SMOKING , ALCHOLISM AND DRUG ADDICTION

3.5.1 Smoking

Smoking of tobacco dried and cured leaves of plant '*Nicotiana tobacum*' and *N. rustica* in the form of cigars, cigarettes, bides etc. is very toxic to the body. Smoke of tobacco contains about 300 compounds. The main compounds are nicotine, *CO, HCN,* polycyclic aromatic hydrocarbons**,** certain other stimulating products etc. *Nicotine* in the blood stimulates the nervous system, relax the muscles, release adrenalin hormone and increase the rate of heart beats. In pregnant ladies growth of fetus decreases and loss of weight may takes place.

(i) **Tobacco :** The tobacco was first smoked by Red Indians in America. It then spread to European countries in the early 1600's, and today a large part of the world population smoke tobacco, while some others chew it.

(ii) **Effect of Nicotine :** Smoking was reported to produce a feeling of tranquility (calmness) and in some cases made people alert and active. Since in its early days the use of tobacco was socially accepted and no harmful effects were obvious, the addiction became widespread. But scientific research indicates that use of tobacco is harmful. **Nicotine** is the major stimulatory component of tobacco products including cigarettes. It is highly poisonous. The amount present in one cigar can be fatal, if it is injected intravenously into a person. When smoked, about 10 percent of the smoke is inhaled. Nicotine has a number of effects on the human body. It stimulates passage of nerve impulses, causes muscles to relax and causes the release of adrenaline, increasing both blood pressure and heart beat rate. The increased blood pressure caused by smoking leads to increased risk of heart diseases. In pregnant women nicotine causes retardation of the growth of the foetus.

Other Harmful Components of Tobacco Smoke : Besides the nicotine the tobacco smoke contains carbon monoxide, polycyclic aromatic hydrocarbons and tar.

(iii) **Deseases Caused by Smoking :** Smoking causes the following diseases.

(a) **Cancer : Benzpyrene** present in tobacco smoke is carcinogenic. About 95% victims of lung cancer are due to smoking. Reverse smoking causes oral cancer. In reverse smoking the burning end of the cigar is kept in the mouth. Reverse smoking is common in the villages of Andhra Pradesh. Bidi smoking causes cancer of tongue, pharynx (throat), larynx, tonsils and oesophagus. Lip cancer is caused by cigar and pipes. Tobacco chewing leads to oral cancer.

Tobacco smoking mutates and inactivates P 53 gene which checks cancer growth.

❑ Carcinogenic agents are *X*-ray radiation, U.V. radiation, Nicotine etc.

(b) **Cardio-vascular Diseases :** Tobacco smoking causes increase of adrenalin secretion which increases blood pressure, heart beat rate by constricting the arteries. High blood pressure increases the chances of heart diseases. Nicotine damages the bicuspid valve (mitral valve) of the heart.

❑ Nicotine acts as a stimulant because it minimize the effect of acetylcholine.

(c) **Emphysema :** Tobacco smoke may break down the walls of alveoli of the lungs, decreasing the surface area for gas exchange, causing emphysema.

(d) **Coughing and Bronchitis :** Tobacco smoking irritates the mucous membrane of the pharynx (throat) and bronchi causing coughing and bronchitis.

(e) **Pulmonary Tuberculosis :** Smoking can spread bacteria of pulmonary tuberculosis from infected person to healthy persons.

(f) **Gastric and Duodenal Ulcers :** Smoking increases the secretion of gastric juice containing *HCl*. Excess of *HCl* causes gastric and duodenal ulcers.

(g) **Effect on Immune System :** Smoking reduces immunity of the body.

(h) **Decrease in Oxygen carrying Capacity :** Carbon monoxide of tobacco smoke rapidly binds haemoglobin of RBC and causes co-poisoning which reduces oxygen carrying capacity of haemoglobin.

(i) **Other Effects of Smoking :** Tobacco smoking has other effects.

