

CANNABIS

WHAT IS CANNABIS?

It is a common psychoactive substance which is used widely. It is obtained from the plant cannabis sativa.



AVAILABLE FORMS

It is used in various forms such as:

- *Marijuana or Ganja*
- *Bhang*
- *Charas or hashish*

METHOD OF TAKING

1. Orally as

(a) Thandai

(b) Sweets

(c) Manoka

(d) Bhang is also mixed with flour to make 'pakodas' or 'bhajji'.

2. Smoking:

(a) In cigarettes

(b) Clay pipes

(c) Water pipes: Traditional hookah or modern 'bong'.

ADVERSE EFFECT:

Effects on brain and behavior:

- ❖ *Initially cannabis causes a feeling of relaxation.*

❖ *In higher doses it causes-*

- *Behavioral changes such as euphoria, anxiety, sensation of slowed time, impaired judgment, social withdrawal which develops during or shortly after cannabis intake.*
- *Sedation or excitement*
- *Loss of consciousness*
- *Memory impairment*
- *Impaired psychomotor performance*
- *Dependent syndrome, cannabis induced psychosis and the initiation and exacerbation of schizophrenia.*

Physical effects-

- *Dry mouth*
- *Increased heart rate*
- *Red eyes*
- *Hallucinations and sensory distortions*
- *Nausea and vomiting*

WHAT ARE THE SIGNS AND SYMPTOMS OF INTOXICATION?

❖ **Symptoms**

- *Impaired motor coordination*
- *Euphoria/ anxiety/ dysphoria*
- *Sensation of slowed time*
- *Poor judgment*
- *Social withdrawal*

❖ **Signs**

- *Conjunctival infection*
- *Dry mouth and appetite*
- *Increased heart rate*

WHAT ARE THE SIGNS AND SYMPTOMS OF WITHDRAWAL?

- *Irritability, anger*

- *Anxiety*
- *Physical tension ,restlessness*
- *Decreases in appetite and mood*
- *Decreased body weight*
- *Shakiness and sleep problems*

WHEN DOES WITHDRAWAL STARTS?

Withdrawal first appears within 24 hours; most pronounced for the first 10 days and can last up to 28 days.

Health hazards of long term cannabis use

- *Cannabis contains more tar than tobacco, and has a higher concentration of cancer causing agents.*
- *With more tar smoking cannabis presents the same health problems as tobacco: bronchitis, emphysema and lung cancer.*
- *It can disrupt the control of blood pressure increasing the risk of fainting.*
- *Cannabis can cause psychosis in people who are predisposed.*

HOW IT CAUSES ADDICTION?

- *Cannabis contains a chemical 9 tetra hydrocannabinol, that affects the brain and it release dopamine at the pleasure centers and continued use causes dependence.*

