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**FETAL ALCOHOL SPECTRUM DISORDERS LEADING TO THE DEVELOPMENT  
OF NEONATAL ABSTINENCE SYNDROME IN NEWBORNS**

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Fetal alcohol spectrum disorder (FASD) is the most severe effect of drinking during pregnancy which could lead to death even before the child is born or after birth. Infants born with FAS will not lead a normal life and may have many different abnormalities such as abnormalities of the face, of growth and of central nervous system (CNS). And once the Newborn is out of the mother's womb it starts experiencing Neonatal Abstinence Syndrome (NAS) i.e. they get used to the drugs in the mother's womb and starts having withdrawal symptoms once they are born.

FASDs is especially seen in newborns who get exposed to it by their mother if they drink during the span of their pregnancy. Alcohol easily passes from the mother's blood to the baby through the umbilical cord. The amniotic fluid acts as a storage reservoir for alcohol. The fetus doesn't have the capacity to detoxify alcohol as the level of ADH in the fetus is very low and it depends on its mother's liver for detoxification. It isn't easy to breakdown alcohol in babies as their liver isn't as developed as in adults. Therefore, alcohol levels in babies body usually stays high for a much longer period than in an adult's body. This affects the fetus's development. Currently there is no data that suggests that there is a safe amount of alcohol that can be consumed by the mother during pregnancy. Even mild amount of drinking alcohol may affects the baby's growth. There are three kinds of epidemiological studies in Fetal Acoholic Spectrum Diseases namely Passive surveillance systems, Clinic-based studies. Active case ascertainment approaches. It is estimated that one in every 67 women in the world give birth to child affected by FASDs or NASs who consume alcohol during pregnancy. Therefore, almost more than 1 lakh children are born with FASDs and later suffer NASs in the world every year.

This abstract takes into focus the prevalence of alcoholism in pregnant women, the effects of that on the developing fetus, their defects and abnormalities on the fetus's life after birth and also the steps being taken in various countries to tackle the problems of alcoholism in pregnant women.

Since diagnosis during pregnancy is not easy and the signs are less visible than in newborns. The treatment of this disorder is much more difficult. There can only be some treatment done to rehabilitate the mother if she is diagnosed with alcoholism to help make the after-birth defects and issues less complex and make the quality of life better for the new-born child.

There is no cure for this disorder and the effects of it is felt throughout the child's life. Though this disorder can be prevented if the mother takes help for her alcohol abuse issue before trying to conceive and maintain sobriety throughout the pregnancy as drinking at any stage of the pregnancy is not good for the fetus. From this abstract we can conclude that alcohol use during pregnancy cause severe alcoholic diseases to the fetus and newborns. And makes life after birth for them very hard and complex. Brain is the structural and functional unit of life. If the brain is impaired it is impossible to lead a normal life. The use of alcohol by mothers during prenatal period affects the baby in such a way that its brain doesn't function properly and that leads to the baby being born with diseases that makes its life handicapped and also leads to several other issues that aren't temporary but life-long.