



**Ministry of Social Justice and  
Empowerment,  
Government of India**



**National Drug Dependence  
Treatment Centre (NDDTC),  
AIIMS, New Delhi**

### **Advisory on Alcohol Withdrawal during the lockdown**

A lockdown situation, which entails non-availability of alcohol, may be a blessing in disguise for some people who may utilize this opportunity to quit drinking altogether. However, it is also a significant challenge for a certain proportion of people with alcohol dependence who are at risk of experiencing severe alcohol withdrawal and its consequences.

<b>People with Alcohol Dependence – upon cessation of alcohol use:</b>	
<b>Mild/moderate alcohol withdrawal (85-90%)</b>	<b>Strategy</b>
<ul style="list-style-type: none"> <li>• <b>Largely psychological symptoms:</b> <ul style="list-style-type: none"> <li>○ Anxiety, irritability, restlessness</li> <li>○ Craving i.e. an irresistible urge to consume alcohol.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Majority of people with these symptoms will get better within a few days with adequate fluids and nutritional supplementation.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Psychological and physical symptoms:</b> <ul style="list-style-type: none"> <li>○ Difficulty in sleeping</li> <li>○ Tremors</li> <li>○ Increased sweating</li> <li>○ Palpitations</li> <li>○ Headache</li> <li>○ Stomach upset, poor appetite</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Visit the nearest health facility for prescription of appropriate medicines of benzodiazepine group, (such as diazepam or lorazepam) and high doses of vitamin B (particularly Thiamine, Vitamin B1)</li> </ul>
<b>Severe withdrawal</b>	<b>Strategy</b>
<ul style="list-style-type: none"> <li>• <b>Seizures</b>(convulsions)</li> <li>• <b>Delirium Tremens</b> (comprised of confusion, disturbed level of consciousness, impaired awareness of surroundings, hallucinations and abnormal behaviour)</li> <li>• <b>Wernicke-Korsakoff syndrome</b> (a variety of neurological and cognitive symptoms) especially common in malnourished patients.</li> </ul>	<ul style="list-style-type: none"> <li>• Requires emergency medical care and hospitalization.</li> </ul>

**In case of further assistance, you can also call on Toll free  
Drugs Help line 1800110031**