

NAME:ADESAMUEL OLUWADAMILOLA FAITH

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TOPIC: DRUG ABUSE

Drug abuse, also known as Drug addiction is defined as chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite its harmful consequences. The initial decision of drug taking is voluntary but repeated uses leads to its addiction. Addiction of any form is dangerous. What is even more worse is that mostly young children and youth are hit by this storm. Most illicit use of drugs starts at the age of 16-17 years of age. It starts with merely smoking of cigarettes and gradually drowns the person into the trap of drug abuse. Stress, anxiety, peer pressure, poverty are some of the main causes of drug abuse. As is well said –“it is never too late”. Therefore, we all need to focus strictly on this important matter now. Government should set targets to reduce the drug-abuse levels. It should ensure that efficient preventive measure are been taken. At our individual level we should contribute effectively in eradicating this problem. Besides, it is a major responsibility on parents to talk to their children and shape up their minds positively. They should not pressurize them academically and socially so much that they fall into this menace. Parental control including a healthy home environment is a must for controlling drug addiction. Parents, the guiding light must teach their children to feel empathy and compassion for others.

**Introduction** :Drug Abuse is one of the banes of modern society. It has hit

all regions and all sections of our society. It is found in rural and urban areas, among poor and the rich, among the men and women, among young or old. But it is most overwhelmingly practiced by young boys and girls especially in hostels and in almost all educational and technical institutions. Thus drug abuse is there in almost all the countries of the world. Day by day alcohol is becoming increasingly available and is used widely. Addiction has become really a curse upon human beings. It affects not only the drug addicts but also others directly or indirectly. For common people, it is a weakness of character. A moral theologian may see it as a matter of vice while as sociologists see it as a social problem. It is considered sin by religious people and as a crime by law enforcement groups. The psychiatrist can describe it as a personality disorder problem. The alcoholics anonymous groups and the treatment centres call them patients and alcoholism is handled as a disease.

Drug abuse is also known as substance abuse, and can be defined as a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to them or others. And when an individual persists in use of alcohol or other drugs despite problems related to use of the substance, substance dependence may be diagnosed. Thus compulsive and repetitive use may result in tolerance to the effect of the drug and results in withdrawal symptoms when use is reduced or stopped.. Drugs are chemical substances. Pharmaceutical preparation or a naturally occurring substance used primarily to bring about a change in the existing process or state (physiological, psychological or biochemical) can be called a drug. In other words, any chemical that alters the physical or

mental functioning of an individual is a drug. Drugs, by interaction change the biochemical systems of the body. If a drug alters sensory perceptions, mood, thought process, feelings or behaviour it is known as a psychoactive drug. Pharmacology is that branch of science, which investigates drug actions. Certain drugs are legally permitted and at the same time others are illegal. Alcohol and tobacco are legally permitted as certain drugs for medication. However, medically used drugs also be abused. It can be used too much, too long, too often, with wrong combinations etc. As a result, tolerance and dependency is produced illegal drugs like Heroin, Cocaine, etc. are detrimental to both body and mind. These drugs are taken for reasons other than medical, in an amount, strength, frequency manner that damages the physical or mental functioning of an individual and is called as 'Drug abuse'. Its use leads to addiction, which develops tolerance and dependence. While others cause both physical and psychological dependence.

## SOLUTION

### **preventive measures for drug abuse are as follows:**

Teaching and awareness programs

Resist peer pressure

Manage stress and anxiety

Increase taxes on addictive materials like cigarettes

Campaigns to appeal youth against it

Control on OTC medication

Role of parents is imperative