

Understanding the Intricacies of Substance Abuse: A Multifarious Approach.

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Drug addiction: it causes a person to take drugs repeatedly, despite the harm they cause. Repeated drug use can change the brain and lead to addiction. The brain changes from drug use in ancient civilizations as far back as early hominid species about 200 million years ago. Roughly 13,000 year ago, the inhabitants of Timor commonly used betel nut (Areca Catechu) as did those in Thailand around 10,700 years ago and continuously being used till today.

Neuropsychology:

Addiction is generally a neuropsychological disorder defining pervasive and intense urge to engage in maladaptive behaviours providing immediate sensory rewards (e.g. consuming drugs, excessively gambling), despite their harmful consequences. Dependence is generally an addiction that can involve withdrawal issues. Addictive disorder is a category of mental disorders defining important intensities of addictions or dependences, which induce functional disabilities. Repetitive drug use alters brain function in ways that perpetuate craving, and weakens (but does not completely negate) self-control. This phenomenon drugs reshaping brain function has led to an understanding of addiction as a brain disorder with a complex variety of psychosocial as well as neurobiological (and thus involuntary) factors that are implicated in addiction's development.

Classic signs of addiction include compulsive engagement in rewarding stimuli, preoccupation with substances or behaviour, and continued use despite negative consequences. Habits and patterns associated with addiction are typically characterized by immediate gratification (short-term reward), coupled with delayed deleterious effects (long-term costs).

Genetic Factors:

A person's genes, the action of the drug, peer pressure, emotional distress, anxiety, depression, and environmental stress can all be factors. Many who develop a substance use problem have depression, attention deficit disorder, post-traumatic stress disorder, or another mental problem. Research suggests that certain genetic variation can cause individuals to attract towards drug addictions while other protect. Genetic factor may develop attraction towards drug addiction and also their ability to recover from addiction. Identification of genetic markers and develop intervention programmes for high risk individuals.

Social factors:

In marriages: If one of the couple is a drug addict, it causes untold hardships to the other partner. The person who is an addict may have mood swings, violent outbursts, etc. The person who is addicted does

not care about family and social responsibility, which leads to constant tension in married life and may lead to breakdown of marriage.

At home: A drug addict can jeopardize relationships with family members and peer groups. Addicts can become a burden on the family as they never contribute in family wellbeing and works. Frequent violent behaviour and financial burden incurred by addicts put much hardship on family members.

In education: Drug addiction affects the education of an addict as it leads to mental retardation. They lose interest in studies and become restless. They are underperformers because of loss of memory. They behave erratically and make unexplainable excuses to avoid educational institutions.

In employment: Employers are affected by employees who are drug addicts. They may change from a smart, punctual and efficient worker to someone who is late for work, or starts neglecting their appearance and personal hygiene. Their behaviour changes and it leads to a drop in productivity. Unable to communicate, they lose confidence and under-perform.

Health and wellbeing: Drugs lead to decay of health. It leads to cancer and communicable diseases. Drugs like heroin, cocaine and amphetamines lead to different kind of behaviour among addicts. Overdose of drugs may lead to suicide, death or physical damage.

Personality: It leads to anxiety, restlessness, paranoia and low self-esteem. Some drugs lead to alterations in functioning of the brain, which has a dramatic effect upon a person's behaviour. Low appetite, weight loss and low concentration affects the brain, which can lead to mental disorder, affect psychomotor skills, and cause hallucination and lack of personal hygiene.

Financial issue: The cost of an addiction not only affects the addicted person but also the entire family and their friends. An addict could gradually indulge in stealing money from relatives and later end up committing bigger crimes.

Law and order: People who are addicted to drugs are often involved in stealing, or in fraud and other criminal activities. They may join organized criminal gangs and groups to meet their needs. They often engage in drinking, and creating law and order problems in society. Prostitution, extortion, kidnapping, vehicle thievery, illegal peddling, smuggling, etc, are also associated with drug abuse. The tendency of suicide also emerges in an addict.

Psychological factors

Examples of drug (or more generally, substance) addictions include alcoholism, marijuana addiction, amphetamine addiction, coca. A person's genes, the action of the drug, peer pressure, emotional distress, anxiety, depression, and environmental stress can all be factors. Many who develop a substance use problem have depression, attention deficit disorder, post-traumatic stress disorder, or another mental problem in addiction, nicotine addiction, opioid addiction, and eating or food addiction.

Conclusion:

Due to cultural variations, the proportion of individuals who develop a drug or behavioral addiction within a specified time period (i.e., the prevalence) varies over time, by country, and across national population demographics (e.g., by age group, socioeconomic status, etc.). Where addiction is viewed as unacceptable, there will be fewer people addicted. By identification of intricacies of drug addiction Medicare, policy makers and the communities can work together to develop programmes that help individuals regain their lives and to create a just society free from drugs.