

DRUG ABUSE

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DRUG ABUSE IN INDIA

- INDIA IS LOCATED BETWEEN “GOLDEN CRESCENT”AND GOLDEN TRIANGLE WHICH ARE THE TWO GREAT AREAS OF PRODUCTION.
- VERY LONG BORDERS WITH DIFFERENT COUNTRIES HAVING SO MANY POINTS FROM WHICH THE DRUG TRAFFICKING CAN OCCUR.

- PASSING OF STRICT LAWS BY EUROPE.
- INVOLVEMENT OF PEOPLE WORKING AT AIRPORT AND SEA –PORTS INCLUDING OFFICIALS IN EXCISE,CUSTOMS DEPARTMENT EMPLOYED THERE.
- INEFFECTIVE ENFORCEMENT OF INDIAN LAWS.

PROBLEM OF DRUG ABUSE IN PUNJAB

- PUNJAB, LAND OF FIVE RIVERS HAS WON MANY HONOURS LIKE RIGHT HAND OF INDIA BREAD BASKET OF INDIA, WEALTHIEST STATE OF INDIA, LAND OF SAINTS AND SAGES. LAND OF WARRIORS ETC THIS IS STORY OF OUR PAST AND WE CANNOT CONVINC OUR NEW GENERATION THAT TITLES WERE ACTULLY WON BY PUNJAB OR PUNJABIS.

FACTS SHOWING THE MAGNITUDE OF THE PROBLEM OF DRUG ABUSE IN PUNJAB

- 75% OF RURAL YOUTH OF PUNJAB 15 AND 35 ARE TAKING DRUGS.
- AMRITSAR AND TARAN-TARAN ARE THE WORST HIT URBAN AND RURAL
- 60% OF THE DRUGS SEIZED ARE FROM PUNJAB.
- THERE IS SHIFT FROM SOFT DRUGS LIKE BHUKI, DODE, AFFEEM, TO HARD DRUGS LIKE HEROIN, SMACK, CRACK, KETAMINES

REASONS FOR DRUG ABUSE IN PUNJAB

- RURAL ELEMENT
- STRESS
- UNEMPLOYMENT
- UNSATISFIED ASPIRATIONS
- CONSUMERISM
- MASCULINITY

EFFECTS OF DRUG ABUSE

- PHYSICAL AND PHYSIOLOGICAL EFFECTS
- EFFECTS ON BRAIN
- EFFECTS ON SENSORY ORGANS
- EFFECTS ON HEART AND CIRCULATORY SYSTEM
- EFFECTS ON EXCRETORY SYSTEM
- EFFECTS ON MUSCULAR SYSTEM
- EFFECTS ON LIVERS

- VOMITING, NAUSEA AND HEADACHE
- CHANGE IN THE BODY TEMPERATURE
- EFFECTS ON DIGESTIVE SYSTEM
- CHEST PAIN AND HEART BURN
- EFFECTS OF IMMUNE SYSTEM
- COMMUNICABLE INFECTIONS
- UNTIMELY DEATH

PSYCHOLOGICAL EFFECTS

- ANXIETY
- ERRATIC WORKING OF BRAIN
- SENSORY DISTURBANCE
- ALTERED REACTIONS
- ALTERED BEHAVIOUR
- PSYCHOLOGICAL DEPENDENCE
- EMOTIONAL DISTRESS
- EXCITEMENT

- POOR STRESS MANAGEMENT
- DRUG TOLERANCE
- WITHDRAWL SYMPTOMS

SOCIAL EFFECTS

- IMMOORAL JUDGEMENT
- INVOLVEMENT IN CRIMINAL ACTIVITIES RESULTING IN INCREASED RATE OF CRIME IN THE SOCIETY.
- ISOLATION AND LESSER SOCIALISATION .
- INCREASE IN ACTS OF VIOLENCE AND SUICIDES.

- DISTURBANCE TO IMMEDIATE ENVIRONMENT
- INCREASED REPORTS OF
KIDNAPPING, ABDUCTION, MURDERS AND
CRIME AGAINST WOMEN
- INCREASED PROSTITUTION.