(1) Effect on other Persons : Tobacco smoking annoys non-smokers. It may prove even more harmful to nonsmokers.

(2) Effect on Personality : Lips of the smoker may get coloured. Teeth and fingers may become stained and breath becomes foul.

(3) Effect on Economy : Tobacco smoking also affects economy of the smoker.

3.5.2 Alcoholism

Regular consumption of alcohol either in low concentration (beer, wine, etc.) or in high concentration (brandy, whisky, rum, gin, Vodka, etc.) causes dependency on alcohol which is called alcoholism. The person who has become a habitual drinker is called an alcoholic.

Ethyl alcohol is consumed as fermented beverages with low content of alcohol (beer, wine, toddy) and as distilled beverages with a relatively high alcohol percentage (brandy, rum, whisky, gin, vodka). This alcohol is rapidly absorbed from the wall of stomach and enters the blood stream within minutes of ingestion. In the liver alcohol is converted into a more toxic substance – acetaldehyde.

The organ which is most affected by alcohol, is Liver.

Intoxication begins from the first sip of drink containing alcohol but early signs are not visible. With the increase in its dose the body loses its control. And, gradually, the individual loses his consciousness and in extreme cases death may occur. People who get into the habit of drinking begin with a small dose, but soon many of them become addicted and they start consuming alcohol frequently and in large quantities. When they come to realize that they have become the victims of the hazards of alcohol, then it is too late for them to give up the habit.

Research studies have revealed that the people who resort to drinking offer one or more of the following reasons: (1) Social pressure, (2) Feeling of independence, (3) Liking of the taste, (4) Desire of excitement, (5) Desire to escape from such realities of life as disappointments and failures, and (6) hardships and monotony of everyday life.

When a person drinks alcohol, it passes to the stomach. Some amount of alcohol is also carried to the small intestine. Alcohol is quickly absorbed in the stomach and upper part of small intestine and is transferred to the blood. This blood carries alcohol to the liver. Liver synthesises fat from alcohol. The excess fat reduces the formation of glycogen, enzymes and structural proteins. The liver is an important

centre of carbohydrate, fat and protein metabolism. But due to excess of fat in the liver makes the liver only a store house of fat. From the liver alcohol follows the following route through blood. Liver → heart → lungs → heart → various body parts (tissues). Its oxidation starts so that a some amount of energy is produced which gives false impression of warmth in the skin.

Many people think that alcohol is a stimulant. But alcohol is not a stimulant. Actually alcohol acts as sedative (lessens functional activity), analgesic (relieves pain) and anaesthetic (causes loss of sensation).

(i) **Effects of Alcohol :** It has been proved that the intake of alcohol affects individual health, family life and ultimately creates several community and social problems.

(a) **Effects on Individual Health**

(1) **Effect on Nervous System :** Many people drink alcohol for some "stimulation", but in reality it depresses the nervous system, thus acting as a sedative, analgesic and anaesthetic agent. It reduces the efficiency of every tissue of the body. In a chronic alcoholic the axons of the nerve are inflamed, thus causing neuritis. The prolonged effect of alcohol on the nervous system causes various mental and physical symptoms.

(2) **Effect on Heart :** Alcohol no doubt provides more energy and produces heat in the body, but, at the same time, it dilates the blood vessels. Thus, the heat generated is quickly lost. Due to constant dilation, the arterial walls soon become brittle and rigid. Such a change in the property of blood vessels and deposition of alcoholic fat affect the working of the heart.

(3) **Effect on Stomach :** A small quantity with low concentration of alcohol stimulates the secretion of gastric juice. But an increased quantity with higher concentration has the opposite effects. Alcohol affects the lining of the stomach and causes inflammation. In most cases, the drinkers (specially those who drink on an empty/stomach) become the victims of gastritis.

