



Alcohol Hangovers; Study on Alcohol Consumption in South Asia on Global Burden of Diseases

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This study investigates the alcoholic beverage consumption and the attributable burden of diseases in the eight South Asian countries of Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka. The main objective of this study was to examine what is the impact of alcohol consumption on the Global Burden of Diseases (GBD) whilst analyzing its effect of the Human Development Index (HDI), Socio-Demographic Index (SDI), and Gross Domestic Product (GDP) of South Asian countries on GBD. The stepwise regression technique was used to analyze the data from 2000 to 2019. Considering the results of all a surveyed; India and Bangladesh witnessed a significant positive effect on GBD via wine, spirit and beer consumption. However, the HDI had a substantial negative impact on GBD in India. The outcome of this study creates an in-depth picture of how different types of alcoholic beverage consumption and the other independent variables influence the disease burden in South Asia. This study will assist those countries with a high stage of GBD influenced various kinds of alcoholic beverages to adopt and implement corrective policies and measures.

Keywords: *Alcohol, Alcohol Consumption, Alcohol Abuse, Alcohol and Mortality*