An Empirical Review on Behaviour Consequences of Drug Addict

Sharma Jyoti1,2, Pawar Dilip3

1. Research Scholar, Shree JJT University, Jhunjhunu, Rajasthan, India
2. Chief Nurse Educator, Eternal Hear Care Centre & Research Institute, Pvt. Ltd. 3A, Jagatpura Road, Near Jawahar Circle, Jaipur, India
3. Head- Medical Affairs & Clinical Development, Emcure Pharmaceuticals Ltd., Mumbai, India

ABSTRACT:

Drug addiction is a chronic condition characterized by obsessive, or uncontrollable, drug seeking and leading harmful consequences and changes in the brain, which can lead to crime, guilt or death. Drug addiction is also a relapsing disease and careful long term treatment required to stop using again after treatment. The path to drug addiction begins with the voluntary act of taking drugs. But after compromised with person’s ability of what to choose and what not, gradually it affects parts of the brain involved in reward and motivation, learning and memory, and control over behavior. As addiction is a chronic disease, it is not easy to stop using drugs after developing abuse. Most patients need long-term or repeated care to stop using completely and recover their lives.


INTRODUCTION:

Drug addiction will be outline as disorder of option to be results of natural processes that involves voluntary behaviour, specifically selection.

This approach stands in contrast to the present received view, a minimum of as published by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA), that drug abuse is a disease, specifically, “Addiction is a chronic, typically relapsing brain disease, similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease” [1]. Addiction is a disease that affects both the brain and behavior.

Stages of Drug Addiction:

Stage 1: Experimentation

This stage is outlined as the voluntary use of medication while not experiencing any negative legal or social consequences. For many, experimenting might occur once or many times as the simplest way to “have fun” or maybe to assist the individual deal with a drag. For many, experimentation occur with none need to continue drug use. For others, it will begin to become a drag once it moves into ensuing 2nd stage of addiction.

Stage 2: Regular Use

Some people will be able to enter the stage of regular use without developing a dependence or addiction. These people will be able to stop the drug use on their own. The problem with regular use is that the risk for substance abuse greatly increases during this stage. It also increases risky behaviors such as driving under the influence, unexplained violence, and symptoms of depression and anxiety.

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use is that the chance for drug abuse will increase greatly throughout this stage. It additionally will increase unexplained violence, symptoms of anxiety and depression and risky behaviors like driving underneath the influence.

**Stage 3: Risky Use/Abuse**

There is hair line difference between 2nd and 3rd stage of abuse. The stage typically outlined as continued use of drugs in spite of severe social and legal consequences. Warning signs of addiction will begin to appear in this stage. The temporal escape can quickly lead to more serious problems, desire, obsession with the drug, and symptoms of depression, irritability and fatigue if the drug is not used.

**Stage 4: Drug Dependency**

Physical dependence for a drug is often tangled with addiction. Features of dependence comprise obsessive use of the drug despite severe negative consequences to human relationships and withdrawal symptoms, physical and mental health, job security, personal finances and criminal record.

Increase risk of developing dependence is principally seen in those people that starts intake of tobacco and alcohol in their early age. it's been found that drug abused kid usually come from challenging & problematic families and socially omitted groups; an unwanted association with school also appears to be linked with a high risk of drug intake among youngsters. The study also shows that older adults are less addicted to drugs than young adults and adolescents\(^2\). Youngsters have a less understanding to alcoholism, making it likely for them to consume more alcohol without having the feeling of being intoxicated\(^3\).

**Impact of drug abuse**

**Impact on Health:**

There are severe consequences of ingesting of alcohol and drugs on children and adolescents. There are many adverse effects of consumption of alcohol. In acute consumption, neurotransmitters in the human body are being depressed. The mood of the person swings and he also observes various bodily disorders like muscle cramp, headache nausea. Furthermore, self-discipline in the person is also eroded by the addiction of alcohol. Drug abuse many timed termed as self-medication as an addicts takes medication repetitively to make himself better and better. In cocaine abuse its appeal is because of its ability to relieve the distress associated with hypomania, depression, or hyperactivity. For alcohol addicts use of alcohol, permits the experience of aggression, affection, and closeness in an individuals who is otherwise cut off from their emotional state and relationships\(^{14,5}\).

A study for impact of alcohol on the human brain stated that use of Alcohol is linked with irregularities in the volume of the prefrontal cortex, in youngsters. Prefrontal cortex is the portion of the brain that regulates rational thinking and instinct\(^6\). A serious consequence of drug abuse is suicide. In United States, 3rd leading cause of death in adolescent is suicide due to consumption of alcohol.\(^7\). Acute consumption of alcohol changes visualization, decision, synchronization and often leads to risk taking behavior.

Physical effects of substance abuse include:

- Organ Damage.
- Hormone Imbalance.
- Cancer.
- Pre-Natal and Fertility Issues.
- Gastrointestinal Disease.
- HIV / AIDS.

**Social Impact:**

On the other hand, with the increase in the consumption of drug, there has been seen a decline in the academic performance of the youths. Usage of drug is closely linked with being malinger and absenteeism from school. Children largely skip their classes and enjoy drugs\(^8\).