(4) **Effect on Liver :** The most important organ which is damaged by alcohol is the liver. The liver is the storehouse of glycogen but alcohol causes the storage of fat in the liver. It causes fatty liver syndrome. Gradually, the liver hardens and dries up as its cells are replaced by a fibrous tissue. This kind of liver degeneration is called cirrhosis. Once the liver is damaged, it affects the other organs of the body also.

(5) **Effect on Kidneys :** Kidneys are overworked in eliminating the excess water often taken with alcohol.

(6) **Effect on immunity :** The users of alcohol neglect their health and soon the body loses its resistance to infections. The alcoholics are in most cases victims of malnutrition and are easily susceptible to disease like pneumonia.

(7) **Effect on level of sugar in blood :** Lowering of blood level. (Hypoglycemia)

(b) **Effect on the Family :** The consumption of alcohol not only creates problems to the drinker but directly or indirectly affects the family and community life. Alcoholic drinks are costly and most drinkers, because of their selfish habit, deprive their children and other members of the family of the basic needs. Thus, they create health and other problems.

(c) **Effect on Society (Community) :** The drinking of alcohol is invariably associated with social crimes and dissolution of moral and cultural inhibitions. Violence and other corrupt practices in the community are often directly or indirectly due to the consumption of alcohol. The intake of alcohol increases the rate of industrial accidents and decreases production. Traffic accidents are often due to

drunken drivers. Illegal activities like production and selling of illicit liquor increases antisocial activities.

(ii) **Driving and drinking do not go together :** It is due to the following facts :

(a) **Alcohol affects judgement :** A person's ability to judge distance is distorted.

(b) **Alcohol affects coordination :** Coordination of the limbs, the head and the eyes are impaired affecting the driver's control of the car.

(c) **Alcohol affects alertness :** A driver becomes less watchful and fails to observe objects outside his vehicle.

(d) **Alcohol affects vision :** Vision becomes blurred and unsteady. Often the field of vision is reduced (Tunnel Vision).

(e) **Alcohol increases reaction time :** The driver takes more time to react to unexpected situations, *e.g.*, a child running across a street.

(f) **Alcohol affects behaviour :** Intoxicated drivers become rash, careless and erratic. They tend to speed and take risks.

3.5.3 Drug Addiction

(i) **Symptoms and Control**

(a) **Drugs :** Drugs are normally used for the treatment of diseases. The prolonged use of drugs may lead to the dependence of the body on them. This is drug addiction. Some people without any medical advice, start taking drugs and soon become drug addicts. Certain drugs form habit, but some make the body completely dependent upon them.

(b) **Addiction :** Some persons are unable to bear tensions or think themselves unable to solve the problems of life or due to certain other curious factors start drinking, smoking and taking certain narcotic drugs and feel relief and peace. Gradually this becomes their habit and they are addicted to these things.

Thus addiction can be defined as a physical and mental dependence on any of the above mentioned factors and get temporary relief and feel pleasure.

The common factors are :

(c) **Drug Addiction :** The compounds used for the cure of the diseases are known as drugs. Certain drugs of specific category are nerve stimulants and depressants. Some of the drugs function as sedative and others act as hallucinogens.

The regular use of such drugs causes the drug addiction in human and they become habitual of these drugs. Drugs such as *aspirin* and *antihistamines* when taken with alcohol may have dangerous effects. Including death.

(ii) **Types of Drugs :** These are a large number of drugs on which people become dependent. On the basis of their mode of action on the brain, these drugs are of four types : Sedatives and Tranquillisers, Opiate Narcotics, stimulants and hallucinogens.

(a) **Sedatives and Tranquillisers :** These drugs depress the activities of the central nervous system. They give a feeling of calmness, relaxation or drowsiness in the body. Their higher doses

induce sleep. Tranquillisers lower tension and anxiety without inducing sleep. Examples : barbiturates and benzodiazephines (*e.g.*, Valium).

Barbiturates are synthetic drugs derived from barbituric acid and are called sleeping pills.

(b) **Opiate Narcotics :** These drugs suppress brain activity and relieve pain. They are called pain killers. Examples opium and its derivatives and some synthetic drugs (*e.g.*, pethidine and methadone).

