

# Alcohol



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## \* What is alcohol ?

It is a colourless volatile flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.

- It's a colorless liquid.
- It's sometimes used as a fuel.
- It's sometimes used as an industrial solvent.
- It's sometimes used as a disinfectant.
- It can be poisonous.
- It catches on fire easily.

## Different Types Of Alcohol

**Ale:** fermented from malt with hops

**Beer:** brewed and fermented from malted cereal grain (as barley), flavored with hops

**Bourbon:** whiskey distilled from a mash of not less than 51 percent corn and aged in new charred oak barrels for a minimum of two years

**Brandy:** distilled from wine or fermented fruit juice

**Cognac:** a brandy distilled from white wine from a specific region of France

**Gin:** distilled or redistilled neutral grain spirits from a variety of sources, flavored with juniper berries and other aromatics

**Rum:** distilled from a sugarcane product such as molasses or sugarcane juice

**Sake:** produced by a brewing process using rice

**Tequila:** a Mexican liquor distilled from blue agave

**Vodka:** distilled from a mash as of potatoes, rye or wheat

**Whiskey:** distilled from mash of grain such as rye, corn, or barley

**Scotch:** whiskey distilled in Scotland typically from malted barley

**Wine:** fermented juice of fresh grapes and/or other fruit (e.g., blackberry wine)

\* What is the colour of alcohol ?

It is a colourless liquid.

\* What is the other name of alcohol ?

liquor, strong drink, drink, spirits, intoxicants, hooch, the hard stuff, firewater

\* How alcohol is made from ?

Alcohol is made by fermenting a natural source of sugar with a catalyst, which is usually yeast. As it ferments, the carbohydrates (starch and sugars) in the main source turn into carbon dioxide and ethyl alcohol, which is the basis for all alcohol drinks.

## Indian-made foreign liquor (IMFL)-

It is the official term used by governments, businesses and media in [India](#) to refer to all types of [hard liquor](#) manufactured in the country other than [indigenous alcoholic beverages](#) such as [fenny](#), [toddy](#), [arrack](#) and [others](#).

**Different Brand-** VAT 69, Teachers, 100 Pipers, Jim Beam

## Dry Days in India-

[Republic Day](#)(January 26),

[Independence Day](#) (August 15)

[Gandhi Jayanti](#) (October 2)

National dry days also occur during [Election Commission of India](#)-ordained voting and result days.

## Drinking Age In Odisha-

21 Years

## Alcohol's Effects on the Body

It can change mood and behavior, and make it harder to think clearly and move with coordination.

### **Heart:**

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy - Stretching and drooping of heart muscle
- Arrhythmias - Irregular heart beat

- Stroke
- High blood pressure

**Liver:**

Pancreas:

Cancer:

### **What is Molasses ?**

thick, dark brown juice obtained from raw sugar during the refining process.



### **what is the base material of foreign liquor ?**

barley, corn, rye, and wheat

### **what is the base material of Indian made foreign liquor ?**

Molasses

## Hooch Tragedy In Odisha-

28 people died in [Cuttack](#) in 2012

14 people died in Ganjam in 2006

### \* Beer is made from ?

Beer is made with grains such as barley and wheat, and often flavoured with hops. When the grains and sugars have been malted and brewed for a certain time, additional grains and other ingredients are added for colour, flavour and/or clarity.

#### Example-

##### **ALE**

**LAGER** - a type of beer of German origin that contains a relatively small amount of hops and is aged from six weeks to six months to allow sedimentation.

##### **CIDER**

### \* How wine is made ?

Wine is usually made from grapes, but other fruit or vegetables can be used. As the sugars in the fruit or vegetables ferment, the resulting liquid is wine. Spirits Distilled spirits can be made from the widest variety of ingredients. These includes grains for whisk(e)y, sugarcane syrup and molasses for rum, and lots of different fruits and vegetables for vodka and gin.

## Example-

**RED WINE** - wine having a red color derived from skins of dark-colored grapes.

**WHITE WINE** - any wine of a clear, transparent color, bordering on white, as Madeira, sherry, Lisbon, etc.; -- distinguished from wines of a deep red color, as port and Burgundy.

**ROSE WINE** - pinkish table wine from red grapes whose skins were removed after fermentation began.

**CHAMPAGNE** - a sparkling white wine made from a blend of grapes, especially Chardonnay and pinot, produced in Champagne.

**SPARKLING WINE** - any of various effervescent wines, such as champagne, produced by a process involving fermentation in the bottle.

**VERMOUTH** - a sweet or dry fortified wine flavored with aromatic herbs and used chiefly in mixed drinks.

## \* How spirit is made ?

spirits can be made from the widest variety of ingredients. These includes grains for whisky, sugarcane syrup and molasses for rum, and lots of different fruits and vegetables for vodka and gin.

## Example-

**GIN** - a colorless alcoholic beverage made by distilling or redistilling rye or other grain spirits and adding juniper berries or aromatics such as anise, caraway seeds, or angelica root as flavoring.

**VODKA** - originally distilled from fermented wheat mash but now also made

from a mash of rye, corn, or potatoes.

**RUM** - distilled from cane juice, or from the scummings of the boiled juice, or from treacle or molasses, or from the lees of former distillations. Also, sometimes used colloquially as a generic or a collective name for intoxicating liquor.

**WHISKEY** - distilled from grain, potatoes, etc., especially in Scotland, Ireland, and the United States. In the United States, whisky is generally distilled from maize, rye, or wheat, but in Scotland and Ireland it is often made from malted barley.

