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## Mode of Drug Administration

The effects of drug on the individual also depends upon the way the drug has been taken, affects absorption of drug dependents upon its route of administration which influences the speed[[1]](#footnote-1). As Drugs are available in several forms. Different drugs are used in different ways, and some drugs are used in more than one way[[2]](#footnote-2). The four most common routes of administering psychoactive substances are (1) swallowing/eating/ drinking, (2) Smoking and inhalation into the lungs (3) Snorting and (4) intravenously via hypodermic syringe[[3]](#footnote-3).

### **Swallowing/ Eating:**

Ingestion is popular method of drug usage in which drugs taken into the digestive system by swallowing or eating them in either a solid or liquid form. Swallowing drugs offers two key advantages, firstly the person has a safety mechanism for dangerous substances i.e. to throw up or vomit. Secondly as the absorption process is too slow through the gut so the effects of drugs tend to be less severe last longer.

### **Smoking:**

Unburned particles of combustible materials are called smoke. This is done through mouth with cigarette or cigars etc. The key issue with smoke-able substances is the amount of tar and other substances in them which can result in number of diseases mainly chest infections and respiratory related problems. Long term and regular smoking cab lead to different types of cancers mainly lung cancer, throat cancer, and mouth cancer.

### **Snorting:**

Snorting is the most simple and the common way of taking drugs. In this method, the drugs are inhaled into the nose, where the drugs are absorbed into the blood stream. Snorting substances can damage the body in different ways, mainly by damaging the tissues in the nose and the respiratory system and can also effect the lungs.

### **Injection:**

This is also one of the way to use the drugs. Generally it has been injected into the body or veins. The number of **P**eople **W**ho **I**nject **D**rugs (PWID) is estimated to be 430,000 nationwide, or 0.4 per cent of the population[[4]](#footnote-4).Statistics shows that in 2001, 54% of heroin users prefer to use injects while taking heroin[[5]](#footnote-5).

## Effects of Drug Dependence:

Drug abuse is one of the serious problem around the world, which is not only affecting the life of the users but also their families and the society as a whole[[6]](#footnote-6). Even some drugs can damage the body in such a serious way that last long its affects, even if the person stop using drugs. Drug addiction affects the life of drug addict in different ways i.e. Psychological, Physiological and Social.

### **1-Psychological Effects:**

Everyone’s body reacts differently to drugs[[7]](#footnote-7). Effects of drugs may vary from individual to individual, as it depends upon the substance used, the chemical properties, person’s personality, mood of the user while taking drugs and way the drug user use it.[[8]](#footnote-8)

#### **1-1-Personality Disorders:**

There are three commonly found disorders among people who have drug problems.

#### **1-1-1-Antisocial Personality:**

Such type of drug users have lack of concern about rules, disregard for authority, manipulation, cruelty to others, criminal behavior, and a desire to take risks and seek thrills personalities[[9]](#footnote-9).

#### **1-1-2-Narcissistic Personality:**

Such type of drug users have selfishness, exploitation of others, beliefs about being gifted and special, an excessive preoccupation with self and personal appearances personalities, and they also behave to have others affirm how special they are[[10]](#footnote-10).

#### **1-1-3-Borderline Personality:**

Such type of drug users have self-harm, self-mutilation behavior such as cutting, burning, and picking behavior. They have changeable emotions and thoughts problems, impulsive and reckless behavior. Such behavior may place the person at high risk for being victimized and for other adverse consequences.[[11]](#footnote-11)

### **1-2-Mental Disorders:**

In some cases, the drug abuse and addiction can lead to different types of mental illnesses, most commonly like depression, anxiety and other neurotic disorders and even sometimes that lead to the chronic cases like, **aggression, phobias, hallucinations and other psychotic disorders**[[12]](#footnote-12)**.**

**2-Physiological effects:**

The most common physiological effects for using drugs include the following.

**2-1-Brain:**

Drug addiction changes the brain functions by tapping into the brain’s communication system. Mostly abused drugs affect the dopamine which is that part of brain that deals with the movement, emotions and feeling of joy.

### **2-2-Cardiovascular System:**

Different drugs can affect the heart in different ways ranging from disturb / unusual heart beat to heart attacks. Different types of drugs can also lead to cardiovascular problems

### **2-3-Respiratory System:**

Lungs has very important role in the elimination of anesthetic gases and vapors[[13]](#footnote-13), as a result it leads to breathing problems[[14]](#footnote-14), coughing, blockage of air to enter lungs, and asthma. Misuse of drugs like heroin, cannabis, cocaine, nicotine, and even prescribed opiates can lead to a variety of respiratory related diseases.[[15]](#footnote-15).

