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REVIEW: BE FIGHTER, CHANGER GAME, DENIAL THE NON-STEROIDAL ANTI-INFLAMMATORY DRUGS TO BE BETTER

Wurood Hasan Hadi
Department of Biology, Faculty of Sciences,University of Kufa, Najaf, Iraq,

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Abstract

For a long time, facing hard time keeps in mind a stand decision, we thought steroid addiction was a healthy issue, but we neglected to include it as a topic for broader discussion about drug abuse. Then came the increasing use of performance-enhancing steroids among athletes and gym-goers, and the demand for functional, merciful, and scientifically supported intervention strategies increased. Fortunately, a development is changing this situation for the better (Tan, etal., 2022).

***Corresponding Author:** -* **Wurood Hasan Hadi,** *Department of Biology, Faculty of Sciences,University of Kufa, Najaf, Iraq.*

Introduction:-

A protocol for profound recovery

Comprehensive and radical change according to a well-thought-out scientific plan. For the body to be truly prepared to abandon sedatives, there must be psychological readiness to confront pain. There is scientific evidence that some types of pain are of psychological origin (Tan, et al., 2021). Pain is a physiological change caused by hormonal and enzymatic regulation under glandular control, which in turn is under hypothalamic control, which is managed by the brain's center for sensation and feeling. From here, change and control of pain intensity begin, as pain is an indicator of a physiological imbalance, while its intensity is under psycho-neurological control (Hadi & Abood, 2023).

The Role of NSAIDs: Ibuprofen, Naproxen, and Aspirin in Recovery

The apparent speed and effectiveness have been extensively studied. Although occasional use may not cause side effects, or recovery may be possible after discontinuation, prolonged or careless use can cause the lining of the small intestine to rupture, leading to bleeding ulcers, sodium reabsorption, and fluid retention, leading to high blood pressure (Ribeiro,etal., 2022). One of the first decision challenges is taking up Non-Steroidal Anti-Inflammatory Drugs when the individuals lesser off or quit anabolic steroids to keep out the physical discomfort that often follows — including joint pain, muscle aches, and inflammation (Panchal & Sabina, 2023). (NSAIDs) like Ibuprofen (IBU), Naproxen, and Aspirin offer a safer alternative to be alive and well to stop steroid use for pain relief. These over-the-withstand can help ease cancellation-related symptoms without medications reigniting dependency (Drożdżal, etal., 2021).The drug prescription was linked to the need and available effectiveness.

- **Ibuprofen:**The clear impact in record time is remarkable.
- **Naproxen:**Effective long-term effect in chronic pain
- **Aspirin**After checking the patient's file, it is considered an anti-inflammatory, antipyretic, and heart muscle stimulant.

After taking medical advice and including it under a treatment protocol accompanied by supportive medications, it will play a vital role in managing discomfort, which will help patients maintain their recovery path without resorting to using steroids to control pain (Zaman,et al.2022).

Handling Side Effects: command the Physical and Emotional

The pathway of getting health from steroid dependency its challenges per se. One of the most fatiguing hands for many is dealing with the side effects that emerge both during active use and after cessation. Physically, users may experience severe fatigue, joint pain, hormonal imbalances, and sexual dysfunction, while emotionally, depression, anxiety, irritability, and even mood swings are common during withdrawal (Baldo, et al., 2021).

NSAIDs such as ibuprofen, naproxen, and aspirin may provide temporary relief from inflammation and pain, but they can have side effects when used excessively or without medical advice. These can include stomach ulcers, gastrointestinal bleeding, kidney damage, and cardiovascular damage, especially in people with a medical history (Stoev, et al., (2021).

This is why medical direction is key all over to be better. orthodox management of both (steroid and treatment) -related side effects maintain individuals stay on track without substituting one harmful habit for another (Brennan, et al., 2021).

Comparison between the non-steroidal family in terms of dosage and performance efficiency in terms of effectiveness and half-life

Pharmacist: Ibuprofen

Common name: (Advil, Motrin)

Ibuprofen generally relieves pain caused by internal inflammation or physiological dysfunction, including inflammation, headaches, and muscle aches in a short period of time. It is one of the most widely used nonsteroidal anti-inflammatory drugs (NSAIDs), available without a medical authorization. The typical adult dosage ranges from 200 to 400 mg every 4 to 6 hours as needed, with a maximum of 1,200 mg per day when taken without a prescription. The dosage can be increased, under medical supervision, to 3,200 mg per day for short periods (Baldo etal.,2021).

Ibuprofen's advantages include its rapid onset and affordability, making it a popular first-choice treatment for mild to moderate pain. However, prolonged or excessive use carries several risks. The most common side effects include stomach irritation and ulcers, especially when taken on an empty stomach or without adequate protection. Kidney stress is another concern, especially in people with pre-existing kidney problems or dehydration (Al-Sa'idy, etal., 2022). In addition, regular use may increase blood pressure, so it should be used with caution in people with high blood pressure or heart disease., due to its rapid onset and ease of use. The ideal dose for humans is between 200 and 400 mg every 4 to 6 hours daily, or as needed. The dose may reach 1200-3200 mg daily when taken without medical advice, but only for short-term use (Tsoupras,et al., 2024).

