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THE SIDE EFFECTS OF ALPRAZOLAM USE
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Relevance. This report discusses about the side effects after using Alprazolam. Alprazolam is a psychoactive drug sold under the brand name Xanax. It is mainly used for relieving the symptoms of anxiety and panic disorders. It belongs to the Triazolobenzodiazepine group of chemicals. The route of administration is orally where 80% of the absorbed drug binds to proteins in serum. The concentration of the drug peaks in the body within 1-2 hours. Mechanism: It binds to GABA_A benzodiazepine receptor site and alters its function. This enhances the effects of GABA and GABA binds to GABA_A receptor which causes the channel to open and chloride ions enter the cell therefore there is a higher resistance for depolarization

Aim: the aim of this report is to discuss both the positive and negative reviews that Alprazolam users had documented

Materials and methods. This research was conducted on the basis of reading and evaluating patient reviews on drugs.com where the patient's individual opinions were expressed freely. 1423 patients have written their opinions about the drug on the website. The duration of Alprazolam use for each patient was noted along with the patients main complaints prior to and post the use of Alprazolam. Alprazolam was given to patients who was already suffering with anxiety, borderline personality disorder, depression, dysautonomia, panic disorders and tinnitus

Results and their discussion. The results showed that prolonged use (15-30 years) of Alprazolam with a dosage between 0.5 mg-1 mg on average had more favorable results than that of a shorter duration of use (1 month – 5 years). With prolonged use most of the patients showed improved cognition of their mental state and showed significant improvement with depression symptom, panic disorders, head tremors and social anxiety. It was widely noted that that the duration of panic attacks prior to use was significantly greater (3-4 hours) compared to after the usage of the medicine which decreased significantly to about 30 minutes. A majority of the patients pointed out that the drug was calming which provided them with a chance at a normal family life. In contrary when the drug was used by most people over a period of 1 month-5 years they widely spoke about drug dependency and its addictiveness. They had mentioned that after the use of the drug their anxiety was increased, they had memory loss, and once the tolerance to the drug was high they were unable to fall asleep. Many had tried to stop the drug where they had to face severe withdrawal symptoms like seizures, muscle weakness, suicidal thoughts, twitching and headaches but after stopping the drug and fighting against withdrawals they said that they felt better than they were before taking the drug.

Conclusion. According to the data collected 80% of the patients have given an average rating above 8.5 out of 10 claiming that the drug has helped them with their disorder. The main problem of this drug was regarding its tolerance and addictiveness which led to the side effects as patients explained. So in conclusion side effects depends on the patient, the dosage and how they use the drug and how long they use the drug for.