### **2-4- Digestive System:**

Alcohol can damage the liver, stomach and the overall digestive system from mild to moderate level.

### **2-5-Kidney:**

Drugs are excreted from the body while kidney is the most important excretory organ[[16]](#footnote-16). Some drugs like heroin, cocaine etc. can also result in minor kidney damages to chronic kidney damages. Alcohol overdose may also effect the brain and the other body parts including

### **2-6-Liver:**

Drugs can damage the liver and even can result in liver failure. Chronic and frequent use of heroin, alcohol, anabolic steroids etc. can easily damage the liver. Alcohol is the most serious physiological factor of liver damage, as liver is the primary part of the body for metabolism[[17]](#footnote-17).

**2-7-Physical Injuries.**

There is a correlation between the drugs and violence. People with substance dependence are at greater risk for developing unusual, risky and violent behavior resulting in domestic violence, accidents, risk of injuries and death.

### **2-8-Other Health Effects:**

Other basic effects include, increased body temperature, tiredness, mood swings, body pain, disturb sleep and vomiting. Marijuana[[18]](#footnote-18), Nicotine, Steroids may also cause cancer. Smoking cigarette is the most common causative factor of different cancers like mouth cancer, stomach cancer and lungs cancer. Cigarette smoking is leading cause of death in U.S causing about 4.4 lac deaths per year.

### **3-Social Effects:**

Beside this, Drugs addiction can also affect the society in different ways. And its affects can be very harmful indeed if the addict is using prescribed drugs, Drug addict may neglect daily responsibilities or appear to be less reliable than before. Eventually a person with a drug problem may neglect various activities that used to be important for him. In short drug addiction affects not only the addict but also the family members, friends, employers, professionals and society as a whole.

#### **3-1-Behavior:**

Generally, drug abuse causes so many interrelated behavioral problems such as: loss of friends, negative changes in appetite, mood swings, lying about drug use and so on[[19]](#footnote-19).

#### **3-2-Home / Family:**

Drug abuse and addiction can create stress, pressure and tension on family members. It may affect the family in the way that the family may feel worried about him or even they can be embarrassed / ashamed.  While in some causes family distrust and their policing behavior leads to relapse[[20]](#footnote-20).

#### **3-3-Marriage/relationship:**

It is difficult for their partners to deal with the addict partner. House is no longer important for them resulting in so many socio-psychological problems like the breakdown of the marriage, financial hardship and distress.

#### **3-4-Domestic Violence:**

Some drugs can increase the likelihood of violent behavior. Most domestic violence can be linked to substance abuse in some form. A person with a drug problem may abuse loved ones with words, physical violence, or emotional cruelty, or in extreme cases may abuse someone sexually.

#### **3-5-Education:**

Addiction tends to occur more quickly in young adults which can affect the academic performance[[21]](#footnote-21), personality, socialization and home life of the young adult. Parents with drug problems may affect the academic performance of the child.

#### **3-6-Jobless:**

Employers are affected if any of their employees develops addiction. They may start to absent from the job, or can’t give concentration to the work[[22]](#footnote-22)or maybe don’t have the interest in their job, resulting in not completed their duties on time.

#### **3-7-Financial Affairs:**

Drug abuse / addiction can damage his economic status resulting in theft or other criminal means[[23]](#footnote-23) to finance his habit.

#### **3-8-Ignored:**

An addict maybe ignored by the peers (expect other substances users) and society. He is not considered as a part of the society or home. He is ignored at every aspect of life. Even sometime family member do not accept the drug addict.

#### **3-9-Increased risk of infectious diseases:**

The effects of drug abuse can lead to serious health problems for the abuser and can also create dangerous problems to others as well. (Injects drugs like heroin, cocaine can contributes to the spread of blood based diseases like deficiency virus (HIV) / AIDS, Tuberculosis, Hepatitis B and C etc.) due to the sharing of needle with someone who is already infected.

#### **3-10-Law and order:**

Crime and drugs are related in number of ways. There are several ways through which we can find a close link of drugs with crime. Possession, smuggling, illegal production, manufacturing and distribution of drugs is crime.

#### **3-11-Deaths as a result of Drug:**

Beside other effects, drug addiction can kill the person either because of drug overdose, resulting in suicidal or other different accidents.

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