

Smoking dagga: The facts

“Smoking marijuana will affect someone both physically and mentally”

Marijuana (or dagga, zol, spliff or weed) is a mixture of dried-out leaves, flowers and seeds from the cannabis plant. It has over 400 chemicals in it, and one of these is THC (tetrahydrocannabinol) – a chemical that gives a person the “high feeling”.

This drug is usually smoked as a cigarette, in a pipe or in a bong. Marijuana is sometimes mixed into food or prepared to be sipped as tea.

Smoking marijuana will affect someone both physically and mentally. Some of the side effects go away quickly, but some can last for a long time – even the rest of your life.

Some of the side effects of smoking marijuana include:

- Trouble thinking and remembering
- Not being able to sleep
- A bigger appetite
- Higher heart rate
- Panic attacks
- Feeling anxious or worried
- Lower marks at school
- A higher risk of getting chronic lung diseases (such as bronchitis or asthma) and lung infections

If you know someone who is addicted to drugs, you can get help by calling the **South African National Council on Alcoholism and Drug Abuse (SANCA)** on **086 14 72622**.

For more information about dealing with addiction, check out our Toxic Energy section at <https://bwisehealth.com/category/toxic-energy>, and to read more on substance abuse, check out our article <https://bwisehealth.com/article/what-is-substance-abuse>