सत्यमेव जयते

Presentation by

# NARCOTICS CONTROL BUREAU
# GOVT. OF INDIA

# DRUGS AND YOU

# Drugs and their Abuse

- **Drugs** are chemical substances which affect the Central Nervous System by inducing intoxication or similar change in mental functions.

- **Drugs** include :
  - Narcotic Drugs ( Heroine, Cocaine, Charas )
  - Psychotropic Substances ( Amphetamines, LSD)
  - Medicinal Drugs (Ketamine )
  - Volatile solvents ( Inhalants, Thinners )
  - Doping agents

- The ingredients of drugs also have positive utility :
  - Morphine is drug of choice worldwide for pain relief- cancer
  - Codeine used as decongestant for relief in cough
  - Sedatives and tranquilizers used in treatment of anxiety and sleep disorders e.g. ‘ Niterest’
- When abused, drugs cause stupor, coma or convulsions, and even death.

# Which are the drugs of abuse ?

# DRUGS

## Based on Origin

**Natural (Plant Based)**
Opium
Cannabis
Coca

**Semi Synthetic**
Heroin
Morphine
Cocaine

**Synthetic**
ATS
Mandrax
LSD
GHB
Ketamine

## Based on Action on Body

**Depressants**
Analgesics
Sedatives
Barbiturates

**Stimulants**
Amphet-amines
Cocaine

**Hallucinogens**
LSD
Tetrahydrocann-abinals

# Natural

Opium Poppy Plant

Cannabis

Coca

# Semi-synthetic

Morphine

Heroin

Cocaine

# Synthetic

**LSD**

**(d-lysergic acid diethylamide ) - Hallucinogen**

**Ketamine**

**Amphetamine**

# Hallucinogens

- They distort the mind, create false sensory experiences and distort your perceptions of reality.
  - ❑Marijuana
  - ❑Ecstasy
  - ❑LSD
  - ❑Charas

# Stimulants

- They are known as “performance enhancing” drugs that give users a brief, but intense high.
  - ❑Ecstasy
  - ❑ATS
  - ❑Cocaine
  - ❑Crack Cocaine
  - ❑Nicotine

# Depressants

- Most widely abused drug group in the world, they affect in a number of ways
  - ❑Marijuana
  - ❑Heroin
  - ❑Brown Sugar
  - ❑Mandrax
  - ❑Alcohol

# Drug Scenario

# Trends - World

- 5% of global population aged 15-64 use drugs
- 0.6 % (27 m) of world population are problem drug users
- Cannabis most widely used drug
- Decrease in consumption of Heroin.
- Increase in use of synthetic and prescription drugs
- 18.9% (3 m) of injecting drug users (16 m) are HIV positive
- 2,53,000 deaths each year are caused by drugs

** Source : UNODC World Drug Report 2012*

# Trends - India

India is flanked by the Golden Crescent on the West and Golden Triangle on the East, the two main sources of over 90% of the world's illicit supply of opium

# Trends - India

- 2 million users of Opiates in India
- 9 million users of Cannabis in India

- Bhang (leaves)- taken orally
- Ganja (dried flowering stem of the plant) – smoked

- Charas / Hashish (extracted from the resin covering the plant) – smoked

- Hashish Oil (extracting THC using chemical methods) - smoked

# Trends - India

- Synthetic drugs
  - Methamphtamine (***Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass)***
  - Lysergic Acid Diethylamide **(LSD, *Acid, Boomers, Yellow Sunshines)***

- Pharmaceutical drugs
  - Codeine-based cough syrups
  - Diazepam, Nitrazepam
  - Ketamine (***Special K, K, Vitamin K, Cat Valiums***)

# Trends - India

- Injecting Drug use
  - Buprenorphine is commonly injected
  - HIV, Hepatitis-C
- Spread of drug abuse to rural areas
- Poly-drug use
  - Use of two or more drugs in combination to achieve a particular effect

# Why do we fall prey to drugs ?

# Why do we fall prey to drugs ?

- Imitate friends
- Peer pressure
- Curiosity
- Risk taking and rebellion
- Boredom
- Relax, enjoy
- Stress and anxiety

# Smoking

- Peer pressure, curiosity
- Status symbol ?
- Influence of TV, films
- Smoking isn't cool
- Once you start, its hard to stop !
- Harmful Effects
  - Loss of stamina, high B.P.
  - Cancer
  - Heart Diseases
  - Death :50% of lifetime smokers dies from this habit. Half of these deaths occur in middle age.
- How to quit smoking?

