

## DRUG ABUSE

Drug abuse, also called substance abuse or chemical abuse is a disorder that is characterized by a destructive pattern of using substance that leads to significant problems or distress. Teens are increasingly engaging in prescription drug abuse. It leads to significant problems that use of substance can cause for the sufferer, either socially or in terms of their work or school performance. If the drug is suddenly stopped, the addict suffer from painful and uncontrollable convulsions, paroxysm, vomiting, depression and various other maladies. The only power to overcome their dependence from drugs and let their life change, continue, develop or whatever you say.

Any substance whose ingestion can result in high feeling can be abused. The following are many drugs and types of drugs that are commonly abused or result in dependence:

Alcohol though legal yet is dangerous if taken during pregnancy. **Amphetamines** comes in many forms, overdose of any of these substances can result in seizure and death. **Anabolic steroids**, abused by bodybuilders and other athletes. This group of drugs can lead to terrible psychological effects like aggression and devastating long term physical effects like infertility and organ failure. **Caffeine** is consumed by many coffee, tea and soda drinkers, when consumed in excess this substance can produce palpitations ( rapid and irregular heartbeat), insomnia(sleeplessness), tremors(involuntary vibration of body), anxiety(nervousness, attacks of panic). **Cocaine** tends to stimulate the nervous system. It is smoked and as well as injected. **Nicotine** is the addictive substance found in cigarettes. It's actually one of the most habit-forming substances that exists. Its just as addictive as heroin. **Phencyclidine** is a drug which can cause that user to feel extremely powerful, become quite aggressive and have unusual amount of physical strength. This can be quite dangerous to others.

Like the majority of other mental-health problems, drug abuse and addiction have no single cause. However, there are number of biological, psychological and social factors called risk factors that can increase a person's likelihood of developing a chemical-abuse or chemical dependency disorder. The frequency to which substance abuse occur within some families seems to be higher than could be explained by an addictive environment of the family. Some professionals recognize a genetic aspect to the risk of drug addiction. One of the most harmful risks is that of engaging in risky sexual activities. The use of drugs is related to the occurrence of unsafe sexual behavior that places adolescent at risk for pregnancy of contracting sexually transmitted diseases such as HIV/AIDS. The effects of using drug and covering up for the abuse can lead to behavior that causes difficulties at home and in society.

Psychological association with addiction include mood disorders like depression, anxiety or bipolar disorder as well as personality disorders like antisocial personality disorder. Social risk factor for drug abuse and addiction include male gender, being between 18 and 44 years of age. Men are more at risk for developing a chemical dependency like alcoholism women seems to be more vulnerable to becoming addicted to alcohol at much lower amounts of alcohol consumption.

In order to be diagnosed with drug abuse, an individual must exhibit a destructive pattern of drug abuse that leads to significant problems or stress but not enough

to qualify as being addicted to a drug. This pattern is manifested by at least one of the following signs or symptoms in some one year period:

- Repeated drug use that result in a lack of meeting important obligation at work, school or home.
- Repeated drug use in situations that can be dangerous.
- Repeated legal problems as a result of drug use.
- Continued drug use affect social or individual relationships.

Tolerance is either a markedly decreased effect of the substance or a need to significantly increase that amount of the substance used in order to achieve the same height or other desired effects. withdrawal is either physical or psychological signs or symptoms consistent with withdrawal from a specific drug or taking that drug or one chemically close to that drug in order to avoid developing symptoms of withdrawal. Significant amounts of time spent getting, using, or recovering from the effects of the substance. The user continues to use the substance despite being aware that he or she suffers from ongoing or recurring physical or psychological problems that are worsened by the use of the drug.

The primary goals of drug-abuse or addiction treatment ( also called recovering) are abstinence relapse prevention, and rehabilitation. During the initial stage of abstinence, an individual who suffers from chemical dependency may need help avoiding or lessening the effects of withdrawal. That process is called detoxification or “detox”. That aspect of treatment is usually performed in a hospital or other inpatient setting, where medication is used to lesson withdrawal, symptoms and frequent medical monitoring can be provided. Psychological addiction may be able to be managed in an outpatient treatment program. Such patients can benefit form living in a sober living community that is a group-home setting where counselors provide continued sobriety support and structure of daily basis.

Drug addiction substantially reduces sober time available to a person. Further, that time will be spent in heroine and establishing the necessary contacts. The family is destroyed, personality is stunted, and emotions become intense and distorted. Fertility is reduced and children may be born with serious illness. In order to help and take drug abusers out of this habit government must take concrete steps to stop the smuggling and illegal entrance of drugs in the country. The drug dealers must be ostracized and avoided like devil’s agents. Debates and programs must be arranged and telecast on T.V to familiarize the people with the danger of drugs. Further, a campaign must be initiated to curb(control) and catch the drug traffickers.

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