

# Drug Addiction Effects on Mental Health

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## Opinion

Drug addiction, also known as substance use disorder, is an illness that affects a person's brain and behaviour, resulting in an inability to manage the use of any drug or prescription, whether legal or illicit. Drugs incorporate substances like liquor, pot and nicotine. When you're hooked to a substance, you may continue to use it even if it causes you damage. Substance addiction can begin with social experimentation with a recreational drug and for some people, drug use becomes more frequent. For others, drug addiction develops with exposure to prescription drugs or acquiring medications from a friend or relative who has been prescribed the medication, particularly with opioids.

People use drugs for a variety of reasons. You could start because you're curious, rebellious, or because your buddies are doing it. You could love taking them and desire to do so again. When you're unhappy, anxious, or attempting to cope with challenges in your life, you could turn to drugs. You may take medicines to help you manage with the symptoms if you have a mental health diagnosis. Drugs might be used as a temporary fix to help you get through tough situations. Drugs, on the other hand, might exacerbate uncomfortable sentiments and emotions. And any sentiments of relaxation won't persist in the long run. You may find yourself taking more and more drugs to deal with your difficulties, putting yourself at danger of getting addicted to them, which can lead to new problems. Drugs can damage your mental health in a variety of ways. Taking drugs can lead to long-term mental health issues in certain people.

Cannabis usage on a regular basis might raise your chances of developing anxiety or depression. Stronger cannabis use has also been linked to the development of psychosis or schizophrenia. More information about cannabis

and mental health may be found on the Rethink website. Stimulant medications can cause depression, anxiety and paranoia. Cocaine, a stimulant, can cause existing mental health issues to resurface, as well as provoke psychosis and schizophrenia. Users of ecstasy may develop memory issues. Magic mushrooms and other hallucinogenic substances might exacerbate any mental health problems. They can make you feel disconnected from your surroundings and trigger memories, which can be scary or unpleasant. Mixing medicine with alcohol or other narcotics may be harmful, if not lethal. The mind has better knowledge of the various side effects of combining different medications.

You can feel like you don't have control over your drug usage or that you need to consume more and more of it to have a desired impact. If this is the case, you may be on the verge of being hooked. Addiction to drugs is connected to mental health issues. Taking any medicine has the potential to be hazardous. More information about how different pharmaceuticals might affect your mental and physical health can be found on the Frank website. Incessant use can have long haul psychological well-being ramifications, like uneasiness or bitterness.

Psychoactive medicines have the potential to create mental health issues in some persons. It's unclear why this happens to some individuals but not others, but the hazards are likely to be higher if you take high dosages repeatedly. It's also possible that utilising has aroused worries you weren't aware of, or that the medication alters the way a specific chemical impacts your brain's functioning. Anxiety, paranoia, sadness and other problems are possible. Some individuals utilise to cope with negative feelings or events. They may notice that their relationship changes with time and that they no longer engage with the substance in the same manner. Some people may find it difficult to manage with the effects of long-term drug usage and will require assistance.

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