

JSR IAS ACADEMY

GENERAL SCIENCE

BIOLOGY

Hygiene

முயற்சி - பயிற்சி - தேர்ச்சி

DRUGS

- opioids,
- cannabinoids,
- coca-alkaloids,
- barbiturates,
- amphetamines
- LSD.

Opioids are drugs which bind to specific opioid receptors present in the central nervous system and intestinal tract.

Heroin (smack) is chemically diacetyl morphine, which is white, odourless and bitter crystalline compound.

It is obtained by **acetylation** of morphine, which is extracted from flowers of the **poppy plant**

Morphine is one of the **strongest pain killer** and is used during surgery.

Cannabinoids are a group of chemicals obtained from **Cannabis sativa, the Indian hemp plant**

Natural cannabinoids are the main source of

- marijuana,
- ganja,
- hashish
- charas.

It interferes in the transport of the neurotransmitter, **dopamine** and has a potent stimulating action on the CNS, producing **increased energy and a sense of euphoria**.

Cocaine is a **white powder** that is obtained from the leaves of the coca plant, **Erythroxylum coca**.

It is commonly called **coke or crack**.

Drugs like

- methamphetamine,
- amphetamines,
- barbiturates,
- tranquilizers,
- Lysergic acid diethylamide (LSD)

are normally used as medicine to treat patients with mental illness like **depression and insomnia and are often abused**.

Tobacco is smoked, chewed and used as snuff.

It **increases the carbon monoxide content of blood** and reduces the concentration of haem bound oxygen, thus **causing oxygen deficiency** in the body.

Tobacco contains nicotine, carbon monoxide and tars,

Adrenal glands are stimulated by nicotine to release

- adrenaline
- nor adrenaline

which increases blood pressure and heart beat

Korsakoff syndrome, a chronic memory disorder is most commonly caused by **alcohol misuse**.

Exercise stimulates the body to produce **serotonin and endorphins**, which are neurotransmitters that suppress depression.

Life style disorder causes **cardiovascular diseases** resulting in **31 percent of global deaths**.

The sedentary life style also causes **deficiency of vitamins** such as **vitamin D**

Group	Drugs	Effects
Stimulants	Amphetamines, cocaine, nicotine and tobacco	Accelerates the activity of the brain
Depressants	Alcohol, Barbiturates, Tranquilizers	Slows down the activity of the brain
Narcotic/ Analgesics	Opium, Morphine	Act as depressants on the Central Nervous System
Cannabis	Bhang (Marijuana), Ganja, Charas	Affects the cardiovascular system
Hallucinogens	Lysergic acid diethylamide (LSD), Phencyclidine	Distorts the way one sees, hears and feels

Alcoholic Anonymous

Alcoholic anonymous was started in 1935 by a businessman and a doctor who had been a “hopeless drunk” for many years. After the men helped each other to stop drinking and to stay sober, they then founded the alcoholic anonymous to help other alcoholics. Since that time alcoholic anonymous has spread throughout the world.



World Health Organization (WHO) 1984 suggested the use of the term drug dependence in place of drug addiction or drug abuse

World Health organization (WHO) 1984 suggested the use of the term drug. WHO issued a directive under which all cigarette advertisements and packs carry a statutory warning “Smoking is injurious to Health”.

The National Commission for Protection of Child Rights (NCPCR) was set up in March 2007 under the Commissions for Protection of Child Rights (CPCR) Act, 2005. This act emphasizes the principle of universality and inviolability of child rights and recognizes the tone of urgency in all the child related policies of the country.

Protection of all children of all age group upto 18 years of age is of equal importance. Policies define priority actions for the most vulnerable children.



CHILD HELPLINE 1098



The Ministry of Women and Child Development championed the introduction of the Protection of Children from Sexual Offences (POCSO) Act, 2012. People who traffic children for sexual purposes are also punishable under the provisions relating to the Act.



Objectives of the POCSO Act, 2012

- ◆ To protect children from the offences of
 - Sexual assault
 - Sexual harassment
 - Pornography
- ◆ To establish Special Courts for speedy trial of such offences.



◆ International Day against Drug Abuse and Illicit Trafficking - June 26

◆ Narcotic Drugs and Psychotropic Substances Act was introduced in 1985

Anti Tobacco Act was passed on May 1st 2004. By 2030 tobacco is expected to be single biggest cause of death worldwide accounting for 10 million deaths per year.

May 31st is observed as No Tobacco Day (World Anti-Tobacco Day)

ALCOHOL: HOW DRINKING AFFECTS YOUR BODY



Every 7 calories of excess consumption leads to 1 gm fat deposit and increase in body weight. Weight due to fat in adipose tissue exceeds more than 20% to 25 % of body weight. An adult weighing 10% more than the standard weight is **OVERWEIGHT** and 20% more is **OBESE**.

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