

# DHRUVH - Social Awareness Forum

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# **“OUR PLEDGE FOR A DRUG FREE WORLD...”**

**The first phase is “DRUG free INDIA” and start from our house—vicinity—known to-----**

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**If you want to spread awareness.....**

**If you want to be a volunteer with a pledge “DRUG FREE INDIA” .....**

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==The story of this 14-year-old .....seems in keeping with what the drug does. Her working parents had entrusted her to the care of the joint family— seven adults and three children—they lived in. One day, when her mother, an executive with a realty firm, returned from work, she saw her daughter fast asleep. What was odd, though, was her behavior after she awoke: she was angry and fatigued. When the pattern repeated itself three days in a row, the mother consulted their family doctor. He suspected drug abuse, but the daughter denied the intake of any narcotic. Finally, the parents found that she had been drinking a bottle of juice that her best friend brought daily, a drink they later discovered was spiked with mephedrone, a new synthetic drug. Questioning revealed that the friend had been introduced to a white tablet at her dance class and she had been taking it with her juice as a mood lifter. It made her happy, she said. And it only cost Rs 50 for two pills.==

**The girl is currently in a de-addiction centre in Mumbai, getting weaned off the drug. “I would listen to FM radio all the time. The way the RJs spoke of ‘meow meow’ (the popular name for mephedrone) and its effects made me keen to try it,” she says. Mephedrone is easy to buy. Available online, it is delivered home, bypassing peddlers. Websites sell it under such names as Drone, Bubble, Meow Meow, Mieow, Meph and M-Cat. The feline touch is explained by its similarity to the African herb *khat*, pronounced ‘cat’. Unlike banned drugs such as cocaine, ecstasy or LSD, mephedrone is not covered by the India’s Narcotic Drugs and Psychotropic Substances Act (NDPS). The drug is used for plant feeders, bath salts and chemical research, and so it escaped a ban despite being addictive. Cheap to synthesise—it can be produced in a pressure cooker— mephedrone can be drunk dissolved in a fluid, swallowed as a tablet, snorted up a nostril or even injected. Teenagers seem to be particularly vulnerable to its charms, according to the Mumbai Police.**

## Addiction of Alcohol, Tobacco & Other Substances ---

“No matter what the price is, the habitual drinker will buy his drink. Only, the quantity of food on his children’s table will shrink.” –an ancient proverb which is remain universal for the ages.

Alcohol abuse hurts not only the individual or the family, but businesses and society as well.

More than a fifth of alcohol produced in the world is consumed by Indians. *The Lancet* magazine points out those two-thirds of alcohol consumed in India is unrecorded, mainly illicit. Tribal, backward and working-class communities in most parts of the country consume arrack and palm toddy.

India is the largest whisky market in the world. And there is increasing demand for imported whisky and wine. Economic affluence, urbanization, changing lifestyles and social mores are all persuading young people to take to drinking. Tobacco is one of the most economically significant agricultural crops in the world. It is a drought tolerant, hardy and short duration crop which can be grown on soils where other crops cannot be cultivated profitably. In India, Tobacco crop is grown in an area of 0.45 M ha (0.27% of the net cultivated area) producing ~ 750 M kg of tobacco leaf. India is the 2nd largest producer and exporter after China and Brazil respectively. The production of flue-cured Virginia (FCV) tobacco is about 300 million kg from an area of 0.20 M ha while 450 M kg non-FCV tobacco is produced from an area of 0.25 M ha. In the global scenario, Indian tobacco accounts for 10% of the area and 9% of the total production.

Unique feature of tobacco production in India is that varied styles of Flue-cured Virginia (FCV) and different types of non-FCV tobacco are produced under diverse agro-ecological situations spread all over the country. About 15 states in the country grow tobacco, significantly influencing the economy and prosperity of the farming community. FCV, Bidi, Hookah, Chewing, Cigar-wrapper, Cheroot, Burley, Oriental, HDBRG, Lanka, Pikka, Natu, Motihari, Jati etc. are the different types of tobacco grown in the country. FCV, Burley and Oriental tobacco are the major exportable types.

