

# MDMA

1. MDMA, also known as Molly or Ecstasy, is a synthetic drug with stimulant-like effects similar to methamphetamine.
2. It is sometimes considered a psychedelic due to its mild alterations in visual and time perception.
3. The effects of MDMA may include increased energy, alertness,, However, MDMA can also cause unpleasant and potentially dangerous health effects.

## Effects of MDMA

1. Effects of MDMA can be felt within 45 minutes of taking a single dose.
2. Effects include Feeling happy, energetic, and alert, Feeling closer to others
3. Increased sensitivity to sights, sounds, touch, and smells
4. These effects peak within 15 to 30 minutes and last an average of three hours.
5. There may be side effects, some of which can be potentially dangerous.

## How does MDMA works?

- 1 MDMA affects the activity of at least three neurotransmitters: serotonin, dopamine, and norepinephrine.
- 2 These neurotransmitters are chemical messengers in the brain that influence mood and behavior.
- 3 Serotonin helps regulate mood, sleep, pain, and appetite.
- 4 MDMA enhances the release of these neurotransmitters and/or blocks their reuptake into neurons.
- 5 This increases neurotransmitter levels in the brain, likely causing changes in mood, energy, and visual hallucinations.



## Negative Effects on the body

- Higher blood pressure
- Involuntary jaw clenching
- Nausea and vomiting
- Restless legs
- Though deaths from MDMA use are rare, it can lead to severe side effects.
- Dangerously high body temperature,
- Long-term use of MDMA can cause heart problems and liver damage.

## Where to seek help?

1. Visit to dept of Psychiatry
2. Tele Manas, 14416 for 24/7, free help (confidential)
3. E-sanjeevani: [esanjeevani.mohfw.gov.in](https://esanjeevani.mohfw.gov.in) for online free consultation

## Withdrawal symptoms of MDAM

The effects of MDMA typically last 3 – 6 hours, as the effects fade away, person may take one more dose. Withdrawal symptoms include fatigue, depression, poor concentration, poor appetite, sleep issues, anxiety, agitation and irritability

## Why should you avoid drug.....!

1. You can be a great example for others by saying no drugs.
2. Respect yourself and your family by not causing harm to your body.
3. Be responsible. Show that others can trust you.
4. Resist being with people that are making bad choices.
5. Become active in things to meet new people and learn new skills.
6. Don't ever be afraid to ask for help

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## How to say “No”?

1. Say no thanks
2. Give a reason facts or excuse
3. Walk away
4. Change the subject
5. Use humor
6. Repeated refusal (keep saying no)
7. Ignore (avoid direct confrontation)
8. Avoid the situation
9. Strength in numbers (stay with good number of people who do not use drug)