

Behavioural Therapy and Medication for Drug Addiction

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Editorial

Drug dependence is a type of chronic infection characterized by obsessive, or uncontrollable, drug seeking and using harmful imports that leads to changes in the brain, which can be long-lasting. These variations in the brain can lead to the psychological behavior mainly seen in people who use drugs. Drug addiction is also a deteriorating disease. Deterioration is the readdiction to drug use after an attempt to stop. The way to drug dependence initiates with the intentional action of taking drugs. But over period, a person's ability to choose drugs turn out to be conceded. Pursuing and taking the drug turn out to be habitual and uncontrollable. This is mostly due to the effect of long-term drug exposure on brain function. The part mainly affected due to the addiction is brain that causes changes in mechanism of brain functions like learning and memory, and control over behavior. Drug dependence is a syndrome that affects both the brain and behavior. Because drug dependence is a chronic disease, people can't naturally stop using drugs for a few days and be cured.

There are few routes that have been effective in treating drug addiction, including behavioral counselling, medication, medical devices that used to treat withdrawal symptoms, treatment for co-occurring mental health issues such as depression and anxiety, long-term follow-up to prevent relapse. Treatment must include both health and psychological health services as needed. Follow-up care may include community or family-based recovery support systems. Medications and devices can be used to lead withdrawal symptoms, prevent relapse, and treat co-occurring conditions. Medications and devices can help defeat withdrawal symptoms during the process of detoxification. Detoxification is not the main way of the "treatment,"

but it is only the first step in the process. Patients who do not take any additional treatment after detoxification will habitually restart their drug use. One study of treatment services found that medications were used in almost 85 percent of detoxifications. In November 2017, the Food and Drug Administration (FDA) granted a new suggestion to an electronic stimulation device, NSS-2 Bridge, for use in helping reduce opioid withdrawal symptoms. This device is placed behind the ear and conducts electrical pulses to stimulate certain brain nerves. Also, in May 2018, the FDA permitted lofexidine, a non-opioid medicine manufactured to decrease opioid withdrawal symptoms.

Relapse prevention people who are suffering with this addiction can use medications to help rebuild normal brain function and decrease cravings. There are some Medications are available in market for treatment of opioid (heroin, prescription pain relievers), tobacco (nicotine), and alcohol addiction. Scientists are in the process of developing other medications to treat stimulant (cocaine, methamphetamine) and cannabis (marijuana) addiction. People who are using more than one drug, which is very common, need treatment for all of the medications they use. Behavioral treatment consists of a wide variety of programs for patients who officially visit a behavioral health counselor on a regular schedule. Most of the programs involve individual or group drug counseling, or both. These programs characteristically deal practices of behavioral therapy.

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