

Impacts of Drugs Addiction on Users: Medical and Psychological Perspectives

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Abstract

Drug addiction is process take pace as fun that leads to make user drug dependence. Drug is sweet poison that attracts the individual's especially young adults that take start taking drug unconsciously and their short term results make them addict and regular use put the life at risk with serious mental, psychological and physical effects that causes dangerous diseases even leads the users at the stage of death. The current article deals with effects of drug addiction in the prospects of psychological and medical that who drug make user unusable in life and put their life into dark world.

Keywords: Drug, Medical Problems, Psychological problems, Diseases.

Introduction

The term 'drug use' in the literature refers to the ways people use drugs such as occasional and regular use of drugs. It is commonly accepted that occasional use may not cause physical or psychological harm; in contrast, regular drug use is widely thought to have harmful effects (United Nations International Drug Control Programme 1997).

Drug misuse is usually defined as "the excessive or inappropriate use of licit and illicit substances in such a way that it may result to harm to an individual". The Drug abuse can be used as "a stronger term, describing a pattern of psychoactive substance use that causes damage to mental or physical health of the user (United Nations International Drug Control Programme 1997)". However, there is considerable slippage between the terms, which are often used inter changeably in the research and practice literature.

Drug

In the current age, there is also no one definition of drug on which all psychologists or scholars could agree. The more suitable definition of drug is;

"pharmaceutical preparations and naturally occurring substances, a substance is a drug whenever its uses is intended primarily to bring about change in some existing process or state, be it psychological or biochemical. The intended modification can be directed towards changes in medical, behavioral or perceptual states and for either therapeutic or non-medical purposes (Hanneman, 1973)"

Perhaps, the most fundamental and persistent question which basic pharmacology can address to which the answer is continually evolving is "what is a drug?" Looking into the history of the concept of drug, it can be seen that ancient Greeks called drugs 'pharmakon', a word which meant both poison and medicine. Similarly, 'pharmakevein' was either the practice of witchcraft or the use of medicine depending on the context. These simplistic concepts, reflective of certain ambivalence, represented the attempt of Greek society to come to terms with the powerful effects of drugs on the mind and body of individual.

Even in more recent times, society has had great difficulty in arriving at one satisfactory definition of the word. According to the existing viewpoint, in the case of pharmaceutical preparations and naturally occurring substances, a substance is a drug whenever its uses is future first and foremost to transport about modify in some obtainable procedure or situation, be it psychological or biochemical.

Dependence and addiction.

The term "drug dependence" and "drug addiction" sometimes considered to be same. The term "addiction" came into being in late 20th century in the terminology of medical science and was defined as "a condition brought about by the repeated administration of any drug such that the continued use of the drug is necessary to maintain normal physiological function, and discontinuance of the drug results in definite mental and physical symptoms" (Segal, 1988)

The expert committee of World Health Organization (WHO) adopted the term of "dependence in 1963" in favor of addiction. In the modern age, drug dependence is defined as by United Nations International Drug Control Programme;

"A cluster of physiological, behavioral and cognitive phenomena of variable intensity, in which the use of psychoactive drug (or drugs) takes 19 on a high priority. The necessary descriptive characteristics are preoccupation with a desire to obtain and take the drug and persistent drug-seeking behavior. Determinants and problematic consequences of

drug dependence may be biological, psychological or social, and usually interact. (United Nations International Drug Control Programme 1997:11)”

Classification of Drugs

In term of usage and effects of central nervous system, drugs can be classified into following categorizes;

Legal Drugs

The drug that is control according to the laws and regulations. These drugs have legal quality and price and is sold to valid persons like tobacco may not be sold to that person whom age is less than 18.

Illegal Drugs

The drugs that are illegal and have no quality and price control is called illegal drug. For example heroin and ecstasy fall in this category. The use of these kinds of drugs, usually people have no idea about it that what are they taking and using. About this kind drug, users have also no idea about its strength or purity. Different illegal drugs making groups may use different kinds of mixtures of drugs and additives such as caffeine, talcum powder or even poisons (druginfo, 2016).

