



# Mechanism of Addictive Disorders

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Addictive disorders, such as substance abuse and dependency, are general conditions characterised by excessive use of alcohol and/or narcotics. Drug addiction, also known as opioid use disorder, is a condition that affects a person's brain and actions, resulting in an inability to regulate the use of any drug or medicine, whether legal or illegal. Drugs include substances such as alcohol, marijuana, and nicotine. The reward pathways in the brain are involved in the biological processes that trigger addiction. To "reward" drug use, these circuits have rushes of pleasant feelings and feel-good chemicals. During an addictive disorder, the regions of the brain responsible for stress and self-control undergo long-term changes as well. Alcohol and opioid addiction often co-occur with OCD, much as many anxiety disorders and depression. This combination has the potential to damage both the mind and the body. It's important to find the best care for both conditions because you have a concurrent diagnosis of opioid addiction and OCD. Obsessive thoughts about the relationship, feelings of hope, anticipation, waiting, uncertainty, and desperation are all symptoms of a person's addiction. Relationships that are unhealthy and strong are addictive. The brain receptors of an addicted person become overloaded. When noise becomes too noisy, the brain responds by creating less dopamine or suppressing dopamine receptors, which is equivalent to turning down the volume on a loudspeaker. Behavioral addictions begin in the same way as opioid or alcohol addictions do: neurotransmitters and other natural chemicals enter the brain whenever an addict or someone who has a proclivity for addiction is present.

Tobacco use is responsible for more deaths than any other addictive drug. Lack of control or an inability to stay away from a drug or activity are common signs of addiction. Reduced socialisation, such as breaking promises or avoiding relationships. Genetic factors are thought to account for 40 to 60% of a person's susceptibility to addiction, according to scientists. The National Institute on Drug Abuse (NIDA) is currently funding a large research project aimed at identifying gene variations that make people more susceptible to drug addiction. Although dopamine isn't the primary cause of addiction, it is assumed to play a role because of its motivational properties. Remember that dopamine is released by the brain's reward centre in reaction to pleasurable experiences. Social media is physically and mentally addictive due to the impact it has on the brain. Self-disclosure on social networking sites, according to a recent Harvard University report, activates the same portion of the brain that is activated while using an addictive drug. Obsessive-Compulsive Disorder (OCD) is a common co-occurring disorder that often occurs in conjunction with alcoholism. Alcohol appears to reduce compulsions, but it can actually intensify them. Urge vs. need distinguishes compulsive habits from addiction.

A compulsion is a strong desire to perform a certain action. Addiction is described as a desire to do something in order to obtain gratification or to alleviate discomfort. A individual with an addictive personality is more likely to become addicted to something. This may involve anyone being enamoured of something to the point of obsession or fixation.

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