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Addiction

It’s dependence of people for an activity or a substance which create pleasure. It exists many addictions with consequences more or less serious from case to case. Addiction can be physical or and psychological, so the body suffering about the lake of substance or activity. In France 9,7 million of people between 12 and 75 years old consume regularly alcohol, 1 million of people have already try cocaine, 14% of 17 and 18 years old smoke cannabis alone or before noon, 15% of 18 and 44 years old consume repeatedly and in combination alcohol, tobacco and cannabis and in the world 4 million deaths because of tobacco.

The similarity between all dependences is that they provide pleasure. It would be like a cellular mechanism adaptation. I said “would be” because they are many researches about the addictions but all is not already proofed. So for addicts, addiction with is pleasure effects permits to overcome anxiety sensation.

Addictions act on endogenous ligand. It works on brain where it exist a target which naturally receipt the ligand. Addictive product replaces genetic ligand and stimulates the target.

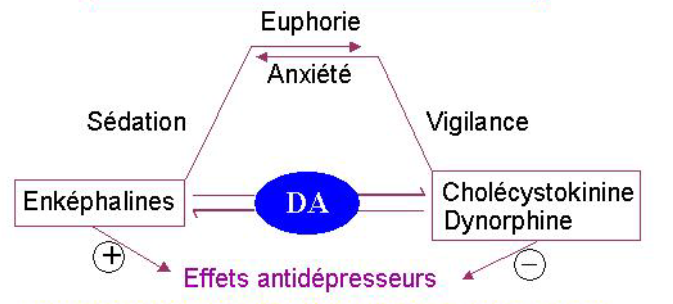
For example, heroine deriving from morphine has substances which receipt him: the receptor mu and alpha which stimulate neuron (his target).

But why does it exist a pleasure system on the body?

It’s here with two endogenous systems: the first with opioid peptides which creates pleasure and a system against the other, with other peptides which creates anxiety. The dopamine a little molecule here in the middle links their and gives pleasure.

This system has vital function, the preservation of species. The sexuality is linked with the creation of enkephalin which generates pleasure with dopamine creation.

So, we can see a kind of balance between sedation systems which go to euphoria and when it achieved the other system which go on and increase vigilance, and if it goes too much provides anxiety and switch on the other.



We think that addicts often have imbalance in these systems and it provides the addictive comportment.

University of Cambridge did work about addictions and they found that would have a hereditary behaviour to the addict.

Researchers found that addicts and their non-addicted siblings share certain features of the brain, meaning it may be linked for addicted behaviours.

Scientists, who had scanning the brain of fifty pairs of brothers and sisters of whom one was cocaine addict, found that both siblings had brain abnormalities that made sself-control difficult.

The finding increase understanding of why some people of family history of drug abuse have a higher risk of addiction than other.

The study could also help vulnerable people to learn how to take control before the addict set in.

Thanks to rats eaters of M&M’s, American scientist maybe discovered a biological explaining to addiction with chocolate. Indeed, researchers of Michigan noted that when rats see candies their neurotransmitters were unexpectedly and exceptionally exited. One area of their brain produces specifies endorphins, enkephalin. Which encourage gorging M&M’s a similar reaction like addicts in front of their addiction. The Kit Kat’s which contain chocolate can certainly be addictive.

The two most important treatments against addictions are detoxification and substitution treatment.

Detoxification is the first state of consumers care who are addict. They are treated from case to case in hospital or another medical and social centre.

It aims to limit physic and mental effects of lack.

The next step is psychotherapy and treatment of depressive reaction created after stopping consumption.

Usually, these help increase result and allows social reintegration.

Substitution therapy consists to administrate to the patient a substance which has the same pharmacologic activity than his addictive product.

Like the other, this therapy permits to avoid physic and mental effects of lack to fix or to reduce the consumption and to put in place psychological and social helps to minimized relapse.

Other things used against addictions are less knew.

Acupuncture treats symptoms and detoxification lack to achieve a mental and physic stability more rapidly, it also restores energy of body and functioning of internal organs.

Most acupuncturists treat addiction with the use of needles on acupuncture points outside and around the ear. Other points that may be addressed include those of the lungs, liver and kidney which assist an addict to detoxify and clear any unwanted toxins that have derived from the addictive substance in their body.

