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Controlling Addictions and Drug Cravings, A Little Less Use and Consumption and Improving Sleep Inhibition.

Welken Charlois Goncalves Brazil

Sao Paulo, Bauru, University Unesp and Anhanguera, Physics and Pedagogy.
Email: welkengoncalves87@gmail.com, Information: http://lattes.cnpq.br/7210808817928708
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SUMMARY:

The article is intended to cure and alleviate addictions, giving the example of banana and cinnamon and their organic and inorganic chemical reactions, the high potential of chemistry and its applications in homemade recipes in the production of pharmaceuticals, for example, the banana that relieves tension and stress and cinnamon that acts to reduce blood pressure, Thiamine, Riboflavin and Niacin combined with reactions with their minerals, and more intensely and importantly the catalyst that promotes the organic chemical reaction.

Keywords: Banana, Cinnamon, Chemical Reactions, Catalysts and Organic Chemistry.

Introduction:

The article is basically based on the control of addiction through the potential of bananas, as well as other fruits, their minerals and organic composition, so it all starts with the potential extraction of cocaine by Albert Niemann in 1859 [7][8] and also previously with Bezelius with the discovery of Urea and the creation of organic chemistry, around 1800 we had Jhon Dalton in the atomic model and Lavousier with stoichiometry[1][2][3][4][17],Starting from this, the most important thing is the catalyst and its respective chemical reactions in which banana or banana flour is simply placed in a catalyst, for example with cinnamon, due to the minerals and their compounds in both banana and cinnamon, reactions occur, in this case the catalyst can be the stove fire, water effervescent or other liquid, it is really very simple to generate drugs that are homemade recipes and this extends to countless possibilities, as reported in cases of plants in the Amazon [5][6]. A

The high potential of organic chemistry in traditional homemade recipes around the world, such as Banana with the following1.1. 1. They are a source of nutrients,1.2. 2. Help regulate blood sugar levels,1.3. 3. Bananas improve digestion, 1.4. 4. Help you lose weight, 1.5. 5. Improve heart health,1.7. 7. Increase the feeling of satiety,1.8. 8. Improve insulin sensitivity, 1.9. 9. Bananas May Improve Kidney Health,1.10. 10. Bananas Provide Exercise BenefitsIt is1.11. 11. Bananas are versatile and simple to add to your diet[20] and Canela,2. 1. Speeds up metabolism,3. 2. It has antioxidants, 4. 3. It has anti-inflammatory properties,5. 4. Reduces the risk of heart disease,6. 5. Improves insulin sensitivity,7. 6. Lowers blood sugar,8. 7. Prevents neurodegenerative diseases,9. 8. Prevents cancer,10. 9. Fights fungi and bacteria,11. 10. Helps fight the HIV virus,12. 11. Relieves menstrual discomfort. [20]

Organic and chemical reactions from the literary reference to form drugs through centuries-old recipes from grandparents to grandchildren from generations to generations, the article aims to cure addictions and alleviate the desire to use illicit and legal drugs naturally, remembering that at the same time the power of Water as it was in several cultures, such as the Danube and Rhine of the Celts, Ganges of Asia, Tigris and Euphrates in the Middle East, River Congo in Africa and the Nile in Egypt, Rio Negro and Solimões in the Amazon in Brazil, the power of water in the purification of the body and the cult of Water in various civilizations as sacred.

Theoretical Reference:

Banana Composition:

Banana is a fruit with high nutritional value. It is a good source of energy, with a high carbohydrate content – starch and sugars. It also contains considerable amounts of vitamins A, B1 (thiamine), B2 (riboflavin) and C and mineral salts such as potassium, phosphorus, calcium, sodium and magnesium, as well as others in smaller quantities.

Tables 1 and 2 present the composition of fruits from different banana varieties.

Table 1. Nutritional composition of 'Prata' and 'Nanica' bananas (in 100 g of pulp).

