

"DRUGS ADDICTION"

INTRODUCTION OF "DRUGS ADDICTION"

Drug Addiction word is make by two words :

(I) Drug (II) Addiction.

What is means Drug

Any substance, other than food, used in the prevention, diagnosis, allaviation or treatment of a disease is called a drug. A drug may also be defined as a chemical which, when taken in some way after the body function. Drug is also known as a medicine. Generally, the term drugs applied to any stimulating or depressing substance that can be habituating or addictive.

Meaning of Addiction

Addiction is the habitual, psychological and physiological dependence on a substance or practice. Which is beyond voluntary control. A person who is habituated to a substance or a practice, especially a harmful one, is called an addict.

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Drugs are prescribed by physicians for the prevention or treatment of diseases, or for increasing the physical and mental performance and are withdrawn as soon as the desired effect is achieved. Repeated use of certain drugs on a periodic or continuous basis may make the body dependence. Such drugs are called psychotropic rugs. They act on the brain and alter behaviour, consciousness and capacity of perception. Hence, they are also termed mood-altering drugs. Some people start taking drugs without medical advise due to one reason or the other and become drugs dependent.

Classification of Drugs

There are a large number of drugs on which people become dependent. These are classifies into four major groups : sedatives and tranquillizers, opiate narcotics, stimulatants and hallucinogens.

<u>Type of Drug</u>	<u>Examples</u>	<u>Effect</u>
1. Sedatives and Tranquillizers Benzodiazepines	Barbiturates, Depress CNS activity	give feeling of calmnes
	s, relaxation, drowsiness.	

2. Opiate Narcotics activity	Opium, Morphine, codeine, Heroin	Suppress brain relaxed pain.
3. Stimulants more wakeful, cause excitement.	Amphetamines, Caffeine, Cocaine	Make a person alert and active,
4. Hallucinogens feeling and	LSQ, Mescaline, psilocybin, Ganja, chares, Hashish.	Alter thoughts, perceptions.

Combinations of Drugs and Alcohol :

Some addicts use mixtures of drugs to have immediate 'kick' or 'charge'. Simultaneous use of drug and alcohol may produce dangerous effects, including death. When barbiturates and alcohol are taken together, each doubles the effect of the other. A mixture of cocaine and heroin called speed ball, gives spontaneous kick of cocaine and prolonged pleasure of heroin.

Combination	Effect
1. Alcohol + Barbiturates effect.	Markedly increased depressant
2. Alcohol + Antihistamines	Marked drowsiness
3. Alcohol + Valium effect.	Dramatically increases sedative

4. Alcohol + Marijuana or Hashish Decreased coordination increased
reaction time

impaired judgement.

5. Alcohol + Aspirin Increased changes of damage to
gastric mucosa.

How drug addiction Begins ?

There are many factors that lead people to drug addiction.

1. Curiosity : Frequent references to drugs by public media create curiosity for having a personal experience of the drugs.

2. Friend's pressure : Frequent appreciation of drug experience by friends allures others to start the use of drugs.

3. Frustration and Depression : Some people start taking drugs to get relief from frustration and depression.

4. Desire for More Work : Students sometimes take drugs to keep awake the whole night to prepare for examination. It is not desirable as it may cause mental breakdown.

5. Looking for a Different World : A wrong notion that the drugs open up a new world tempts some young octers to start taking-drugs.

6. Relief from Pain : A prolonged use of pain-relieving drugs with physician's advise at times leads to addiction.

7. Family History : Children may take to drugs by seeing their elders in the family.

8. Excitement and Adventure : The young take to drugs to satisfy their instinct for excitement and adventure.

Social Disease - Smoking, Drinking and Use of Drugs

Smoking and drinking and use of drugs frequently or regularly are social diseases. They adversely affect the health of the addicts and the society. Young people take to these habits for fun, show off or curiosity, as an adventure or feeling of freedom, or as a gesture of defiance against the elders who themselves indulge in these activities but check the youngsters. Other factors that make people take to these vices are inability to face problems of life indifference shown by members of the family, and encouragement or pressure by friends. Temporary escape from the life problems and mental relaxation felt on taking the drugs in the beginning increase persons interest in them. Soon they become habitual and find it difficult to leave. The daily dose to get the desired effect increases with time.