DRUG ABUSE MANAGEMENT

- DETOXIFICATION AND MEDICATION
- BEHAVIOURAL COUNSELLING AND
- EMOTIONAL SUPPORT
- EVALUATION FOR CO-OCCURRING ISSUES SUCH AS DEPRESSION AND ANXIETY
- TREATMENT FOR CO-OCCURRING ISSUES SUCH AS DEPRESSION AND ANXIETY
- LONG TERM FOLLOW UP TO PREVENT RELAPSE

RELAPSE PREVENTION/MANAGEMENT

- THE BIGGEST HURDLE IN DE-ADDICTION IS RELAPSE. THIS IS DUE TO DEPENDENCE ON THE DRUG.
- THE TERM RELAPSE MEANS STARTING OF DRUG ABUSE AFTER STAYING AWAY FROM IT FOR SOMETIME.

RELAPSE PREVENTION AND MANAGEMENT

- CONSIDERING LAPSE AS A NORMAL EXPERIENCE.
- EFFORTS FOR PREVENTING DECLINE IN MOTIVATION FOR GETTING DE-ADDICTED
- WEAKENING OF RISK FACTORS.
- STRENGTHENING COPING STRATEGIES AND SKILLS TO AVOID HIGH RISK SITUATIONS.
- DEVELOPING STRATEGIES TO DEAL WITH FAILED ATTEMPTS.

- MAKING CHANGES TO THE ENVIRONMENT AND LIFESTYLE.
- POSITIVE INTROSPECTION.
- PROBLEM- SOLVING SKILLS.
- RELAXATION SKILLS.
- ANGER MANAGEMENT.
- DEPRESSION MANAGEMENT.
- COPING WITH CRAVING
- IDENTIFY THE BUILD –UP TO RELAPSE.

MAJOR THERAPIES

- MOTIVATIONAL INCENTIVES (MIT) or contingency management therapy (cmt)
- Cognitive behavioural addiction therapy (cbat)
- Multidimensional family therapy (MFT)
- MOTIVATIONAL COMMUNICATION AND PUBLICISING THERAPY.

PREVENTION OF DRUG ABUSE

- INFORMATION TO VULNERABLE PERSONS.
- PREPARATIONS AND DISTRIBUTION OF PROPAGANDA TO VULNERABLE.
- TRAINING CAMPUS
- USE OF MEDIA
- STATUTORY WARNINGS
- USE OF INTERACTIVE METHODS

ROLE OF FAMILY IN DRUG ABUSE

- GOOD GUIDE
- GIVING KNOWLEDGE
- COMMUNICATION
- FRIENDLY RELATION
- MOTIVATION
- PRECAUTION
- SET THE EXAMPLE

- ALTERNESS
- GROUP ACTIVITES
- DRUG EDUCATION
- AVOIDANCE
- FULFILLING GENUINE NEEDS

ROLE OF MEDIA

- NOT TO ADVERTISE DRUGS AND RELATED ARTICLES.
- NOT TO PUBLICISE THOSE WHO ABUSE DRUGS
- TO SHOW PROGRAMS RELATED TO NEGATIVE IMPACTS OF DRUG ABUSE
- TO SHOW LECTURES ON HOW TO PREVENT DRUG ABUSE AND HOW TO MANAGE PROBLEMS RELATED TO LIFE.

LEGISLATION IN PREVENTING DRUG ABUSE

- THE NARCOTIC DRUGS AND PSYCHOTROPIC SUBSTANCES ACT 1985
- NDPS AMENDMENTS 2014
- THERE IS VERY MAJOR ROLE OF DE-ADDICTION CENTRES.

- HUMANS OF EARLY CIVILISATIONS USED SUBSTANCES LIKE OPIUM,CANNABIS NUTMEG,COCA,LEAVES,PSILOCYBIN,ETC.

CHARACTERISTICS OF DRUGS

- ACCORDING TO DRUGS AND COSMETIC ACT IN INDIA SUBSTANCES HAVING ONE OR ALL OF FOLLOWING CHARACTERISTICS CAN BE KNOWN AS A DRUG
- CHEMICALS TAKEN OR APPLIED ON THE BODY FOR THE TREATMENT, REMOVAL, PREVENTION OF ANY DISEASE OR DISORDER ARE CALLED DRUGS.