Opium and its Derivatives : Opium is the extract from the unripe capsules of the poppy plant (*Papaver somniferum*). It has bitter taste. The opium addict loses weight fertility and interest in work. Its derivatives are morphine, codeine and heroin. Opium derivatives immediately reduce respiratory and cardiovascular activity, constricts the pupils of the eye, reduce the visual activity and cause nausea and vomiting. An overdose leads to respiratory arrest and death. If the supply of the drug is not available, the addicts exhibit terrible "with-drawal symptoms" in the form of muscle cramps, running nose, vomiting and epilepsy.

(1) **Morphine and Codeine :** These are derived from opium. Morphine is a most valuable analgesic but it causes addiction. Codeine is a mild analgesic but causes no addiction so codeine is commonly used in many medicines and cough syrups.

(2) **Heroin (Diacetylmorphine or Diamorphine) :** Heroin is formed from morphine by acetylation. It is highly addictive and, therefore, considered most dangerous opiate. It is banned even for medical use. It is used in research. Heroin is taken orally or inhaled or injected. As the heroin addicts are careless about the needles and syringes so they can cause blood poisoning, serum hepatitis and AIDS.

(c) **Stimulants :** These drugs stimulate the nervous system; make a person more wakeful, alert and active; and cause excitement. The stimulants include caffeine, cocaine and amphetamines.

(1) **Caffeine :** It is an alkaloid derived from the leaves of tea plant (*Thea chinesis*), seeds of coffee plant (*Coffea arabic*) and seeds of Cacao plant (*Theobroma cacao*). Tea plants and coffee plants are shrubs while cacao plants are trees. Caffeine is a mild stimulant and is commonly taken as beverages – tea, coffee, coca and cola drinks. It increases alertness and thought. As it is mild stimulant, it is used in medicines as a cardiac stimulant. Its excessive use causes addiction.

(2) **Cocaine :** It is extracted from the leaves and young twigs of the South American shrub *Erythroxylon coca*. Cocaine is used as local anaesthetic and stimulant. The bad effects are lack of sleep, loss of appetite and hallucination which ultimately lead to damaged mental functions and insanity. The misuse may also produce severe headache, convulsion or death due to cardiovascular or respiratory failure.

(3) **Amphetamines :** These are synthetic drugs, which are strong stimulants. Amphetamines are taken by truck drivers and night workers to keep awake. They do not remove fatigue. However, they impair vision and judgement of distance.

(d) **Hallucinogens :** These drugs change thoughts, feelings and perceptions of an individuals. Hallucinogens (drugs) cause hallucinations (illusion of seeing objects or hearing sounds, etc., not

actually present). They include chemicals such as LSD. (Lysergic acid diethylamide), mescalin, psilocybin and products of hemp plant.

(1) **LSD (Lysergic acid diethylamide) :** It is derived from *Argot fungus*. It is most powerful hallucinogen which causes horrible dreams, chronic psychosis, and severe damage to the central nervous system. LSD also brings about chromosomal and foetal abnormalities.

(2) **Products of Hemp Plant :** Bhang**,** (hashish) ganja and charas are three drugs obtained from the dried leaves and flowers of the hemp plant (*Cannabis indica*) commonly called bhang. Another drug Marijuana is derived from another species of hemp plant (*Cannabis sativa*). Immediately after the intake of these drugs, the pupils of the eye dilate, blood sugar level rises and frequency of urination increases. These drugs are often mixed with tobacco and smoked. Compared to the other drugs, these drugs may appear to be less harmful, but these may lead to the opiates (opium group) addiction. They are dangerous if taken along with alcohol. Some of these drugs (*e.g.*, Marijuana) cause anxiety and may lead to psychosis.

- ❑ Marijuana is Hallucinogen.