Componente	Variedade	
	Prata	Nanica
Calorias (kcal)	89	95
Glicídios (g)	22,8	22,0
Proteínas (g)	1,3	1,3
Lipídios (g)	0,3	0,2
Cálcio (mg)	15,0	21,0
Ferro (mg)	0,2	1,0
Fósforo (mg)	26,0	26,0
Magnésio (mg)	35,0	35,0
Potássio (mg)	370,0	333,4
Sódio (mg)	1,0	34,8
Vitamina A (μg)	10,0	23,0
Vitamina B1 (μg)	92,0	57,0
Vitamina B2 (μg)	103,0	80,0
Vitamina C (mg)	17,3	6,4

Source: Franco, 1989.

Table 2. Characteristics of some banana varieties selected from the Embrapa Cassava and Tropical Fruticulture Active Germplasm Bank.

Variedade	Umidade (%)	pH	SST[1] (°Brix)	ATT (%)	AA (mg/100g)
Pacovan	67,7	4,36	27,4	0,54	5,20
Prata Anã	71,4	4,45	26,2	0,53	11,95
FHIA-18	77,8	4,60	21,2	0,38	7,76
Pioneira	76,5	4,52	22,2	0,37	8,23
Prata Graúda	78,9	4,32	19,8	0,38	7,17
Caipira	76,2	4,68	20,7	0,25	6,42
Nanica	72,6	4,91	24,2	0,30	9,45
Thap Maeo	72,9	4,37	25,1	0,53	8,31

1SST: total soluble solids; ATT: total titratable acidity; AA: ascorbic acid. Source: Jesus, 2003

Composition of Cinnamon[12][13]:omposition of Food (Home Measurements)

Description: Cinnamon, powder, Cinnamomum aromaticum << Cinnamon, powder

Bottom of the form

Component	Units	Value per 100g	Full coffee spoon (4 g)	Flat coffee spoon (1 g)
Energy	kJ	1006	40	10
Energy	kcal	243	9	two
Moisture	g	10.6	0.42	0.11
Total carbohydrate	g	80.6	3.22	0.81
Available carbohydrate	g	27.5	1.10	0.27
Protein	g	3.99	0.16	0.04

Component	Units	Value per 100g	Full coffee spoon (4 g)	Flat coffee spoon (1 g)
Lipids	g	1.24	0.05	0.01
Dietary fiber	g	53.1	2.12	0.53
Alcohol	g	0.00	0.00	0.00
Ashes	g	3.60	0.14	0.04
Cholesterol	mg	0.00	0.00	0.00
Saturated fatty acids	g	0.35	0.01	0.00
Monounsaturated fatty acids	g	0.25	0.01	0.00
Polyunsaturated fatty acids	g	0.07	0.00	0.00
Trans fatty acids	g	0.00	0.00	0.00
Calcium	mg	1002	40.1	10.0
Iron	mg	8.32	0.33	0.08
Sodium	mg	10.00	0.40	0.10
Magnesium	mg	60.0	2.40	0.60
Phosphor	mg	64.0	2.56	0.64
Potassium	mg	431	17.2	4.31
Manganese	mg	17.5	0.70	0.17
Zinc	mg	1.83	0.07	0.02
Copper	mg	0.40	0.02	0.00
Selenium	mcg	3.10	0.12	0.03
Vitamin A (RE)	mcg	AT	AT	AT

Component	Units	Value per 100g	Full coffee spoon (4 g)	Flat coffee spoon (1 g)
Vitamin A (RAE)	mcg	15.0	0.60	0.15
Vitamin D	mcg	0.00	0.00	0.00
Alpha-tocopherol (Vitamin E)	mg	2.32	0.09	0.02
Thiamine	mg	0.02	0.00	0.00
Riboflavin	mg	0.04	0.00	0.00
Niacin	mg	1.33	0.05	0.01
Vitamin B6	mg	0.16	0.01	0.00
B12 vitamin	mcg	0.00	0.00	0.00
Vitamin C	mg	3.80	0.15	0.04
Folate equivalent	mcg	6.00	0.24	0.06
Addition salt	g	0.00	0.00	0.00
Added sugar	g	0.00	0.00	0.00