**TEQUILA** - an alcoholic liquor distilled from the fermented juice of the Central American century plant Agave tequilana.

**BRANDY** - an alcoholic liquor distilled from wine or fermented fruit juice.

**1. Alcohol abuse is greatest among which of these age groups?**

- A. 15- to 17-year-olds
- B. 18- to 29-year-olds
- C. 30- to 54-year-olds
- D. 55 and older

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**2. How many drinks a day is defined as moderate alcohol consumption for women?**

- A. 1
- B. 2
- C. 3
- D. 4

**3. Which of these is a symptom of alcohol-use disorder?**

- A. Giving up or cutting back on important social, work, or recreational activities because of alcohol use
- B. Drinking in situations that are physically dangerous, such as while driving a car
- C. Continuing to drink despite problems with other people brought on by drinking
- D. All of the above

**4. Which of these factors contributes to alcohol-use disorder?**

- A. Family history of alcoholism
- B. Environment
- C. A and B
- D. None of the above

**5. Which of these behaviors may be a symptom of alcohol-use disorder?**

- A. A person looks forward to a set time of day when he or she can start drinking
- B. A person attends social events only if alcohol is served
- C. A person always has a "good" reason why he or she needs a drink
- D. All of the above

**6. Why is alcohol-use disorder in someone older than 65 more dangerous?**

- A. Older adults are more likely to take prescription medicines
- B. The body has a lower tolerance for alcohol
- C. It raises blood pressure
- D. All of the above

**7. Alcohol-use disorder increases your risk for:**

- A. Cancer
- B. Pancreatitis
- C. Liver damage
- D. All of the above

**8. What can you do to drink less?**

- A. Keep a diary of when you drink
- B. Space out your alcoholic beverages
- C. Designate alcohol-free days
- D. All of the above

## **1. Alcohol abuse is greatest among which of these age groups?**

The correct answer is B. 18- to 29-year-olds.

The NIAAA reports that the highest rate of alcohol-use disorder is among young adults, 18 to 29 years old. No matter what age, though, alcohol abuse can lead to a host of health problems, including liver disease, damage to the immune system, and brain damage. Heavy drinking raises the risk of developing cancer of the liver, esophagus, throat, and larynx. Alcohol also raises the risk for death from vehicular crashes, recreational injuries, and work-related injuries.

## **2. How many drinks a day is defined as moderate alcohol consumption for women?**

The correct answer is A. 1.

For women, it's only 1 standard drink; for men, it's 2 drinks. A drink is defined as 1 12-ounce bottle or can of beer or wine cooler, 1 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits. Women have a lower recommended drinking limit than men because women's bodies don't process alcohol as quickly as men after drinking the same amount of alcohol. This may be because their bodies are usually smaller. Heavy drinking is defined as more than 14 drinks a week for men, and more than 7 drinks per week for women.

### **3. Which of these is a symptom of alcohol-use disorder?**

The correct answer is D. All of the above.

Doctors use a guideline called the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) to diagnose alcohol-use disorder. If you meet at least 2 of the 11 criteria over a 12-month period, you are diagnosed with the disorder. Depending on the number of criteria you meet, your diagnosis could be mild, moderate, or severe.

### **4. Which of these factors contributes to alcohol-use disorder?**

The correct answer is C. A and B.

A person who has a family history of alcohol-use disorder is at greater risk for abusing alcohol. But research shows that the genes are responsible for only half of the risk for alcohol-use disorder. Things in a person's environment make up part of the remaining risk. So does the interaction of a person's genes with his or her environment.

### **5. Which of these behaviors may be a symptom of alcohol-use disorder?**

The correct answer is D. All of the above.

Severe alcoholism is severe alcohol-use disorder has symptoms that may include:

- A strong craving for alcohol

- A loss of control over how much alcohol is consumed at any one time and what the consequences of drinking are
  - Withdrawal symptoms, such as tremor or nausea, if alcohol is not consumed regularly
  - The need for increasing amounts of alcohol to feel good.
- A person with mild, moderate, or severe alcohol-use disorder can help from treatment.

## **6. Why is alcohol-use disorder in someone older than 65 more dangerous?**

The correct answer is D. All of the above.

Mixing alcohol with either over-the-counter or prescription medicines can be dangerous or even fatal. As people age, they are often prescribed more than one medicine for chronic health problems. Many medicines interact harmfully with alcohol. Alcohol also can make many chronic conditions worse. These include high blood pressure and ulcers. Older people also have slower reaction times, as well as possible problems with hearing and seeing. They also tend to have more brittle bones that can break easier in a fall. These factors combined with drinking can raise the risk for falls, car crashes and other injuries in older adults.

## **7. Alcohol-use disorder increases your risk for:**

The correct answer is D. All of the above.

Alcohol-use disorder also increases your risk for type 2 diabetes, stroke, heart attack, falls, and accidental death.

Alcohol-use disorder may also make depression worse and affect memory.

## **8. What can you do to drink less?**

The correct answer is D. All of the above.

Keep a diary for a week to track why and how much you drink. Wait an hour between drinks to slow down alcoholic intake. Pick one or two days a week to abstain from alcohol. If you think you may have a problem with alcohol, ask yourself these questions: Have you ever felt that you should cut down on your drinking? Have people annoyed you by criticizing your drinking? Have you ever felt bad or guilty about your drinking? Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover? If you answered "yes" to one of these questions, you may have a problem with alcohol. If you had more than two "yes" answers, it is very likely that you have a problem with alcohol. Talk to your health care provider to help you plan the best course of action.

Your score was: 13%