Auricular acupuncture, or acupuncture of the ear, has been used to treat addiction for many years.  The theory is that there are 200 points in the ear that correspond to organs in the body and, when stimulated, these points nourish and replenish these organs.  This helps with detoxification and, in the case of addiction, to suppress withdrawal symptoms such as anxiety, agitation, and insomnia.  It also helps to bolster the levels of energy in the body, and leaves the patient feeling relaxed, energised, and in a positive frame of mind.

An acupuncturist unblocks energy and re-establishes energy flow along meridians by needling specific acupuncture points. In doing so it improves the state of internal organs, assisting everything from digestion, absorption, blood circulation and energy production activities.

Modern scientific research has proven acupuncture to be beneficial in addiction control and elimination by, increasing feelings of relaxation, reducing the intensity of withdrawal symptoms, improving sleep patterns, raising the level of feel-good endorphins in the nervous system, freeing any blocked energy from around the body

[Hypnosis](http://en.wikipedia.org/wiki/Hypnosis) or [hypnotherapy](http://en.wikipedia.org/wiki/Hypnotherapy) as an addiction treatment is gaining credibility in the medical and psychiatric community. When carried out under the watchful eye of a highly qualified addiction counsellor, this treatment can help those who have already come through the initial stages of rehabilitation cope with cravings and stave off relapse.

The last thing that I would speak it’s the use of medicinal plants and herbs (appendix) to treat addictions. Herbal treatment will vary depending upon the abused substance and overall health of addict. To minimize withdrawal symptoms, withdrawal from any drug should probably be done slowly although some addicts may find it possible, even beneficial, to go cold-turkey. The task of quitting cannot be accomplished alone and professional help should be found if at all possible for best results.

It helps to find someone that will hold the addict accountable for their actions. Addictions are very dangerous for health and mental. It does provide loss of confidence. The existing treatments aren’t very efficient because there are many people who make depressions or relapses.

I think that acupuncture, hypnosis and herbal medicine can really help addicts to avoid these risks to allow a detoxification more efficient.

And in my opinion, genetic researches could allow to warn people or to create antibodies against the most dangerous addictions.

Appendix

Ashwagandha – Is an Ayurvedic herb with tonic, adapt genic, sedative, anti-inflammatory, and anti-aging properties. It is ideal for treating a debilitated but overactive person. It also makes a person feel more grounded, helping to prevent relapse from addiction. It is especially effective in treating nervous exhaustion due to stress.

Basil leaf - Acts as a nerve restorative, calming feelings of anxiety and depression.

Dandelion root – Acts as a liver detoxifier and digestive stimulant.

Danshen – Has been demonstrated in scientific studies to reduce alcohol cravings and intake, prevent alcohol absorption, inhibit certain drinking behaviours and prevent drinking relapses from occurring.

Kava – Is a potent anti-anxiety herb, mild sedative, skeletal muscle relaxant, hypnotic, mild analgesic, and a local anaesthetic to mucous membranes. Kava is safe and non-addictive so it is beneficial to addicts that suffer from anxiety, nervous tension, restlessness, sleeplessness, and depression.

Kudzu – Consists of an antidipsotropic ingredient, Diadzin that causes a negative physical response when alcohol is consumed therefore diminishing the continued urge to drink. Science has also demonstrated Kudzu to reduce withdrawal symptoms as well actual alcohol intake.

Lemon balm leaf – Reduces withdrawal symptoms by supporting the nervous system and uplifting the overall mood.

Oatstraw herb – Acts as a nerve tonic and antidepressant. They nourish the nervous system, speed wound healing, and soothe irritated tissues. They calm a stressed nervous system and strengthen it from exhaustion or depression.

Passionflower – Reduces withdrawal symptoms from nicotine, alcohol, marijuana, opiates, painkillers and associated sexual behaviors.

Saint Johns Wort – Carries anti-depressant effects and reduces the addictive urge to drink and take prescriptive drugs such as Prozac and other anti-depressants.

Skullcap herb – Regulates emotions, calms anxiety and enhances awareness of addictive behaviours. Skullcap is also a nerve restorative that reduces withdrawal symptoms such as panic, tremors and nightmares.

Valerian – Is a herb from which Valium derives, valerian acts as a natural sedative, calming the nerves and allowing for detoxification to take place.

Glossary

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