Thiamine:

Vitamin B1 or thiamine is a water-soluble vitamin essential for the metabolism of carbohydrates through its coenzymatic functions. It serves as a catalyst in the conversion of pyruvate to acetyl coenzyme A (CoA) and is involved in many other cellular metabolic activities, including tricarboxylic acid (ATC). Furthermore, it participates in the initiation of the propagation of the nerve impulse. Thiamine deficiency causes clinical phenotypes of beriberi and Wernicke-Korsakoff syndrome. [14]

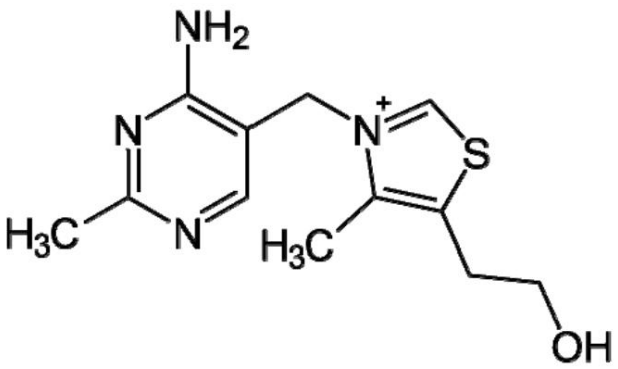

Figure 1 Chemical Structure of Thiamine[15]

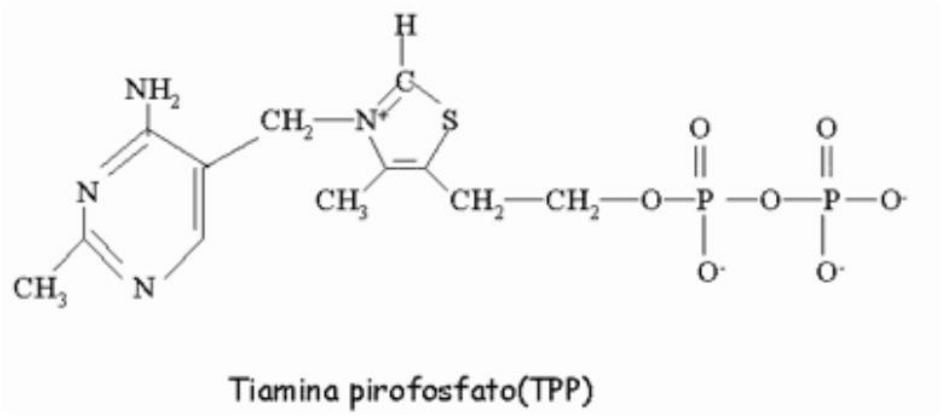

Figure 2 – Molecular structure of thiamine pyrophosphate (TPP or TDP) [15]

An exemplary Thiamine reaction that extends to banana chemical components such as minerals is the Transketolase catalyst, which in deeper research can be replaced by other catalysts, is below:**HERE IS THE MOST ESSENTIAL EXAMPLE OF THE ARTICLE ON THE HOMEMADE RECIPE**, transketolase is just an example of a catalyst, which is an organic chemical reaction, in our recipe water and the highest heat temperature in the teapot were used, as it is for human consumption.

