

Origins of Substance abuse, the causes, the causations, the effects, and how life and others influence their perspectives.

By: Arnav Pydimukkala

It's July 20th, I should be excited about my birthday tomorrow, but how could I be? The entire day, I was quiet to ensure I slid under my friends' radars. I wanted to avoid their endless questions and nagging about throwing the big 16th birthday party. I walk off my school bus and up to my rusty, smelly rented apartment. On the front porch, there's my dad's shoes, my tattered welcome mat, and the glistening doorbell to the side of the rusted door. The doorbell, the one thing that looked new in my apartment, mainly since no one ever used it in my household. Everyone knew that no matter how many times they pressed it, no one would answer the door. I walk up to that door, bend over and slightly lift my tattered mat to unveil a key to open the door. Immediately, the foul and familiarly strong scent hit me. I walk in to see my dad on the couch passed out with a dozen beers on the floor around him, a pack of cigarettes, and some marijuana in a paper tissue. The next day arrives and when I go downstairs, I see nothing. I never expected anything, but it still hurt me. I looked on the sofa, my dad was still lying but this time in a new position. However, I still see that marijuana on the table. I became curious. I quickly grab the paper tissue filled with marijuana and go outside to the porch. That was the first time I rolled my first cigar. I celebrated my 16th birthday with a smoke. This story is not of mine nor anyone specific. This story is a fabrication or a simulation of one of the many instances of how people succumb to drug abuse. In the following passages, I will inform you of basic information everyone should know. The origins of

substance abuse, its causations, its effects, and how life and others influence their perspectives.

Let's start with the origins of substance abuse. Humans have created and discovered these addictive substances almost simultaneously since the beginning of history. The Neolithic people created the earliest believed alcohol beverage from a mix of fermented rice, honey, and hawthorn fruit. The Chinese people discovered booze, Causacus created wine, Sumerians made their beer, and the Aztecs pulque used agaves that are used in modern tequila. Drugs were the same way with opium being used in Europe around 5700 BC, cannabis seeds appearing in Asia, and the Scythians with weed. As you can see, these substances have been present since very early on in history. However, at the time, people did not know much regarding the consequences of relying on these substances and would indulge in them with no doubts. After reviewing drugs in the past, let's now talk about how they appear in modern society.

In modern society, drugs and their existence are widely known throughout the world. Although many don't know the truth behind them, everyone knows of their existence and their growing usage on massive scales. But to talk about how, modern society knowing about these drugs can be explained in a multitude of ways. Firstly, the creation and the improvement of social media. Don't get me wrong, I'm not going against social media. I do believe that it has progressed our world in a variety of ways and that we wouldn't know people as we do without it. In spite of that, I do believe that social media has likely progressed the spread of drugs and substances in different ways. With social media, people have been and can be exposed to these substances with ease. Social media also contributes to making people succumb to relying on drugs.

It has become “cool” these days to post yourself smoking, snorting, and hitting these substances online. In that mindset, the youth of our world have gotten this preset mentality that one can be cool if you participate in using these substances. Social media, movies, books, and more portray this “cool” persona that people miraculously possess when using these substances. The reason for this is due to how the main character when using these substances at hard moments in the plot seems unfazed and rather benefitted in terms of confidence and more. Another way these drugs were reintroduced to the world and allowed them to have such a huge grasp over millions of people today could be gangs and rebels. Gangsters appeared in the 20th century on mass scales. During the World Wars, the tension in the world caused many people to rebel against society and their government, but gangsters rebelled in the greatest and most intensive of scales. Gangsters were generally young adults who were tired of the government system and realized that they could take advantage of their own government's position and utilize it for their own benefit. Gangs would often recruit young members and make somewhat of a familial bond that is bound upon fear and family. These gangsters would promote violence for their own benefit and that included extortion, robbing, mugging, and many more. At that time many gangsters would incorporate drugs into their image. Many gangsters would start smoking and rolling cigars and more as a way to showcase their rebellious attitude. During this age many young teens are desperately trying to fit in with others as well as trying to find a sense and space of belonging. In this scavenge of theirs to find this “sense of belonging” they hopelessly start clinging on to whatever they can and in many circumstances many find themselves succumbing to peer pressure to belong with others and consequently do

