

# Adverse Effect of Non-Narcotic Drug on CNS and Visceral Organ

Miss. Sneha K. Tiwari and Miss. Mohini D. Kushwaha

Third Year Chemistry Student and Guide, Department of Chemistry  
tiwarisneha2001@gmail.com and mdkushwaha@vpmthane.org

**Abstract:** *Drug abuse is a serious and most often willful misuse of drug now whether it is narcotic or non-narcotic doesn't matter. In our non-narcotic drug too, there are many drugs which lead to addiction. In this pandemic even many people have gone for immunity boosting tablets without knowing its side effect. Non narcotic drug abuse can also be done because of depression, anxiety, mental disorder etc. People actually start taking a lot of medicine for depression but they are not known about the adverse effect of those medicines on their CNS and visceral organs. The present study was conducted to get an idea of drug addiction in people in the society via a survey. Result revealed maximum people opt for taking medicine by their own without consulting doctor were they are maybe known about the work of the drug but unknown about the composition, dosage, how long to continue, etc & there they go for the harmful side effect of those drugs. Even the heavy use of non-narcotic analgesic is paralleled with the high risk of depression, emotional liability, etc. Drug use is dangerous it can harm your brain and body as well. Here, herbal medicine plays a marvellous role in treating the ill without showing any toxic effect. In early stages the signs of medicine developed around those plants which had curative properties. A continued search for medicinal plant during the last several centuries has given rise to a long list of plants which are of great use in the treatment of diseases & promoting health. [1].*

**Keywords:** Drug abuse

## I. INTRODUCTION

Drug abuse is the most terrible thing what is now happening in today's world whether it is narcotic or non-narcotic. There are many papers, conference, awareness regarding narcotic drugs, but least for non-narcotics. Non-narcotic drug abuse is something people do knowingly or unknowingly. The most common and famous example is headache analgesics. Even this generation is so stressed due to academic, society pressure, relative, society pressure, etc that they go in depression and start taking drugs.

Following are the types of drugs:

- Analgesic: Substance that reduces pain whether or not it has psychoactive properties.
- Benzodiazepines: Mainly used as sedatives/hypnotics, muscle. It is considered as minor tranquilizer.
- Depressant: A substance that suppresses, inhibits, or decreases some aspects of CNS activity.
- Sedatives/Hypnotics: Group of CNS depressants which have capacity to relieve anxiety and induce calm and sleep.
- Tranquilizer: it's a calming agent (Except high doses) It do not interfere with consciousness and thinking. It improves the mood and behavior suffering from mental disorders.[2]

Thus, there is thin dividing line between hypnotics and sedatives. The sedatives at higher doses act as hypnotics. And hypnotic at higher doses act as Anesthetic effect. People who suffer from lack of sleep due to stress or some reason also go for Veronal (Barbita) which was 1<sup>st</sup> barbiturates causes natural sleep for 8 to 12 hours [2]. But a small high dose can be very dangerous. Its limitation is that they are habit forming drugs.

## II. EXPERIMENTAL DETAIL

Drug which act on CNS are called CNS drug. Human nervous system consists of CNS and peripheral nervous system. People who take analgesic have adverse effect on their kidney and those who take CNS depressant, CNS

stimulants or CNS modifier has many side effects on their CNS which leads to dizziness, vomiting with blurred vision, drowsiness, unusual tiredness or weakness, fatigue, tremor, etc. Drugs which provide a short term relaxation will give long term side effect. Instead of going for drug people may opt for herbal medicines. It can be stated more or less truthfully that every disease has a cure in a plant growing in a nature. It is imperative that plant products which have been in use for such long period be scientifically supported for their efficacy [2].