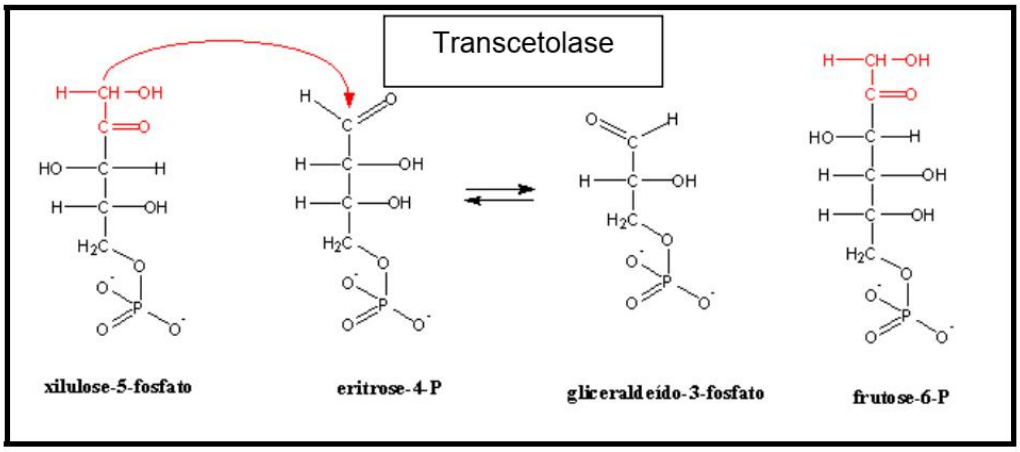

Figure 3:Reaction catalyzed by transketolase. Transfer of a 2-carbon unit from a ketose (highlighted in red) to an aldose producing a ketose. This transformation is part of the pentose pathway. Thiamine is essential for this reaction to occur in cells. [15]

Riboflavin:

AVitaminRiboflavin (vitamin B2) is essential for the processing (metabolism) of carbohydrates (to produce energy) and amino acids (the basic components of proteins). It also helps keep mucous membranes (for example, the mucous membrane that lines the mouth) healthy. Riboflavin is non-toxic, so consuming it in excessive amounts is not a concern. Good sources of riboflavin include milk, cheese, liver, meat, fish, eggs, and enriched cereals.[16]

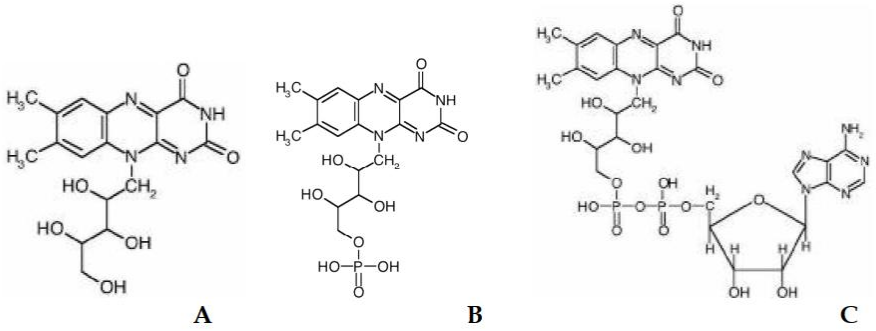

Figure 4 - Chemical structures of Riboflavin (A), FMN (B) and FAD (C).[18]

Niacin:

Niacin, aVitaminof complex B, is essential for the processing (metabolism) of carbohydrates, fats and many other substances in the body and for the normal functioning of cells. Good sources of niacin include dry yeast, liver, red meat, poultry, fish, legumes and products and breads made from whole or enriched cereals. Foods rich in tryptophan (an amino acid), such as dairy products, can compensate for insufficient consumption of niacin in the diet, as the body can convert tryptophan into niacin. The term "niacin" is used in two ways: as a synonym for nicotinic acid and as a broader term that includes nicotinamide and nicotinic acid, two forms of this B-complex vitamin.[17]