- IT MUST BE MENTIONED IN OR ARE RECOGNISED BY THE OFFICIAL PHARMACOPOEIA OR FORMULARY OF A NATION.
- IT MUST BE MENTIONED IN THE OFFICIAL GAZETTE OF GOVERNMENT OF INDIA.
- IT MUST HAVE ABILITY TO AFFECT THE STRUCTURE OR ANY FUNCTION OF THE LIVING BEING'S BODY.

- IT MUST HAVE ABILITY TO DESTROY DISEASE CAUSING AGENT OR INSECTS IN LIVING BEING'S ARE TURNED AS DRUGS.
- IT MUST BE CAPABLE OF AFFECTING THE MOOD, BEHAVIOUR OR STATE OF A LIVING BEING.
- IT MUST BE A CHEMICAL SUBSTANCE HAVING HABBIT FORMING PROPERTIES AND CAPABLE OF AFFECTING,PHYSIOLOGICAL OR BODILY FUNCTIONS,MOOD,CONSCIOUSNESS,PERCEPTIO NS OR BEHAVIOUR.

Classifications of drugs

- Prescribed drugs
- Over the counter drugs
- Street drugs
- Illegal or illicit drugs.
- Psychoactive drugs
- psychoactive disease drugs
- Psychoactive recreational drugs.
- non-psychoactive drugs.

Types of drug use

- Rational drug use
- Drug misuse or irrational drug use
- Drug abuse
- Drug dependence
- Drug tolerance
- Drug addiction

Reasons for drug abuse

- Personal reasons.
- Social reasons.
- Cultural and historical reasons.
- Biological reasons.
- Geographical reasons.
- Economic reasons.
- Legal reasons.
- Miscellaneous reasons.

HISTORY OF DRUG ABUSE

- ARYANS, SOME 4000 YEARS AGO BROUGHT AN ALCOHOLIC DRINK WITH THEM TO INDIA, COMMONLY KNOWN AS 'SOM RAS'. IT WAS USED FOR PERSONAL AMUSEMENT, MANY SACRSD AND RELIGIOUS RITUALS AND SOCIAL GATHRINGS.
- IN AYURVEDA THE INDIGENOUS SYSTEM OF MEDICATION, THE USE OF CANNABIS AND ITS PREPRATION LIKE 'BHANG'

- DURING THE AMERICAN CIVIL WAR, MOST COMMONLY USED CHEMICAL WAS MORPHINE.
- MARIJUANA WAS USED IN CHINA FOR MEDICINAL PURPOSES SOME 5000 YEARS AGO.

COMMON PROBLEMS RELATED TO DRUG ABUSE

- INTOXICATION.
- CHANGE IN SLEEP PATTERNS.
- CHANGE IN MOOD.
- DELIRIUM.
- DEMENTIA.
- AMENSA
- PSYCHOTIC DISORDERS.
- ANXIETY.
- ISOLATION.
- CHANGE OF EATING HABBITS
- CHANGE IN ATTITUDE TOWARDS HYGIENE.

ADVERSE EFFECTS OF DRG ABUSE

- NOT DOING THE DUTIES
- INDIFFERENT TOWARDS EVERYTHING AND EVERYBODY.
- NO FEAR OF LAW.
- NO FEAR OF SOCIETY.
- FACING PROBLEMS AT HOME OR WORKPLACE.

DRUG ADDICTION

- WITHDRAWL SYMPTOMS
- DIARRHOEA
- PULSE RATE
- SYSTOLIC BLOOD PRESSURE
- HYPERTENSION OR LOW BLOOD PRESSURE
- CRAVINGS
- INSOMNIA
- ANXIETY

- ADDICTION IS A DISEASE THAT AFFECTS YOUR BRAIN AND BEHAVIOUR. WHEN YOU ARE ADDICTED TO DRUGS, YOU CAN'T RESIST THE URGE TO USE THEM, NO MATTER HOW MUCH HARM THE DRUGS MAY CAUSE

MANY PEOPLE DON'T UNDERSTAND WHY OR HOW OTHER PEOPLE BECOME ADDICTED TO DRUGS. THEY MAY MISTAKENLY THINK THAT THOSE WHO USE DRUGS LACK MORAL PRINCIPLES OR WILLPOWER AND THEY COULD STOP THEIR DRUG USE SIMPLY BY CHOOSING TO.