Major Groups of Psychotropic Drugs with Examples and Effects

Type of Drug	Examples	Effects
(1) Sedatives and tranquillisers (depressant)	Benozodiazephines (*e.g.*, Valium Barbiturates)	Depress brain activity and produce feelings of calmness, relaxation, drowsiness and deep sleep (high doses).
(2) Opiate narcotics	Opium, Morphine, Heroin, Pethidine, Methadone	Suppresses brain function, relieves intense pain.
(3) Stimulants	Caffeine (very mild), Cocaine, Amphetamines	Stimulates the nervous system; makes a person more wakeful, increases alertness and activity, produces excitement.
(4) Hallucinogens	LSD, Mescalin, psilocybin, Bhang (Hashish), Ganja Charas, Marijuana	Alters thought, feelings and perceptions cause illusions.

(iii) **Combinations of Drugs :** Some drug addicts use mixtures of drugs to have immediate effect. Combination of alcohol and barbiturates causes increased depressant effect. Mixture of alcohol and antihistamines produces marked drowsiness. Combination of alcohol and valium causes increased sedative effect. Mixture of alcohol and marijuana produces decreased coordination and impaired judgement. Combination of alcohol and aspirin causes increased chances of damage to gastric mucosa.

Alcohol-Drugs Interaction

Combination	*Effect*
Alcohol + barbiturates	Dramatically increased depressant effect
Alcohol + antihistamines	Marked drowsiness
Alcohol + Valium	Rapid increase in sedative effect
Alcohol + Marijuana or Hashish	Decreased coordination, increased reaction time, impaired judgement
Alcohol + Aspirin	Increased risk of damage to gastric mucosa.

(iv) **Effect of Drug Addition of Family, Society and Addicts :** The drug-users not only themselves suffer from the ill-effects of drug addiction, they also bring miseries to the entire family. Since they get the supply of the drugs from illegal sources, they encourage smuggling and other associated illegal activities, resulting in several other social problems. It is evident that all the drugs affect the central nervous system and their prolonged use causes permanent damage. The body fails to work without the drugs. Ultimately other organs also get damaged, and the drug-users become victims of various diseases. There are several reasons causing drug addiction.

(a) **Curiosity :** Frequent reference to drugs in newspapers, literature and on radio makes a person curious to have personal experience of the taste of a particular drug.

(b) **Peer group pressure :** Constant description by friends about the "good feeling" creates a temptation. Such inspiration from friends and peer groups acts as a pressure to start with drugs.

(c) **To overcome frustrations and depressions :** The desire to get solace or relief from personal problems initiates the use of drugs. The school children who take refuge in drugs are usually lonely, unloved and insecure.

(d) **Excitement and adventure :** It is natural for the young to look for some exciting work. The intake of drug being illegal satisfies that feeling of excitement and adventure.

(e) **Looking for a different world :** Some people believe that drugs open up a new world of perception. It increases the ability to appreciate the aesthetic beauties, helps in intellectual enlightenment and creativity.

(f) **Desire to do more physical or mental work :** Some people use drugs to increase their working power. Many students use drugs to work whole night before examinations. In most cases this leads to mental-breakdown.

(g) **Persistent use to get relief from pain :** People suffering from pain often take drugs for relief. Such persistent use is sometimes based on medical prescription. This practice makes them addicts.

(h) **Family history :** Examples of parents of members of the family using drugs act as the most natural stimulant.

ASSIGNMENT

SMOKING , ALCOHOLISM AND DRUG ADDICTION

Basic Level

1. Which component of tobacco smoke is carcinogenic

(a) Nicotine (b) Tar

(c) Carbon monoxide (d) Polycyclic aromatic hydrocarbons

2. Tobacco inhalation causes

(a) Stimulation of nerve induction and cough depressant

(b) Heart diseases and low blood pressure

(c) Inhibits the oxygen carrying capacity and increases the more transportation of CO_2

(d) Nerve stimulation, heart diseases, decrease in O_2 carrying capacity, lung cancer, chronic bronchitis etc.

