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## Drug addiction and abuse

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Drug addiction is a major problem that has been increasing immensely and rapidly in people of all ages group. It is more popular among youth. Drug addiction can only hinder and restrain us from accomplishing our goals and dreams in life. Addiction can trap anyone. We are greatly influenced by the peers and celebrities. Addiction is a chronic disease characterized by seeking and use that is compulsive or difficult to control, despite harmful consequences. Initially people start using drugs under peer pressure or curiosity. And slowly they get addicted to it, repeated drug use can lead to brain changes, that challenge addicted person's self control. It interferes with the ability to resist intense urge to take drugs. Most drug effect the brains "reward circuit", causing euphoria (state of intense happiness and excitement) as well as flooding it with the chemical messenger dopamine. Drug Addiction leads to various health and other socio-financial problems. It weakens the immune system and increase susceptibility to other health disorders. It also causes cardiovascular disorders, liver damage, mental confusion and even permanent brain damage. It also increase the persons aggressiveness, hallucinations, impaired judgement and impulsiveness. The most commonly used drugs are cocaine, marijuana, heroin and amphetamine. They are consumed by various methods like through injections, ingestion, inhalation. These drugs are obtained through various sources like plant source, some are synthesized artificially. They mainly effect the central nervous system of the body. Today more than 7 billion people, especially youth suffer from illicit drug disorder. One in four deaths results due to illicit drug use!!! The celebrities who were drug addicts are Lady Gaga, Zac Effron, Sanjay Dutt, Ranbir Kapoor etc. " Drugs take you to hell! Disguised as Heaven; Put a stop to it before it stops you.