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Alcohol consumptions and prevention of underage alcohol consumption in Pakistan

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Abstract

Alcohol consumption is the serious issue in the Islamic countries especially in Pakistan. In Pakistan alcohol consumption is partially legal and available to non-Muslims at licensed liquor stores and hotel bars. Sales through stores not allowed in the month of Ramazan and on Fridays. But still it has been used in the country by different seller and because of this our youth is getting involved in alcohol addiction. In the current review we highlighted the laws of Pakistan against the alcohol usage and selling. Although alcohol is forbidden in Islam but still in 56% of Muslim countries, the use of alcohol is completely legal, 16% and 8% are the Muslim countries where the use of alcohol is partially and conditionally legal respectively. While only in 16% countries are their where there is complete ban on Alcohol (data of 49 countries). Its mean that beside forbidden in Islam, alcohol is been used in many Islamic countries openly, so this may be the main reason that underage use of alcohol consumption has been increased. Underage alcohol consumption may leads to different physicals and mental problems in young generation. So to control the underage alcohol use strict law should be made to control the spread of underage alcohol use.

Keywords: Laws; Alcohol; Pakistan; Legal; Ban

1 Introduction

Pakistan has world's top concentration of high-ranking mountaintops and glaciers, with above 160 peaks of over 6,000m and a magnificence, remoteness and sheer enormity like not anything else on earth. This wilderness of snow and rock is what Eric Shipton described "the epitome of mountain grandeur" that attracted me to significance of the Himalaya, Hindukush and Karakoram mountain-ranges and the huge Broad Peak along with K2 (Fieldgate et al., 2013).

Following its freedom in 1947, Pakistani rule was relatively liberal concerning liquor regulations. Main cities enjoyed a taste of drinking, and liquor was freely accessible till mid-70s after the Bhutto administration announced ban for Muslims. Ever Since, Pakistan's bulk Muslim people have remained unable to lawfully purchase alcohol, and marketing for alcoholic drinks has also been prohibited (Michalak et al., 2002).

Muslims make approximately 97% of Pakistan's populace, so it is merely the 3% minority (mostly made up of Christians) who are authorized to purchase alcohol with a license. Pakistani alcohol license restricts the consumer to 100 beer bottles or 5 liquor bottles monthly, even though these restrictions are not meticulously implemented. Foreigner who are Non-Muslim are permitted to order liquor in hotels and restaurants having liquor permits, and foreigners can likewise submit an application for alcohol licenses (Haider et al., 2008).

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Heavy Drinking is an increasing challenge in Pakistan in spite of it being prohibited for the Muslim bulk to drink. Charles Haviland from BBC's discovers lives wrecked and clinics and psychotherapy groups attempting to conquer a taboo topic. In Spite Of strict regulations, it appears that liquor abuse has developed a substantial challenge in Pakistan. It is frequent for the media to show up spikes in alcoholism associated fatalities around celebrations. There are stories of an illegal, secretive alcohol production and sales marketplace. This procedure is frequent in countries where liquor is forbidden and precedes customers to consume homemade beverages that cause a distinctive poison risk (Michalak et al.,2002).

Liquor consumption is a prevalent worldwide, particularly in the Western area, where 4 out of 5 individuals drink alcohol frequently 1. Since liquor use weakens judgment in the instant and disturbs many body systems in the longstanding, several countries and world-wide organizations advise low risk drinking standards (1-3). Nevertheless, still a considerable percentage of people uses above these restrictions, e.g., in the US, around 15% of the populace uses higher than suggested boundaries 2. These consumption forms are not short of costs (Grant et al.,1992).

The “World Health Organization” (WHO) estimations are that 3.3 million citizens die every year after alcohol consumption, accounting for over 5% of the worldwide load of illness. By several assessments, 1 in 10 fatalities among working time adults can be assigned to liquor. In US only, the yearly health care and financial expenses of liquor associated disability parallels to \$250 billion (Stahre et al.,2014, Harwood.,2000).

Alcohol has broad ranging health consequences including various body systems. These involve several malignancies particularly of the digestive tract, cirrhosis of the liver, pancreatitis, bone marrow repression, and an elevated probability of diseases such as TB. Although low concentrations of alcohol consumption have proven to have shielding cardiovascular characteristics in certain studies, there is likewise proof to indicate that liquor is nonetheless linked with atrial fibrillation as well as hemorrhagic stroke. Liquor has similarly remained associated to nervousness, despair, temper concerns, dangerous behaviors, social difficulties, traffic injuries, along with suicide (Bhatti et al.,2019).