things out of desperation and in this case it would be joining a gang. This leads to a domino effect of people continuing to raise the numbers of people who indulge in substances. Another way modern society has come to know and be aware of drugs can be seen through medical uses. The term drugs wasn't always associated with people who become addicted and dependent on them in daily life. Before drugs and this term was used and known in regards to people who consume these substances it was used to refer to medicine otherwise known as medicinal drugs/prescription drugs. These drugs were manufactured in precise ways to benefit society and to help others combat natural things such as disease, fevers, and more. They were constantly adapted and built upon each other to create things that help people. The thing about medicine/drugs is that their peculiar man made origins allow them to not be that healthy or beneficial to regular people who aren't facing any illness. Medicine was made for ingestion in small doses and has specific restrictions and rules placed. The reason for this is that these man-made substances usually have negative effects that occur when used in no regard to its specific rules, which causes it to overpower the human body system with ease. With this many patients and people who rely on medicine, sometimes people don't properly follow these rules and can get these negative side effects. People can get addicted to these side effects, which becomes catastrophic. All substances including medicine are addictive in ways and can make people rely on them. Once again, I'm not going against the manufacture or the use of medicine as I truly believe that medicine is one of humanity's greatest inventions and is needed in the world. However, if people abuse this medicine, it could cause them to get addicted. Addiction doesn't occur immediately and due to that it traps more people then it would if it did in my own

opinion. Addiction occurs only when your body becomes accustomed to it and eventually dependent upon it. Due to this many try substances believing that they won't get addicted and that they wouldn't be affected if they took it once or twice. Although they may be right in some circumstances it often leads to addiction and another case of substance abuse because the people don't recognize how quickly and how unpredictable substances can be due to individuality and how responses to substances vary depending on the person. When you think about it almost all people these days rely on medicine, maybe not frequently, but we still use it. When a close friend, family member, or a known person gets addicted to these substances, it introduces you to the world of substances which allows you to have access and to partake in substance abuse. These are just some of the many ways that drugs and substances have taken control and have risen to become so commonly known to modern society. We talked about the causes and how drugs transpire into a person's daily life, but what's next is the effects of these drugs.

The reason that substances are what they are and regarded in the way that they are perceived is due to their drastic negative effects when consumed. Drugs can easily damage human body systems. As I mentioned before, these substances were created medically and are man-made, which creates many parameters and cautious instructions that incite these substances in order for proper use. Some effects can include seizures, strokes, brain damage, mental confusion, lung disease, loss of memory, loss of attentive abilities, and even bodily functions such as erectile dysfunction. This substance abuse can alter your decision making skills and mind. It can allow for you to change as a person in negative ways, which eventually thwarts and makes living daily life much

harder and excruciating. Not only do effects come physically, but also emotionally. Substance abuse often causes disorders where your personality flees from yourself. Due to the image and lack of self restraint that occurs when dealing with substances, that person may cause havoc, resulting in others viewing him or her in a different way. Substance abusers generally are left with severed ties or distance with their loved ones. People who take substances and abuse them are not unaware at the time, but are rather misguided and unable to think during small periods of time when succumbing to their addiction. Addiction generally results in deterioration of mental health, often causing depression. These are 2 of the main effects that undergo when abusing substances, but many more follow, all resulting in suffering.

Finally, substance abuse isn't something that's reprimandable or hideous but rather something that many don't have a full grasp upon. In many cases, the fault is not of the person who fell victim to the addiction that these substances hold over them, but rather the one at fault is the situation and circumstances that unfortunately led them to be introduced and partake in consumption of these substances. Substances have been known and were a part of early human history, and there is no ridding the world of them. However, if society understands details regarding the situation and the reasons people take them, the effects of taking them on one's mental and physical health, and how people's opinions regarding this matter influences the person consuming the drugs, then we can better society by helping others be more aware of the path they may choose to undergo to eventually rid the world of substance abuse.

Works Cited

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