



MARIJUANA IMPACTS ON BODY AND COMPLICATIONS BY THE INGESTION IN THE NEWLY HABITUATED TEENAGERS OVER AN PERIOD OF TIME: AN OBSERVATIONAL STUDY

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Abstract: The observational study is carried out to analyze the impacts of marijuana on human health over a period of time. The study is carried out over a period of 10 months using the daily case sheets and medical records of teenagers who are hospitalized due to the marijuana ingestion in high amounts.

Study participants: The subjects are hospitalized in various hospitals of Chittoor, are involved in the study. The subjects of other than marijuana ingestion are not included in the study. Patients age group of 13-19 were included the study and incidence rate related to its complications and impact on health is analysed.

Results: Teenagers of 525 patients are hospitalized related to excess ingestion of marijuana. Among that 50 patients were admitted due to cognitive dysfunction, 32 subjects were admitted due to breathing related issues, 25 were admitted due to the heart related issues and the remaining are having minor symptoms like dizziness, myalgia, nausea, vomiting. The incidence rate of hospitalization due to cognitive dysfunction is 9.52% breathing related issues is 6.51% and heart related issues is 4.76%.

Conclusion:

Marijuana ingestion in teenagers affects the major organs like brain, heart and lungs. Prominent hospitalization is due to cognitive dysfunction, increased heart rate and blood pressure, increased scarring in the lungs and the vessels in lungs.

Introduction:

Marijuana is the dried leaves, stems and flowers of Cannabis indica or Cannabis sativa plant. Marijuana contains THC (Tetra hydro cannabinol) which is a mind altered chemical. Smoking of THC contained resins are increasing and it is called "Dabbing". These extracts are in different forms such as harsh oil or honey oil, wax or budder, shatter- a short amber colour solid.

Its effects on brain include:

- Altered senses
- Altered mood
- Impaired body movements
- Difficulty in problem solving and thinking
- Hallucinations and delusions.

Effects on lungs:

- Tissue scarring
- Blood vessels damage in lungs and difficulty in breathing.

Marijuana effects on heart:

- Increased heart rate,
- Increased blood pressure.

Methods:

Study design:

The observational study carried out in different hospitals in patients(teenagers) who are ingested Marijuana and to find the incident rate in hospitalized patients using the case sheets and medical records.

Inclusion criteria and exclusion criteria:

Inclusion:

Subjects of teenagers(13-19) who ingested with Marijuana are included in the study. Newly habituated patients with Marijuana are include to find the incident rate.

Exclusion:

The subjects who are undergone surgery, post-surgery, hypersensitivity and many others typical diseases are excluded in the study.

Data collection and screening:

Data was collected by observing the patient condition and the medical reports of the patients involved in the study. Patients demographics like name, age, sex, habits, medication history, family history are taken into study. The needed information about hospitalization is considered to study the incident rate of the Marijuana ingested patients.

Statistical analysis:

Statistical analysis is done by using the incident rate formula.

Incident rate= $\frac{\text{Number of new cases during a period of time}}{\text{Population at risk over a period of time}} \times 100$

In this the total number of patients who are hospitalized are included, the number of patients who are having different complications due to marijuana ingestion are also evaluated.

Results:

In a total of 525 patients included in the study who are affected with the ingestion of Marijuana. Among them 50 patients were admitted due to cognitive dysfunction, 32 subjects were admitted due to breathing related issues, 25 were admitted due to the heart related issues.

Incident rate of 9.52% observed in patients with cognitive dysfunction, incident rate of 6.09% is observed in the patients with breathing issues, incident rate of 4.76% is observed in patients with increased heart rate and blood pressure.

Majority of marijuana ingestion people got affected with the cognitive dysfunction, heart, lung related issues.

Conclusion:

Marijuana ingestion related health issues in teenagers are mostly related to cognitive dysfunction, heart, lung related issues. Majority of 9.52% of cognitive dysfunction is occurred in the patients and minor symptoms like dizziness, myalgia, nausea, vomiting. proper counselling and rehabilitation should be done in the teenagers to come out of the addiction. Regular check-ups should be done and counselling should be given. Selling, usage of marijuana in high amounts should be take care of by the higher authorities.

Key words:

Marijuana, Cognitive dysfunction, Teenagers, Hospitalized patients.

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