Its affordable price, coupled with its rapid effectiveness, makes it an excellent choice for treating mild to moderate pain. However, prolonged or excessive use carries several risks, especially when taken on an empty stomach. Kidney stress is also evident, especially in people with a history of kidney disease or dehydration (Saod& Albhbah, 2024). Additionally, regular use may increase blood pressure due to sodium reabsorption, so it should be used with caution in people with high blood pressure or heart disease (Amaechi, et al., 2021).

2. Naproxen (Aleve, Naprosyn)

Naproxen is often chosen for longer-lasting relief of joint and muscle pain, making it particularly useful for managing lingering discomfort such as that experienced during steroid withdrawal. Its typical adult dosage is 220 mg every 8 to 12 hours, with a maximum of 660 mg per day when used as an over-the-counter medication. One of Naproxen's main advantages is its longer half-life, which allows for less frequent dosing compared to other NSAIDs, making it convenient for those who require consistent pain management (Bishop,et al., 2022).

However, despite its benefits, Naproxen is not without risks—especially when used for extended periods. There is a higher chance of gastrointestinal issues, including ulcers and stomach irritation, similar to other NSAIDs but potentially more pronounced with long-term use (Bishop, et al., 2022). It can also cause kidney stress, particularly in individuals who are dehydrated or have underlying kidney problems. Additionally, like other NSAIDs, chronic use

of Naproxen may elevate the risk of cardiovascular issues, including heart attacks and strokes, especially in those with preexisting heart conditions (Cha, et al., 2023).

3. Pharmacist:Aspirin
Common name: (Bayer, Bufferin)
It is also one of the most important nonsteroidal anti-inflammatory drugs (NSAIDs), most commonly used as a fever reducer and analgesic. Recently, it has been used to maintain heart health, maintain blood flow, and prevent slow blood flow (Patrono, 2023). A daily dose of 80 mg is recommended. For fever or pain, often accompanied by palpitations, the typical adult dose is between 325 and 650 mg every four to six hours. Currently, aspirin is used as a heart-protective drug to help predict the risk of blood clots, heart attacks, and strokes (Boelig, et al., 2024).

This gives it a unique advantage among this family. However, it also comes with certain risks. The stomach lining is at risk of bleeding ulcers when taken during or after meals, especially gastrointestinal bleeding, which can be dangerous in some individuals. Because of these repercussions, it is not bespoke for patient with ulcers. clotting defects, or those who are already on blood-fluiding medications unless consultant by a physician(Van Doorn, et al.,2021).

Long-Term Use probability malady (Without mentioning specifically)
NSAIDs are highly effective running during the administrated phase for director pain and inflammation, their prolonged-term daily use convey significant risks. to cover the risks:

One of the primary concerns: gastrointestinal malady like ulcers, internal bloody, and outstanding stomach discomfort—particularly when taken up foodless or in highly doses. extensive use can also guide to a fall off kidney function, expressly in demarcation who are dehydrated or have existing kidney issues. Additionally, heart health becomes a concern, as some NSAIDs—particularly in higher doses or when using Naproxen—can increase the risk of heart attacks or strokes. Another often-slip up risks are that these remedy can false face deeper joint or muscle problems. By mute the pain, users might delay proper mend or ignore signs of more serious underlying issues, which could take a nosedive over time (Shen, et al.,2021).

Best Recovery fashion
the minimizing the risks that associated with use of NSAID , it's serious to pay attention to safe usage practices. The lowest dose for the shortest time is the best option and a point of order. Cover your stomach with healthy foods and avoid any chemical components that cause digestive upset and irritation. Drinking enough water to stay hydrated is essential, as it's the primary stimulant for kidney function and relieves stress. Alcohol can be a potential interaction, as it can contribute to the formation of bleeding ulcers and stomach damage when used with NSAIDs. For those needing long-term relief, it's recommended to alternate between different NSAIDs or use natural anti-inflammatory options such as turmeric, omega-3 supplements, cold therapy, or vitamin E (Liu, et al., 2023).

NSAID Use: Timeline and Alternatives for Long-Term Health
comprehension NSAID Side Effects constituting near to 8% of all prescribed curatives antipyretic, anti-inflammatory, and analgesic agents globally. It is predestined that 30 million personage use NSAIDs daily. widespread policy NSAID usage among patients 60-80 years as 96%. more than 12-month period, elderly patients at least one NSAID prescription was filled by 7.3% of aged over 60 years (Lushchak, et al., 2021).

There are many houseplants that can be considered low-risk or non-hazardous alternatives, including:
1- Common name: Curcumin
scientific name: Curcumalonga
Chemical iso-form: (1E,6E)-1,7-Bis_(4-hydroxy-3_methoxyphenyl)_1,6-heptadiene_3,5_dione. Diferuloylmethane
Curcumin classified as a polyphenol an essential compound in the root of turmeric, first choice of spice used in Asian cooking. safety utilization of curcumin has been certain for both lab animals and man, at highly doses , when recorded results in most researches (Ju, et al., 2023).
Restriction of this review in two points. the heterogeneity of statistical in come had high ,which need to be explained in more than one of follow-up. variation in disease severity, administrated of extract concentrated of extract all of this condition seems to be chief factors (Akeredolu, et al., 2022).

