

Ice-i jangka ngulaju jirrama chemicals ngukunyparla, yirdirji-dopamine manu noradrenaline chemical nyampu-jarra jangka ngulaju kangu yakarra marrdani. Nyampuju ngulaju jirramaku-juku wirlini manu tarngka kajika-jana marju-mani.

Karji yapangku kanyi ice-i karji-ka parkani parlka 4 to 12 hours karpanku-ka nyarnu purda-nyarni pirli nyayni manu jinta manu jirramaku parra jangka-ka lawa-jarrimi.

The physical effects of ice can include:

Wirlini ngula-ka yapa-nyurnu-mani ngularju

- Jurru murru-murru jarri manu jurru walpa-walpa jarri
- Milpa kaninjarni kanpa wantiki-jarri manu kanpa yarrkay purda-nyanyi
- Lirra karlu linji-jarri
- Wirli-ka larlka-jarri manu kartirdi-ka-nyanyu kirin-pinyi
- Purda-purda-kalu ngurna
- Wangkami warrarra
- Euphoria or feeling good

- Mirr-mirr-karrimi
- Mukarni-patu-jarri
- Purda ngaany kijirni manu warlu-piya parlka
- Kirlji nyayni ka ngaany-kijirni rduku-rduku manu yalyu-ka karnkalarra-jarri
- Ngampurrpa-wangu-ngarninjaku
- Miyarlu kalu murru-murru jarri
- Parlka-ka lirinji-jarri ngapa-wangu
- Kulu-pirinji jarri ka
- Warparnja-wita wangu-jarri

Wurnturu-wana karjinpa murru-murru-jarri

- Parlka-kalu marju-jarri
- Lirra-ka pukulyu-jarri manu kartirdi-watika marju-jarri
- Walangku-pinyi ka drugs
- Ngukunypa kalu ngawu-ngawu-jarri

- Karjika hepatitis C manu **HIV** wiri-jarri ngula kalu-nyarnu parndirni needle-lulu
- Marju-jarri ka lung-i manu rdurru-rdurru
- Manu yirdipirrk ka marju-jarri
- Parlka-ka yarnma-pakarnu-jarri
- Mata-jarri-ka parlka
- Movement problems

The comedown phase & withdrawal

Ngula-kalu palyal-pardimi drugs-jangka drugs ngula-ka lawa jarri parlkangka. Karji-ka nyarnu punku-juku purda-nyanyi parra marnkurpaku.

Manu kajika-ka irririnki jarrimi manu punku nyayni karnyanu purda-nyanyi.

Symptoms karjika parlkangka nyina ngulaju parra marnkurpaku manu karjika jurru-murru-murru jarri, manu tarla-jarri, manu yulykulyu-pardi, manu kulu-parnta-jarri.