



DRUG ADDICTION AND DRUG ABUSES

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ABSTRACT :-

These are the serious problems that can effect our environment . These problems may cause health issues, serious problems as well as social issues. Drug addiction is the main challenge globally I'm the public health. This review gives the diverse nature of substance use disorder which includes biological, social and psychological determinants. This review features most common substance that are abused like opioids, alcohol , stimulant, cannabis when addressing trends such as synthetic drugs and prescription medication misuse . It analysis also Neurobiological mechanism under lying addiction and impact of long term abuse on mental and physical health. It can also effect our bodies and lifestyle. Drug addiction shows how a drug changes our brain thoughts, society and create many social problems. In this review we explore the effects, causes and treatment of a drug addiction.¹

INTRODUCTION :-

Drugs are those chemicals which can change our mind and body works. Drug abuse is a harmful use of psychoactive drugs Or substance which includes alcohol and illicit drugs. Addiction is a chronic disorder which is characterized by compulsive drug seeking and harmful results. These conditions deteriorate mental and physical well being of people and also increase crime rates and disrupt economic and social stability. The main aim of this review is to provide qualitative overview of drug addiction and drug abuse by analysing the causes and consequences of drug abuse and drug addiction. Drug abuse is defined as the harmful use of a substance like alcohol, illegal drugs, or the medicines that can create a harmful effects on our health and body.² Drug addiction is defined as the chronic brain disease which may be caused because of taking drugs on regular basis despite by knowing their harmful effects on body.

Not everyone who uses drugs are drug addicted. Everyone's body and brain are different so the side effects of different drugs are different on everyone's body. It may depends on their genetics , environmental and their developmental factors.³

TREATMENT :-

There are various treatments for drug addict person like medicines, perfect counselling of a drug abused person and by giving best environment. ⁴

With the combination of medicine and perfect counselling the abused person gets the best chance of results.

Medicines can help the abused person to re-establish the normal brain function and also decrease the craving of the drug.

1. Behavioural Therapies :- Behavioural therapies are the foundation stone of addiction review. Cognitive behavioural Therapy, Motivational interviewing helps to recognize triggers and develop abilities to cope up strategies.
2. Medication Assisted Treatment (MAT) :- MAT is more effective for tobacco and alcohol addictions. Methadone and Naltrexone are the medicines that help to reduce cravings and withdraw symptoms.
3. Detoxification :- Detox is a medically supervised first step to create chronic addiction. Detoxification helps to manage withdrawal symptoms which are acute and detox is not a cure alone but is followed by a long term therapy to maintain sobriety.
4. Support system and after care :- Pear support groups, family counselling plays an important role in sustaining recovery. After care planning includes vocational support, Sober living arrangements etc. that are very essential to prevent relapse. ⁵

CAUSES OF DRUG ABUSE AND DRUG ADDICTION :-

There are various causes of drug abuse and drug addiction but some of the common and important causes of drug abuse and drug addiction are given as below ;

1. Genetic predisposition.
2. Mental Health disorders.

3. Peer pressure.
4. Early exposure to drugs.
5. Trauma and stress.
6. Lack of family support.
7. Availability of drugs.
8. Low self esteem and impulsivity.
9. Cultural and societal influence.
10. Neurochemical factors. [6](#)

PREVENTIONS :-

There are various preventions that are important and must be followed to prevent drug abuse and drug addiction but some of important ones are listed as below :

1. Awareness programs.
2. Education programs.
3. Early screening and intervention.
4. Strong parental involvement and strong family bonds.
5. School based prevention programs.
6. Community based initiatives.
7. Policy and legal measures.
8. Media and digital campaigns.
9. Building protective factors. [7](#)

SIGN OF ADDICTION :-

A drug abuse person may urge to use the same drug every day or take the same drug many times a day.

A drug abused person taking the more drug that they want for longer time.

A drug abused person always wants to carry the drug with him even they can't afford.

Drug abused person can use the drug continuously even they can show harmful effects on or into the body.

A drug abused person can't spend their time with their family. He always wants to stay all alone.

Whenever a person tries to quit that addiction his body starts showing a lot problems like sickness, weakness, mental disorder.

Not taking care of himself or herself. [8](#)

RISK FACTORS OF DRUG ABUSES :-

•**Biological factor** :- Some drug abused persons have likely to develop this addiction by their genes or by seeing by other family members, neighbours friends who are using the drugs.

Drug addiction can change our brain works and making it harder to stop the cycle of taking drugs. [9](#)

•**Psychological factors** :- There are the various psychological factors shown in the drug abused person like their face mental disorder, mentally health issues, depression, stress and increase the lust of that drug.

• **Environmental and social factors** :- Environment can play a major role in the drug addiction. If a person is consuming a drug in a group then the other starts feeling to use the same drug which causes the drug addiction. Economically instability and lack of education may also make a person drug addicted.

•**Physical Health Factors** :- Continue abusing of a drug can shows various health issues to the drug abused like organ damage, liver failure, heart disease and lungs issues. It can also increase the risk of HIV aids .

•**Mental Health Factors** :- A drug abused person may have high risk of psychiatric disorder including Schizophrenia and anxiety. [10](#), [11](#), [12](#)

REHABILITATION :-

1• PHARMACOLOGICAL TREATMENT :- There are the various drugs that are used opioid the addiction of drugs like • Methadone : It is a drug that is used in the treatment to reduce withdrawal symptoms.

Naloxone :- This drug is given in case of emergency when a person overdoses.

Naltrexone :- To block the effect of alcohol this drug is given.

2• BEHAVIORAL THERAPIES :- There are various behavioural therapies that can help the drug addict person to recover from drug addiction like (CBT) COGNITIVE BEHAVIORAL THERAPY.

- MOTIVATIONAL INTERVIEWING
- CONTINGENCY MANAGEMENT [13](#)

CONSEQUENCES:-

Here are some key consequences of drug addiction and drug abuse :

1. Physical health deterioration.
2. Mental health disorders.
3. Addiction and dependence.
4. Overdose and death.
5. Family and relationship breakdown.
6. Academic and work impairment.
7. Legal problems.
8. Financial instability.
9. Social isolation.
10. Increased burden on health care and society. [14](#)

CONCLUSION:-

Drug addiction & drug abuse may cause very critical changes and also they require various multidisciplinary actions and approaches for their better or effective management.

There are also various treatment options available for a drug abused person like prevention to education, community support, etc.

There are many government organizations as well non governmental organization who launched many health programs that are beneficial for a person to quit drugs or to reduce the drug addiction.

Many NGO'S launched a lot of programs which helps a person to reduce the addiction of drugs which he is using on a regular basis. [15](#), [16](#)

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