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DRUGS AND THEIR IMPACT ON HEALTH, PREVENTION OF ADDICTION

Annotation: We all know that a person who begins to take drugs, no matter what type, first of all creates a habit for him. But after a year, the drug becomes unfit for Labor. As a result, he is forced to commit a crime. That is, in order to receive the next drug, he begins the robbery from his own home – family. The fact that drugs and drugs cause great harm to the upbringing of the younger generation, to the future of mankind, worries the entire world community. That is why the fight against this catastrophe has now become one of the global problems in the Earth's field. Fighting the plague of the century is the work of all of us. Every citizen who considers himself a child of this land should not deviate from this act. This process should turn into a nationwide struggle. Only then will we preserve the future of thousands of young people, the peace of our families. The specific conditions of the modern stage of the development of society, the social loss of a large part of the population leads to an increase in the dynamics of drug consumption. For various reasons, the system of measures against existing drugs is not stable and does not correspond to the actual situation. The main feature of the situation is that the problem of addiction is becoming more and more common among the younger generation.

Keywords: Addiction, youth, euphoria, abstinence, toxic substance, tolerance, heroin.

DRUGS:

Drugs (or narcotics) are chemicals that alter a person's mental or physical condition. These substances affect the brain and change mood, emotions, thinking and behavior. Drugs can cause many negative changes in the human body, causing substance dependence and various physical, mental problems. The types of drugs will be as follows. Drugs are different, which are divided into several groups, depending on the effect, method of Use and the effect they constitute:

a. Pulmonary and inhalational substances

Cigarette: composed of harmful substances of distributed nicotine and smoke.

Marijuana (cannabis): commonly used through smoking, the main active ingredient is delta-9-tetrahydrocannabinol (THC). Cocaine: often used as a malfunctioning or dopamine-boosting, mood-altering agent. This substance is often offered as dust or crystals.

b. Opioids

Morphine: usually used to reduce pain, but can cause dependence. Heroin: is a modification of morphine that has a strong effect on the central nervous system and leads to very rapid dependence. Codeine: an opioid used to relieve mild pain, but often found in prescription drugs.

c. Alcohol

Alcohol (ethanol): it is the most common, but among the drugs, substance worldwide. Excessive consumption of it can seriously affect physical and mental health.

d. Sedatives (depressants)

Benzodiazepines (Valium, Xanax): mainly used to regulate anxiety and sleep. They are often used as medicinal substances, but can lead to dependence.

e. Stimulants

Amphetamines (methamphetamine, ecstasy): these substances keep a person awake, raise mood and give high energy. But their negative effects can be serious.

f. Hallucinogens

LSD (lysergic acid diethylamide): this substance causes many hallucinations and changes the imaginary imagination of a person.

Psilocybin: it is an active ingredient in "Cherry mushrooms", with a similar effect to LSD.

DMT (Dimethyltryptamine): a very strong hallucinogenic substance that often causes mental changes.

Addiction:

Addiction, drug addiction, bangilik is a condition of illness caused by drug addiction, obsession, or, more specifically, temporary or chronic consumption of natural or synthetic toxic substances (certain drugs). Addiction causes a deep change in the somatic and mental state of the body and leads the addict to decline. In drug addiction, the tendency to use drugs to the extent that it is impossible to stop itself, the need for the amount of drugs, mental and physical dependence increases. Addiction begins gradually and continues chronically. Drugs at first evoke and caress the feeling of flattery, inferiority, calmness, then bora-bora turns into this disease. G. 2 may rise in Zail. Prolonged and incorrect administration of drugs prescribed by the doctor in the first case and which have the property of increasing the patient's spirit and mood; increase the amount (dose) of the drug in order to get rid of pain, insomnia and other troubles; although there is not much need for the drug to recover from the pain, as a result of not taking it, the drug's narcotic effect and amount go back, ultimately increasing the propensity for the drug, which becomes annoying. The second case is to get used to drugs for the purpose of conscious kayfing.

Addiction is usually given to people with weak Will, who cannot stand it, who are curious to try sharp sensations on themselves, who are mentally weak and extremely selfish. Defects and deficiencies in youth education, imitation and envy of adult drug users, adverse family conditions (whether a parent is a drunkard or a drug addict), and the easy discovery or possession of drugs can also cause addiction. G. in those who are ka muftalo, the disease goes to kuchaya more and more, usually with unexpected bad consequences. In the euphoria of addiction, that is, in the caffy period, 2 stages are observed: short —term-an acute emotional stage lasting 1-5 minutes (Real euphoria) and a long (1-3 hours) stretch of relaxation, a period of calm. Whether these stages are short or long depends on what kind of drug is taken and the amount. In its development, all types of drugs are used to drugs by G. leads to the formation of the syndrome. In the development of this syndrome, 3 stages are also distinguished: 1) changes in the reactivity of the body to the drug and the appearance of a mental connection; 2) The occurrence of physical bonding in the form of humor (abstinent) syndrome; 3) weakening of all systems of the body (a decrease in tolerance, that is, inability to raise the previous amount of drugs, chronic G.a person with ka muftala begins to use drugs repeatedly and in greater quantities. Later, he becomes unable to stand without drugs. To get rid of such a situation and feel a little relieved, he again indulges in drugs, and in the end it comes to putting anger on drugs. The body's initial protective