# Alcohol

- 2.5 million deaths each year
- 320 000 ( 9%) young people of age group 15 -29 die from alcohol-related causes
- Alcohol is world's third largest risk factor for disease burden

# Alcohol

- **Short-term risks**
  - ❑Injuries, Accidents
  - ❑Aggression, Violence
  - ❑Risky sexual behaviour
  - ❑Alcohol poisoning
- **Long-term risks**
  - ❑Neurological and cardiovascular disorders
  - ❑Psychiatric problems
  - ❑Social problems
  - ❑Family problems ; Unemployment
  - ❑Liver diseases and Cancer

# What are the signs of drug abuse ?

# Physical Symptoms

- Dull-looking/glazed eyes
- Drowsiness
- Runny nose
- Coughing
- Needle marks

# Physica

# l Symptoms

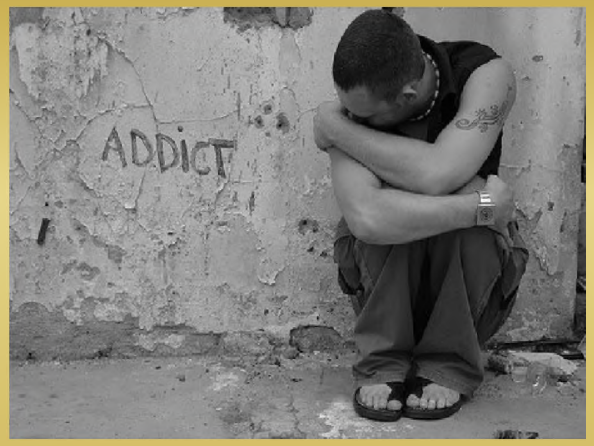
- Weight loss
- Malnutrition
- Some form of acute acne
- Tremors/Hallucinations
- Constant desire for junk food

# Behavioral Symptoms

- Irresponsible behavior
- Argumentative
- Lack of motivation
- Solitary behaviour
- Lying
- Changes in speech- rapid, slowed, slurred

# Other Symptoms

- Secretiveness
- Falling grades
- Use of mouthwash, mints, gum
- White specks on nostrils or clothing
- Frequent trips to the bathroom



# What are the costs of drug abuse ?

# Social

- Broken families
- Loss of reputation
- Peer group pressure
- Social stigma
- School drop outs

# Cost

# Legal Cost

- Road accidents
- Domestic violence
- Crimes
- Aggression and violence
- Insurgency and anti national activities
- Arrest, imprisonment

# Health Cost

- HIV, hepatitis B and C and tuberculosis
- Infertility
- Psycho-somatic disorders
- Reduced immunity levels
- Premature death
- Miscarriage and still birth
- Unprotected sex and Sexually Transmitted Diseases (STD)

# Economic Cost

- Productivity suffers at workplace and home
- Loss of job – human capital
- Loss of earnings – financial burden
- Cost of treatment – medical care and rehabilitation
- Corruption and Black money

# Psychologi

- Low self esteem
- Feeling of loneliness, helplessness
- Fear of abandonment and depression
- Poor mental health
- Suicides