3. Tobacco smoke contains carbon monoxide which

(a) Reduces the oxygen-carrying capacity of blood

(b) Causes gastric ulcers

(c) Raises blood pressure

(d) Is carcinogenic

4. In persons addicted to alcohol, the liver gets damaged because it

(a) Has to detoxify the alcohol (b) Stores excess of glycogen

(c) Is over stimulated to secrete more bile (d) Accumulates excess of fats

5. Damage to gastric mucosa is increased by alcohol plus

(a) Valium (b) Marijuana (c) Aspirin (d) Barbiturates

6. Driving after drinking is not advised because due to intoxication

(a) Reaction time delays (b) Judgement and co-ordination disturbs

(c) Affect behaviour and vision (d) All of these

7. Fatty acid syndrome due to alcoholism is called

(a) Nephritis (b) Gastritis (c) Neuritis (d) Cirrhosis

8. Alcohol is harmful for

(a) Hair (b) Teeth (c) Bones (d) Liver

9. Alcohol consumption affects

(a) Judgement only (b) Coordination and alertness only

(c) Vision and behaviour only (d) All of these

10. Alcohol addiction causes

(a) Fatty liver syndrome, hypertension and cardiovascular diseases

(b) Fatty liver syndrome, hypertension and psychosis

(c) Cardiovascular diseases, ulcers, vitamin deficiency and all mental illness

(d) All of these

11. Withdrawal symptoms of alcohol are
(a) Patchy and swollen face (b) Delirium (c) Vomiting and nausea (d) All of these

12. Continuous use of alcohol causes
(a) Gastritis (b) Neuritis (c) Swelling of liver (d) All the above

13. Dilation of blood vessels, increases in fat synthesis, low blood sugar and inflammation of stomach are due to the consumption of
(a) Tobacco (b) Drug addiction (c) Alcohol (d) Tobacco and drug addiction

14. Tunnel vision is caused by
(a) Drug addiction (b) Use of tobacco (c) Use of alcohol (d) Use of LSD

15. The organ which is most affected by alcohol, is
(a) Liver (b) Cerebrum (c) Cerebellum (d) Heart

16. Intoxicant caffeine is found in
(a) Tea (b) Coffee (c) Cocoa (d) All the above

17. Physical and mental dependency over any specific drug is known as
(a) Narcosis (b) Psychosis (c) Epilepsy (d) Addiction

18. Drugs, shocks and psychotherapy are the treatments of
(a) Neurosis only (b) Narcosis only (c) Addiction (d) Mental illness

19. The use of nicotine causes
(a) Lung cancer, epilepsy, psychosis (b) Lung cancer, mouth cancer, epilepsy
(c) Lung cancer, mouth cancer, chronic bronchitis (d) All of these

20. Sedatives, tranquillisers, stimulants and hallucinogens are the psychosis drugs which affect the
(a) Brain only (b) Spinal cord only (c) Central nervous system (d) None of these

21. The artificial drug used as a sedative and to reduce the anxiety, It also induces the sleep. The drug is
(a) LSD (b) Barbiturates (c) Heroin (d) Caffeine

22. The depression of nervous activity is caused by which of the following drug
(a) LSD (b) Psychotropic (c) Stimulant (d) Narcotic

23. ECT is
(a) An apparatus for epilepsy (b) A drug which acts as sedative
(c) Shock treatment (d) Artificial organ for human

24. LSD (Lysergic and diethylamide) is prepared from
(a) Ergot fungus (b) Bark of cinchona (c) Beetles (d) Insects

25. Withdrawal symptoms of drug addiction are
(a) Showed during epilepsy
(b) Unpleasent symptoms showed due to non availability of addicted drugs
(c) Unpleasent symptoms showed due to alcoholism
(d) Unpleasent symptoms showed due to narcotic drugs

26. Caffeine, amphetamines and cocaine are
(a) Nerve depressant (b) Nerve initiator
(c) Nerve stimulant (d) Nerve impulse initiator