As in other countries, the menace of drug addiction is spreading in India also. A large number of our young men and women have taken to intoxicants. About 87.6 per cent drug addicts are between the ages of 14 and 25 years.

Tobacco

Sources :

It is a native of South Africa, where the Red Indian first started smoking. Now the tobacco plant has spread the world over. It has large, lanceolate leaves and terminal clusters of tubular, white or pink flowers.

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Modes of Use :

Tobacco is used for smoking, chewing and snuffing. Its main stimulating component is poisonous volatile alkaloid nicotine, which causes addiction. Nicotine synthesis occurs in the roots of the plant but it is stored in the leaves. The leaves contain 2 to 8% nicotine. Inhaling tobacco smoke from cigars, cigarettes, biddies, pipes and hubble-bubble is called smoking. Cigar is a roll of tobacco leaf. Cigarette is cut tobacco wrapped in paper. Bidi is tobacco wrapped in a piece of leaf. Tobacco smoke is drawn directly from pipe and through water is hubble-bubble. Smoking may give some temporary relief to the strained nerves but in the long run it proves a dangerous health hazard. The quantity of nicotine contained in one cigar may prove fatal if injected intravenously into a person. When smoked only 10% of the smoke is inhaled. Hence, no immediate ill effect is observed. Smokers may develop a physiological craving for nicotine and then they cannot give up smoking.

Effect of Nicotine :

Nicotine is a low concentration.

- (i) Stimulates conduction of nerve impulses.
- (ii) Relaxes the muscles.
- (iii) Releases adrenaline, increasing heart beat rate and pressure.
- (iv) Increased blood pressure due to smoking chances the risk of heart diseases.
- (v) Retards foetal growth in expecting mothers and
- (vi) Causes tobacco addiction. High concentration of nicotine paralyses nerve cells.

Other Harmful components of Tobacco Smoke :

Besides the poisonous nicotine, the tobacco smoke contains carbon-monoxide, polycyclic aromatic hydrocarbons and tar.

Other Effects :

(i) Smoking effects economy :

A smoker not only waste money, but also runs risk of burns and fires.

(ii) Smoking mars personality :

Teeth may become stained. Lips may get discoloured and breath becomes foul. A person with a cigarette hanging from the mouth look odd.

(iii) Smoking is annoying to others :

Cigarette smoke is quite annoying to non-smokers. It may prove even more harmful to them. A smoker should avoid smoking. When in the company of non smokers. A smoker makes the person nearby persons passive smokers through inhaling smoke released by him.

Alcohol

Sources :

Ethyl alcohol, or ethanol, flammable, colourless liquid having a penetrating odour and burning taste. It is one of the products of the distillation of fermented grains, fruit juices and starches with the help of yeast enzymes. It is the principal constituent and the intoxicating principle of wines.

Modes of Use :

Alcohol is taken in low concentration, as the beer, toddy and wine and in relatively high concentration as arrack, brandy, whisky, rum, gin, vodka etc.

Addition :

Addition to alcohol is called alcoholism. Alcoholics are found in all society section of society. Alcohol causes intoxication and thus, acts as a poison. They drinkers begin with small doses, but many of them soon start consuming large doses and become addicts. By the time they realize that drinking is adversely affecting them, it is too late to give it up.

Why People Take to Drinking :

The drinkers offer one or more of the following reasons for starting drinking.

(i) Social pressure (ii) desire for excitement (iii) feeling of independence (iv) Liking of taste (v) desire to escape from such realities of life as disappointments and failures and (vi) desire to offset the hardships and monotony of daily life.

What Happens when Alcohol :

Alcohol is quickly absorbed in the stomach and upper part of small intestine and reaches all the tissues in minutes. Its oxidation starts at once and a large amount of heat is produced. Since heat is not needed in the body, it is taken up by the blood and carried to the skin for dissipation. Since the receptors of heat are located in the skin, the rush of blood to the skin gives a false impression of warmth in the body. The blood supply of internal organs is greatly reduced resulting in fall of temperature in them. Energy released by alcohol is not used in any life process. Rather the energy derived from food is used up in ridding the body of excess heat.

Is Alcohol A Stimulant :

Many people take alcohol for stimulation. Actually alcohol is a depressant, a substance which dulls the senses. It reduces the efficiency of every tissue the body. Any feeling of lift a person may claim to feel is a mistaken impression or an attempt to justify the act in his own mind.

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