# cal Cost

guilt,

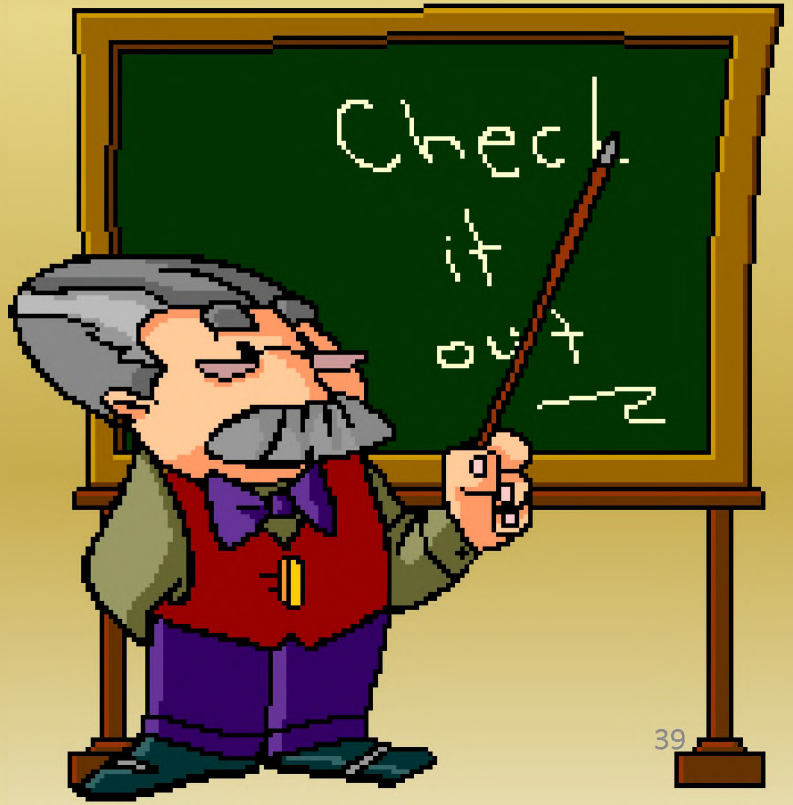
chronic

# Who

- Drug traffickers
- Drug cartels
- Drug peddlers
- Flesh trade
- Entertainment joints, pubs etc

# Gains ?

# What can we all do ?



# Healthy Lifestyle

- Daily routine
- Cut down on junk
- Fitness- physical and mental
- Physical activity, sports
- Use stairs, not escalators
- Say no to smoke, alcohol and drugs

# What celebrities say:

# Counselling

# Watch list for Parents and Teachers

- **Friends.** Has your teen stopped hanging around with usual friends?
- **Mood.** Have you noticed mood swings?
- **Appearance.** Has your teen's appearance changed significantly?
- **Eating.** Have you noticed any big changes?

- **Sleep.** Has your teen's sleep pattern changed?

- **Sickness**. Does your teen frequently ask for cough or cold medicine?

- **Hidden trash.** Have you found empty bottles of medicine or empty packages in the trash?

- Increase in borrowing money
- Drug paraphernalia such as pipes, rolling papers, etc.
- Inhalant products (hairspray, nail polish, fluids)
- Bottles of eye drops

# What parents can do?

- Don’t react impulsively
- Gather evidence, do research
- Discuss with open mind
- Choose the right time and way to talk to children
- Encourage children to become involved in sports, music s, community service, drama etc
- Engage in family activities and hobbies together

- Use experience to guide your child
- Build strong bond with your child
- Be highly involved in your child's life. Know her friends, know what happens at school, on the team, in activities, and with homework

- Set clear rules of conduct and consistently enforce them
- Let your teen know how much he is an integral part of the family
- Create opportunities for family time such as chores, cooking, family dinners, taking walks, games, sports, etc.

Explain to your child that you expect him to succeed and live a healthy life - and that you want him to respect his body, behave appropriately and protect himself in potentially dangerous situations.

# Role of Society

- Family
- Schools & Colleges
- Peer Groups/Friends
- Workplace
- Rehabilitation Centres
- De-addiction Centres
- NGOs
- Ministry of Health and Family Welfare
- Ministry of Social Justice and Empowerment

# Community Awareness

# Street Play by NGO

# THANK YOU