27. Use of which causes destruction of chromosomes
(a) Morphine (b) Alcohol (c) LSD (d) Nicotine

28. Liver becomes store house of fat instead of carbohydrate and protein. This is
(a) Drug addiction syndrome (b) Fatty liver syndrome
(c) Epilepsy syndrome (d) Tobacco inhalation syndrome

29. Nerve depressants
(a) Increase the nerve impulses (b)Are sedatives only
(c) Are sedatives and cause the low blood pressure (d)Are sedatives and tranquillisers both

30. Opium, morphine, heroin, pethidine and methadone are collectively called as
(a) Tranquillisers (b) Stimulants (c) Hallucinogens (d) Opiate narcotics

31. Fatty liver syndrome appears due to
(a) Excessive synthesis of fat from fatty acids (b) Synthesis of fat from amino acids
(c) Synthesis of fat, fatty acids and glycerols (d) Synthesis of fat from alcohol

32. Narcotic drugs
(a) Increase the nerve impulses (b) Are pain reliever
(c) Alter thoughts, feelings etc. (d) None of these

33. Hallucinogens
(a) Are nerve depressants (b) Are nerve stimulants
(c) Alter thoughts, feelings and perceptions (d) Are pain relievers

34. LSD is an extract of
(a) Cocoa plant (b) Poppy plant
(c) *Cannabis sativa* (hemp plant) (d) Ergot fungus (*Cleviceps perpurea*)

35. 'Marijuana' is extracted from
(a) Dried leaves and flowers of hemp plant (b) Ergot fungus
(c) Hemp plant (Cannabis sativa) (d) Cocoa plant

36. 'Opium' is an extract of
(a) *Cannabis sativa plant* (b)Cocoa plant
(c) Unripe fruit of poppy plant (d)None of these

37. 'Bhang' and 'Ganja' are
(a) Extract of hemp plant- *Cannabis sativa* (b)Ripe poppy fruits and leaves
(c) Dried leaves, flowers and buds of cannabis indica plant (d)None of these

38. From unripe opium fruit, the opium is extracted. From this which one of following groups of narcotic drugs are also prepared
(a) Hashish, morphine, heroin (b) Hashish, codeine, pethidine and methadone
(c) Codeine, pethidine, methadone, morphine and heroin
(d) Codein, pethidine, methadone, and cocaine

39. 'Charas' is a product of

(a) *Cannabis sativa* (b) *Cannabis indica* (c) *Cannabis capsarica* (d) None of these

40. Cancer can be caused by the use of

(a) Tobacco (b) Alcohol (c) Opium (d) LSD

41. Which one of the following is a synthetic drug

(a) Opium (b) LSD (c) Barbiturates (d) Cocaine

42. Which is not a 'opiate narcotic'

(a) Amphetamine (b) Morphine (c) Heroin (d) Pethidine

43. Perfluorocarbon will be used as

(a) Blood dilyser (b) Blood dilyser and oxygenator

(c) Artificial blood and oxygenator (d) Artificial blood

44. Addiction of LSD will eventually leads to

(a) Damage of kidneys (b) Damage of lungs

(c) Mental and emotional disturbances (d) Hallucination

45. Amnesia is

(a) Loss of memory (b) Loss of filtration capacity of kidney

(c) Loss of appetite (d) Loss of blood

46. Initial stage of drug addiction is

(a) Habituation (b) Tolerance (c) Dependence (d) Sleep

47. A psychological and emotional need of drug using person is known as

(a) Habituation (b) Dependence (c) Psychotherapy (d) Tolerance

48. The final stage of drug addiction is represented by the need of drug for the body. This is known as

(a) Drug dependency (b) Drug immunity (c) Drug resistancy (d) None of these

49. A longer or intense exposure to the radiation causes

(a) Aciditary effects (b) Lung cancer

(c) Premature old age, leukemia and bone cancer (d) Nervous defects and spread of epidemics

