GLOSSARY

**Abstinence**: Refraining from the use of a drug or alcohol. Complete abstinence from alcohol means no drinking at all. Abstinence syndrome: withdrawal syndrome.

**Acetaldehyde**: The chemical product of the first step in the liver's metabolism of alcohol. It is normally present only in small amounts, as it is rapidly converted to acetic acid.

**Acute**: Generally, sharp. In medicine, rapid. Referring to drugs, the short-term effects or effects of a single administration, as opposed to chronic, or long-term effects of administration.

**AD**: Anno Domini (used to indicate that a date comes from the specified number of years after the traditional date of Christ’s Birth).

**ADD**: Attention Deficit Disorder, referring to a learning disability that may or may not be accompanied by hyperactivity. Terminology of the DSM-III.

**Additive effects**: When the effects of two different drugs add up to produce a greater effect than either drug alone. As contrasted with antagonistic effects in which one drug reduces the effect of another or synergistic effects in which one drug greatly amplifies the effect of another.

**Adenosine**: A chemical believed to be a neurotransmitter in the CNS, primarily at inhibitory receptors. Caffeine may act by antagonizing the normal action of adenosine on its receptors.

**Affective disorder**: A disorder of mood or emotion, in contrast to disorders of thought. Depression, mania, and bipolar (formerly manic-depressive) disorders are examples.
Affective education: Generally, education that focuses on emotional content or emotional reactions, in contrast to cognitive content. In drug education, one example would be learning how to achieve certain "feelings" (of excitement or belonging to a group) without using drugs.

Aftercare: In drug or alcohol treatment programs, the long-term follow-up or maintenance support that follows a more intense period of treatment.

AIDS: Acquired immune deficiency syndrome, a disease in which the body's immune system breaks down, leading eventually to death. Because the disease is spread through the mixing of body fluids, it is more prevalent in intravenous drug users who share needles.

Alcohol abuse: In the DSM-III, alcohol abuse is defined as any pattern of pathological alcohol use that causes impairment of social or occupational functioning. Compare to alcohol dependence.

Alcohol dependence: In the DSM-III, alcohol dependence is considered a more serious disorder than alcohol abuse, in that dependence includes either tolerance or withdrawal symptoms.

Alcohol: Generally refers to grain alcohol, or ethanol, as opposed to other types of alcohol (for example, wood or isopropyl alcohol; which are too toxic to be drinkable.

Alcoholic personality: Refers to personality traits, such as immaturity and dependency, that are frequently found in alcoholics in treatment. Many of these consistent traits may be a result of years of heavy drinking rather than being a cause of alcoholism.
**Alcoholics Anonymous**: A worldwide, loosely organized group of alcoholics who try to help each other to abstain from the use of alcohol.

**Alcoholism**: Has many different definitions, and is therefore not a precise term. Definitions may refer to pathological drinking behavior (for example, remaining drunk for 2 days), to impaired functioning (for example, frequently missing work), or to physical dependence. See alcohol abuse and alcohol dependence.

**Alternatives**: (to drugs). Assuming that there are motives for drug use, such as the need to be accepted by a group, many prevention and treatment programs teach alternative methods for satisfying those motives.

**Analgesic**: Pain-relieving. An analgesic drug produces a selective reduction of pain, whereas an anesthetic reduces all sensation.

**Anesthetic**: Sense deadening. An anesthetic drug reduces all sensation, whereas an analgesic reduces pain.

**Angel dust**: A street name for phencyclidine (PCP).

**Antabuse**: Brand name for disulfiram, a drug that interferes with the normal metabolism of alcohol so that a person who drinks alcohol after taking disulfiram will become quite ill, Antabuse interferes with the enzyme aldehyde dehydrogenase so that there is a buildup of acetaldehyde, the first metabolic product of alcohol.

**Antipsychotic**: A group of drugs that are used to treat psychotic disorders, such as schizophrenia. Also called neuroleptics or major tranquilizers.

**Anxiety**: Describes a number of symptoms that are related to a sense of impending danger. At pathological levels, these symptoms can constitute debilitating disorders.
Aspirin : Originally Bayer's brand name for acetylsalicylic acid, now a generic name for that chemical.