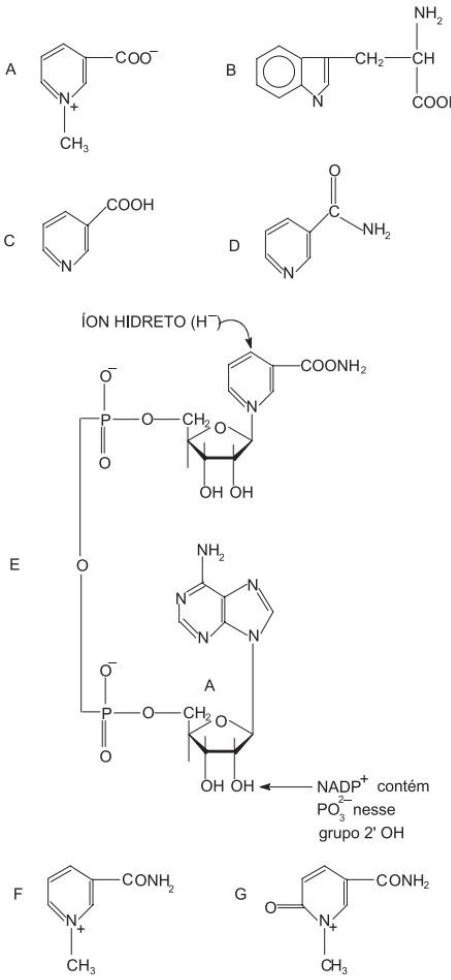

Figure 5: Niacin: precursors, coenzymes and catabolites. Precursors: A – trigonelline; B – Tryptophan; Free niacin: C - niacin acid; D – niacinamide; Coenzymes: E - NAD and NADP; Catabolites: F - N1 -methylniacinamide; G - N1 - methyl-2-pyridone-5-carboxamide (2-pyridone) [19]

Discussion:

To control the addiction and reduce the consumption of cigarettes and alcohol, basically an effervescence of 2 bananas, a spoonful of cinnamon and 250 ml of water (or more) was made, boiled until it turned into a brown liquid paste, stirring. There are countless reactions that take place, such as Thiamine, Niacin and Riboflavin, which are most commonly found in bananas and cinnamon and immediately react through catalysts with minerals to form new compounds, through an extensive literature on the benefits of minerals and chemical components of banana and cinnamon or other fruits and foods conclude the pharmacology of the new chemical components, in the case of the recipe it is only used for more intensified satiety control such as the function of the banana and cinnamon components that act on blood pressure, in other words, it greatly intensifies addiction and craving for illicit and legal drugs, an example is the potential of chemistry at home and the possibility of chemical science, the basics, how you can make homemade medicines at home, just as was done by culture passed from grandparents to grandchildren, but now the production of home remedies evolves, as literature is consulted, reflections thereof and deductions therefrom, concomitantly with the consumption of water due to the composition of the human body in water.

Conclusion:

The high potential of organic chemistry in traditional homemade recipes around the world, such as **Banana** with the following**1.1. 1. They are a source of nutrients,1.2. 2. Help regulate blood sugar levels,1.3. 3. Bananas improve digestion, 1.4. 4. Help you lose weight, 1.5. 5. Improve heart health,1.7. 7. Increase the feeling of satiety,1.8. 8. Improve insulin sensitivity, 1.9. 9. Bananas May Improve Kidney Health,1.10. 10. Bananas Provide Exercise BenefitsIt is1.11. 11. Bananas are versatile and simple to add to your diet[20] and theCinnamon ,2. 1. Speeds up metabolism,3. 2. It has antioxidants, 4. 3. It has anti-inflammatory properties,5. 4. Reduces the risk of heart disease,6. 5. Improves insulin sensitivity,7. 6. Lowers blood sugar,8. 7. Prevents neurodegenerative diseases,9. 8. Prevents cancer,10. 9. Fights fungi and bacteria,11. 10. Helps fight the HIV virus,12. 11. Relieves menstrual discomfort.**

Homemade recipes can be potential sources of drugs for different types of diseases and improving health with simply a few literary references to Organic Chemistry, a fact that has passed from generations to generations, combined with chemistry, strengthens society and people's daily routine for better quality of life. life, in the case of the article, the cure of addictions and the desire to consume illicit and legal drugs in a very simple way only through calculations from Organic Chemistry and literary references from previous research, this article is the dissemination and exposure of what can be done in home laboratories only with literary references, book consultations and even the world wide web.

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