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DRUG ABUSE; CAUSES, EFFECT AND REMEDY

# Drug abuse or substance abuse refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. Drug abuse is a widespread problem that makes individual drug users the prime victims. But drugs also affect all of us, wherever we live and whatever we do. The problem can tear apart the family structure and make it hard for learning. Difficulties on the job due to drug abuse make it hard for employers to run their businesses. Stealing form employers or from individuals to get money from for drugs causes pain and economic loss to the victims. There are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30.

The most disturbing thing about drug abuse is that people in different countries of the world are becoming addicted to all kinds of drugs such as; cocaine, meth, marijuana, crack, heroin etc. Heroin is one of the dangerous drugs that suppress your heart’s work and is appropriate to achieve narcotic effect. The alarming rate of drug consumption has always been a problem and has detrimental effects on the society. Personal and family problems also lead to drug abuse among youngsters who fail to deal with personal problems. The physiological effects of drug addiction can be difficult to endure and this is why the addict must be treated for their condition.

# Drugs have their evil effects on mind and body cells of the addicts. The addict becomes dependent on the drug to a great extent that he/she cannot stop using it. Despite of having full knowledge of its effects on health, addicts use it on a regular basis. Drug addiction is basically a brain disease that changes the functioning of brain. There is an uncontrollable desire to consume drugs, as a result of which addicted people engage in compulsive behavior to take drugs. The addicts find it impossible to control the intake of drugs, as a result of which they fail to fulfill day-to-day responsibilities in efficient manner. Drug addiction is also referred as drug dependency, as the addict develops dependency for particular substance.

CAUSES OF DRUG ABUSE

There are a number of reasons why youth and teenagers abuse drugs or related substances. The ignorance of abuse along with physical pain of condition becomes a primary cause of drug addiction. Some of the causes of drug abuse are:

# Social Pressure:Today, we are living in a highly competitive world and it is difficult to grow in such world. There is always a peer pressure in young and old people. However, it is never visible. A lot of young people expect to experience the pressure to use drugs, smoke and drink alcohol. Young people find it difficult to be the person who doesn’t drink or smoke. As they feel isolated and like a social outcast, they make a habit of taking drugs.

# Mental Health Conditions: Another primary reason for trying drugs is mental health condition. People who are emotionally weaker tend to feel depressed about the facts of the world. They look for ways to feel free and live life in a normal way as they go through the period of growing up. In such situation, they make a habit of taking drugs and can lead to addiction.

# Exposure to Drug Abuse: If the individuals grow up in an area where adults use drugs, then the person is likely to try the substance themselves. Setting a good example is extremely important to keep them off drugs and related substances. Providing genuine information about drugs is the best way to prevent drug abuse or addiction.

EFFECTS OF DRUG ABUSE

Drug abuse can have a wide range of short- and long-term, direct and indirect effects. These effects often depend on the specific drug or drugs used, how they are taken, how much is taken, the person's health, and other factors. Short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure, and/or mood to heart attack, stroke, psychosis, overdose, and even death. These health effects may occur after just one use.

Longer-term effects can include heart or lung disease, cancer, mental illness, and others. Long-term drug abuse can also lead to addiction. Drug addiction is a brain disorder. Not everyone who abuses drugs will become addicted, but for some, the use of drugs can change how certain brain circuits work. These brain changes interfere with how people experience normal pleasures in life such as food and sex, their ability to control their stress level, their decision-making, their ability to learn and remember, etc. These changes make it much more difficult for someone to stop taking the drug even when it’s having negative effects on their life and they want to quit.

Drug abuse can also have indirect effects on both the people who are taking drugs and on those around them. This can include affecting a person’s nutrition; sleep; decision-making and impulsivity; and risk for trauma, violence, injury, and communicable diseases. Drug abuse can also affect babies born to women who use drugs while pregnant. Broader negative outcomes can be seen in education level, employment, housing, relationships, and criminal justice involvement.

REMEDY FOR DRUG ABUSE

Drug addiction can be managed effectively. Treatment of drug addiction is becoming personalized. The comprehensive treatment options not only address addiction, but treat the underlying issues resulting in addiction. Though there are many options to treat drug addiction, it is not easy. Drug addiction is a chronic disease and one can’t stop using drugs within a few days. A lot of patients need long term or repeated care to stop using drugs completely. Drug addiction treatment depends on the severity of drug abuse. The treatment must stop the person from using drugs as well as keep him away from drugs.

Different treatment methodologies are employed in treating drug abuse. The treatment plan will be devised as per the condition of the addict. It is essential that the treatment is tailored to the unique individual as there is no single treatment that works for all.

Inpatient drug abuse treatment is one of the options that allow the addict to focus on his/her recovery. Attending this treatment facility can increase the chances of completing the drug addiction rehabilitation program, especially if the addict does not have good support system at home.

Outpatient drug abuse treatment is ideal for those addicts who have a supportive environment at home. It is usually recommended for those who want to attend short-term inpatient treatment program.

Cognitive Behavioral Therapy is another treatment option that is highly effective in treating drug addiction issues. CBT helps in controlling negative thought patterns that lead to drug abuse. Patients can identify the triggers that cause them to use drugs and learn to respond without the need to turn to the substance.

CONCLUSION

Drug addiction is a complex disease that results from a number of factors such as genetic predisposition, history of violence at home and stress. Researchers have been able to identify the factors that lead to drug abuse. Understanding the root cause of drug abuse is one of the best ways to improve treatment options and outcomes of drug addiction in future.

A lot of people do not understand why people get addicted to drugs and related substances. They mistakenly view drug abuse as a social problem and characterize the addict as a weak person. Though there is no scientific evidence on how exactly drugs work in brain, it can be successfully treated to help people stop abusing drugs. There are many treatments that help people counteract the disruptive effects of drug addiction and regain complete control over life.

Behavioral therapy is the best way to ensure success in most of the drug addicts. The treatment approaches are tailored to meet the drug abuse pattern of patients. It is not uncommon for an individual to relapse and start abusing drugs again. In such case, an alternate treatment is required to regain control and recover completely.