Aversion therapy : A form of treatment that attempts to suppress an undesirable behavior by punishing each instance of the behavior. For example, the drinking of alcohol might be punished by electric shocks or by giving a drug that causes nausea.

BAL : Blood alcohol level, also called blood alcohol content (BAC). The proportion of blood that consists of alcohol. For example, a person with a BAL of 0.10% has alcohol constituting one tenth of 1% of the blood and is legally intoxicated in all states.

Barbiturate : A major class of sedative-hypnotic drugs, including amobarbital and sodium pentothal.

Behavioral tolerance : Repeated use of a drug may lead to a diminished effect of the drug (tolerance). When the diminished effect occurs because the individual has learned to compensate for the effect of the drug, it is called behavioral tolerance. For example, a novice drinker might be unable to walk with a BAL of 0.20%, whereas someone who has practiced walking while intoxicated would be able to walk fairly well at the same BAL.

Benzodiazepine : The group of drugs that include Valium (diazepam) and Librium (chlordiazepoxide). They are used as anxiolytics or sedatives, and some types are used as sleeping pills.

Bipolar disorder : One of the major affective, or emotional, disorders. Periods of mania and periods of depression have occurred in the same individual. Also called manic-depressive illness.
**Blackout**: A period of time during which a person was behaving, but for which there is no memory. The most common cause of this phenomenon is excessive drinking, and blackouts are considered to indicate pathological drinking.

**Blood-brain barrier**: Refers to the fact that many substances, including drugs, that may circulate freely in the blood do not readily enter the brain tissue. The major structural feature of this barrier is the tightly joined epithelial cells lining blood capillaries in the brain. Drug molecules cannot pass between the cells but must be able to go through their membranes. Small molecules and molecules that are lipid (fat) soluble cross the barrier easily. Obviously, all psychoactive drugs must be capable of crossing the blood-brain barrier.

**Brand name**: The name given to a drug by a particular manufacturer and licensed only to that manufacturer. For example, Valium is a brand name for diazepam. Other companies may sell diazepam, but Hoffmann-LaRoche, Inc. owns the name Valium.

**British system**: Generally refers to the fact that heroin addicts in Great Britain may register as addicts and be prescribed legal narcotics, including heroin.

**Cannabis**: Indica, sativa. The marijuana, or hemp, plant, carbon monoxide (10) A poisonous gas found in cigarette smoke, catheter (2) A piece of plastic or rubber tubing that is inserted into a vein or other structure, central nervous system (4) The brain and spinal cord.

**Charas**: A preparation of Cannabis, or marijuana, that is similar to hashish. The most potent form of marijuana commonly used in India.
**Chemical name**: For a drug, the name that is descriptive of its chemical structure. As an example, the chemical name sodium chloride is associated with the generic name, table salt, of which there may be several brand names, such as Morton's.

**China white**: A street name for one of the potent synthetic narcotics.

**Chronic**: Occurring over time. Chronic drug use refers to long-term use, chronic drug effects refer to persistent effects produced by long-term use.

**Cirrhosis**: A serious, largely irreversible, and frequently deadly disease of the liver. Usually caused by chronic heavy alcohol use.

**Coca paste**: A paste derived from the coca leaf in the process of making cocaine. It is sometimes smoked in South and Central America and Mexico.

**Coca**: The plant, Rrythroxylon coca, from which cocaine is derived. Also refers to the leaves of this plant.

**Codeine**: A narcotic chemical that is present in opium.

**Coma**: A state of unconsciousness from which the individual cannot be awakened.

**Crack**: Street term for a smokable form of cocaine. Also called rock.

**DAWN**: The Drug Abuse Warning Network, a federal government system for reporting drug-related medical emergencies and deaths.

**Delirium tremens**: Alcohol withdrawal symptoms, including tremors and hallucinations.

**Depressant**: Any of a large group of drugs that generally depress the CNS and at high doses induce sleep. Includes alcohol, the barbiturates, and other sedative-hypnotic drugs.
**Detoxification** : The process of allowing the body to rid itself of a large amount of alcohol or another drug. Often the first step in a treatment program.

