



Short Note on a Recreational Drugs

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DESCRIPTION

Recreational drugs are chemicals that are used for enjoyment or leisure purposes, not for medical reasons. Alcohol, tobacco and caffeine can be classified as recreational drugs but are not included in this leaflet. Recreational drugs are usually taken to provide joy or improve life in some other way. However, they can lead to addiction, health and social problems, and crime. Most are illegal, so using them has all the consequences of violating the law. If you or someone you know has a drug problem, there are many ways to get help. Drug addiction is a chronic brain disease. It causes people to use medicines repeatedly, despite the harm they cause. Repeated use of the drug can change the brain and lead to addiction.

Problems with the use of recreational drugs

All drugs can have dangerous effects. Many are unpredictable and can fluctuate. There are many problems that drugs use can cause. These include:

Infections: The Human Immunodeficiency Virus (HIV) and certain types of hepatitis can spread to others through the blood on the needle. This can result from needle sharing or needle stick injury.

Addiction: Most recreational drugs are addictive and one may rely on using them on a regular basis.

Cost: Normal drug habits are expensive. Making money can lead to crime, especially if the person is addicted and can't quit.

Social problems: People who take drugs on a regular basis may behave differently. This can cause problems with their relationships or lose their jobs.

Mental problems: Drugs can cause strange behavior in people. Every year, there are thousands of hospitalizations for drug-related behavioral and mental health problems. Drugs can cause depression and anxiety in people.

Overdose: People can become very ill or die from drug overdose.

Illegal drugs are often impure and people do not always know what they are taking. There is an increased risk of accidents and fights after drug use. If you are under the influence of drugs, you are more likely to have undesired sexual intercourse. Cannabis is the most commonly used recreational drug. Cocaine is the second most commonly used drug. Other recreational drugs include amphetamine, amyl nitrite, ecstasy, heroin, ketamine, magic mushrooms, mephedrone, and methamphetamine. Everyone who takes drugs will not be addictive. Since each person has a different body and brain, the response to the drug may be different. Some people get addicted quickly or it can happen over time and others person's nerves can get addicted. Whether someone who becomes addicted to drugs can depend on many factors. These include genetic, environmental, and developmental factors. Drug addiction is a chronic brain disease. It causes people to use drugs repeatedly, despite the harm they cause. Repeated use of the drug can change the brain and lead to addiction. Because the brain changes from addiction, drug poisoning is considered "constrained" disease. This means that the recovery people are in danger of extinction again to make the drugs again.

Signs and symptoms of drug consumption

- Spending time alone
- Lose interest in favorite things
- Not taking caring of themselves
- Taking of food either more or less than usual
- Very energetic, speak fast, not useful
- Feeling in a very bad mood every day
- Sleep in a strange time
- Missing of important appointments
- Having many issues at work environment
- Having problem with personal or family relationship
- Changing of friends very frequently.

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Treatment of drug poisoning includes counseling's, drugs, or both. Studies indicate that the combination of drugs from most people with advice is to provide the best possible way of success. If you suffer from a mental illness with the addiction, it is known as a double diagnosis. It is important to address both issues. If we have a serious addiction, we may need hospitalization or containment therapy. The inpatient treatment

program is a combination of residential and treatment services. Both inpatient and outpatient treatment plans are available as needed. Treatment usually includes weekly group therapy sessions for 3 months to 1 year. Inpatient care may include hospitalization, the therapeutic community, or a sober home in a tightly controlled drug-free environment.