Tobacco provides livelihood security to 36 million people including 6 million farmers and 20 million farm labour engaged in tobacco farming besides 10 million people working in processing, manufacturing and exports, in India. Bidi rolling alone provides employment to 4.4 million people and 2.2 million tribals are involved in tendu leaf collection. The main beneficiaries are the small and marginal farmers, rural women, tribal youth and weaker sections of the society. Annually, tobacco contributes ` 4,400/- crores towards foreign exchange earnings accounting for 4% of the country's total agri-exports and ` 14,000 crores to excise revenue which is more than 10% of the total excise revenue collection from all sources.

India enjoys an edge over the leading tobacco producing countries in terms of low production cost, average farm and export prices. Thus, Indian tobacco is considered as 'value for money'. India is one of the leading exporters of tobacco and occupies second place after Brazil. The country accounts for 6% by volume and 0.7% by value of the world tobacco trade and 80-85% of our exports continue to be FCV alone. During the past five years, exports of tobacco and tobacco products increased by 76% and 209% in quantity and value terms, respectively. UK, Germany, Belgium, the erstwhile USSR, South Korea and South Africa are the major importers of Indian FCV tobacco accounting for more than 60% of our exports. At present, Brazil, Zimbabwe, Turkey, China and Indonesia are the competitors to India in the export market. India's share in the world cigarette exports is less than 1% only. However, the exports of scented Bidis, Hookah tobacco paste, scented chewing tobacco and Zarda are noteworthy and there is a scope for augmenting the exports of these products in the near future.

➤ From CENTRAL TOBACCO RESEARCH INSTITUTE webpage

Global tobacco epidemic kills more people than tuberculosis, HIV/AIDS and malaria combined. One million tobacco deaths in India every year, Tobacco kills half of its users, with smoking and smokeless tobacco killing nearly 6 million people worldwide – one death every 6 seconds – each year, says the World Health Organization (WHO).

India lost 1700 ha forest annually from 1962-2002 due to tobacco cultivation: WHO

The global health body said there was evidence of “substantial and largely irreversible” loss of trees and other plant species caused by tobacco farming that make it a particular “threat” to biodiversity. “Tobacco waste contains over 7,000 toxic chemicals that poison the environment, including human carcinogens. “Up to 10 billion of the 15 billion cigarettes sold daily are disposed in the environment. Cigarette butts account for 30–40 per cent of all items collected in coastal and urban clean ups,” the report said while highlighting the impact of the product. It said around 860 million adult smokers live in low and middle income countries, including India, and many studies have shown that in the poorest households, spending on tobacco products often represents more than 10 per cent of total household expenditure which meant less money for food, education and healthcare.









- 👉 Tobacco smoke contains over 4,000 chemical compounds, which are present either as gases or as tiny particles. These include:
- 👉 Nicotine: This addictive substance stimulates the central nervous system, increasing the heartbeat rate and blood pressure. In large quantities nicotine is extremely poisonous
- 👉 Tar: It's a mixture of many different chemicals that is deposited in lungs and respiratory system and gradually absorbed
- 👉 Carbon monoxide: This binds to haemoglobin in the blood more easily than oxygen does, thus reducing the amount of oxygen circulating in the body

Source: Action on Smoking and Health



# DEATH & DISEASE BY TOBACCO

-  Tobacco kills up to half of its users.  
6 million people die each year because of tobacco consumption
-  Tobacco consumption is the second leading cause of death and fourth leading cause of disease worldwide
-  More than 5 million deaths are due to direct tobacco use while more than 600,000 are from exposure to second-hand smoke
-  If current smoking patterns continue, it will lead to about 10 million deaths each year by 2020
-  Smoking causes about 30% of all cancer deaths, 17% of all heart disease deaths, and at least 80% of deaths from bronchitis and emphysema
-  Over one in two people in India are exposed to second-hand smoke at home and 29% at public places
-  Tobacco is the only legally available consumer product which kills people when used as directed

Sources: World Health Organization, Global Adult Tobacco Survey India 2010

## Alcohol:

.....we find that many kings in India consumed alcohol. The Mughals, Greeks, Turks, Persian, Dutch, English, French, Portuguese etc were also involved in "MADIRA" (alcohol). None of the civilization in the world has remained untouched with alcohol consumption. India being a diversified nation has different group of people residing in different parts. Thus, the constitution makers of India kept alcohol a state subject and not a union subject. Alcohol is a subject in the State List under the Seventh Schedule of the Constitution of India. Therefore, the laws governing alcohol vary from state to state.