Common drugs

Cannabis, Cocaine, Ecstasy, Heroin, Alcohol, Hallucinogens, LSD D-Lysergic Acid Diethylamide, Methamphetamine, Marijuana.

Cannabis

It is tobacco like brownish or greenish material that is made up from dried flowering tops and leafs of cannabis plant. The leafs of cannabis resin dried brown or back emission of pinnacle tops of cannabis plant and after that it is made in powder shape or press into slabs or little pieces like biscuits. Liquid type cannabis oil extracted from either resin or from dried plant material. All these kinds of cannabis used as smoke. Cannabis oil or resin is also uses in tea or be used as eaten. The use of cannabis make users overjoyed and gave pleurably relax.

The use of cannabis, usually users have increased pulse rate and appetite. Cannabis users also faced problems relating physical and intellectual like driving and thinking logically. The heavy use of cannabis, user colour may be sharpened and perceptions of sound. On the other hand, their thinking power become slow they seen as confused. The more heavy use of cannabis may causes anxiety, hallucinogens, panic or even psychotic episodes. The regular use of cannabis make user less interested to perform activities like work and personal relationship.

Cocaine

It is off white or fine white powder and act as powerful refreshment. Cocaine is extracted from the plant's leafs of coca. Crack is cocaine and is further processed with sodium bicarbonate or ammonia and look like little rocks or flakes. Cocaine is usually injected, snorted or sniffed and crack is smoked. It's also make user overjoyed and excited. Sometimes, users use cocaine alternative to increase energy level and to postponement of fatigue and hunger.

The use of cocaine may resulted lose of hunger, increase in body temperature, fast breathing and increase heart rate. Further reacts as like strangely, unsteadily and sometimes act violently. Heavy dose of cocaine may lead to seizures, convulsions, cerebral hemorrhage, stroke or even heart failure. Regular and long term use of cocaine increase the risk of health problems it depends how they take drug. The use of cocaine through smoking can cause respiratory problem, sniffing cocaine damages the tissue of nose and use of injection cocaine can lead to infection and abscesses diseases. Depending upon drugs taken, other risks involves strong psychological dependence, weight loss, apathy, malnutrition, disorientation and paranoid psychosis. The use cocaine with alcohol is very dangerous and may cause of sudden death.

Ecstasy

This is made in illegal laboratories and is considered psychoactive stimulant. The term of ecstasy has evolved and not refers to as single substance and is combination of range of substances that affect the users. Regardless of its chemical makeup, ecstasy is referred as tablet with logo. This drug is distributed in the shape of capsule, powder and tablet. The tablets have different shapes and sized and can be swallowed, snorted or even injected. Ecstasy increases the understanding level and increase the feeling of closeness to people around them. It makes the user more energetic. The react of this drug may cause of thirst, faintness and tiredness and make the body as regular temperature. Not only this but also heavy dose damage body organs like kidneys and liver. Sometimes its lead to heart failure. Anxiety, hallucination and restlessness are the majors react of this drug. Long term usage, affect brain that may result loss of memory.

Heroin

It is addictive drug that is processed from morphine that is naturally made substance extracted from poppy plant that aimed to use as painkilling. Unadulterated heroin have the shape of white powder whereas street heroin look brownish white due to cut with impurities. Mostly, it is injected but is also smoked inhaled or snorted. It relieve depression, anxiety and tension. User feel free from physical distress, pain or emotions. Heavy dose may causes euphoria. The short term reaction of heroin may causes vomiting, pupils, drowsiness, nausea, apathy and inability to concentrate. It is very dangerous drug by adopting user may quickly develop physical or physiological dependence. Regular use develops tolerance for drug that means they need regular heavy dose to achieve the affect they want. Long term use has dangerous affects. Weight loss, constipation and malnutrition are the major effects of this drug. It also may lead to chronic apathy, sedation and menstrual irregularity.

