

CHAPTER – 2 Social Pharmacy

Topic: PSYCHOSOCIAL PHARMACY

2.1

INTRODUCTION

The term psychosocial refers to the psychological and social factors that influence mental health.

Social influences such as:

- ❖ Peer pressure
- ❖ Parental support
- ❖ Cultural and religious background
- ❖ Socioeconomic status
- ❖ Interpersonal relationships

all help to shape personality and influence psychological makeup.

2.2

Drugs and their Misuses 1. Psychotropics products

Psychotropic drugs are those drugs which affect the mood, thoughts, and behaviours. It is directly belongs to the mental activity. Psychotropic are generally used to maintain brain chemicals, or neurotransmitters, like dopamine, GABA (gamma amino butyric acid), nor epinephrine, and serotonin.

There are five major classes of legal psychotropic medications:

- Antipsychotics.
- Antidepressants.
- Anti-anxiety agents.
- Mood stabilizers.
- Stimulants.

Misuse of the drugs—many people are used to psychotropic drug to release the stress and anxiety but long terms use it causes the addictive effects on the brain and causes the dependency. Some people are also use to increase working efficiency.

2.3

2. Narcotics Product

Narcotics products are those substances, which is directly binds to the brain opioids receptors and relieves the moderate to severe pain. The drugs, which are commonly abused, are opioids, cannabinoids and coca alkaloids. Majority of these are obtained from flowering plants. Some are obtained from fungi.

Misuse of the drugs— these types of drugs is a prescribed type of drugs, without any prescription it is not used because it causes the dependency.

Many people are used to these substances as stimulants; it is one of the major misuses of these products.

2.4

3. Alcohol

Alcohol generally used by the person is known as ethyl alcohol. It is also used as medication in limited amount for releasing the stress, depression, etc.

Misuse of the drugs— It is one which also causes the addictive effect. High dose of alcohol causes the dangerous effects and causes the severe effects. Due to high dose, a person loses their mental alertness and behaves as wild types (bad habits).

2.5

4. Tobacco

Tobacco contains a large number of chemical substances including nicotine, an alkaloid. Nicotine stimulates the adrenal gland to release adrenaline and nor-adrenaline into blood circulation, both of which raise blood pressure and increase heart rate. Smoking is associated with increased incidence of cancers of the lung, urinary bladder and throat, bronchitis, emphysema, coronary heart disease, gastric ulcer, etc. Tobacco chewing is associated with increased risk of cancer of the oral cavity. Smoking increases carbon monoxide (CO) content in blood and reduces the concentration of haem bound oxygen. This causes oxygen deficiency in the body.

Smoked tobacco products include cigarettes, cigars, bidis, etc. Some people also smoke loose tobacco in a pipe or hookah (water pipe). Chewed tobacco products include chewing tobacco, snuff, dip.

Misuse of the drugs—Tobacco addiction is caused by a dependency on nicotine and habits formed by smoking or using chewing tobacco. Some people are used as stimulants but high amount causes the severe problems.

2.6

Adolescence and Drug/Alcohol Abuse.

- ❖ Surveys and statistics show that use of drugs and alcohol has been on the rise especially among the youth. This is really a cause of concern as it could result in many harmful effects. Proper education and guidance would enable youth to safeguard themselves against these dangerous behavior patterns and follow healthy lifestyles.
- ❖ Adolescence means both 'a period' and 'a process' during which a child becomes mature in terms of his/her attitudes and beliefs for effective participation in society. The period between 12-18 years of age may be thought of as adolescence period. In other words, adolescence is

a bridge linking childhood and adulthood. Adolescence is accompanied by several biological and behavioral changes. Adolescence thus is a very vulnerable phase of mental and psychological development of an individual.

2.7**Social Impact of these habits on social health**

due to the addictive effects of these drugs, it alters our social activities and affects the social health. It causes the adverse effects on the brain and promote the bad habits by reducing the brain activities so it creates the negative impacts in between citizens.

It also promoted the poverty and hunger conditions in the family.

Now days these drugs use are vigorously grow in the population and effects our nation developments

2.8**Suicidal behaviours**

Suicide is not a mental illness but a serious potential consequence of treatable mental disorders that include major depression, bipolar disorder, posttraumatic stress disorder, borderline personality disorder, schizophrenia, substance use disorders, anxiety disorders, and eating disorders like bulimia.

2.9**Prevention and control of these habits**

1. Teacher and educational, play a major role to control this activity.
2. Parenting that combines with high levels of nurturance and consistent discipline, has been associated with lowered risk of substance (alcohol/drugs/tobacco) abuse. Some of the measures mentioned here would be particularly useful for prevention and control of alcohol and drugs abuse among adolescents.
3. Avoid undue peer pressure.
4. Education and counseling.
5. Seeking help from parents and peers.
6. Looking for danger signs.
7. Seeking professional and medical help.