

# Drug Addiction

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## Essay No. 01

The major cities of India are in the grip of the drug menace. This devastating vice finishes off the addicts by debilitating them physically and psychologically. A seminar on Drug Abuse held recently in Madras has painted a horrible picture of this malady. The most disturbing fact is that the university campuses, college premises and school grounds nourish this evil more and more.

Drug addiction implies physical dependence upon a drug including the development of tolerance and withdrawal. An addict who develops tolerance requires more of the drug to transport him to the world of fantasies. If the addict is not allowed to take the drug he suffers from painful and uncontrollable convulsions, vomiting, depression and various other maladies.

Many drugs give the user a kick eradicating frustrations and adversities that life throws in his way. What they forget or do not understand is that the problems drowned in drugs come back with a vengeance to torment them once the effect wears off. The addicts' endeavour, is escapist and it is doomed to catastrophic failure even before it begins.

Drugs used by the addicts, particularly in India may be categorised into narcotics, hallucinogens, stimulants and sedatives. Marijuana, opium, heroin, barbiturates and amphetamines are all habit-forming drugs. Marijuana is the Indian hemp, its tetrahydro-cannabinol content is the real drug content and its largest concentration is in the flowering top of the plant. The resin collected from the tops of potent cannabis sativa is called hashish. It is considered to be five times stronger than marijuana. Side-effects of this drug are greater and more injurious. These drugs which are inhaled in smoke-rolled into cigarettes. But both marijuana and hashish can be added to food and drink. As soon as its smoke is inhaled eyes become red, heart beat increases and usually the smoker coughs. Hunger and drowsiness normally follow inhalations of smoke. The smoker gets distortions of visions and hearing. He loses all the sense of time though the smoker thinks that his thoughts have become clear and better. Hallucinations and delusions may also happen. Unfounded suspicion of anything accompanied by anxiety, uncontrolled laughter or weeping and irrational mental fixations also are noticed. Hallucinogens are drugs that provoke changes in sensation, thought process, self-awareness and emotion. Aberrations in the perceptions of time and space happen, illusion, delusion or hallucination may vary in intensity in

accordance with the dosage inhaled. Marijuana smokers stand the danger of ceasing to become “high” on smoke and may have to take recourse to heavier drugs. And the results produced by the same amount of drug may vary in the same person depending upon circumstances.

LSD (Lysergic Acid) is the most powerful hallucinogen. Its intake dilates pupils of the eyes, flushes the face, raises body heat and heart beat. Blood pressure shoots up and the person feels chilly. Convulsions occur but rarely. As the effect of the drug wears off the symptoms disappear. Vision is most markedly affected, perception of the objects is distorted. The subject experiences transferred emotions; he may consider music just a picture. It can also fill the person with horror. Thus, extreme euphoria or insufferable terror is the result. Consequences are unpredictable-the extreme being homicide or suicide. The most detrimental effects of LSD is flashback. Such flashbacks can cause extreme anxiety.

Amphetamines called stimulants are supposed to increase alertness, increase vigour and reduce hunger. Medically it is used to reduce depression. Stimulants known as ‘appers’ or ‘pep pills’ are taken in capsules or tablets. They are also taken through inhalations or through injections. Some inject massive doses intravenously from one to a dozen times a day. This type of user is called a speed freak. In ordinary quantities it provides a temporary sense of alertness and well being. Hunger is reduced and the performance of an exhausted person improves. But intravenous intake in large quantities gives an ecstasy high for some time. Once it wears off, reinjection is needed. This goes on till the person breaks down physically followed by collapse and death. Social, familial and moral values erode.

Sedatives induce sleep and are capable of reducing tension taken in small doses. The largest group of sedatives is from barbiturates. Taken without medical supervision people may take over-doses and then become habituated. These drugs are called gold balls, sleepers and downers. Tranquilisers calm, relax and diminish anxiety. They may cause drowsiness also. A strong desire to take drugs develops. If a person takes a few barbiturate pills after drinking he may succumb to death. Barbiturates taken with narcotics, alcohol or tranquilisers can also prove fatal.

Narcotics relieve pain; opium and its active components such as morphine and heroin belong to this group. Morphine is bitter in taste. Opium has 10 percent morphine content. Diacetylmorphine hydrochloride is prepared by the action of an acetyl group on morphine. When mixed with sugar and other ingredients, this is called brown sugar. It is taken orally or by injecting intravenously. It is smoked in

the Chinese way also. It accounts for about 90 percent of the drug intake. It has no medicine value.

People in all kinds of pain take heroin for relief. Pure heroin if injected can kill within minutes. Unclean implements used for injections may lead to viral hepatitis, skin abscess, inflammation of veins and congestion of the lungs. The addict may become prone to Tuberculosis.

Drug addiction reduces sober time available to a person. The personality of the addict is destroyed and his emotions become intense and distorted. Fertility is reduced and children born may have serious illness and withdrawal symptoms. The Indian government is making an all-out effort to check this diabolic trafficking of the drug.

