



## “Substance Abuse: An Overview”

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### ABSTRACT-

Throughout human history, psychoactive substances have held a significant place, with early records depicting their usage. Over time, it has become evident that certain individuals have engaged in excessive drug consumption, leading to associated problems. In recent decades, research endeavors and treatment interventions have notably escalated. Despite this, the precise etiology of substance abuse disorders remains elusive. Current evidence suggests a multifaceted interplay between biological predispositions, psychological factors, and social influences. Notably, research predominantly suggests that genetic factors exert a substantial influence, particularly in individuals exhibiting severe abuse patterns. This underscores the complex nature of substance abuse disorders and highlights the importance of comprehensive approaches to understanding and addressing them.

**KEY WORDS-** Psychoactive, substance, predisposition, evidence, influence.

### **INTRODUCTION-**

Substance abuse, often referred to as drug abuse, involves the harmful use of substances, including alcohol, prescription medications, and illegal drugs, in ways that negatively impact the individual or others. This harmful use can manifest in various forms, from consuming excessive amounts to using substances through dangerous methods. Substance abuse is a complex condition that falls under the broader category of substance-related disorders, which encompasses a range of problematic behaviors associated with drug use.

Definitions of drug abuse can vary significantly depending on the context—whether public health, medical, or criminal justice—each with its own set of criteria and focus. In public health and medical contexts, substance abuse is often characterized by the adverse health and psychological effects it has on individuals. These effects can range from acute issues, like overdoses and accidents, to long-term consequences, such as chronic diseases and mental health disorders.

In the criminal justice context, drug abuse is often linked to illegal activities, including the possession, distribution, and manufacture of controlled substances. Moreover, individuals under the influence of drugs may engage in criminal or anti-social behaviors, such as theft, violence, or driving under the influence, further complicating their legal standing and societal relationships. Additionally, substance abuse can lead to significant long-term personality changes, impacting an individual's ability to function in daily life, maintain relationships, and contribute to society.

The consequences of substance abuse extend beyond the individual, affecting families, communities, and healthcare systems. The legal ramifications can also vary widely depending on local laws and regulations, with some jurisdictions imposing severe penalties for drug-related offenses. Overall, substance abuse presents a multifaceted challenge that requires a comprehensive approach, integrating prevention, treatment, and policy interventions to mitigate its impact on individuals and society.

### **Definition**

Maladaptive recurring use of a substance accompanied by repeated detrimental effects as a result of continued use

Substance abuse is define as excessive maladaptive pattern use of any substance like alcohol, drugs.

### **TYPE OF SUBSTANCE ABUSE**

1. Alcohol dependence
2. Opioids
3. Cannabies
4. Sedative and hypnotics
5. Cocaine
6. Caffeine and other stimulants
7. Hallucinogen
8. Volatile solvent
9. Anaesthetics



## ALCOHOL DEPENDENCE SYNDROME

Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual, society or both

According to this report, around 30% of total population of India consumed alcohol in the year 2023

## OPIOID USE DISORDER

The commonly abused opioids (narcotics) in our country are heroin (brown sugar) and synthetic preparation like pethidine. The drugs that are injected through needle are heroin.

## CANNABIS USE DISORDER

Cannabis is derived from the plant cannabissative, which grows in the wild all around the world. It is used in various forms such as

- Bhang
- Ganja

## Cocaine use disorder

Common street name is crack. It can be administered orally, intranasally by smoking or parenterally.

## Barbiturates

These are sedatives and are used for the sedation of agitated patients to relieve pain.

## Volatile solvents

These are central nervous system depressants, ether, Nitro-oxide, thinner and cleaning fluids. They may cause initial euphoria and is followed by confusion, disorientation, ataxia, delusion and hallucinations. High concentration may cause convulsion, coma and death.

## Incidence rate

- Women who use any kind of tobacco (6.8%)
- Men who use any kind of tobacco (44.5%)
- Women who consume alcohol (1.2%)
- Men who consume alcohol (29.2%)
- Over crowding .
- Poor social support

## Clinical feature

### Alcohol

- -malaise
- Dyspepsia.
- Depression.
- Increase incidence of infection.
- Denial of problem.
- Anger.
- **Opioid** - apathy. Bradycardia.
- Hypotension
- Subnormal temperature.
- Insomnia.

### Amphetamine-

- Cardiac failure.
- Penic
- Insomnia.
- Paranoid hallucinatory syndrome.
- Cocaine- pupillary dilatation
- Tachycardia
- Sweating
- Nausea
- Hypertension
- Anorexia
- Seizure. Hallucinogen
- Derealization
- Illusion

## Causes of substance abuse

- Biological factors
- Psychological factors
- Social factors

## Biological factors

- **Genetic factors**= family history of substance use disorder.
- **Biological factors**=for example role of dopamine and norepinephrine have been implicated in cocaine, ethanol and opioids dependence

## Psychological factors

- Sense of inferiority
- Poor impulse control.
- Low self esteem
- Desire of escape from reality
- Pleasure seeking
- Sexual immaturity

## Social factors

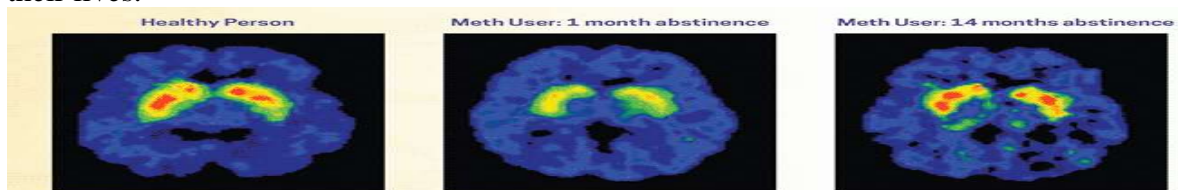
- Religious reasons.
- Peer pressure.
- Urbanization
- Unemployment



- Automatic hyperactivity
- Impairment of judgement.
- Marked anxiety
- Depersonalization.

## SUBSTANCES ABUSE TREATMENT-

**Yes**, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in *recovery*. Like other chronic diseases such as heart disease or asthma, treatment for drug addiction usually isn't a cure. But addiction *can* be managed successfully. Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives.



## Medications and devices help treat drug abuse-

Different types of medications may be useful at different stages of treatment to help a patient stop abusing drugs, stay in treatment, and avoid relapse.

- **Treating withdrawal.** When patients first stop using drugs, they can experience various physical and emotional symptoms, including restlessness or sleeplessness, as well as depression, anxiety, and other mental health conditions. Certain treatment medications and devices reduce these symptoms, which makes it easier to stop the drug use.
- **Staying in treatment.** Some treatment medications and mobile applications are used to help the brain adapt gradually to the absence of the drug. These treatments act slowly to help prevent drug cravings and have a calming effect on body systems. They can help patients focus on counseling and other psychotherapies related to their drug treatment.
- **Preventing relapse.** Science has taught us that stress cues linked to the drug use (such as people, places, things, and moods), and contact with drugs are the most common triggers for relapse. Scientists have been developing therapies to interfere with these triggers to help patients stay in recovery.

**Conclusion**-drug abuse has an effect on all aspects of life; overall health and wellness, family life, and the community. With there being somany different kinds of drugs the effects are endless. The effect of drug abuse does not discriminate or focus on any one person. Drug abuse can be found in any area of the world and the overall effects can be devastating to anyone involved. A person's choice to use any kind of illegal drug or abusing prescribed medicines can have a damaging impact on their overall health.

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