's taken away. These include: Anxiety or jumpiness, Shakiness or trembling, Sweating, Nausea and vomiting, Insomnia, Depression, Irritability, Fatigue Loss of appetite, Headache. In severe cases, withdrawal from alcohol can also involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous, so talk to your doctor if you are a heavy drinker and want to quit.

METHODOLOGY

After the approval from the ethical committee, permission was taken from alcoholic anonymous manager. Subject with inclusion criteria were selected. A written consent was taken from all subjects recruited in the study. They were assessed by Penn Alcohol Craving Scale by interview method. They were divided into two groups experimental and control group by using chit method. Experimental group were given aerobic exercises in the form of brisk walking daily for a six week. Control group were asked to continue their daily routine. After six week again both groups were assessed. Exercise protocol was thought to the patient which they were doing at home and weekly follow up and progression was done in the alcoholic anonymous total exercise time was 45 min which was as followed :Warm up 10 min included- cross knee bend, rotation, forward bending, side bending, trunk half rotation, forward lunges ,side lunges, heel raises, ankle rotations. Brisk walking moderate intensity given for 30 min. In last five minutes cool down exs was given. Cool down included:- anterior capsule stretch ,posterior capsular stretch ,TA and hamstring self-stretching and finally shavasana.

STATISTICAL ANALYSIS

Statistical analysis was done for all the collected data. Paired t-test was used to compare pre-test and post-test values within the groups and unpaired t-test was used to compare the post-test values between the groups

Table 1

	Pre	Post	Difference
Mean	12.93	8.93	4.0
Standard dev.	5.49	3.64	3.81
Standard error	1.0	0.66	0.69
Median	13.50	9.00	4.00

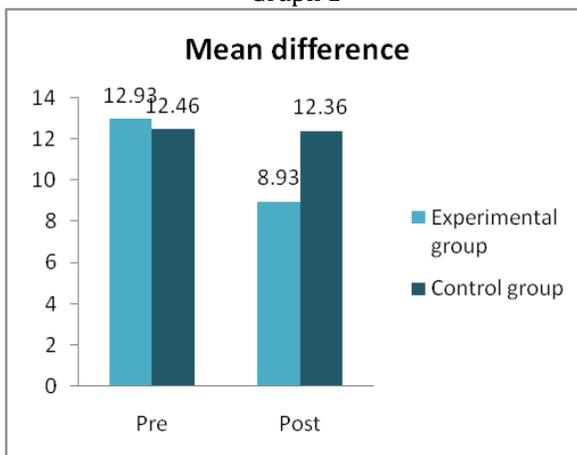
Using paired t test P value is <0.0001 considered extremely significant.

Table 2

	Pre	Post	Difference
Mean	12.46	12.36	0.10
Standard dev.	4.76	4.76	0.30
Standard error	0.86	0.86	0.05
Median	11.50	11.50	0.0

Using paired t test P value is 0.0831 considered not quite significant.

Graph 1



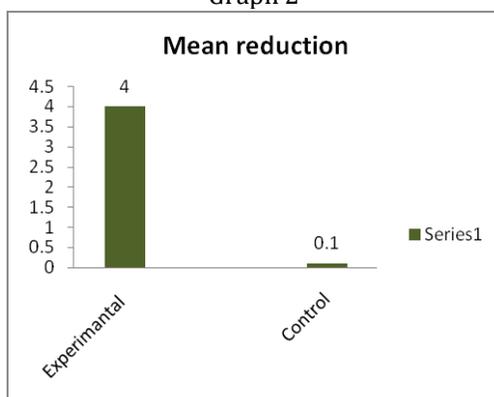
The graph below shows the mean difference of pre and post PACS score between experimental and control group.

Table 3

	Experimental	Control
Mean	4.0	0.10
Standard dev.	3.81	0.30

Using unpaired t test, P value <0.0001 considered extremely significant.

Graph 2



The above graph shows the mean reduction value of the experimental and control group. The PACS score improved more in the experimental group than the control group after aerobic training i.e., by 4 and 0.1 respectively.

DISCUSSION

This study was conducted to find out the effect of moderate intensity of aerobic exercise for the urge of alcohol. It was seen that exercise helps to reduce the urge of alcohol. It is possible that effects on serotonergic systems could mediate any effect of exercise on alcohol urges. For example, reduced serotonin is associated with alcohol dependence and there is also some evidence to suggest that cardiovascular exercise results in activation of central serotonergic systems. Elevations in blood glucose levels and reductions in cravings for sugars during exercise could also play a role in mediating a beneficial effect of exercise on alcohol urges. For those who are alcohol dependent, alcohol urges are likely to be distressing and these symptoms may lead to relapse in some individuals therefore, if exercise were shown to produce an acute reduction in alcohol urges it may be an attractive self-help strategy, providing immediate relief for those experiencing severe alcohol urges. However, if reductions in alcohol urges during or following exercise are to have clinical significance then future studies will need to demonstrate that any beneficial effects of exercise translate into clinical outcomes.

CONCLUSION:

In this study we conclude that moderate intensity aerobic exercise programme helps to reduce alcohol urge.

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