LSD

It is semi synthetic drug that is made from lysergic acid that can be found in fungus that grow on rye and kind of grains. It is usually called as acid that is most potent hallucinogens. It is sold in streets as little squares of blotting paper with drops in which drug inserted. It is presented in the form of capsules, tablets or even in liquid form. It is colorless substance with somewhat bitter taste. It is usually swallowed. The use of LSD may cause change in mood, thoughts or even sense of feelings of sociability and empathy. In this way, the use of LSD directly affect the mental approach of the user. LSD short term effects have distorted perceptions and produce delusions. The sense of time change, color, depth, touch and sound seems more increased to the user. Sometimes, user feel terrifying thoughts, fear feelings like death and despair. This drug have also psychological affects. Others effects includes increased blood pressure, increase hear rate, sleeplessness, loss of appetite, tremors and dry mouth.

Methamphetamine

It is a combination of different drugs called ATS. This drug is made in illegal laboratories. This drug has the look of tablet, capsules and crystals like shards of glass. It is smoked, injected, sniffed, snorted and swallowed. It drug is feel as mental and physical well being. Not only this but also surge of euphoria and exhilaration. The use of this drug temporary rise in energy and improve individual performance or intellectual tasks. By the use of this drug, user feel no hunger and fatigue. This drug short term effects have faster breathing, increase in blood pressure and increase heart rate and may also increase in body temperature and may cause sweating. By using heavy dose, user may feel restless and may experience panic attacks. Heavy dose may resulted seizures, convulsions and may causes respiratory failure that lead to death. Long term effects may have weight loss and development of psychological dependence and malnutrition (UNO drug report).

Marijuana

It is usually rolled up in form of cigarette that is called point or nail. It is smoked with the help of water pipe called bong and also brewed as tea or mixed with food. The use of marijuana is almost four times more likely to act violently and have damage properties. The use of this drug is increasing rapidly. Making techniques includes the selective use of seeds that produced more powerful drug. It has effects like vision and hearing, distortions in sense of time, reddening of eyes, sleepiness, relaxed muscles and increased appetite. Heart rate may speed up. After the smoke of marijuana, the chance of heart attack increased. This drug may cause of coughing, wheezing, damage the symptoms and damage the lungs.

Alcohol

It is used as drink and slow down fundamental functions that resulted unsteady movement, slurred speech, inability to react quickly and disturbed perceptions. It affects the mind greatly. It reduce the ability of thinking and distort individual's judgment. It has short term health risks include; Falls, Burns, Motor Vehicle crashes, Injuries, Drowings

Long term health Risks includes;

Stroke, Digestive problems, High Blood Pressure, Heart disease, Cancers, Liver Disease, Breast

Memory and Learning problem may have;

Poor performance in work, Dementia

Mental Health problem includes;

Anxiety, Depression, Social Problems like; Unemployment, Lost Productivity, Family Problems

Social problems like;

Lost productivity, Family problems, Unemployment

Why People Use Drugs

The use of drug has made change human life. People use drug to bring change in their lives. The major reasons to use drugs are; To Rebel, To escape or relax, To seems gown up, To fit in, To relieve boredom & To experiment.

To achieve all these goals they think that only the solution is drug. They don't think so that eventually the drug becomes problem. By focusing on solution of one problem, consequence of drug always worse than the problem that is trying to solve with them. The answer is simple that get the facts and not take drugs in the first place.

Thrill and Excitement

Some individuals start drugs to get thrill or to fulfill the inquisitiveness about the drug. This first experience gave them pleasant and exciting. Taking it again and again leads to acceptance and succeeding increase in the dosage. Actually peer group plays important role in taking drugs. When friends and peer groups involves in taking drugs it create desire in the person to do so. The thrill of new novel experience and exciting is first step that leads to long journey of drug destruction. The use of drugs makes financial stringency, strained interpersonal relation and adjustment problems may contribute to the drug abuse.

