

INHALANT

Inhalants are chemicals found in certain household and workplace products that produce chemical vapors that are inhaled and used as psychoactive substance.



Which are commonly used inhalants?

- *Eraser fluids*
- *Petroleum products*
- *Paint thinners or removers*
- *Dry-cleaning fluids*
- *Gasoline*
- *Glue*

The active Dendrite (glue) is one of the widely used "inhalant."

How are inhalants used?

(Dendrites) Inhalants can be taken in the form of:

- *"Sniffing" or "snorting" fumes from containers*
- *"Bagging"—:inhaling from substances put inside a plastic bag*
- *"Huffing" : Inhalant-soaked cloth is stuffed in the mouth*
- *Spraying directly over nose or mouth*
- *Inhaling from balloons filled with nitrous oxide.*

ADVERSE EFFECTS

- ❖ **Neurological effects**
- *Encephalopathy*
- *Cranial and peripheral neuropathies*
- *Parkinsonism*
- *Tremor*

- *Visual loss/optic neuropathy*
- ❖ ***Neuropsychiatric & neuropsychological deficits***
 - *Apathy*
 - *Dementia*
 - *Depression*
 - *Psychosis*
 - *Memory deficits*
 - *Deficits in attention and executive functions*
- ❖ ***Cardiovascular***
 - *Dysrhythmias*
 - *hypoxic-induced heart block,*
 - *myocardial fibrosis*
 - ***sudden sniffing death syndrome:*** *(due to sudden release of catecholamines resulting in ventricular fibrillation or due to suffocation, choking on vomit, accidents)*
- ❖ ***Respiratory effects***
 - *Cough*
 - *Wheezing*
 - *Dyspnoea*
 - *Emphysema,*
 - *Pneumonitis*
- ❖ ***Abdominal***
 - *Hepatotoxicity*
 - *Nausea and vomiting*
- ❖ ***Renal***
 - *Acid-base disturbance*
 - *Acute renal failure*
- ❖ ***Haematological***
 - *Aplastic anemia*
 - *Bone marrow suppression*
 - *Leukaemia*
- ❖ ***Dermatologic***
 - *Burns*
 - *Contact dermatitis*
 - *Peri-oral eczema*
- ❖ ***Reproductive /Fetal exposure***
 - *Low fertility*

- *Low birth weight*
- *Growth retardation and*
- *Cognitive/speech/motor deficits in later life*

What are the Complications on long term use?

- *With successive inhalations, one can suffer loss of consciousness and death.*
- *After heavy use of inhalants, abusers may feel drowsy for several hours and experience a lingering headache.*
- *Lung damage.*
- *Liver and kidney damage.*
- *Hearing loss*
- *Weakened immune system.*
- *Seizures.*
- *Limb spasms.*
- *Brain damage.*
- *Heart rhythm changes.*
- *Coma and death.*

Reference:

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