In spite of legal restrictions, alcohol consumption in India has risen over 55% over a period of 20 years (according to OECD figures).The affordability of alcohol is too low that even people who are not sound economically can consume it and the addiction is such that it corrupts minds. The direct result is suicides, family disruptions and other women related crimes. Alcohol consumption has become a habit of youth and it acts as a compulsion according to the traits of young people in India. A large part of nation's economy is wasted in alcohol consumption which can be used for education purpose. Alcohol consumption not only takes us away from the reality but is also degrading the ethics and culture of Indian society.



The visible effect of drugs & substance use. Age 23 ----- Age 31. (Daily Telegraph)

The epidemic of **substance abuse in young generation has assumed alarming dimensions in India.** Changing cultural values, increasing economic stress and dwindling supportive bonds are leading to initiation into substance use.



Cannabis, heroin, and Indian-produced pharmaceutical drugs are the most frequently abused drugs in India.

Drug use, misuse or abuse is also primarily due to the nature of the drug abused, the personality of the individual and the addict's immediate environment. The processes of industrialization, urbanization and migration have led to loosening of the traditional methods of social control rendering an individual vulnerable to the stresses and strains of modern life.

➤ Source: Ahmad Nadeem, Bano Rubeena, Agarwal V.K., Kalakoti Piyush (<http://www.pravara.com/pmr/pmr-1-4-2.pdf>)

### **A drug in simple terms would be a substance which alters bodily reactions.**

Drugs are primarily used in the pharmaceutical industry, and these are classified under prescription drugs. Had the world aligned to merely this function of drugs, we'd probably not be witnessing the death of over two million people every year, of all those who die of what is now known as 'substance abuse'. Drugs consumed for other than medicinal purposes are used for 'recreation' or enhancing one's physical and mental capacity (smart drugs). Some drugs like heroin are derived from plants (Opium) while others are created 'synthetically' in laboratories.

### **Ephedrine**

Earlier derived from the plant Ephedra, is an essential component in many Chinese medicines. Considering that the earlier methods are now not financially viable, manufacturers are shifting to the synthetically produced versions. Ephedrine is said to help in the treatment of asthma and bronchitis, and is also said to help in weight loss, while contributing well in controlling nausea at sea, due to which it is treated still as a prescription drug in the US whose sale is regulated but not banned.

### **Ketamine**

Another commonly found synthetic drug is Ketamine, which is used medicinally in anaesthesia. Its use has now been controlled due to the hallucinations it results in, and is now limited to emergency situations or when there is no reliable ventilator backup. Researchers are hopeful that it may prove to be the solution to Heroin and alcohol addiction. There is a very unique factor separating Ketamine from other anaesthetics, and that is the fact that it is more of a stimulant than a depressant, but doctors have preferred to use it less often after patients who were anaesthetized reported of having seen God. Nausea, dizziness, hypertension, memory problems, psychomotor retardation,

etc are some of its known after effects. Ketamine is also known as the 'date-rape drug'. In India, Ketamine is not a banned drug, and restrictions have been placed only its export.

## **Methamphetamine**

The last drug I will be mentioning is Methamphetamine, the '*baap*' of all drugs in the market. Indian college students, disheartened by the cost ineffective Heroin and Ecstasy have chosen to switch over to crystal Meth, which can be easily manufactured from Ephedrine and Pseudoephedrine. India produces over 400 metric tons of the latter two drugs, most of which is exported to Canada, Germany, Mexico and the US, and meth is extracted from them. Meth has been proven successful in treating obesity, and is said to increase anxiety, concentration, self-confidence, while causing problems such as anorexia, hypertension, hypotension, etc. Overdose can lead to strokes and even death.