There are some parts of the globe where liquor use is banned, for instance, for the most part Muslim majority nations in the Middle East containing Pakistan have meticulous laws concerning the selling and intake of liquor at open places. In Islamic Republic of Pakistan, the 6th most heavily populated country of the globe, the majority of these limits have been component of the Hudood law in 1979 constitution that prohibited sale of liquor to Muslim citizens. The existing rules acknowledge the constitutional rights of non-Muslims, who even now get access to liquor in special licenses (Saha.,2001).

According to the fifth and most recent national study (National Survey on Drug Abuse – N.S.D.A) performed in 1993 by the PNCB (Pakistan Narcotic Control Board), around 3 million drug addicts in Pakistan along with 51 % of these remaining heroin addicts (Pakistan Narcotic Control Board (PNCB),1993). This exemplifies almost a three-fold rise in the overall figure of addicts as well as 30-fold increase in the volume of heroin addicts after being equated to the results from the 1st N.S.D.A description of 1982. Assessment data was established on society-based tests utilizing strong case ascertainment techniques (Pakistan Narcotic Control Board (PNCB), 1993). Even Though the administration of Pakistan got envisioned organizing these nationwide surveys each five years, no additional assessment has happened ever since 1993. The PNCB was split in mid-90s. Currently an Anti-Narcotic Force (A.N.F) conducts in directive to provide as narcotic management and implementation organization with no authority to take out measures for drug abuse inhibition or continuing recovery (Pakistan Narcotic Control Board (PNCB), 1993). Amongst the drugs of maltreatment, diamorphine is the greatest frequently abused drug followed by hash, charas, (the latter two derived from resinous exudates of the flowering tops of female Cannabis sativa plant) bhang, opium, liquor and psychotropic drugs (Pakistan Narcotic Control Board (PNCB),1993).

Pakistan was not long ago captivated by Scotch whisky bottle. On 30th October, as hundreds of followers of Pakistan Tehreek-e-Insaaf (P.T.I.) stood getting their path to the Islamabad, along with the proclaimed intention of closing the capital, the police force examined the vehicle of a P.T.I. representative and found a Johnny Walker Double Black.

Majority of Pakistanis had never seen a whisky in the news broadcast in a very long period. Though there is no prohibition on viewing liquor in the television, the topic rarely arises in TV bulletin. But Then this single bottle, waved all around by a police officer, was aired on a loop. It turned out to be a symbol of the opposition's decadence.

The candidate argued it had honey. Yet later that night, on a TV show, he set a sobering query to the more guests, “Which one of you doesn't drink? “Complete quiet.

If they replied yes, they would be incriminating themselves. If they replied no, no one would trust them. For Muslims in Pakistan, consuming liquor is forbidden and speaking about it is unthinkable. Consumption and refuting it is the oldest concoction in the republic (Hanif, 2016).

1.1 The Prohibition (Enforcement of Hadd) Order, 1979.

1.1.1 President's Order No. 4 of 1979

In April 1977, the mainstream administration of Zulfikar Ali Bhutto outlawed the selling of liquor in Pakistan. It remained a provisional directive released after Bhutto had been surrounded by a brutal protest organization, organized by a coalition of right-wing spiritual groups and more anti-Bhutto groups. They charged his administration of manipulating the 1977 voting. After Bhutto started negotiations with the organizers of the coalition, several of their demands contained the closing of clubs as well as bars along with a ban on the selling of intoxicating drinks. The Bhutto government also stopped its proposals of introducing a huge nightclub in Karachi which stayed to be launched in May 1977 (Kennedy, 1990). The gaming house was mostly funded by Tufail Shaikh, a Karachi-founded entrepreneur who received close ties with the Ayyub Khan government (1958-69) after that with the Bhutto regime. Sheikh previously owned and ran a trendy guesthouse and casino in the Saddar region of Karachi and was anticipating his brand-new gaming house to attract in a sizeable quantity of visitors as of the oil-rich Arabian states and European Union. When Bhutto settled with the opponent to shut down the clubs and ban the selling of intoxicating drinks, Sheikh was stunned. In the end, while clubs, bars and alcohol shops had shut down, intoxicating drinks remained easily accessible at guesthouses and across the back doors of alcohol stores. His non-sincerity regarding the prohibition can likewise be measured as of the way in which he declared the prohibition through a press meeting. He did not say anything regarding it. Hopeful to hold on to government for a subsequent 5-year-period, Bhutto was ultimately ousted in an intransigent army coup an only some months afterwards, in July 1977. 2 years after, in 1979, the army government of General Zia-ul-Haq hanged Bhutto for killing over a bogus trial. The same time Zia started to turn out regulations that he asserted were "Islamic". The so-labeled "Islamisation" of Pakistan begun (Hoodbhoy, 2011).

