

A Short Note on Substance Abuse

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DESCRIPTION

Substance abuse, also known as drug abuse, is the use of a drug in amounts or by methods which are harmful to the individual or others. It is a form of substance-related disorder. Differing definitions of drug abuse are used in public health, medical and criminal justice contexts. In some cases, criminal or anti-social behavior occurs when the person is under the influence of a drug, and long-term personality changes in individuals may also occur. In addition to possible physical, social, and psychological harm, the use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction. Drugs most often associated with this term include: alcohol, amphetamines, barbiturates, benzodiazepines, cannabis, cocaine, hallucinogens, methaqualone, and opioids. The exact cause of substance abuse is not clear, but there are two predominant theories: either a genetic predisposition or a habit learned from others, which, if addiction develops, manifests itself as a chronic debilitating disease.

Substance abuse differs from addiction. Many people with substance abuse problems are able to quit or can change their unhealthy behavior. Addiction, on the other hand, is a disease. It means you can't stop using even when your condition causes you harm.

Heroin

This illegal drug is the natural version of manmade prescription opioid narcotics. Heroin gives you a rush of good feelings at first. But when it wears off, everything slows down. You'll move and think more slowly, and you may have chills, nausea, and nervousness. You may feel a strong need to take more heroin to feel better.

Cocaine

This drug speeds up your whole body. When you use cocaine, you may talk, move, or think very fast. You may feel happy and full of energy. But your mood may then shift to anger. You may feel like someone is out to get you. It can cause you to do things that don't make sense.

Alcohol

Alcohol affects everyone differently. Heavy drinking also can cause liver and other health problems or lead to a more serious alcohol disorder.

Sometimes substance abuse and mental ill-health go hand in hand. When this happens, it's termed a co-occurring disorder or dual diagnosis. It's thought that untreated mental health problems can lead to a substance misuse problem, and vice versa. It can be hard to say which came first when both are present because of the way that they affect each other and interact. The cause of substance use disorders is still unknown, though genetics are thought to account for 40% to 60% of a person's risk. Substance use often starts as a way to feel good or out of curiosity in childhood or early adolescence. Repeated use of the substance and increased tolerance pave the way to substance use disorder and addiction. Some adults who develop a substance use disorder have a co-occurring mental illness, such as depression, anxiety, or bi-polar disorder, and begin using drugs or alcohol to cope with their symptoms.

CONCLUSION

Drug abuse and addiction are responsible for a wide range of diseases and impairments around the world. Recent advancements in neurobiology may help policymakers better understand the harm that smoke, alcohol, and other psychoactive substances cause to society. The global health response to heroin use should be commensurate to the health-related harm it causes, because the effects of marijuana on health vary widely depending on the type of substance and how it is used. Because of its enjoyable effects along with social influences, psychoactive substance use is expected. The more the frequently and quantity of drugs consumed, the greater the chance of becoming addicted. Effective health promotion policies and programs that target not only drug addiction but also other kinds of dangerous drug use could reduce the total health concern of drug use significantly.

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Received: 04-Apr-2022, Manuscript No. JALDD-22-17336; **Editor assigned:** 06-Apr-2022, PreQC No. JALDD-22-17336 (PQ); **Reviewed:** 20-Apr-2022, QC No. JALDD-22-17336; **Revised:** 25-Apr-2022, Manuscript No. JALDD-22-17336 (R); **Published:** 04-May-2022, DOI: 10.35248/2329-6488.22.10.362.

Citation: Graae C (2022) A Short Note on Substance Abuse. J Alcohol Drug Depend. 10:362.

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