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[Subject]

[Date]

Documentary Analysis Assignment

**Introduction**

Every generation gets the share of its own drugs. The individuals surviving in every generation have formulated ways to be happy and fight various kinds of psychological issues. Most importantly, individuals in every time period have craved to be the best, in every aspect. People have always wished to be perfect or an extra performer, in every era, no matter what it takes. There have been various ways to do so, to excel in your field or to excel in the maximum possible fields.

Athletes have tried to perform their best in the sports field, students have always tried to outshine in their class, employees have tried to excel in their profession and get highlighted in their office due to their extraordinary performance. All this has been achieved through various methods including training, meditation, practice, hard work and much more. One of the commonly practiced and infamous methods used in this perspective is drugs.

People have been using drugs or medications for a long time to cure diseases and curb their ailments for a long time. Medicines had been used very commonly during the war periods to cater to different kinds of medical issues. New drugs keep coming up every now and as the field of medical science is making progress. In addition to this pain killing or curing purpose of the drugs, the drugs have also been used to enhance the ability or the performance of an individual. Drugs have been extensively used to improve muscular and brain performance by doctors and medical practitioners. From school level students to experts working in the aeronautical or space sciences departments, all the people love to use drugs or medicines, to enhance their performance and sharpen their mind.

There are many drugs available in the market for this purpose. In the past, these drugs were not much powerful and thus had less effect over the users, but with the passage of time, as the medicine made progress by leaps and bounds, these drugs also started becoming stronger and had lasting effects as compared to their predecessors. One of such drugs is Adderall.

A recent documentary film released under the banner of Netflix productions highlights the uses, advantages and side effects of the drug Adderall. The documentary titled “Take Your Pills" is directed by Alison Klayman and produced by Motto pictures along with Netflix studios. The one hour and 27 minutes documentary explores the highs and lows of the usage of Adderall. It also highlights the factors due to which a person is pressurized to take drugs like Adderall.

**Discussion**

**Summary**

The documentary starts with the introduction of the topic and the inauguration of the drug that is used by most of the citizens of the United States to excel in their careers and studies. The film then further moves on to the interviews from certain candidates or individuals who use Adderall as a daily routine medicine. It also includes views from the people who had once been addicted to Adderall but have now left it. The documentary focusses on how their life has changed and what are the after effects they are facing after they have abandoned its use (Klayman). The documentary film also includes an interview from a neuroscientist, Dr. Anjan Chatterjee, who explains that how is Adderall essential for the individuals working in any kind of field and how it befits out mind and body. Moreover, an interview by the former player of NFL’s Jacksonville Jaguars has also been included who used to take Adderall but had to take Ritalin due to the non-availability of Adderall.

**Analysis:**

The documentary film actually talks about the adverse effects of the ADHD treating drug, Adderall, under the covers of all the interviews and the discussions conducted for the awareness of the effectiveness of the new and much-improved drug.

The first and the foremost question that the documentary primarily answers is the question that arises in the mind of every sane person, and even many dare to ask that "is Adderall addictive?" Such question is bound to arise in the minds of normal people, as every drug, especially the ones used for the curing the psychotic diseases or the diseases related to the nervous system, causes substance abuse. The experts seem to entirely deny it that Adderall contains any traces of substance abuse.

Just like every other drug, the drugs or medicines used for curing ADHD also have certain side effects, Adderall is not barred from such side effects. In fact, researchers and scientists agree that Adderall causes much more side effects than any other attention disorder medicine. It has been a long debate that what could be the possible draw bacs of using Adderall and how to stop them. It has been observed that Adderall causes various types of ailments in the renal passage of the user. Along with that, one of the major side effects of Adderall is depression. Users have complained about the occurrence of severe depression and episodes of anxiety after they started taking medicine. Off course the doctors stick to their opinion of not revealing the truth and keep on repeating the same stance that Adderall is a heaven-sent medicine. They are of the opinion that depression is a whole new ailment and needs to be treated separately.

**Audience**

The director, Alison Klayman, has not set any specific audience or the circle for this documentary. This film has actually been presented for educational purposes for the people of all classes, gender, race, cates, color, creed, nationality or any religion. The documentary film poses to provide a piece of general knowledge and a bundle of information regarding various drugs used for the cure of ADHD, especially Adderall and Ritalin.

But in fact, hidden behind the curtain of the general public, the director is actually addressing the addicts or the regular users of drugs like Adderall, that is is not a good thing for them. She very intelligently passes on the message to those individuals who regularly use Adderall to boost up their performance that like every other medicine or drug, Adderall also has its due share of adversities, which unveil gradually as the person slowly becomes addict to the medicine. The director tactfully tries to pass on the message that dependence on drugs for excelling any level is not a good idea. Adderall may seem to have very promising effects but in the longer run. It poses severe threats to the mental and physical health of the users.

**Conclusion**

In a nutshell, the documentary film “Take you Pills” takes its viewers to a roller coaster ride that is too bumpy on the way. Alison Klayman apparently tries to tell all the good and the bad sides of using all ADHD drugs, especially Adderall, which the most common among them all. The hidden fact is that the director actually wants to highlight the side effects and drawbacks of using Adderall as a routine. Se is well-aware how increasingly the use of Adderall is rising among the professionals, athletes and the students in order to excel in their respective fields. She points out that this increase is alarming, is dangerous, and people should adopt other ways to improve their performance, rather than to rely on drugs.

Works Cited

*Take Your Pills*. Dir. Alison Klayman. 2019. Netflix.