Some ministers in Zia's cabinet regretted the reality that although clubs and bars got closed out of action, intoxicating drinks were nonetheless remained freely provided at public clubs. They stated the April 1977 directive suffered ambiguities therefore didn't bring any significant sentences counter to those offering or drinking liquor. Thus, on Feb. 9, 1979, the Zia government released anlaw termed the "Prohibition (Enforcement of Hud) Order". The directive declared that offering liquor to Muslims was unlawful and against-Islamic. Serious penalties and penalties were enforced on Muslims captured selling or consuming liquor. The directive, though, permitted the process of "licensed wine shops" which existed to be kept and operated by participants of the non-Muslim groups (Baixas, 2008). Beside the probation of Alcohol in Pakistan there are many other muslim countries, where there is no ban on alcohol. Data of 49 muslim countries and their alcohol law is summarized in table 1 and figure 1.

Table 1 Status of Alcohol in Muslim majority countries adopted from (Alcohol use in predominantly Muslim regions of the world increased by 25 per cent between 2005 and 2010)(Haider & Chaudhry, 2008; Zaidi, 2005; Saha, 2001)

S No	Country	Status	Exceptions
1	Algeria	Completely legal	Alcohol sales are prohibited during the month of Ramazan
2	Albania	Completely legal	
3	Azerbaijan	Completely legal	
4	Bahrain	Conditionally legal	Consumption only allowed at bars and designated restaurants.
5	Bangladesh	Partially legal	Though alcohol is banned in Bangladesh but in 2010, the government allowed the sale of beer that has 5 or less per cent alcohol content.
6	Bosnia	Completely legal	
7	Brunei	Completely banned	
8	Burkina Faso	Completely legal	
9	Chad	Completely legal	
10	Comoros	Completely legal	

11	Djibouti	NA	
12	Egypt	Completely legal	
13	Gambia	Partially legal	Sale only allowed to non-Muslims.
14	Guinea	NA	
15	Indonesia	Completely legal	
16	Iran	Completely banned	
17	Iraq	Conditionally legal	Only legal in large cities.
18	Jordan	Completely legal	
19	Kazakhstan	Completely legal	
20	Kosovo	Completely legal	
21	Kuwait	Completely banned	
22	Kyrgyzstan	Completely legal	
23	Lebanon	Completely legal	
24	Libya	Completely banned	
25	Malaysia	Conditionally legal	Banned in the states of Kelantan and Terengganu. Legal only in licensed restaurants and bars.
26	Maldives	Conditionally legal	Legal only at tourist resorts.
27	Mali	Completely legal	
28	Mauritania	Completely banned	
29	Mayotte	Completely legal	
30	Morocco	Completely legal	
31	Niger	Completely legal	
32	Oman	Partially legal	Legal at licensed hotel bars in the city of Muscat.
33	Pakistan	Partially legal	Available to non-Muslims at licensed liquor stores and hotel bars. Sales through stores not allowed in the month of Ramazan and on Fridays.
34	Palestinian territory	Completely legal	
35	Qatar	Partially legal	
36	Saudi Arabia	Completely banned	
37	Senegal	Completely legal	
38	Sierra Leone	Completely legal	
39	Somalia	Completely banned	
40	Sudan	Partially legal	Legal only in the Christian-majority areas in South Sudan.
41	Syria	Completely legal	
42	Tajikistan	Partially legal	Available in hotels, stores and bars but only to non-Muslims.
43	Tunisia	Completely legal	
44	Turkey	Completely legal	
45	Turkmenistan	Completely legal	

46	UAE	Partially legal	Legal in hotels, restaurants and bars in Dubai.
47	Uzbekistan	Completely legal	
48	Western Sahara	Completely legal	
49	Yemen	Completely banned	