**Diagnosis** : The process of identifying the nature of an illness. A subject of great controversy for mental disorders.

**Drug therapy** : The use of a drug in an effort to treat an illness.


**Ecstasy** : Street name for the hallucinogen MDMA.

**ECT** : Electroconvulsive therapy, or electroconvulsive shock treatment. A procedure in which an electrical current is passed through the head, resulting in an epileptic-like seizure. Although this treatment is now used infrequently, it is still considered to be the most effective and rapid treatment for severe depression.

**Enzyme** : A large organic molecule that works to speed up a specific chemical reaction. Enzymes are found in brain cells, where they are needed for most steps in the synthesis of neurotransmitter molecules. They are also found in the liver, where they are needed for the metabolism of many drug molecules.

**Epilepsy** : A disorder of the nervous system in which recurring periods of abnormal electrical activity in the brain producing temporary malfunction. There may be or may not be loss of consciousness or convulsive motor movements.

**Ergotism** : A disease caused by eating grain infected with the ergot fungus. There are both psychological and physical manifestations.
**Ethical**: In pharmacy, medicines dispensed only by prescription.

**Fetal alcohol syndrome**: A developmental disorder seen in a fraction of the children born to mothers who drink heavily during pregnancy.

**Flashback**: An experience reported by some users of LSD in which portions of the LSD experience reoccur at a later time without the use of a drug.

**Functional disorder**: A mental disorder for which there is no known organic cause. Schizophrenia is a form of psychosis that is considered to be a functional disorder.

**Ganja**: A preparation of Cannabis (marijuana) in which the most potent parts of the plant are used.

**Generic name**: For drugs, a name which specifies a particular chemical without being chemically descriptive. As an example, the chemical name, sodium chloride, is associated with the generic name, table salt, of which there may be several brand names, such as Morton's.

**Hallucinogen**: A drug such as LSD or mescaline that produces profound alterations in perception.

**Hash oil**: A slang term for oil of cannabis, a liquid extract from the marijuana plant.

**Hashish**: A potent preparation of Cannabis (marijuana).

**Heroin**: Originally Bayer's brand name for diacetylmorphine, a potent narcotic analgesic synthesized from morphine.

**Hormones**: A chemical substance formed in one part of the body that stimulates action in another part of the body.
Hyperactive: Refers to a disorder characterized by short attention span and a high level of motor activity. The DSM-III term is attention deficit disorder (with hyperactivity).

Hypnotic: Sleep-inducing. For drugs, refers to sleeping preparations.

Hypothalamus: A group of nuclei found at the base of the brain, just above the pituitary gland.

Insomnia: Inability to sleep. The most common complaint is difficulty in falling asleep. Often treated with hypnotic drugs.

Intramuscular: A type of injection in which the drug is administered into a muscle.

Intravenous: A type of injection in which the drug is administered into a vein.

Kretck: A clove cigarette.

Liver microsomal enzyme: An enzyme associated with a particular subcellular component (the microsomal fraction) of liver cells. There are many such enzymes that are important for drug metabolism.

Major depression: A serious mental disorder characterized by depressed mood. A specific diagnostic term in the DSM-III.

MDMA: Methylenedioxy methamphetamine, a catechol hallucinogen related to MDA. Called "ecstasy" on the street.

Medical model: With reference to mental disorders, a model that assumes that abnormal behaviors are symptoms resulting from a disease.

Mental illness: A term that, to some theorists, implies acceptance of a medical model of mental disorders.
**Narcotic**: One of a group of drugs similar to morphine, also referred to as opiates, and used medically primarily for their analgesic effects. The Greek root for this word means numbness, and in early pharmacology writings the term narcotic was used for many psychoactive drugs that were thought to reduce pain or dull the senses. Also, by extrapolation from the Bureau of Narcotics, the term narcotic came in popular use to refer to any illegal drug (now replaced by the term "controlled substance" in legal writings).

