



Cocaine addiction: Causes, Effects and Treatment

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Commentary

Cocaine

Cocaine is also a drug made from the leaves of the coca plant native to South America. In line with the National Institute on Drug Abuse, about 15% of individuals within the U.S. Cocaine is additionally called coke, C, flake, snow, crack, and blow. It's highly addictive, and within the U.S., its usage is prohibited.

Cocaine could be a stimulant means it increases alertness and energy. It affects neuropathy in your brain which leads you to more talkative, energetic, and euphoric. Addiction is usually physical, meaning your body craves the drug. It can also be mental, meaning you strongly desire the drug's effects. Cocaine is consumed in some ways like inhaled through the nose or injected into a vein.

Causes

Cocaine affects neurological systems in your brain. Cocaine use, especially repetitive use, can alter systems associated with pleasure, memory, and deciding. When someone is addicted, their ability to resist urges becomes impaired, making it harder to quit. Repeated exposure to cocaine leads to neuroadaptation. Neuroadaptation where the brain undergoes to accommodate the presence of a brand new substance or condition. This causes sensitization, tolerance. Physical tolerance to the results of cocaine can occur after just a pair of uses. This ends up in needing more and more of the drug to urge the same effect.

Effect of cocaine

Cocaine addiction symptoms are:

- A tolerance for the drug so as to to urge high.
- An inability to prevent or reduce usage
- Anxiety or irritability.
- A negative impact on quality of life.

Cocaine addiction diagnosed by

A doctor will discuss current usage and health history and that they determine the degree of dependence and can suggest treatment options. The buyer who wants treatment must commit stop using the drug.

Cocaine addiction treatment

Cocaine addiction could also be a awfully complex disease, with physical, mental, social, environmental, and familial factors. There's a selection of treatment methods for dependency that addresses these components.

Types of treatment for white plague

Inpatient rehabilitation for white plague

Inpatient treatment is that the best thanks to head of white

plague. These rehab programs provide an environment where people trying to urge clean won't be tempted to use cocaine.

Most rehabs last for the last 30 to 90 days but may last longer looking forward to the individual needs.

The typical rehab program includes

- Mental health counselling
- Equine therapy
- Art therapy
- Relapse preventive program
- Dialectical behavioural therapy
- Support group
- 12-step

Cognitive behavioural therapy

It is a well-liked method for treating people with addictions. Cognitive-behavioural therapists teach patients to acknowledge harmful thoughts about themselves – thoughts which can function triggers for a relapse – and situations where they might experience temptations to use cocaine again. With this recognition, patients can develop coping strategies to banish relapse-oriented thoughts from their minds and avoid tempting situations. This type of therapy provides patients the way of agency and accountability, some way which is vital for staying motivated and putting away cocaine once and for all.

Alternative therapies

Other solutions to help overcome dependency include exercise, hypnosis, acupuncture, and herbs. But more research is required to figure out the effectiveness of these techniques on addiction to cocaine.

Medications

Addicted users who stop using cocaine will undergo an initial crash, observed as withdrawal. Withdrawal is commonly intense and difficult because of cravings and uncomfortable side effects. Effects of cocaine withdrawal include fatigue, depression, exhaustion, physical symptoms like chills, muscle aches.

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