

## **Dangers of Drug Abuse**

**- Dr Hardin B Jones**

### **Summary**

In the beginning, Dr Hardin B Jones says that with the notion of preventing physical and mental diseases, drugs have been discovered. This made people to think that any disease whether it is infective or psychic can be cured by taking a pill. For instance, if there is a sign of nervousness, people take pep pills. In order to mislead the public, medical journals promote people to buy tranquilizers, amphetamines and mood-altering drugs. These are the reasons why the drug is abused by people. If a person abuses the drug, he will lose his ability to solve “life's situations” through “perseverance”, “self-discipline” and “mental effort”.

Hardin says that it is not good to criticise the medical field for drug abuse because the medical field has a great history from Hippocrates' period onwards. Hippocrates, a Greek physician, is considered as the father of medicine. Based on the symptoms of the disease, body “constitution” and “habits” of the patients, he gave “remedy” to his patients. His principle is practised by modern physicians. That is, a physician should prescribe apt medicine to cure a particular disease. The positive effect of the drug is that it has “restorative” effects. The negative effect of the drug is that if a healthy person takes drugs without any disease, it will destroy the healthy functioning of the brain and the body.

Hardin then tells that one should make a distinction between medicines and sensual drug. Sensual drugs are those drugs which are not needed for the body. It will only provide “a strong sense of pleasure” by stimulating the pleasure centres either directly or through chemical mimicry. It is the brain which controls “sensations, moods, thoughts and actions” of an individual through a series of chemically controlled processes. Sensual drugs alter these chemical processes which in turn affect the healthy functioning of the brain. These changes are apparent in the case of mechanisms that control pleasure and satisfaction.

When an individual starts drug abuse, he is less satisfied in the amount of drug which he is consuming. He urges for more intake. In severe addiction, the pleasure mechanism fails. There is a misconception that drug can give relief to sorrows and relief but does not give relief to sorrows.

A person who is addicted to drug begins to suffer depression, physical problems and show personality changes. They can't even know what is happening around them and to whom they are talking. His mind will be always disturbed. Hence his mental condition can be compared to “paranoia”. He does not know why he is disturbed. He becomes suspicious and introvert. He feels that everyone is looking at him strangely because he cannot realise whether an individual is smiling or angry with him. The addict even feels that he is “dead inside”. That is why often drug addicts press their arms or legs deeply to realise that they are alive on the reality which they have created. This prompts them to get more and more “drug-induced sensations”.

The reason why drug addicts cannot stop drug addiction is that the drug's harmful side effect is not immediately apparent. The only symptoms which will the drug addicts show are “incidental delirious” effects and “death from overdose”. In extreme cases, drug addicts will face health issues. Even drugs directly affect the brain which alters mental mechanism. This causes the drug addict to behave in a strange way. More than that the drug addicts harm himself.

Drugs cause many diseases. If the drug addicts use dirty needles and solutions which are used for injecting drugs, it will cause “abscesses” in the arms and veins, liver disease, venereal disease and kidney and brain infections. Sniffing cocaine and amphetamines degenerate the nose tissues. Marijuana and tobacco smoking can cause lung diseases. Heavy users of alcohol, volatile solvents, amphetamines and marijuana can permanently damage the liver of the users. If pregnant women consume drugs, their babies become a drug addict and show withdrawal symptoms. Cocaine and amphetamines do hair falling. Even marijuana destroys the cells. The lifestyles of drug users make them more prone to pneumonia, tuberculosis, malnutrition and weight loss. An overdose of sensual drugs leads to respiratory or cardiac failure and death.

Sensual drugs alter the chemical process of the brain cells which can change the cell pathways and hookups. On the basis of the cell damage, the side effect is either temporary or permanent. As the article ends, Dr Hardin B Jones says that this article focuses on the drug's effect on the brain because no one realises drugs effect on the brain.

WRITER : Dr. Hardin B Jones

Born on June 11, 1914, in Los Angeles, California, USA

Parents: Ms. Maude Blair & Mr. Hardin Henry Jones

Education: From University of California

Profession: Started career as Assistant Professor of Physiology and rose to rank of Professor at Berkeley.

Then became Assistant Director of Donner Laboratory, University of California

Died after a brief illness on 16 February 1978, in Berkeley, California.

Book: 'Sensual Drugs: Deprivation and Rehabilitation of the Mind',

co-authored by his wife, Helen Cook

## **NOTES**

This essay is a timely warning to the modern society about DANGERS OF DRUG ABUSE

### **DRUGS**

1. to prevent & cure physical disease
2. to reverse mental disturbance

### **CAUSES OF DRUG ABUSE**

- . The popular belief that any illness can be relieved by taking a pill – This led to Drug Abuse
- . People depend upon drugs not to solve their problems but to forget them.

### **PROBLEMS OF DRUG ABUSE**

Over dependence on drugs to solve problems lead to lose of the capacity to deal with life's situations through perseverance, self-discipline and mental effort.

### **HIPPOCRATES: Father of medicine says**

- a) A remedy must take into Account
  - i. Symptoms of Disease,
  - ii. General health of the Patient

b) Person in good health losses strength by taking purgative medicine

### **WHAT ARE SENSUAL DRUGS?**

- i. It gives strong sense of pleasure.
- ii. Stimulates the brain's pleasure centres.