**Neurotic**: A type of mental disorder, mostly now referred to as anxiety disorders.

**Neurotransmitter**: A chemical that is released by one neuron and that alters the electrical activity in another neuron.

**Nicotiana**: Any of several types of tobacco plant, including N. tobacum and N. rustica.

**Nicotine**: The chemical contained in tobacco that is responsible for its psychoactive effects and for tobacco dependence.

**Nonspecific effects**: Effects of a drug which are not changed by changing the chemical makeup of the drug. Also referred to as placebo effects. NORML (16) The National Association for the Reform of Marijuana Laws.

**Nucleus basalis**: A group of target cell bodies found just below the basal ganglia and containing acetylcholine. These cells send terminations widely to the cerebral cortex. In Alzheimer's disease, there is a loss of these neurons and a reduction in the amount of acetylcholine in the cortex.

**Opium**: A sticky substance obtained from the seed pods of the opium poppy and containing the narcotic chemicals morphine and codeine.
**Organic disorder**: For mental disorders, those with a known physical cause (e.g., psychosis caused by long-term alcohol use).

**OTC**: Over-the-counter drugs (those which can be purchased without a prescription).

**Passive smoking**: Inhalation of cigarette smoke from the air by nonsmokers near someone who is smoking.

**PCP**: Initials for the chemical name \(l-(l\text{-phenylcyclohexyl})\) piperidine. The generic name is phencyclidine. The brand name Sernyl is no longer in use, as PCP is not legally available for human use. A hallucinogen often referred to as Angel Dust.

**Physical dependence**: Defined by the presence of a consistent set of symptoms when use of a drug is stopped. These withdrawal symptoms imply that homeostatic mechanisms of the body had made adjustments to counteract the drug's effects and without the drug the system is thrown out of balance.

**Placebo**: An inactive drug, often used in experiments to control for nonspecific effects of drug administration.

**Psychedelic**: Another name for hallucinogenic drugs. Has a somewhat positive connotation of mind-viewing or mind-clearing.

**Psychoactive**: Used to describe drugs that have their principle effect on the CNS.

**Psychological dependence**: A strong tendency to repeat the use of a drug.

**Psychotic**: A type of mental disorder characterized by a loss of contact with reality and by deterioration in social and intellectual functioning.

**Receptors**: Locations at which neurotransmitters or drugs bind, perhaps triggering a physiological response.
**Reinforcement** : The process of strengthening a behavioral tendency by presenting a stimulus contingent on the behavior. For example, the tendency to obtain and take a drug may be strengthened by the stimulus properties of the drug that occur after it is taken, thus leading to psychological dependence.

**Schizophrenia** : A type of psychotic disorder that is chronic and has no known cause.

**Sedative** : A drug used to calm a person, reducing stress and excitement.

**Smokeless tobacco** : Includes various forms of chewing tobacco and snuff.

**Somatic system** : Part of the nervous system that controls the voluntary, skeletal muscles, for example, the large muscles of the arms and legs.

**Speed** : A street term used at one time for cocaine, then for injectable amphetamine, and later for all types of amphetamine. Probably shortened from speedball.

**Stimulant** : Any of a group of drugs that has the effect of reversing mental and physical fatigue.

**Street value** : The theoretical value of an amount of drugs if sold in small quantities on the street.

**Sympathetic** : Branch of the autonomic nervous system that contains norepinephrine as its neurotransmitter and, for example, increases the heart rate and blood pressure.

**Symptom** : In medicine, some abnormality that indicates a disease. When applied to abnormal behavior, seems to imply a medical model in which some unseen disease causes the abnormal behavior.

**Tar** : With regard to tobacco, a complex mixture of chemicals found in cigarette smoke. After water, gases, and nicotine are removed from the smoke, the remaining residue is considered to be tar.
THC : Tetrahydrocannabinol.

Tolerance : The reduced effectiveness of a drug following repeated administration.

Toxic : Harmful, destructive, or deadly.

Withdrawal syndrome : The set of symptoms that occur reliably when someone stops taking a drug, also called abstinence syndrome.

Xanthine : The chemical class that includes caffeine, theobromine, and theophylline.
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