

## Ketamine

**Street Names:** Special K, K, Kit Kat, Vitamin K, and "Cat Valium, Horse Tranquilizer, Super C, Jet. These terms may differ depending on the area.

Ketamine is a dissociative anaesthetic that doctors use during surgeries to ensure that you don't feel any pain. It comes in different forms, including a powder or a liquid, and can be snorted, swallowed, or injected.

Ketamine is a drug that was made in the 1960s and got approved by the U.S, It was used for medical purposes since 1970. At first, it was used a lot during surgeries because it worked really quickly and had strong effects. But then, people realised that it could make them hallucinate.

Ketamine abuse shows the common behavioural signs when it comes to substance abuse, including: changes in social circles, neglecting of responsibilities, sudden and unexplained financial issues, secrecy about activities and whereabouts, and a decline in performance at work or school. Ketamine can also lead to mood swings, irritability, and a loss of interest in activities once enjoyed.

## **Short Term Effects**

Short term effects may cause blurry vision with impaired coordination and balance. This can make you stumble and find trouble walking straight. Your speech may be slurred and others may find it difficult to understand you. You may also experience memory loss and rapid eye movements. You may experience hallucinations, nausea, and an increase in heart rate and blood pressure, that makes you feel like there is a lot of pressure on your chest. The strangest thing is how you might feel like you're not really in your own body. It's like you're floating in the air or not connected to reality. It's kind of like taking a one-way trip to a place where you feel totally disconnected from everything around you.

## **Long-term Effects**

Prolonged use of ketamine can lead to memory loss and even damage to your urinary tract. Ketamine abuse can also lead to long term addiction.

Ketamine addiction is no laughing matter and just as dangerous as any other drug out there. So, if you value your body I suggest you stay far away from this slippery slope. Remember, the best treatment is prevention itself. Stay witty, stay clever, and stay away from those dubious substances.