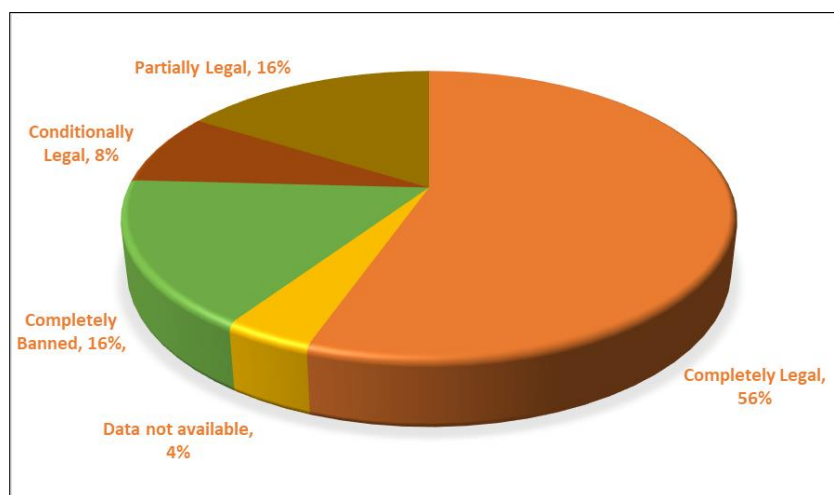


Figure 1 Distribution of Alcohol law in Muslim majority countries (Data of 49 countries)

1.2 The Punjab Excise Act, 1914

The Piece of Legislation was approved on 12th Jan 1914 and went into power with impact from 1st Feb 1914 via Punjab Administration Notice No.112 dated 23rd Jan 1914. The legislation was revised time to time. This Act dealt with the capacity of the Administration to trade in, distribute, shipping, manufacturing of alcohols and manufacturing of intoxicating beverages in breweries alongside distilleries. The authority of the Administration to give authorization or permit was solely in respect to the alcohols, manufacture of intoxicating drinks. Several permits were released below Punjab Excise Legislation, 1914 along with the regulations rendered there in (as contained in Manual Volume-II and Punjab Ban (Enforcement of Hadd) Order and rules 1979) for therapeutic or industrial utilization on expense of obligatory payment.

Tax on Excisable Bits (Section 31 of the Punjab Excise Act 1914) A tax at such price as the Local Administration direct, might be enforced either commonly or for some local region on some excisable thing. Trade In, distributed or shipped in agreement through the obligations of section 16 Synthetic or developed in any permit given under section 20 Produced in whichever distillery founded or any brewery permitted under section 21. Tax will not be enforced on any item which gets introduced into Islamic Republic of Pakistan and stayed legally responsible on import to tax below the Tariff Act 1894, or the Sea Customs Act 1878 (Dogar.,2015).

Way Tax is Imposed (Section 32 of the Punjab Excise Act1914) Question to such guidelines regulating the period, place and means as the Panel of Income may recommend such tax will be leverageable on the amount of excisable item traded in, transferred, conveyed, collected or produced in or delivered from a distillery/brewery or storeroom.

Alcoholic drugs by n regular proportion taxed on the farming of the hemp plant or by a degree taxed on the amount collected Essence produced in any distillery founded or approved below this Act in agreement by such measure of equals calculated on the amount of resources castoff or by the grade of reduction of the wash as the circumstance might be as the Local Administration might set. Cost by a levy on every tree as of which the tax is drawn (Zaidi.,2005: <https://www.dawn.com/news/1060507/alcohol-in-pakistan-the-prohibition-and-after>).

1.3 Underage Drinking

When anybody below age 21 consumes liquor, it is called as underage consumption. And juvenile drinking is opposed to the rule, except for exceptional instances, i.e., when it is component of a spiritual ritual. Immature drinking is

hazardous. It is able to damage the mentality and body of a developing teenager in many ways that people do not understand. However, kids and teenagers nonetheless drink, although it can hurt them. Immature consumption is a major challenge, with origins deep-rooted in our society. It is point in time to alter that image. It is time to act. It is time to halt seeing the other direction. It is time to warn kids and teenagers that juvenile drinking is not acceptable. It will take on a lot of effort throughout time to shift how individuals feel about young drinking. It's a longstanding plan for blood relation, seminaries, local groupings, society managers, and other worried adults. In Addition, it's a scheme that must begin when kids are youthful and remain throughout the teenage years (Johnston et al., 2006). Effect of underage drinking are highlighted in figure 2.