International Drug Scene

Drug habit is a threat is dispersal all over the world at shocking rate. WHO reports that nearly 50 million people in the world are drug-addicts, 30 million smoke marijuana, 8 million cocaine, 1.7 million opium, 700,000 use heroin and the remaining consume narcotics such as smack etc. In USA drug abuse is the major health problem. Number of Americans using various drugs, being addicted to them, even dying from overdoses, is on the increase. It is estimated that Americans spend \$90 billion a year on drugs. The various cities in the U.S., where use of drugs and drug related crimes are high are Detroit, Texas, Miami, Bosion and Los Angeles. Cannabis is the most used drug in Africa and the Middle East, where it was unknown till 1940. Pakistan, India and Bangladesh in the subcontinent show an extraordinary rise in drug abuse. Drug-abuse in the Gulf and the West Asian countries is also on the rise, cannabis and opium being the commonly used drugs.

Pakistan is the most convenient point for smuggling out huge quantity of drugs like opium, heroin and smack. Latin America is also a heaven for drug trafficking. Bolivia and the neighboring countries grow and process cocaine. South America has enormous trade in cocaine. Drug is being smuggled through various routes, Venezuela being the popular transshipment point for East bound cargo. Cocaine primarily travels from Colombia pacific ports, via Costa Rica to Mexico and on to California. Drugs are also moved through Chile to markets in Asia, and through Brazil, Uruguay and Argentina to Europe. "Golden Triangle" comprising the border area of Thailand, Burma and Laos was once the main source of supply. Now the "Golden Crescent" (comprising Iran, Pakistan and Afghanistan) has taken over the main supply. Drug trafficking has a well-organized network all over Europe and America and other regions. Drug traffickers, transport crude opium from Turkey into Africa and convert into a crude form of morphine. It is then transported to European countries.

Druginfo (2016) in late 1970's there were hundred opium users in the country and Bhang and Chars were the other usage drugs. Now in the modern age, the situation has been changed and drug addiction has spread in every class of society, male and female and age groups. The major cause of increasing rate of drug is large production in Afghanistan and political volatility in Pakistan. There is need to control drug usage with iron hands.

Malik, Sarfaraz (2011) conducted a research study about drug usage and stated that the origin, development and drug addiction in South Asian countries fall its impact on Pakistan. With the estimated population of 170 million, Pakistan is second largest country in South Asia. As other South Asian countries, Pakistan has the same health profile with low level of literacy rate, poor access to health care and infant maternal mortality. Furthermore, large budget is being used for AIDS caused by use of injecting drug. Drug survey conducted from 1980 to 2006 and result indicated that the increase of drug abuse is at the rate of 7% annually. In 2006, national assessment report that there are near about 628000 opiate users and from them, near about 482000 that made 77% were heroin users. Due to the increase in production of heroin in Afghanistan, the rate of heroin usage is increased in Pakistan. Furthermore, injected drug usage almost reported double as compare to 2000. This is the major cause of increase of HIV/AIDS.

Sajida et al. (2010) conducted study to analyze the psychological problems of drug addicts and non addicts in the role of family functioning. The respondents were grouped into two categories by using cluster sampling method. It was the hypothesis of the study that variable of communication and affective expression among family member of addicts will higher than non addicts. Survey methodology was used in this study and sample size was 240 teen agers divided into two groups of 120 one of addicts and one of non addicts from different socio economic status. The results of the study showed that emotional distress and positive self between addicts and non addicts by apply t-test showed important difference among family members and there is also

significant difference between addicts and non addicts.

Iqra et al. (2001) conducted study on drug abuse. She explored the relation among hepatitis B and C with drug addiction. Literature was reviews of six months about drug addiction and hepatitis B and C in Pakistan. The literature showed that unsterilized media injections, drug abuses, injection abuser groups, unsafe blood transfer and sexual behavior are the major reason to disease in Pakistan. The use of injection drugs are the major reason of spreading infection. The studies showed that blood borne viral infection are greater among people with extensive drug use. Abnormal sexual behavior, sharing infected injection and other tools are reason of viral spread.