## **Heroin**

As a destructive opioid, heroin can lead to seizures, psychosis, and hallucinations when it is abused. Heroin injections can also spread diseases such as human immunodeficiency virus and hepatitis. This drug is known to cause serious health issues when it is abused because it interferes with the brain's receptors. Users can become physically dependent on it very quickly, requiring them to take more and more to achieve the same high, but too much heroin can lead to a fatal overdose. Individuals who take heroin always require professional rehabilitation because the symptoms of withdrawal may be life-threatening.

## **Cocaine**

Cocaine is a very dangerous stimulant even when taken in small amounts. It induces euphoria, increases blood pressure, and accelerates the heart rate. The drug may lead to fatal strokes or heart attacks for some users. The abuse of cocaine is also known to cause financial, legal, and physical issues. Due to the severe consequences of using cocaine, users require immediate professional treatment.

## **Crack**

A potent form of cocaine, crack is often smoked and suddenly creates an intense euphoric sensation for a short while. Crack has turned into a problem because it is cheap and easy to buy and use. Abusing the substance, however,

can lead to immediate addiction. Abusers are also at risk of suffering heart attacks and strokes with every use. Long-term use can cause liver, kidney, and lung damage. Abusers must seek help in rehabilitation facilities because the withdrawal symptoms are dangerous.

## **Hallucinogens**

PCP (phencyclidine) and LSD (lysergic acid diethylamide) are hallucinogens, which means that they make users feel, see, and hear things that are not real. While they experience hallucinations with these drugs, users lose touch with reality and enter mental states of disconnection, as if their bodies and minds are not working together or connected. Some users of PCP and LSD enter violent states of psychosis. Serious injury could occur while hallucinating on these substances, which have caused permanent neurological damage in cases of repeated abuse. Withdrawing from hallucinogens is not easy, and abusers will need professional treatment in a rehab facility.

## **Marijuana**

Marijuana is the most common illegal drug that is abused, and many people begin using it as a recreational drug in social situations. Continued abuse of marijuana can lead to addiction, and the substance can affect the physical coordination, memory, and mental functions of users over time. Some users have even lost relationships, jobs, and homes because they abused the drug. While it is easy to abuse marijuana, it is not easy to stop using it, so professional treatment is very important to refrain from abuse.

## **Inhalants**

Inhalants are not technically in the category of narcotics, but people abuse them and can become addicted to them over time. Some of the substances that are considered inhalants include spray paint, butane, and nitrous oxide that they can inhale to achieve a high. Inhalants cause euphoric and numb feelings for a brief while, so repetitive use is common. It is very risky to abuse inhalants because they could lead to permanent brain damage or sudden death. Users must stop inhaling the substances before damage occurs.

## **Prescription Drugs**

The second-most commonly abused drugs are prescriptions, including everything from anti-anxiety medications to sedatives and ADHD pills to anti-seizure medications. The abuse of prescription painkillers such as Vicodin and Oxycodone during recovery from injuries is also very common. Abuse of

prescription medications can be very dangerous if the abusers do not seek treatment.

### **Club drugs:**

The club scene and rave parties have popularized an assortment of other drugs. Many young people believe these drugs are harmless or even healthy. These are the more popular club drugs:

- Ecstasy (also called MDMA, or 3,4-methylenedioxy-methamphetamine, as well as Adam, STP): This is a stimulant and hallucinogen used to improve mood and to maintain energy, often for all-night dance parties. Long-term use may cause damage to the brain's ability to regulate body temperature, sleep, pain, memory, and emotions.
- GHB (gamma hydroxybutyrate; also called Liquid XTC, G, blue nitro): Once sold at health food stores, GHB's effects are related to dose. Effects range from mild relaxation to coma or death. GHB is often used as a date-rape drug because it is tasteless, colorless, and acts as a powerful sedative.
- Rohypnol (also called roofies, roche): This is another sedative that can be used as a date-rape drug. Effects include low blood pressure, dizziness, abdominal cramps, confusion, and impaired memory.
- Ketamine (also called Special K, K): This is an anesthetic that can be taken orally or injected. Ketamine (Ketalar) can impair memory and attention. Higher doses can cause amnesia, paranoia and hallucinations, depression, and difficulty breathing.
- LSD (also called acid, microdot) and mushrooms (also called shrooms, magic mushrooms, peyote, buttons): Popular in the 1960s, LSD has been revived in the club scene. LSD and hallucinogenic mushrooms can cause hallucinations, numbness, nausea, and increased heart rate. Long-term effects include unwanted "flashbacks," psychosis (hallucinations, delusions, paranoia), and mood disturbances.
- PCP (also known as angel dust, hog, love boat): PCP is a powerful anesthetic used in veterinary medicine. Its effects are similar to those of ketamine but often stronger. The anesthetic effects are so strong that you can break your arm but not feel any pain. Usually, tobacco or marijuana

## **Common sign & symptoms of drugs addiction are:**

- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Unusual smells on breath, body, or clothing
- Drop in attendance and performance at school or work
- Unexplained need for money or financial problems
- Engaging in secretive or suspicious behaviours
- Frequently getting into trouble (fights, accidents, illegal activities)
- Unexplained change in personality or attitude
- Sudden mood swings, irritability or angry outbursts

## **Withdrawal symptoms**

As you can see, brown sugar takes a toll on the body. And with anything that effects you in this way, it will have a number of negative effects on the body. And as it takes its toll, and you attempt to stop using, withdrawal will hurt. Withdrawal symptoms include:

- Violent and aggressive behavior
- Lack of sleep
- Abnormal behavior
- Vomiting
- Watering of nose

**Women in India face greater problems from drug misuse** than men do, although these sex differences do not show up clearly in official statistics, says a new study.

The study, released last week by the United Nations International Drug Control Programme and India's Ministry of Social Justice and Empowerment, says that misuse of drugs has a serious impact on women as mothers, wives, and sisters of misusers, but this aspect has not been adequately addressed.

"Such an impact becomes even more serious in a developing country like India where women are already disadvantaged," says the report. The consequences include domestic violence and infection with HIV, as well as the financial burden. Eighty seven per cent of addicts being treated in a de-addiction centre run by the Delhi police acknowledged being violent with family members.

Most of the domestic violence is directed against women and occurs in the context of demands for money to buy drugs, says the report.

The qualitative study, which was conducted in eight centers across India, looked at 179 women aged 18-60 years with a male relative who misused drugs.

Women bear a major burden of blame—they are accused by male family members of being responsible for drug misuse, of hiding the issue, and of not getting timely treatment. They often become victims not just of drug abusers but also of society, says the report.

The participants said they often felt guilt, shame, embarrassment, depression (47%), anxiety (55%), and isolation as a result of the drug misuse, and many (35%) had frequent thoughts of suicide. Of the women 40% reported weight loss, 23% aches, and 47% insomnia.

Another joint venture between the UN programme and the ministry, A Study of Women Substance Users in India , focused on 75 women drug misusers in Delhi (working women), Mumbai (sex workers), and Aizawl (drug misusers under treatment).

The survey found that most of the women were using heroin or "brown sugar," an impure form of heroin (91%). Other common misused substances were propoxyphene (35% of the women), alcohol (33%), minor tranquillisers (23%), cough syrups (15%), and cannabis (11%). Intravenous drug use was reported in 41% of respondents.

"We do not know the exact numbers of women drug misusers or their geographical distribution in India," Renate Ehmer, South Asia regional representative of the programme, told the BMJ. "Women addicts are a hidden population, and this is the first time that such studies have been conducted in India", she added.

Women who misuse drugs commonly report respiratory, gastrointestinal, genitourinary, and liver problems and sexually transmitted infections. Their psychological problems included insomnia, depression, and anxiety about their current and future lives.

At least four women reported being HIV positive. Nearly 10% of the women had attempted suicide at least once. Among the married women from Delhi, marital conflict and misuse of prescription drugs were common starting points for illicit drug use.



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