



# The Assessment and Contingency of Exposure Risk Caused Due to Psychoactive Drugs

Duan Kubo\*

*Department of Clinical Pharmacology, University of Cagliari, Sardinia, Italy*

## ABOUT THE STUDY

Drug addiction can begin with the experimental use of recreational drugs in social situations, making a habit of drug use is more frequent for some people and for others, especially opioids drug addiction begins with exposure to the prescribed medication or receiving the medication from a friend or relative who has been prescribed the medication. Drugs are substances that affect the work of the brain and cause changes in mood, consciousness, thoughts, emotions, or behavior. Psychoactive drugs are also known as psychotropic drugs. Psychotropic drugs are substances that affect psychological processes when taken or administered into the body. Psychotropic drugs belong to a wide category of psychotropic drugs, including alcohol and nicotine. Some best examples of psychoactive drugs include alcohol, caffeine, nicotine, marijuana, and certain painkillers. Many illegal drugs such as heroin, LSD, cocaine, and amphetamines are also psychoactive drugs. Psychotropic drugs have varying degrees of availability restrictions based on health risks and therapeutic effects and are categorized according to a hierarchical list at national and international levels. Psychoactive drugs are found in a variety of medicines, alcohol, illegal and recreational drugs, as well as in some plants and animals. Alcohol and caffeine are the most commonly used psychotropic drugs that people use to change their state of mind. These medicines are legally available, but overdose can be physically and psychologically harmful. People usually decide when and how they want to use psychotropic drugs. However, in some situations, psychotropic drugs may be used to change a person's state of mind to exploit them. A common example of this is Rohypnol called a date rape drug, which is illegal in the United States.

### Classification of psychotropic drugs

Psychotropic drugs are classified in several ways depending on their combined effects on the brain and body, for example, stimulants and tranquilizers. Depending upon the potential for causing addiction (high to low) by their chemical structure, the

psychotropic drug group includes stimulants, tranquilizers, narcotics (opioids), hallucinogens, and marijuana (cannabis).

**Stimulants:** Stimulants are believed to work by increasing dopamine levels in the brain. Dopamine is a neurotransmitter associated with motivation, pleasure, attention, and movement. For many people with ADHD, stimulant medications boost concentration and focus while reducing hyperactive and impulsive behaviors. Stimulants are a class of drugs that speed up messages traveling between the brain and body. They can make a person feel more awake, alert, confident, or energetic. Stimulants include caffeine, nicotine, amphetamines, and cocaine.

**Tranquilizers:** Tranquilizers, as well as spelled as tranquilizers drugs used to reduce anxiety, fear, tension, agitation, and related mental illness conditions. Tranquilizers fall into two major classes, major and minor. Some of the most commonly abused prescription tranquilizers are, Pentobarbital, Xanax (Alprazolam), Limbitrol (Chlordiazepoxide), Barium (Diazepam), Ativan (Lorazepam), Halcyon (Triazolam), Renesta (Eszopiclone) and Sonata (Zaleplon).

**Opioid:** Opioids bind to proteins called opioid receptors in nerve cells in the brain, spinal cord, intestines, and other parts of the body. When this happens, opioids block the pain signals sent from the body to the brain through the spinal cord. Opioids are a type of medicine that naturally exists in poppy plants, works in the brain, and relieve pain from many of these medicines. Opioids can be prescription drugs, often called painkillers, or so-called street medicines, such as heroin.

**Hallucinogen:** Hallucinogens are substances that usually produce psychological effects associated with phenomena such as dreams and religious agitation, or mental disorders such as schizophrenia. High levels of illegal drugs such as amphetamines, cocaine, LSD, and ecstasy can cause hallucinations. It can also occur during withdrawal from alcohol or drugs if you suddenly stop drinking. Drug-induced hallucinations are usually visual but can affect other sensations.

**Correspondence to:** Duan Kubo, Department of Clinical Pharmacology, University of Cagliari, Sardinia, Italy, E-mail: dunkub@CAS.edu.it

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**Behavioral toxicity:** Behavioral toxicity refers to the adverse effects of essentially therapeutic drug levels clinically shown for a particular disorder. These undesired effects include anticholinergic effects, alpha-adrenergic blockades, and dopaminergic effects.

Psychotropic drugs are commonly used for intentional self-addiction, are the most common method of suicide attempting, non-fatal suicide, and the third most common method of fatal suicide. There are many side effects of psychotropic drugs on animals and zoopharmacognosy. Many animals consume a variety

of psychotropic plants, animals, berries, and even fermented fruits, and become intoxicated. Widely used psychotropic drugs are alcohol, benzodiazepine, caffeine, cannabis, cocaine, heroin, methamphetamine, ecstasy, and nicotine are psychotropic drugs.

In some countries, psychotropic drugs are both legal and illegal. Among all the drugs, Caffeine is the most widely used psychotropic drug in the world. In Western societies, at least 80% of the adult population consumes caffeine to affect the brain.