Brain governs sensations, moods, thoughts & actions. Sensual drugs upset this mechanisms that control pleasure & satisfaction.

This weakens brain's pleasure reflexes & in severe addiction pleasure mechanisms fail to respond. Later the brain is unable to interpret it as pleasure

Only Naturally attained pleasure can give total satisfaction.

### **DANGERS OF THE ABSUE OF SENSUAL DRUGS**

I, feels physical discomfort & in personality changes,

II, feels depressed & fails to respond,

II, psychotic disorder & distrust of others,

IV, feels people are looking at him strangely

V, feels dead inside

VI, harmful side effects

VII, death from overdose,

VIII, decline of health & brain function,

IX, mental mechanism responds abnormally,

A great deal of harm will be done before warning symptoms occur

X, Damage to Brain (Most subtle but least understood) – upset chemical balance of brain's communication

X1, Damage to cell tissue

### **Reasons for drug related disorders**

- i, Dirty needles and solution used for injecting

Effects:- liver disease, venereal disease, infection of kidney and brain

ii, sniffing of cocaine & other drugs

Effects:- damage of the tissue of the nose, hair to fall out.

iii, Smoking marijuana & tobacco

Effects:- lung disease, damage cells.

iv, women addicted to drugs

Effects:- babies born with withdrawal symptoms.

v, an overdose of any of sensual drugs

Effects:- respiratory or cardiac failure and death.

.

1. Why do people believe in drugs?

People believe in drugs because they think that any sickness of the body and mind can be healed by taking a pill.

2. What is the danger of over-dependence on drugs?

When people become over-dependent on drugs to solve their problems, they lose their capacity to deal with life's situations through perseverance, self-discipline and mental effort. Some people think it is foolish to expend energy on solving a problem when there is an easy way out.

3. What is Hippocrates chief contribution?

Hippocrates was the first to say that a remedy must take into account not only the symptoms of the disease but also the constitution and habits of the patient. This is his chief contribution.

4. What is the distinction between medicines and sensual drugs?

The difference between medicines and sensual drugs is simple. Sensual drugs are those that the body does not need, but they give the user a strong sense of pleasure. Sensual drugs activate the brain's pleasure centres. Medicines are those that cure or prevent diseases. The body needs medicines but not sensual drugs.

5. How do sensual drugs act on the human body?

Sensual drugs activate the brain's pleasure centres. It is the brain that governs sensations,

moods, thoughts and actions. Sensual drugs upset the normal working of the brain and give the body a false sense of pleasure.

6. What is the danger of severe addiction?

A drug user's craving for the drug continues, but he feels less and less satisfaction. His brain's pleasure reflexes are by artificial stimulation. In severe addiction, the pleasure mechanisms fail to respond to drug stimulation. The drug then gives only relative relief from misery.

7. Why does the craving for sensual drugs persist in an addict?

In an addict the pleasure mechanisms fail to respond to drug stimulation. The drug then gives him only relative relief from misery. So he wants more and more drugs and thus the craving persists.

8. How does the brain govern sensations, moods, actions and thoughts?

The brain governs sensations, moods, actions and thoughts by an unbelievably complex series of chemically regulated controls.

9. Why does the addict suspect everything external?

The addict suspects everything external because he is in a state of paranoia. He does not know the source of his problem and he looks for its cause in everything but himself. Anything outside scares him and he draws further and further into himself.

10. What are the symptoms of the addict's sensory deprivation?

The symptoms of the addict's sensory deprivation are a general feeling of physical discomfort and personality changes. The addict feels depressed. He fails to respond either to his environment or to other people. His mental disturbance can be like paranoia.

11. Why do addicts press their fingers deep into their bodies?

Addicts press their fingers deep into their bodies because their sensations are lost and they want to reassure themselves of their own reality.

12. Name some drug related health disorders.

Drug-related health disorders are many and varied. Dirty needles and solutions used for injecting drugs can cause abscesses in the arms and veins. They can cause liver disease, venereal disease and infection of the kidney and brain. Sniffing cocaine and amphetamines can damage the tissue of the nose. Marijuana and tobacco smoking can cause lung diseases.

Babies of women addicted to opiates are likely to be born addicted and to suffer from withdrawal symptoms! Cocaine and amphetamines cause hair fall. Marijuana can damage

cells. A drug addict can easily get pneumonia, tuberculosis, mal-nutrition and weight loss. An overdose of any sensual drug can cause respiratory or cardiac failure and death.

### 13. How do drug affect women addicts?

In addition to all the ill-effects that men have from drug abuse, babies of women addicted to opiates are likely to be born addicted and to suffer from withdrawal symptoms.

### 14. How do sensual drugs affect brain cells?

Sensual drugs affect the chemistry of brain cells. Cell function is carried out by thousands of enzymes acting within each cell. Each exposure of the cells to psychoactive drugs alters their chemistry. Toxic chemicals can upset the brain's intricate system of communication. They can also damage cell tissues. Toxic effect may be permanent.