

trance, meditation and dreams. Hallucinogens are a wider class of drugs which include psychedelics, dissociatives and deliviants. A dissociative is a drug that reduces signals to the conscious mind from other parts so the body. Deliviants are a special class of dissociatives which can cause slupor and confusion.

Drug misuse and abuse

Drug misuse involves the consumption of illegal drugs or the taking of legal medicines in a way not recommended by authorized health practitioners. Illegal drugs are those that are banned by law or those that may only be used on prescription. Taking medicines in quantities that are so large that they harm your health is also misuse of drugs. Drug abuse means the regular use of illegal drugs or misuse of legal drugs. This implies that people who abuse drugs chose to do so, and on a regular basis. People abuse drugs for many different reasons. These include to:

- Avoid feeling bored
- Fit with their peers,
- forget about problems,
- relax,
- Feel good.

It should be noted that most of these reasons are about changing the way people feel. This is usually the main idea when people begin drug abuse. Drug misuse -abuse usually leads to physical dependency or psychological dependency. Physical dependency means that one's body becomes so used to a drug that one gets physical withdrawal symptoms if one stop: taking it. This means that one would have to keep taking the drug to avoid the unpleasant feelings. Psychological dependence means the drug now forms part of one's life and makes them feel good, even though one is not physically dependant on it. As one takes more of a drug, the body becomes tolerant to it so that no longer has the strong effect. This means that one will now need to take increasingly larger amounts for one to get the same effect as when one started taking it.

Commonly abused drugs

Commonly abused drugs and substances include alcohol, tobacco, marijuana, cocaine and other opiates. Others include stimulants, hallucinogens, inhalants, prescription drugs and steroids. Also included in this list is glue, a substance commonly abused by street children.

Effects of drug abuse

Drug abuse results in many unpleasant effects to the abusers. These include health risk as well as irresponsible behaviour. Some common irresponsible behaviour includes; domestic violence, illicit sexual relations, murder, unwanted pregnancies, among others.

Taking of illegal drugs carries a lot of health risks because they are not controlled or supervised by authorized medical ' practitioners. The following is a summary of these risks:

Because illegal drugs usually pass through many hands before they get to the- hands of die consumer, there is the risk that some of them may be mixed with other more harmful substances by greedy dealers eager to make more profit by increasing quantity. Most of the drugs are addictive and lead to long-term damage to the body. Heavy use of some drugs may lead to overdose which can lead to permanent damage of the body and even death. Mixing of drugs, which is common with sortie users, is highly dangerous because it increases the risks from each drug. Possession of illegal drugs is illegal and may lead to imprisonment. The following are some of the health, risks associated with specific drugs: