

DRUG ADDICTION TREATMENT AND REHABILITATION

Liliya Sopila,
Mariya Telychko

*Lviv State University of Physical Culture
named after Ivan Boberskyj, Lviv, Ukraine*

The **actuality** of the research is represented by the way drug addiction influences people, ways of its treatment and rehabilitation after this disease.

The **task** of our scientific work is to research and describe the most effective methods of treating drug addiction.

Methods of the research: scientific literature overview, surveys, case studies.

Drug it is a medicine or other substance which has a physiological influence when ingested or otherwise introduced into the body. Caffeine, contained in coffee and other beverages, is the most widely used psychoactive drug in the world. 90% of North American adults consume the substance on a daily basis. But there are lots of facts that show the benefits of drugs. Some of them are:

1. 65% of the USA pilots take amphetamine because it reduces fatigue.
2. 35% students of universities take medicines which are used in the treatment process of children with attention deficit disorder syndrome. They do it for better performance.
3. Marijuana is used in medicine for treating Alzheimer's Disease, Epilepsy, Multiple sclerosis, Schizophrenia and others.
4. Research organizations in the US, Switzerland, Israel, and the United Kingdom are developing methods for using MDMA or ecstasy as a psychotherapeutic drug for the treatment of post-traumatic mental disorders.

The difference between drug abuse and addiction:

Drug abuse is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others. These people might take more than the regular dose of pills or use someone else's prescription. Also an individual may abuse drugs to feel good, to ease stress, or to avoid reality. But usually, person is able to change unhealthy habits or stop using altogether.

Drug addiction is a disease that affects person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication.

Rehabilitation after drug addiction is closely related to the treatment of this disease. Therefore, there is no necessity to separate these two concepts.

Substitution therapy has become widely spread and has shown itself to be the most effective among methods of combating addiction throughout the world. Substitution therapy (ST), or substitution maintenance therapy (SMT), is a type of treatment for opioid dependence, which uses opiate agonists – substances that have the effect on human brain, like heroin and morphine – which allow to block the attraction to the illegal opioids. The value of ST lies in the fact that it enables dependent consumers to refuse to use illegal opiates, significantly reduce the risk associated with injections (HIV, hepatitis, infections, etc.), to stabilize health, become socially active. Substitution therapy contributes to a significant reduction in criminal activity among drug users, which creates good preconditions for further positive changes.

The dependence syndrome is formed under the influence of the most diverse factors of biological, psychological and social nature. In the case of opioid dependence, biological component is of great importance. It has been established, that prolonged use of illegal opioids significantly disrupts the brain, especially the structures associated with opiate receptors and exchange of endorphins. The consequence of the lack of opioids is the manifestation of «breaking up», a train to the drug that occurs from time to time. In case of relapse, a person remains a consumer of drugs, her behavior becomes even more risky. Different infections can be transmitted through the blood.

The drug, used in the process of substitution therapy, has the ability to normalize the work of the head brain, prevent the development of a “breakage” syndrome and block the train. This allows the patient to stop using illegal opioids completely.

Substitution therapy is aimed at:

1. Preventing the spread of HIV / AIDS among injecting drug users.
2. Promoting re-socialization.
3. Giving the ability to return to full-fledged life.

Nowadays we can for sure name drug addiction as one of the biggest problem in our country. The reason is a complete absence of effective political regulation in this area of social life. Ukrainian government should create research groups, hire volunteers and social rehabilitators in order to reduce the number of addicts. The lack of information is also a great problem as far as only few people know that drug addiction can be healed.

As a **conclusion**, we would like to claim, that drug addiction and methods of treating and rehabilitation after this disease are of a great importance. And the

first step in the fight with addiction is to provide people with the most truthful information about this.

References

1. <https://drive.google.com/file/d/0B6OylzQoo56GT2VmbVdOcHM2Zms/view>
2. <http://mors.in.ua/main/824-likuvannya-kanabisom-10-osnovnyh-zahvoryuvan-yaki-likuyutsya-maryhuanoyu.html>
3. <https://en.wikipedia.org/wiki/MDMA>
4. <https://www.ncbi.nlm.nih.gov/pubmed/25295651>
5. <https://www.webmd.com/mental-health/addiction/drug-abuse-addiction#1>
6. <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>
7. <http://aph.org.ua/wp-content/uploads/2016/08/substitutiontherapy.pdf>
8. <https://www.ukrinform.ua/rubric-society/2520290-v-ukraini-rozsirat-programu-zamisnoi-terapii-dla-narkozaleznih-moz.html>