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## Alcohol Addiction and its Treatment **Prasanna Krishna Kattekola**

Department of Pharmacology, Gokaraju  
Rangaraju College of Pharmacy,  
Hyderabad, India

### Corresponding author:

Prasanna Krishna Kattekola

✉ prasannakrishnakattecola@gmail.com

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### Abstract

Alcohol is a legal controlled substance that slows down the body's vital functions when consumed in excess. Its many forms include beer, wine and liquor. Some of the physical effects of heavy alcohol consumption are slurred speech, loss of coordination and slowed reaction time. Psychological effects include inhibiting judgment and lowering a person's ability to think rationally. Regularly, drinking liquor in control does not mean an issue. However, consuming more than four alcoholic beverages per day for men – or more than three per day for women – can indicate an alcohol use disorder (AUD).

An activity performed once as a try in a social circumstance can before long create into a propensity. An test utilize of liquor at a college party can be utilized as an illustration. Substances such as liquor and nicotine can influence the way one feels. A few individuals appreciate the physical and mental stimulations these substances make. In most cases, it is exceedingly likely for the person to induce fixated with such sentiments. This condition eventually leads the individual to create an enslavement to that specific substance. A few individuals get dependent to indeed more than one substance. Be that as it may, such a way of life regularly leads to a arrangement of mental, physical and social impedances.

**Keywords:** Alcohol Addiction, Benzodiazepines, Sleeping Pills, Opiates and teen drug abuse

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### Topics on Alcohol Addiction

1. Symptoms and Warning Signs
2. Withdrawal and Detox
3. Treatment and Rehab
4. High-Functioning Alcoholics
5. Drunk Driving
6. Is There A Cure for Alcoholism?
7. Alcohol and the Liver
8. Genetics of Alcoholism

### Types of Benzodiazepines

1. Ativan
2. Halcion
3. Klonopin
4. Librium
5. Xanax
6. Valium

### Types of Illicit Drugs

1. Cocaine
2. Inhalants
3. Heroin
4. Marijuana
5. Meth
6. Synthetic Marijuana

### Sleeping Pills

Sleeping pills fall under a category of prescription medications known as sedative-hypnotics. Numerous people expect they cannot create a resting pill habit; be that as it may, getting to be dependent is simpler than most may think. A reliance on resting pills frequently starts shaping when a individual increments their endorsed dosage without counseling their doctor to begin with. They may accept that taking more pills will move forward their quality of rest. Over time, a individual will feel the have to be take bigger sums each time in arrange to drop snoozing, which frequently leads to an overpowering addiction.

## Types of Opiates

1. Codeine
2. Demerol
3. Dilaudid
4. Fentanyl
5. Hydrocodone
6. Methadone
7. Morphine
8. Oxycodone
9. Propoxyphene
10. Tramadol

## Warning signs of teen drug abuse

As with adults, teenage drug abuse isn't limited to illegal drugs. In fact, teens are more likely to abuse prescription and over-the-counter drugs, including painkillers, stimulants, sedatives, and tranquilizers. In many cases, these drugs are much easier for teens to procure, yet they can have dangerous, even lethal, side effects.

Whereas testing with any kind of sedate doesn't consequently lead to medicate mishandle, early utilize could be a chance calculate for creating more genuine sedate mishandle and compulsion down the street. Hazard of medicate mishandle moreover increments significantly amid times of move, such as changing schools, moving, or separate. The challenge for guardians is to recognize between the typical, regularly unstable, ups and downs of the adolescent a long time and the ruddy banners of substance abuse.

### These include:

1. Having ragged looking eyes or expanded students; utilizing eye drops to undertake to veil these signs Skipping lesson;

declining grades; abruptly getting into inconvenience at school

2. Missing medicines, medicines, cash or valuables
3. Acting strangely separated, pulled back, irate, or depressed Sudden disposition changes or rehashed wellbeing complaints, steady fatigue
4. Dropping one gather of companions for another; being undercover approximately the unused peer group
5. Loss of intrigued in ancient leisure activities; lying approximately unused interface and activities
6. Demanding more security; locking entryways; maintaining a strategic distance from eye contact; sneaking around
7. The Importance of Drug Addiction Treatment

**While it's completely understandable to have concerns, an addiction can worsen over time if left unaddressed. Avoiding rehab can have long-term consequences, such as:**

1. Damages to familial and romantic relationships
2. Financial complications due to funding substance use
3. Deterioration of mental and physical well-being
4. Legal troubles, such as an arrest for illegal possession
5. Career loss

## Conclusion

Addiction is a complex problem that affects every aspect of your life. Overcoming enslavement requires coming to out for bolster and making changes to the way you live, bargain with issues, and relate to others. Recovery is within your reach but don't try to go it alone; it's very easy to get discouraged and rationalize "just one more." Whether you select to go to rehab, depend on self-help programs, get treatment, or take a self-directed treatment approach, bolster is basic.