**Original article:**

**A study of serum magnesium levels in chronic alcoholics**

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**ABSTRACT:**

**Introduction:** Magnesium has been identified as cofactor in over 300 enzymatic reactions involving energy metabolism, protein and nucleic acid synthesis. Aim of present study was tostudy prevalence of hypomagnesemia in alcoholic patients, serum magnesium levels in various alcohol related disorders and clinical features in hypomagnesemic alcoholic patients.

**Material and methods:** The study was conducted at the Shri Sayajirao General Hospital, Vadodara, Gujarat. Hundred consecutive chronic alcoholics admitted due to different diseases formed the study group. They were compared with 100 non-alcoholics with identical diseases and demographic characteristics. Serum magnesium level was measured in both the groups and was compared.

**Results:** Serum magnesium levels in alcoholic  patients was significantly low, irrespective of the various alcohol related disorders.

**Conclusion**: Alcoholic patients had significantly lower serum magnesium levels compared to controls. Hypomagnesemia was more common in patients with alcoholic liver disease than other alcoholic disorders Hypomagnesaemia in alcoholics had more severe neurological features than alcoholics who had normal magnesium levels.

**Key Words:** Magnesium, Alcohol