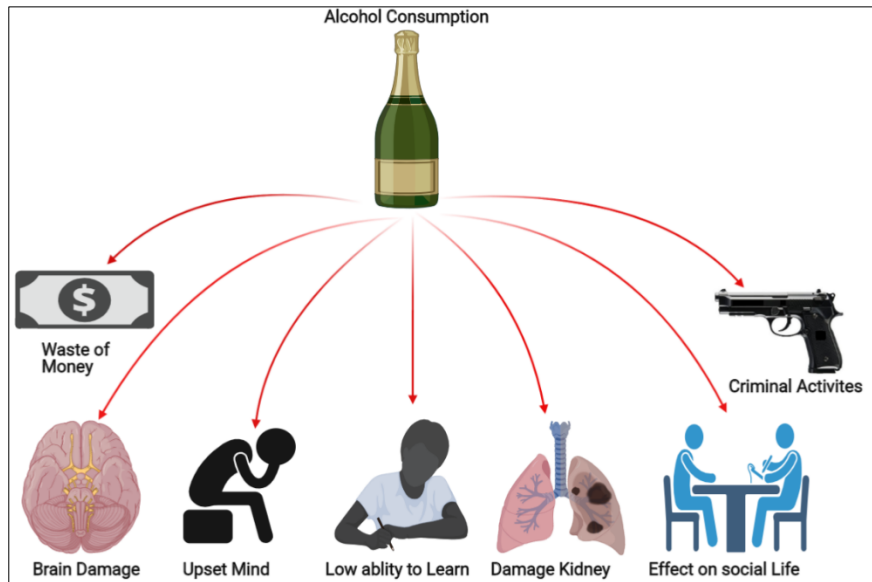


Figure 2 Possible effects of alcohol consumption

1.4 Lots Of individuals do not understand that juvenile alcohol consumption:

1.4.1 Is a key reason of death from wounds amongst young individuals?

Every year, roughly 5,000 individuals below the age of 21 go dead because of juvenile drinking; this contains nearly 1,900 fatalities from automobile accidents, 1,600 because of murders, 300 from suicide, along with hundreds after other damages such as collapses, burns, and drownings (Abuse., 2006).

1.4.2 Raises the probability of carrying out, or have being a target of, a bodily or sexual attack.

Can disturb the body in numerous ways

The impacts of alcohol vary from hangovers to casualty from liquor poisoning.

Can go ahead to other difficulties

These may consist of bad evaluations in school, run-ins with the ruling, and drug usage.

Involves how good a young individual judges' danger and makes sensible choices

For instance, after consumption of alcohol, a teenager may see not anything inappropriate with driving a vehicle or traveling with a car driver who has been drinking.

Plays a part in dangerous sexual endeavor.

This can boost the possibility of teenage pregnancy and sexually transmitted diseases (STDs), involving HIV, AIDS.

Can damage the developing brain, particularly when teenagers drink out of proportion

At Present we understand that the mind continues to grow from childbirth all through the teenage years into the middle-20s (Fiellin et al.,2000).

1.5 Avoid the underage consumption of Liquor

To build efficient systems to avoid liquor use amongst youthful teenagers, it is essential to initially recognize the origins of usage. The detection of those reasons requires a mixture of hypothesis and study. Theory of triadic influence (TTI) states that also take part in many interactive concepts into a complete "mega-theory" of health conduct, all activities have origins in 3 domains: the person's individual traits, present social condition, and social atmosphere (Flay et al.,1994). The TTI also identifies various levels of impact on conduct for a variety of reasons. For instance, proximal considerations immediately relate to the drinker (e.g., attitudes and perceived norms around alcohol) and additional distal considerations relate to the drinker's natural environment (e.g., parental practices or laws and policies influencing access to alcohol).

Coherent with the TTI, individual, societal, and ecological influences frequently have been discovered to be related with liquor use amongst teenagers (Hawkins et al. 1992; Komro et al. 1997). Individual effects promoting liquor use involve disobedience, patience deviation, a high-level importance on autonomy and nonconformance, minimal school dedication and accomplishment, encouraging attitudes and mindsets to liquor use, and absence of self-effectiveness to refuse suggestions of liquor. Social effects preferring teen-age alcohol usage comprise of low socio-economic position and negligible parent education, domestic disturbance and fight, feeble family ties, little parent supervision, parent tolerance and absence of guidelines about liquor use, domestic history of heavy drinking, peer liquor use, apparent adult endorsement of usage. Critical ecological effects on youth liquor use involve the lawful, financial, and substantial accessibility of liquor with social standards about use (Wing et al.,2007).

2 Conclusion

In conclusion we wanted to say that as teen-age alcohol usage is increasing so government should take strict Acton to control this act. Government should make strict laws against alcohol consumption and it should be banned in Muslim countries specially Pakistan.

Compliance with ethical standards

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Disclosure of conflict of interest

Authors declared no conflict of interest.

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