reflexes (nausea, vomiting) disappear. During this period, the predisposition to drugs in the body increases to such an extent that it becomes as if these substances have lost their previous strength of action, now it comes to feeling the same state of euphoria (cayf) as before, taking more amounts of that substance to distribute the humor. If the drug in front of him had a somewhat unpleasant effect, then it seems that later he supposedly "normalized" his condition, the patient feels somehow better, his ability to work, his soul is as if triggered, ultimately he remains a real drug addict. Drug addicts first experience mental changes (confusion, mood disorder, memory loss), followed by physical changes — physical attachment syndrome (sweating, palpitations, dry mouth, weight loss, limb tremors, etc. If a drug addict does not take the drug in time, strong mental and physical changes appear in the body, namely, a severe condition characteristic of addiction – humorism syndrome. Addiction comes in the form of opiomania (opium intake), morphinism, heroinism. Cannabis addiction, cocaineism, nicotineism (tobacco abuse), theism (bitter tea drinking), and other types of addiction are also found. Chronic ingestion of two or more different drugs is called polynarcotism. In all types of organism is poisoned and it is very severe. Patients with addiction are mainly treated in hospital (inpatient) conditions for up to 2-4 months, with outpatient follow-up and accounting for up to 4-5 years. Those who are engaged in the production and sale of drugs in Uzbekistan are criminally liable. From the first days of Uzbekistan's independence, a fight against the illegal drug trafficking and its use began. A number of internal and external factors that threaten the peace and security of our country include: kashandianism, human trafficking, religious extremism, drugs and alcoholism.

Addiction is a disease caused by the use of drugs or other substances that are part of the drug class.

Addiction is a disease that threatens human health, which means that a person gets his body used to irritants.

Addiction is the hastaliness associated with the departure from human mukkas to drug use.

A drug addict is a Persian - derived from a Tajik word - a person who is used to using drugs such as cannabis, blackberries, Poppy and the like; bangi, nashavand, Poppy-is called.

Addiction-smoking cigarettes begins with sniffing them. If parents order their child to buy and give them cigarettes, nos, they learn from their parents, hide and smoke cigarettes, nos, smell. Addiction is caused by neglect of parents, the fact that their loyalties do something far-fetched. One example: as long as 45% of the substance that causes a malignant tumor-cancer-passes into the body through cigarettes.

Addiction-is considered extremely dangerous for human health. Experts believe that in some cases it is possible that the sign of addiction is not visible. A drug-induced organism undergoes physiological changes. Thirst for the drug arises, a state of inability to stand without it occurs, severe diseases appear. The heart muscle is injured and chronic heart failure begins. Specialist doctors say that diseases of gastritis, ulcers, liver serrosis, pneumonia and pleurisy appear. Addiction is an incurable disease. Only death awaits the addicted citizen in the end. Therefore, addiction is equated to a plague that has no cure. On the street, at a wedding party, the drug addict can also be known from his various characters. A drug addict can also learn from the likes of wearing long-sleeved clothing, darkening and yellowing of the claw, breaking teeth, oddity of circulation, laughing and cheering on himself while intoxicated without smelling alcohol, not being flashy, quick exposure, tact, and loss of things and money from home.

Causes and consequences of drug addiction among adolescents:

The modern world has not only many positive aspects, but also negative phenomena as if they do not have an inviolability. However, there are cases of drug use among adolescents. For example, the number of teenagers who enter the street of drug addiction in Russia is 1.7% of the country's population. The child's attitude to addiction depends on many factors. Every day they hear about drugs in discos, in many films, songs and at school. Often teenagers, such as drug addicts and addicts, are popular among individuals who seek to satisfy their interests, but do not know anything about the consequences of this profession. In addition, addiction is common among weak – willed young people. Those who earn the sale of drugs, attract young people with a high financial supply in their family, increasing their wealth at their expense. But young people who want this poison killer can lose health, end up dying, or have disabled children born from them.

Prevention of addiction among adolescents:

Unfortunately, there are different sources for young people to obtain this type of (illegal) substance. Knowing these sources of drugs is important for parents who want to protect their children from the illegal use of drugs and limit the risk of addiction. Since addiction has a mass character in the world, prevention is the best way to overcome it.

To get the best results, you need to use the maximum characteristics:

The role of the family in the care of your child should be strengthened; parents should be sensitive to the young psychology of their children;

Appropriate introductory classes should be held in schools and universities;

From television screens, you need to remove all films and programs involved in the promotion of frivolous and unhealthy living and periodically check their phones. You should pay attention to who your child's friends are. In order for your child to use his free time unimply, to increase his interest in a profession, based on your child's interests, you need to ensure that the creation of conditions is involved in various science and sports circles. You need to have friendly conversations with your child, be interested in his dreams, desires and desires. Only then will your child's enthusiasm for you, for life, increase.

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