



“बेटी बचाओ, बेटी पढ़ाओ”

## JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

### Faculty of FPD

**Faculty Name-**                    **JV'n SMRITI (Assistant Professor)**

**Program-**                            5<sup>th</sup> Semester

**Course Name -**                    BMLT

**Session No. & Name –** 2023- Drug Abuse

#### Academic Day starts with –

- Greeting with saying ‘**Namaste**’ by joining Hands together following by 2-3 Minutes Happy session, Celebrating birthday of any student of respective class and **National Anthem**.

Lecture Starts with-

Review of previous Session- Isoenzyme

Topic to be discussed today- Today We will discuss about the drug abuse and clinical significance.

- University Library Reference- satyanarayan, godkar, Lehninger.

National song ’ **Vande Mataram**’

## TOPIC:- Drug Abuse

### Drug Addiction

Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. The earlier you get treatment for drug addiction (also called substance use disorder) the more likely you are to avoid some of the more dire consequences of the disease.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances.

You can also get addicted to prescription or illegally obtained narcotic pain medications, or opioids. This problem is at epidemic levels in the United States. In 2018, opioids played a role in two-thirds of all drug overdose deaths.

At first, you may choose to take a drug because you like the way it makes you feel. You may think you can control how much and how often you use it. But over time, drugs change how your brain works. These physical changes can last a long time. They make you lose control and can lead to damaging behaviors.

### Addiction vs. Misuse and Tolerance

Drug misuse is when you use legal or illegal substances in ways you shouldn't. You might take more than the regular dose of pills or use someone else's prescription. You may misuse drugs to feel good, ease stress, or avoid reality. But usually, you're able to change your unhealthy habits or stop using altogether.

Addiction is when you can't stop. Not when it puts your health in danger. Not when it causes financial, emotional, and other problems for you or your loved ones. That urge to get and use drugs can fill up every minute of the day, even if you want to quit.

Addiction also is different from physical dependence or tolerance. In cases of physical dependence, withdrawal symptoms happen when you suddenly stop a substance. Tolerance happens when a dose of a substance becomes less effective over time.

When you use opioids for pain for a long time, for example, you may develop tolerance and even physical dependence. This doesn't mean you're addicted. In general, when narcotics are used under proper medical supervision, addiction happens in only a small percentage of people.

### **Effect on Your Brain**

Your brain is wired to make you want to repeat experiences that make you feel good. So you're motivated to do them again and again.

The drugs that may be addictive target your brain's reward system. They flood your brain with a chemical called dopamine. This triggers a feeling of intense pleasure. You keep taking the drug to chase that high.

Over time, your brain gets used to the extra dopamine. So you might need to take more of the drug to get the same good feeling. And other things you enjoyed, like food and hanging out with family, may give you less pleasure.

When you use drugs for a long time, it can cause changes in other brain chemical systems and circuits as well. They can hurt your:

- Judgment
- Decision-making
- Memory
- Ability to learn

Together, these brain changes can drive you to seek out and take drugs in ways that are beyond your control.