50. Using which of the following after drinking alcohol causes death

(a) Opium (b) Barbiturate (c) Morphine (d) All of these

51. Which disease is deadly

(a) Psychosis (b) Neurosis (c) Epilepsy (d) All the above

52. Benzopyrene is found in

(a) Tomato (b) Potato (c) Tobacco (d) Opium

53. More fat is accumulated in the liver by using which of the following

(a) Saturated fat (b) Starch (c) Alcohol (d) Egg and meat

54. The symptoms of epilepsy are

(a) Recurrent attacks and loss of consciousness

(b) Involuntary muscle contraction and salivation

(c) Foaming at mouth (d) All of the above

55. Sleep is prevented by

(a) Barbiturates (b) Benzodiazephines (c) Amphetamines (d) Psilocybin

56. The use of tobacco is originated in
(a) China (b) America (c) Russia (d) Eastern India

57. 'Valium' is an example of
(a) Benzodiazephines (b) Barbiturates (c) Stimulants (d) Hallucinogens

58. The drugs used by weight conscious peoples to reduce appetite and increase alertness are
(a) LSD (b) Morphine
(c) Amphetamines and cocaine (d) Aspirin

59. An additional risk of drug addiction, especially of heroin is
(a) Permanent damage of brain (b) Contracting AIDS
(c) Pulmonary disorder (d) Loss of sight

60. Ingestion of marijuana leads to illusions and alters the thoughts, felling and perceptions of a person. Marijuana is a
(a) Narcotic (b) Stimulant (c) Hallucinogen (d) Sedative

61. Which one of the following is most carcinogenic present is tobacco smoke
(a) Nicotine (b) Benzopyrene (c) Caffeine (d) Tar

62. Carcinogenic agent is
(a) X-ray radiation (b) U.V.radiation (c) Nicotine (d) All of these

63. Epilepsy occurs due to
(a) Lack of blood supply (b)Death of brain tissue (c)Both (a) and (b) (d) None of these

64. Naloxone is used as an antidote intravenously for the over dose of
(a) Heroin (b) Opium (c) Librium (d) Morphine

65. The tranqullisers differ from the sedatives that they
(a) Make a person more wakeful (b) Produce calmness
(c) Produce calmness without inducing sleep (d) Produce deep sleep

66. Nicotine acts as a stimulant because it mimics the effect of
(a) Thyroxine (b) Acetylcholine (c) Testosterone (d) Dopamine

67. Which of the following stimulates the heart
(a) Mescalin (b) Epinephrin (c) LSD (d) Hasish

68. A person who is a addict of alcohol gets his liver destroyed because
(a) Liver stores excess of glycogen (b) Liver stores excess of starch
(c) Liver stores excess of protein (d) Liver stores excess of fat

69. Addiction to tobacco is caused by the presence of
(a) Caffiene (b) Nicotine (c) Cocaine (d) Histamine

70. Smoking addiction is harmful because it produces polycyclic aromatic hydrocarbons, which cause
(a) Reduction in oxygen transport (b) Increase in blood pressure
(c) Cancer (d) Retardation of growth of foetus

71. Alcohol addiction is harmful because it causes
(a) Protein deposition in liver (b) Deposition of extra fat in liver
(c) Rise in blood sugar level (d) Cancer

72. Which of the following is an opiate narcotic

(a) Barbiturates (b) Morphine (c) Amphetamines (d) LSD

ANSWER

ASSIGNMENT (BASIC LEVEL)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
d	d	a	d	c	d	d	d	d	a	c	d	c	c	a	d	d	d	c	c
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
b	d	c	a	b	c	c	b	d	d	d	b	c	d	c	c	a	c	a	a
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
c	a	d	d	a	a	b	a	c	b	c	c	c	d	c	b	a	c	c	c
61	62	63	64	65	66	67	68	69	70	71	72								
b	d	c	d	a	b	b	d	b	c	b	b								

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