

"Breaking Chains: Exploring Substance Abuse and Recovery"

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Abstract

Throughout human history, psychoactive substances have played a significant role, with early records depicting their usage. Over time, it has become clear that certain individuals engage in excessive drug consumption, leading to associated problems. In recent decades, research efforts and treatment interventions have notably increased. Despite this, the precise causes of substance abuse disorders remain elusive. Current evidence suggests a multifaceted interplay between biological predispositions, psychological factors, and social influences. Research predominantly indicates that genetic factors play a substantial role, especially in individuals with severe abuse patterns. This highlights the complex nature of substance abuse disorders and emphasizes the importance of comprehensive approaches to understanding and addressing them.

Key Words- Psychoactive, Substance, Predisposition, Evidence, Influence.

INTRODUCTION- Substance abuse, also referred to as drug abuse, is the ingestion of a substance in quantities or by methods that pose a risk to the user or others. This behavior represents a kind of drug use disorder, with varying classifications used in public health, medical, and criminal justice sectors. The impact of drugs may result in illegal or antisocial behavior, and extended substance use may cause lasting personality changes in people. The use of some substances may have physical, social, and psychological effects, as well as legal repercussions, but the severity of sanctions varies considerably by jurisdiction.

Definition of substance abuse

Substance abuse refers to the improper or excessive use of substances, including drugs, alcohol, or pharmaceuticals, resulting in detrimental effects on an individual's physical health, mental well-being, social connections, and general functioning.

CLASSIFICATION OF SUBSTANCE MISUSE

| | | |
|-------------------------|--------------------|------------------|
| Alcohol dependency | Cocaine | Hallucinogen |
| Opioids | Caffeine and other | Volatile solvent |
| Cannabis | stimulants | Anaesthetics |
| Sedatives and hypnotics | | |

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 2022

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

Commonly known as "crack," it can be administered orally, intranasal, through smoking, or parenteral.

Barbiturates

These are sedatives and are used for the sedation of aggregated patients to relief pain

Volatile solvents

These substances are central nervous system depressants, including ether, nitrous oxide, thinners, and cleaning fluids. Initial use may induce euphoria, followed by symptoms such as



confusion, disorientation, ataxia, delusions, and hallucinations. High concentrations can lead to convulsions, coma, and even death.

Incidence rate

The incidence rates are as follows:

- Women who use any kind of tobacco: 6.8%
- Women who consume alcohol: 1.2%
- Men who use any kind of tobacco: 44.5%
- Men who consume alcohol: 29.2%

Causes of substance abuse

- Biological factors
- Psychological factors
- Social factors
- **factors**= family history of substance use disorder.
- Biological factors
- **Genetic**

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.
- support
- Urbanization
- Unemployment
- Over crowding .
- Poor social

Clinical feature

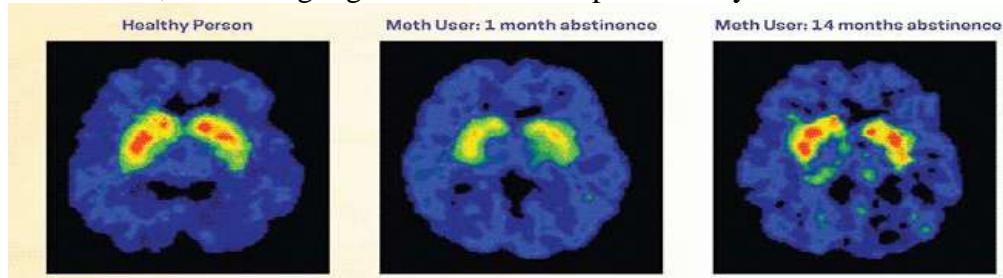
Alcohol

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

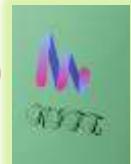
Amphetamine-

- Cardiac failure.
- Panic
- Insomnia.
- Paranoid hallucinatory syndrome.
- Cocaine- pupillary dilatation
- Tachycardia
- Sweating
- Nausea
- Hypertension
- Anorexia
- Seizure
- Allucinogen
- Derealization
- Illusion
- Automatic hyperactivity
- Impairment of judgment
- Depersonalization.
- Marked anxiety

"Indeed, addiction is treatable, akin to managing other chronic conditions like heart disease or asthma. Advances in addiction science have led to evidence-based methods that help individuals overcome substance use disorders and reclaim their lives through recovery. While treatment may not be a cure, it empowers individuals to counteract addiction's impact on their brain and behavior, facilitating regained control and productivity."



Medications and devices help treat drug abuse-



"Different medications play crucial roles at various stages of addiction treatment, aiding patients in ceasing drug abuse, adhering to treatment, and averting relapse:

- Withdrawal Management: Upon discontinuing drug use, patients often encounter physical and emotional symptoms like restlessness, sleep disturbances, depression, and anxiety. Specific medications and devices alleviate these symptoms, facilitating the cessation of drug use.

- Treatment Adherence: Some medications and mobile applications assist in the gradual adaptation of the brain to drug abstinence. By mitigating drug cravings and inducing a calming effect on the body, these treatments support patients in focusing on counselling and psychotherapies integral to their recovery journey.

- Relapse Prevention: Stress cues associated with drug use, such as people, places, things, and moods, along with exposure to drugs, are primary triggers for relapse. Therapies are being developed to disrupt these triggers, enhancing the likelihood of sustained recovery."

Conclusion-

"Drug abuse exerts a profound impact on every facet of life, including overall health and wellness, family dynamics, and community well-being. With a myriad of drugs available, ranging from illicit substances to misused prescription medications, the potential effects are vast and diverse. Drug abuse does not discriminate; it can afflict individuals from all walks of life and across the globe, leading to devastating consequences for anyone involved. Whether it's the choice to use illegal drugs or misuse prescribed medications, the detrimental effects on one's overall health cannot be understated."

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