

Benzodiazepines Effect in Human Body

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Commentary Article

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INTRODUCTION

Benzodiazepines are a group of medications that can be used to treat a variety of ailments. They are frequently prescribed by doctors to treat anxiety, seizures, and sleeplessness. These drugs are normally safe and effective when used for a short period of time, but long-term usage can lead to tolerance, dependency, and other side effects. Benzodiazepines come in a variety of forms, each with its own set of applications. Clonazepam (Xanax), alprazolam (Xanax). In critically ill patients, benzodiazepines have a wide range of uses. These medicines include sedative, anxiolytic, and anticonvulsant properties, as well as modest cardiovascular and respiratory side effects. They can be utilised as part of a balanced anaesthesia induction strategy with analgesic medicines to improve patient comfort and sedation, as well as for therapy.

High doses of many shorter-acting benzodiazepines may also cause anterograde amnesia and dissociation ^[1]. These properties make benzodiazepines useful in treating anxiety, insomnia, agitation, seizures, muscle spasms, alcohol withdrawal and as a premedication for medical or dental procedures ^[2]. A minority of people have paradoxical reactions such as worsened agitation or panic when they stop taking benzodiazepines. Benzodiazepines act by amplifying the effect of other drugs. GABA, or gamma-aminobutyric acid, is a neurotransmitter with a trusted source. Neurotransmitters are substances that allow brain cells to communicate with one another. These messages might have a stimulating or relaxing effect on the recipient.

GABA is a soothing neurotransmitter that delivers information throughout the body. Overstimulation occurs in the brain when a person is nervous. Patients may have withdrawal symptoms if their benzodiazepine therapy is abruptly stopped. High doses and long-term benzodiazepine use are two factors that increase the risk and severity of withdrawal symptoms. Furthermore, with benzodiazepines with short elimination half-lives, withdrawal symptoms appear earlier. Anxiety, insomnia, restlessness, muscle tightness, and irritability are all common benzodiazepine withdrawal symptoms. Patients may also experience nausea, malaise, impaired vision, sweating, nightmares, depression, motor coordination issues, tremors, and muscle twitching or spasms, however these symptoms are less common. Hallucinations, delusions, convulsions, and ringing in the ears may occur in uncommon circumstances. A minority of people have paradoxical reactions such as worsened agitation or panic when they stop taking benzodiazepines ^[3]. The possibility for abuse (overdose) and the development of physical dependence are two important issues with benzodiazepine therapy (addiction). Although purposeful abuse of prescription benzodiazepines is uncommon in the general population, it should be used with caution in those who have a history of drug abuse since they are more likely to seek benzodiazepines to relieve their symptoms.

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