



# Substance Abuse Disorders and its Effects on Human Body

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## INTRODUCTION

Chronic drug use is defined as an ever-evolving condition in which people are unable to maintain control over the use of a substance notwithstanding the negative consequences of such use. Substance abuse can lead to life-threatening consequences. Addictions are not a matter of willpower or profound qualities. Slavery is a powerful and complicated illness. People who are addicted to drugs cannot simply quit using them, even if they want to. The drugs alter the psyche in such a way that stopping is both physically and mentally difficult. Treatment for addiction typically necessitates long-term care and treatment.

## DESCRIPTION

Following the use of drugs, people feel drunk. Drugs have a long-term effect on the psyche. The cerebrum gets desensitised to the treatment, requiring a higher dose of the drug to achieve the same result. As a person consumes more drugs, drugs begin to exert influence over their lives. It is possible to lose interest in various aspects of life. Social, familial, and career obligations fall by the wayside for some people. Though the person with SUD is not impacted by the substance, they begin to feel as if something is wrong. They might get obsessed with regaining that one-of-a-kind predisposition.

Drugs affect the cerebrum, particularly the brain's "reward focus." Humans are inherently motivated to seek monetary compensation. These awards are frequently given out for good behaviour. When you spend time with a friend or family member or eat a delicious meal, your body releases a chemical called dopamine, which makes you happy. It becomes a cycle: you seek out these meetings because they provide you with great feelings. Drugs also flood the cerebrum with massive amounts of dopamine. In any event, rather than motivating you to do the things you want to do, high dopamine levels might cause harmful alterations in your thoughts, feel-

ings, and behaviour. This can lead to an unpleasant desire to seek pleasure from the medication rather than from more solid pleasurable experiences. The cycle revolves around the search for and consumption of drugs in order to achieve that happy feeling.

After some time, drug dependence alters the cerebrum. It has an impact on how the cerebrum works and, surprisingly, how the mind is built. That is why medical service providers regard substance abuse to be a brain disease. A medication's primary application is a choice. Regardless, reliance can develop, resulting in a dangerous situation. Drugs affect your ability to think, including your decision to cease using them. A "backsliding infection" is a tangle of substance usage. You want to continue treatment because there is a risk of relapse. Your medical services provider should review your treatment plan with you and make changes as your needs change. If you don't like doctor-prescribed drugs, especially narcotics, let your medical service providers know.

## CONCLUSION

Substance abuse can be fatal. If left untreated, you risk dying of glut or engaging in dangerous drug-affected behaviour. Treatment can assist people in recovering from addiction and avoiding serious consequences. The most efficient method to cope with you is to avoid drugs. When you experiment with diverse approaches to substance abuse, it gets easier to give up. In the event you believe you have substance use confusion and need to stop, converse with a medical services supplier who can direct you on following stages.

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## CONFLICT OF INTEREST

Authors declare no conflict of interest.

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