**III. MATERIAL**

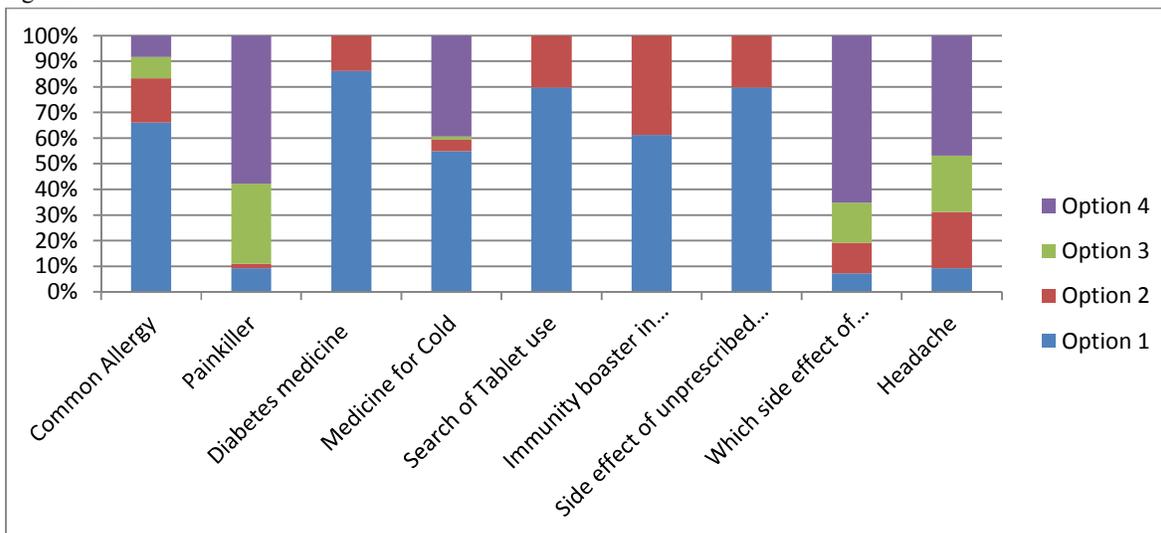
According to our survey of 110 people 64.9% people take cetrizine without consulting doctor for common energy & 18% take levocetirizine, which is really harmful if given in high dose or of high dosage to someone whose immunity system is too weak it may cause dizziness or tremor to them.

For painkiller 56.8 % public go for paracetamol, 32% for crocine even 9% for diclogem. it is recommended that avoid pain killer as it actually increase the spread of the common cold and flu, cause kidney damage and also it causes violent mood swings.

Taking medicine for diabetes or any other ill without consulting doctor is not at all safe. In most cases, medicines cause harmful effect when taken in higher dose than recommended. It is also important to be aware of knowing the action of the prescribed drug. India has about 72.9 % literate only few of them are aware about it. In this pandemic everyone was so stressed and scared that 39.8% people started taking immunity boosting drug, were they known about its side effect? According to our survey 20.7% people have suffered from side effect of a prescribed medicine they took. From which 8.1% suffered from nausea, 11.7% from vomiting, and 15.3% from dizziness. Also Aspirin, Baam, Painkiller are also habit forming drug, which too affect CNS. Nature have cure for every disease without any side effect. Accurate research is the cornerstone of decision making for the development of herbal drug. And it is necessarily important as number of herbal based treatment for specific condition increase. [1]

**IV. METHODOLOGY**

Following statistical graph represent the analysis of survey conducted to collect the information based on various drugs & its uses.



**V. LITERATURE REVIEW**

Non-narcotic Analgesic Dose & risk of Incident Hypertension in US women. Comparative safety evaluation of non-narcotic analgesics.

#### **VI. RESULT AND DISCUSSION**

Synthetic drugs are often used more which further cause side effect on CNS and visceral organs also it is habit forming too. Herbal medicines are generally considered to be safe and effective agent. Also it is believed that plant remedies are free from undesirable side effect. Medicinal plants are treated as a subject of serious study and intense research all over the world. So, the result is going for herbal medicine over synthetic drug will give a good impact on health without any side effect.

#### **VII. CONCLUSION**

The non medical use of prescription drug is a complex and quirky problem. Due to lack of exact data the extent of this issue worldwide remains unknown. As many patients are really in need of these drugs and trying to achieve a good quality of life every day, thus government also cannot simply make the drug illicit. Putting this issue into the consideration government in developed as well as in developing countries must take some action to address the non narcotic abuse of controlled prescription drugs. This can be achieved in many ways by spreading awareness, training healthcare professionals, launching campaign, using some system to supervised daily dosing of medication (psychoactive). Even people can go for herbal medicine to avoid side effect and a healthy life.

#### **ACKNOWLEDGMENT**

I wish to acknowledge the help provided by the Author & support staff in the Chemistry department of the College. I would also like to show my deep appreciation to my supervisors (Guide) who helped me finalize my project. And I would like to express my biggest gratitude to the Head Of Chemistry Department for her constant support and encouragement. Lastly I would also like to thank my friends and family who supported me and offered deep insight into the study.

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