

## A Short Note on the Drug Abuse

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### DESCRIPTION

Drug abuse is defined as the excessive, maladaptive, or addicted use of drugs for nonmedical purposes despite the potential for social, psychological, and physical harm. Anabolic steroids, which are used by some athletes to accelerate muscular development and increase strength but can cause heart disease, liver damage, and other physical problems, and psychotropic agents, which affect the user's mental state and are used to produce mood, feeling, and perception changes, are examples of abused substances. Opium hallucinogens, barbiturates, cocaine, amphetamines, tranquilizers, various types of cannabis, and alcohol fall within the latter category, which has a considerably longer history of abuse. Following that, there is a brief discussion on drug abuse. The use of non-medical drugs has a long history.

The discovery of the mood-altering properties of fermented fruits and compounds like opium has led to their use and, in certain cases, social approval. Many additional psychotropics have been tolerated in various communities, similar to how alcohol has a recognised social role in the Western. The most serious issue that comes from the use of psychotropic medicines is dependence, or the compulsion to continue taking the drug despite any negative effects on one's health, employment, or social life. Dependence varies in severity and effect from substance to drug; it can be physical, psychological, or both. Physical dependence is only revealed when drug intake is reduced or halted, resulting in an involuntary illness known as withdrawal (or abstinence) syndrome. Opiates (opium and its derivatives) and central-nervous-system depressants like barbiturates and alcohol are known to cause physical dependence. When a user relies on a substance to provide a sense of well-being, this is referred to as psychological dependence.

This type of addiction varies greatly depending on the substance and the individual. The user becomes fascinated with the substance and devotes practically all of his attention and effort to finding and utilising it in its most extreme form. Another similar phenomenon is tolerance, which is characterised by a steady decline in the action of a drug when it is taken frequently; increasingly greater dosages are required to have the intended effect. It is not always possible to build tolerance.

It is particularly obvious in opiate addicts. The terms addiction and dependence are frequently used interchangeably, although addiction should usually be reserved for medications that produce physical dependency. Other concerns associated with drug usage include the possibility of contracting the AIDS virus and other infections transmitted through the use of nonsterile needles or syringes while injecting drugs. Some risks are linked to the drug's specific side effects, such as paranoia while taking large doses of stimulants. Furthermore, there are various negative social consequences of drug usage.

In the eyes of the general public, heroin, an opiate that is not used medically in the United States, is one of the drugs most associated with abuse and addiction. Opiates are known as narcotics because they are used to treat pain and induce sleep in patients. Opium, morphine, pethidine, codeine, dipipanone, and methadone are some of the other opiates that have been abused. Methadone is frequently used in substitution therapy as a less addictive opioid that, in theory, can be used to wean a user off heroin and eventually off all opiates.

Nonmedical uses of drugs that depress or excite the central nervous system have been around for a long time. All sedatives and hypnotics, such as barbiturates and benzodiazepines, are considered depressants (minor tranquilizers). These are normally swallowed, although they can also be injected. Amphetamines and its derivatives, as well as cocaine, a natural component of coca plant leaves, are the most common stimulants. Cocaine is injected or breathed through the nose, whereas amphetamines are taken by mouth or injected. Generally, one type of cocaine (freebase, or crack) is smoked.

Other commonly misused substances include Cannabis (marijuana, hashish, and other derivatives of the hemp plant, Cannabis sativa), PCP, and psychedelics like LSD and mescaline. However, this is not the only way to become addicted to drugs. Alcohol, for example, is allowed to buy in many parts of the world, despite its considerable potential for abuse. Also, prescription drug addiction is prevalent, particularly with tranquilizers and hypnotics.

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