

PNP DRUGS AFFECT YOUR BODY BY EITHER **STIMULATING** OR **DEPRESSING** IT.

WHEN YOU'RE PARTYING, THE DRUGS YOU USE AFFECT THE AUTONOMIC NERVOUS SYSTEM.

The **autonomic nervous system** (ANS) is a group of nerves that controls the unconscious processes of various internal body functions such as breathing and heart beating. The ANS is active even when you are asleep.

The ANS is made up of; the parasympathetic nervous system (PNS), the sympathetic nervous system (SNS), and the enteric nervous system (ENS).

- The PNS promotes relaxation and recovery, often referred to as the “rest and digest” response.
- The SNS prepares the body for stressful or emergency situations, often referred to as the “fight or flight” response.
- The ENS is a neural network that governs the many functions in the gastrointestinal tract and its digestive functions.¹

The PNS and SNS work in harmony to make sure the various body systems respond correctly to each situation. When you're high, drugs like crystal meth can stimulate the sympathetic and parasympathetic nerves, whereas drugs like GHB have a depressive effect on these nerves. This can lead to effects such as relaxation but also unwanted side effects of drowsiness and reducing the heart rate.^{2,3}

REFERENCES

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3. GHB. [internet]. Party and Play by GMSH. Drug Info; 2025 [cited 2025 Jan 22]. Available from <https://partyandplay.info/for-guys/drug-info-fg/>

