Drug Addiction

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**Introduction**

People often misunderstand the concept of drug addiction. They link drugs addiction with the willpower and moral values of the individuals. In reality, drug addiction is a chronic disease that leads to brain changes (Justinova, Panlilio, & Goldberg, 2009). It requires cohesive treatment because it can be fatal if no proper treatment is made on time. Drug addiction not only affects individuals physically but also impact their psychological health. People with drug addiction find it difficult to carry on a normal and healthy lifestyle. They become unable to focus on their health, education, career, and personal relationship. It is a relapsing disease which means even after quitting the drugs there are chances that individual will start taking drugs after years. The main purpose of the paper is to analyze the issue of drug addiction by understanding its causes, symptoms, and preventions. It is crucial to understand the concept because drugs impact the brain, its structure and functions.

**Discussion**

Drug addiction is a serious issue that can be started by using the recreational drug for experimental use. People not only get addicted to drugs like tobacco, marijuana, cocaine but also from exposure to prescribed medications. Numbers of people get addicted to pain killers so much that their body stops working without its use on a daily basis. With time doses of drug get increases and individuals find difficult to control. In addition, when an individual suddenly tries to avoid drug, he may feel intense carving which makes him physically and mentally sick (Koob & Moal, 2001).

It is important to know the symptoms of drug addiction in order to get rid of it. The drugs which become addiction include; Heroin, marijuana, bath salts, tobacco, mushrooms, cocaine, alcohol, opioid painkillers, mood stabilizers, sleeping pills, and anti-depression. The symptoms of drug addictions include the feeling to use the drug within a particular time period, increase in the amount of drug used, buying drug even when individuals are unable to afford and failing to stop its use (Bachi, Sierra, Volkow, Goldstein, & Alia-Klein, 2017). Drug addiction disturbs reward circuit of the brain. Reward system motivates individuals to carry on his daily routine and spending times with relatives and loved ones. However, drugs cause euphoria and spread it with chemical messenger dopamine. Therefore, drug addiction results in the least interest in eating and communication with others. In the long-run drug addiction impact different functions of the brain like learning, decision-making, memory, judgment, behavior and stress.

There are three main factors that lead to drug addiction including biology, environment, and development of the individuals. Biology includes the genes, ethnicity and gender of the person. Environment factor includes the influence of family members and friends, peer pressure, lifestyle, economic status, stress, sexual or physical abuse and general quality of life. Both biology and environment factors impact the developmental stages of the individuals which shape the addiction pattern for them. To prevent drug addiction, it is important to consult with the doctor. Medication and behavioral therapy are helpful to prevent the problem. In addition, the integrated treatment that is the combination of physical, mental and spiritual therapy are used to prevent drug addiction (Health (US) & Study, 2007).

**Conclusion**

Drug addiction is a chronic disease. Individuals do not agree with the fact that they are addicted to some sort of drugs. Therefore, it is important for their loved ones to identify the problem and help them through proper treatment and medication. This is important because drugs affect the brain structure and its functions which result in lack of interest in daily life tasks, learning and making a healthy relationship. Drug addiction also unable person to cope with the stress, making the efficient decisions and concentration on future goals.

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