



Understanding Drugs Used in Chemsex: A Comprehensive Guide

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Description

Chemsex is a term used to describe the use of drugs in combination with sexual activity, often in the context of group sex or party scenes within the LGBTQ⁺ community. The use of drugs in chemsex can have serious health implications, including increased risk of Sexually Transmitted Infections (STIs), mental health issues, and addiction. In this guide, we will explore the different drugs commonly used in chemsex, their effects, risks, and potential consequences.

Methamphetamine (Meth)

Methamphetamine, commonly known as meth, is a highly addictive central nervous system stimulant that is often used in chemsex due to its ability to enhance sexual pleasure and reduce inhibitions. Meth is typically taken orally, smoked, snorted, or injected. It increases dopamine levels in the brain, leading to increased energy, heightened sexual arousal, and decreased appetite. However, the effects of meth are short-lived and can result in a severe crash and withdrawal symptoms.

The use of meth in chemsex can have serious risks and consequences, including:

Increased risk of STIs: Meth use can lead to risky sexual behaviors such as unprotected sex, multiple partners, and engaging in high-risk sexual activities, increasing the risk of acquiring STIs including HIV.

Mental health issues: Meth use can cause mood swings, anxiety, paranoia, and even psychosis. Prolonged use can result in long-term mental health issues such as depression, anxiety disorders, and cognitive impairment.

Physical health risks: Meth use can lead to serious physical health risks, including cardiovascular problems, respiratory issues, and damage to organs such as the liver and kidneys.

Addiction: Meth is highly addictive, and regular use can lead to dependence and addiction, which can have a significant impact on an individual's overall health, relationships, and quality of life.

Gamma-Hydroxy Butyrate (GHB) and Gamma-Butyrolactone (GBL)

GHB and GBL are central nervous system depressants that are commonly used in chemsex due to their sedative effects and ability to enhance sexual experiences. GHB and GBL are usually consumed orally or mixed with other substances such as alcohol.

The effects of GHB and GBL can vary depending on the dose and individual, but generally include:

Euphoria and relaxation: GHB and GBL can induce feelings of euphoria and relaxation, leading to increased sexual desire and reduced inhibitions.

Reduced inhibitions: GHB and GBL can lower inhibitions, leading to increased risk-taking behaviors such as engaging in unprotected sex or engaging in risky sexual activities.

Memory loss and sedation: Higher doses of GHB and GBL can result in memory loss, sedation, and even unconsciousness, which can be dangerous and result in adverse health outcomes.

The use of GHB and GBL in chemsex can have serious risks and consequences, including:

Overdose: Both GHB and GBL have a narrow therapeutic window, and overdose can lead to respiratory depression, coma, and even death.

Memory loss and consent issues: Higher doses of GHB and GBL can result in memory loss, leading to issues with consent and potential sexual assault.

Physical health risks: GHB and GBL can cause physical health risks such as nausea, vomiting, dizziness, and even seizures.

Addiction: Regular use of GHB and GBL can lead to dependence and addiction, which can have long-term impacts on an individual's physical and mental health.

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