Unfortunately, the included articles did not provide sufficient details for us to analyze the influences of these factors. Second, almost studies are from India. Although studies on curcumin have been proceeded in most world, but, the clinical studies sighting to record the coefficient of curcumin were mainly at India (Belayneh, et al.,2021). Based on the points aforementioned, more high-quality, guaranteed RCT-s with a large-scale pattern are needed. In extension, clinical trials concerning the use of curcumin should standardize the severity of periodontal disease and treatment methods to seek the clinical effectiveness of curcumin. Safety appraisals of curcumin also need more attention (Zhou, et al., 2024).

2- Common name: Indian Frankincense scientific name: BoswelliaSerrata

Suppresser for 5-lipoxygenase (5-LOX) enzyme, drop down leukotrienes (inflammatory whit) that using for osteoarthritis, inflammatory bowel defects (like Crohn's and colitis) has been proved the Clinical trials: Shown to significantly drop down joint swelling and suffer. recently, being researched for use in asthma, because of there inflammation-modulating properties. Plants considered of the genus Boswellia as a big tree that present at Northern Africa also in the Middle East and India. The sticky flammable organic substance named [resin] of these plants – olibanum – has been hand for centuries in civilized and religious ceremonial and also in medicine. Dietary supplements take in the Boswellia serrata offprint are very well spread in American and European markets (Donovan, et al., 2021; Fahmy, et al., 2024).

Mechanism of NSAIDs drug

Disruption to the body's physiological and chemical balance leads to a split-second response and an immune-inflammatory reaction, one of the body's intelligent mechanisms for maintaining the body's internal environment. This is called inflammation, and depending on whether it persists or not, it may become chronic and lead to cancer. This may involve macrophages, especially tumor-associated macrophages (TAMs) (Bae, et al.,2024). cytokines such as IL-1, IL-6, and TNF-α, and some chemokines, which are indicators of accelerated cell cycles, an increase in cell number relative to size or differentiation (Christiansen,et al.,2021).

Programmed cell death becomes difficult, and the tumor is considered an integral part of the body after the formation of blood vessels. Research supporting the link between inflammation and cancer indicates that nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, reduce the risk of death for a period of time in the case of colon, prostate, ovarian, hepatocellular carcinoma, skin, parts of the upper gastrointestinal tract, bladder, and brain cancer. Regular use of aspirin, with varying doses and as directed by a physician, has been shown to reduce tumor incidence or progression (Elwood, et al.,2022).

Aspirin was the first drug in this family to be included in such protocols, first introduced by Bayer in 1898, followed by COX-2-specific nonsteroidal anti-inflammatory drugs (COXIBs) in 1999. These drugs work by neutralizing the covalent bond in COX enzymes. They acetylate the activated subgroups of COX enzymes and bind arachidonic acid (AA). This mechanism is virtually universal across the entire nonsteroidal anti-inflammatory drug family (NSAIDs) (Belayneh,et al.,2021).

This mechanism inhibits prostaglandin (PG) synthesis. The cyclooxygenase family is covalently resistant to the activity of NSAIDs due to the chemical compatibility of acetylation and reduction to prevent prostaglandin formation. This irreversible reaction involves the acetylation of COX-1 and COX-2 to the COX enzyme (Choi, et al., 2022). The effect is most pronounced in the blood, as platelet membranes contain this enzyme, making it an active and efficient receptor for this reaction. Thromboxane generates TXA2. This vasoconstrictor, TxA2, causes platelet aggregation during hemostasis. In addition to its procoagulant properties, it also stimulates the activation of new platelets. Aspirin's inhibition of COX-1 in platelets reduces the production of TxA2, which distinguishes these drugs from their anticoagulant properties and their potential to protect the heart and blood vessels. Aspirin inhibits TxA2 synthesis, reducing the likelihood of clot formation or occurrence (Patrono, 2023).

Summery

NSAIDs can be a swift solvent for suffer management accolade herbal and natural treatments as part of a broader the state of being in good health, especially as an actively pursued goal, the promoting long-term healing aim to routine. combine the anti-inflammatory foods into diet, practicing a mental state achieved by centering one's understanding on the moment at hand, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. and stress coordinator techniques, and maintaining a harmonious exercise routine can all contribute to reduced suffer and inflammation over time.

Related to independently on NSAIDs less frequently, combining these natural therapies with responsible NSAID use can lockout a balance that minimizes side effects and supports overall health.

Getting together a well-structured NSAID usage timetable alongside holistic alternatives can lead to a healthier, more sustainable pathway to pain management. While NSAIDs remain a beneficial tool in acute pain relief, the long-term reliance on these drugs can be mitigated by using natural extracts that are soft on the body and pony up to overall well-being. Always consult with a healthcare provider before making significant modulation to yourpain running plan, especially if you are considering transitioning from NSAIDs to other therapies.

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