Intake of drug increases the possibility of being tangled in traffic mishaps which may cause death or injury. The relation of the drug addict with his friends and family are affected by this habit, causing discrepancies, harsh conversation fights and loss of relationship. Girls consuming drugs enters into irresponsible sexual behavior and are likely to get pregnant\(^9\).

**Why drug abuse increase day by day?**

In developing countries, with rapid financial growth, development and amplified movements to metropolitan areas, new ways of living standards have been escorted in and new ethics and principles have substituted the old ones, thereby, generating circumstances and situations under which conduct can be variously demarcated.

Absence of parental nursing & care due to the working conditions of the parents and the breakup of joint family system inspire the youth to initiate first stage of addiction; there after physical mental and wealth conditions promotes to 2nd & third stage of addiction.
For many individuals it is very difficult to detach from drug addiction and change the habit of consumption of alcohol and drug once cultivated.

In specific, females are susceptible to the effects of alcohol. Excessive use among female youths may restrict the improvement of their prefrontal cortex. Low prefrontal cortex growth may result in insufficiencies in thinking and thoughtless behaviour. Liquor can trigger the pleasure-producing chemistry of the brain and discharge a pleasure-enhancing element called dopamine. This leads to emotional state of despair, annoyance, monotony, apprehension, and irritation\[10\].

**Table 1 Risk and Protective Factors for Drug Abuse and Addiction**

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Protective Factors</th>
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<tbody>
<tr>
<td>Aggressive behavior in childhood</td>
<td>Good self-control</td>
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<tr>
<td>Lack of parental supervision</td>
<td>Parental monitoring and support</td>
</tr>
<tr>
<td>Poor social skills</td>
<td>Positive relationships</td>
</tr>
<tr>
<td>Drug experimentation</td>
<td>Academic Competence</td>
</tr>
<tr>
<td>Availability of drugs at school</td>
<td>School anti-drug policies</td>
</tr>
<tr>
<td>Community poverty</td>
<td>Neighborhood pride</td>
</tr>
</tbody>
</table>

Anyone can get stuck to the addiction cycle (figure1) which can lead to crime, death or the treatment. The treatment is only option for better life and restoration.

**Drug Addiction Treatment**

No matter which stage of drug use one is in, it’s important to seek help right away, especially if one is reached the stage where he is unable to stop using drugs on his own. Addiction is a progressive illness that, if left untreated, only gets worse. Thankfully, addiction is also a treatable illness. There are many forms of drug addiction treatment, including inpatient treatment, outpatient treatment, 12-Step programs and holistic therapies.

One thing to consider when choosing a drug addiction program is if it offers dual diagnosis treatment. Oftentimes a person will develop a drug addiction after trying to self-medicate symptoms of a mental illness.

Drug addiction is complex and chronic fight, and relapses occur even after long periods of sobriety. Very few people can get out of the cycle of addiction on their own, but those could not come out have to pay much better after seeking treatment of some kind. Every addiction treatment case is identical issue, and handling them need continuous care and therapy and thus addiction treatment approaches sought in different forms. Successful treatment needs to address a number of issues that have been disrupted in the patient’s life.

Many factors will determine just what type of addiction treatment is sought, including \[11\]:

1. The need for detox (medically assisted or otherwise).
2. The need for ongoing medical treatment, such as treatment of medical complications arising from drug overdose,
3. The need for skills training for reintegration into a healthier family, work or social environment that will promote sobriety.
4. The need for additional therapy to address any concurrent or dual diagnoses, such as major depressive disorder, anxiety, or bipolar disorder.
5. The need for a thorough plan of aftercare to reinforce the progress made throughout early treatment.

Any option can be chose for abuse therapy after successful diagnosis abuse problem. Diagnosing a drug addiction does not solely rest on determining the
physical appearances of the drug addict. Instead, medical experts use a series of both physical and behavioral diagnostic principles to determine whether one has an addiction and if yes which kind of. These criteria include:

1. Inability to cease using drugs.
2. Inability to meet obligations at work, in the family or to friends.
3. Withdrawal symptoms occur when drug use is stopped.
4. Physical tolerance to the effects of the drug.
5. Compulsive use of the drug, even when harmful consequences are recognized.

Inpatient Drug Abuse Treatment:

Inpatient drug abuse treatment allows an addict to fully focus on his or her recovery. This abuse treatment can be provided as mixture of individual and group therapy to help addicts learn ways to overcome their addictions. Along with that motivational and educational opportunity makes recovery easy. Many times medication also required to ease the symptoms of detoxification and withdrawal. Many common withdrawal syndrome are shown in figure 2.

![Figure 2 Typical Withdrawal Syndromes](image)

Compare to outpatient treatment an inpatient treatment facility can greatly increase the chance of successfully completing a treatment program, particularly if an addict does not have a good support system at home or has a mental illness, such as depression, personality disorder or anxiety disorder.

Outpatient Drug Abuse Treatment

Outpatient drug abuse treatment can guide drug addicts through all stages of their recovery. However, outpatient treatment more sucessful during the later stages of recovery.

Some tools that help to progressively recover from addiction or abuse are motivation, physical work, exercise, meditation, educational programmes.

REFERENCES