Laget (2000) stated in his research about government efforts against drug eradication. He argued that government should reduce socio economic deficiency and should physical and friendly mental working situation and support disadvantaged inhabitants and gave more awareness about drug risks and should facilitate them with counteractive actions. The increase in drug addiction is due to narcotics are nervousness decreasing agents. Their gripping and sedative action assists in relief from anxiety and restlessness.

Guilbert Baudier & Gautier (2001) conducted study on the use of drug such as sniffing, injecting, drinking and smoking. The study concluded that overall drug usage is more dangerous but taking drugs through injection is more harmful as compare to other ways. The drug users who use needles, put their lives in danger. Sometimes addicts use same syringes and needles for multiple people that may cause of germs and diseases like hepatitis and HIV/AIDS.

Panda (2013) conducted research study on drug usage among women. The rate of drug addiction is increasing among women. These drugs addiction causes domestic violence that magnifies emotional and physical stress in the family. Women that use drug involves in serious diseases like genitourinary liver problems, ARI, sexually transmitted infections and gastrointestinal. Not only this but also face problems like depression, anxiety and insomnia etc. The regular use of drug may cause irregularity of menstruation in girls. This drug addiction is not only dangerous for women but also dangerous for upcoming babies. The study explored the all reasons and highlight all factors of drugs usage and its results in women as well as in context of empowerment, support and attention to be special requirement of women.

Melaine et al. (2008) conducted study to analyze the media campaign's role in health risk behaviors. According to them, media is being used at wide range for conducting campaign and disseminating message through different routes to aware the masses about the danger of drug usage. The use of media like radio, TV, newspapers and other kinds are very useful to expose high proportions of large populations. These media messages usually act as passive and there is need to conduct campaigns frequently with different factors such as powerful social norms, pervasive product market and behavior driven by habit or addiction. In their research they discussed the results of mass media in term of use of alcohol, tobacco and other life risk drugs and different diseases like heart, liver, kidneys, lungs, sex related behaviors, cancer, road safety, child survival and blood donation etc. The result of study concluded that media campaigns have ability to produce positive change and can prevent being addicted in drugs across large population. Furthermore study concluded that availability of required services and products, community based programs and policies support in behavior change. They suggested areas for perfection to devote large amount of funded campaigns to achieve adequate results.

Hornik, Yanovitzak (2003) presented the general theme that how media messages and campaigns affected and argued that evaluation of communication campaigns must be extracted by theory of effects. National Youth Anti-Drug Media campaigns illustrated the theory of effects and implications that theory has for evaluation design. Model of effect tacit that person experience affects cognitions that lead to affect behavior over short term. Effects may operate through institutional or social paths that plays role in individuals learning and achieve through different channels as time passed and this thing leads to detectable change and affect members of audiences but not to others.

Baumann et al. (2007) conducted research entitled "Associations of Social and material deprivation with tobacco, alcohol, and psychotropic drug use, and gender: A population based study". They argued that tobacco, alcohol and other drugs have strong contribution in destroying health. Drug addiction has become global problem and this threatening is spreading broader and broader and is reaching every corner of the world. Heroin was produced by scientist in 1874 in London that is being used commonly now a days. This drug was used as miraculous medicine in world -war-I but after that soldiers became addicted. Their study concluded that the use of alcohol relates to the poverty and family structure. The use of psychotropic drugs and tobacco related to poverty, working condition and education level. Government policies aimed to improve mental and physical condition reduce deprivation and help individuals to more aware of drugs risks and find remedial measures.

Conclusion

Medical science found drug's long term health Risks includes Stroke, Digestive problems, High Blood Pressure, Heart disease, Cancers, Liver Disease and Breast etc. On view of psychological, Memory and Learning problem may have Poor performance in work, Dementia. Furthermore Mental Health problem includes Anxiety,

Depression, Social Problems like; Unemployment, Lost Productivity, Family Problems. Whereas, drug addiction may have social problems includes like lost productivity, Family problems and Unemployment. In this way there is need to take strong action to eradicate the production and usage of drug to safe the humanity.

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