## Essay No. 2

### Drug Addiction

Drug addiction is the worst social evil of modern civilization. It is spreading like cancer. The misguided and frustrated adults are the prey of this habit. Mostly of rich families, these people are becoming habitual of using drugs such as heroin, smack, opium, charas, cocaine, ganja and brown sugar. Drug addiction is a part of western culture. It is thought is a thing of fashion and modernization. The worst aspect of this social evil is – if you start taking drug in fun or fashion, it becomes so habitual that it cannot be left easily. It is an invitation to death. This evil is reaching and spreading in Asian and African countries. Drug addiction is self-destruction. This may take sometimes as we see in case of cancer, but it is a sure stepping towards death.

Drugs have been used for medical purposes since ages. Never before this modern period. There was no misuse of drugs. Man is greedy by nature. To earn more in short period some anti social adulterated drugs cause deaths those who are busy in anti- human activity for their selfish motives, should be punished. There should be no encouragement from government department to anti- social elements. The public should also co- operation to make anti- social elements suffer.

Drug abuse is fast becoming very common among students. thousands of school and college going youngmen have become drug- addicts. This evil is more rampant in big cities. Villagers and the town people are still free form this abuse. Urban life is slowly becoming a mechanical life. it has become highly competitive and risky. Tension and cut-throat competition put an unbearable pressure on youngmen and women. Life becomes tiring and burdensome.

Students tend to become escapists. As an escape from the drudgery of life, they take to drugs. In the beginning they turn to drugs just for fun and thrill. Then they get addicted to this abuse. They are compelled to even steal to buy drugs. They become physically and mentally wrecks. They invite their own doom.

Drug abuse has become a great social and cultural problem. It has been polluting the minds and morals of our youngmen. The menace of drugs can't be tackled by the authorities alone. There should be a comprehensive and all-out war to root out this evil from the students. rehabilitation centers should be opened to treat the addicts. However, the root of this evil lies in the disorder and degeneration of our social and family life. peaceful and purposeful social and family life will fill our youth with hope and faith in themselves. They will not be tempted or lured by the vicious addiction of drugs.

The abuse of drugs has now become an international problem. Recent studies show that 88% of heroin addicts in India are in the age group of 14-25 years. In fact at present drug abuse has become a craze among school and college students. drug habit is considered a fashion or a symbol of modernity at the beginning. But after some time it becomes a habit, making body weak and a prey of different diseases. Children having no sweet life, lack of healthy education , heavy burden of books; sex and violence seen through T.V. and cinema programmes; loss of moral values, uncertainty of future life prepare a youth to be a prey of this bad habit. Drug affects a person physically, mentally, and spiritually leading to a wreck life. he lives only for these deadly drugs.

Drugs addiction must be fought on war footing. Concerning departments and public should be alert to remove this social evil. A great publicity should be made regarding this social evil. A large number of banners, posters and placards should be displayed. Evils of drug should be highlighted through the media- radio, television and press. The parents should be more careful about their wards specially in tender young age. The drug addicts should be kept under special care and treatment. Doubtful anti- social worker should be checked with regular attention and should be punished seriously if found guilty.

Essay No. 03

### Drugs and Teenagers

The start of college is a new and different experience for all teenagers. They are keen to learn about their new surroundings and make new friends. At the same time, many teens consider drinking, smoking and drugs as cool. In a survey recently conducted on the abuse of alcohol, nicotine, and other harmful drugs, researchers studied that the maximum number of teenagers involved in smoking,

drinking and drugs are in the age group of fourteen to twenty. In today's society, the pressure to drink, smoke or use drugs to fit in has been seen in youth. On the basis of such surveys, it was found that these teenagers drink one to two times per week because they enjoy it. They feel that it is also a chance to have fun and hang out with their friends. However, teens say they do it out of boredom also.

Often, teens are anxious to find an alternative way to have fun and to escape from movies and television. For this reason, they jump at the chance together in a large group to socialize. They are willing to pay their pocket money for a cup of beer, even if they know that drinking under age is illegal. Drinking alcohol comes with many responsibilities. These teens 'responsible drinking' as 'having control of your action. In other words, teens drink as long as they know what they are doing. However, drinking teenagers are often found in situations where they act irresponsible. Teenagers are often caught driving while under the influence of alcohol. When teens get into the car, they do not think about the consequences. There is always that one thought in the back of everyone's mind in this type of situation. They say, nothing bad is going to happen. Sadly, when something does happen, most of the time the drunk driver is never the one to be injured. It is always the innocent passengers or the victims on the road.

Smoking is another issue within the college community. Many teenagers who smoke have been doing so quite some time and started smoking at an early age. Even though most people do not agree with teens smoking, a good percentage of adults smoke cigarettes. Therefore, the influence to smoke is constantly around teens and young children. On the other hand, some teens also like to smoke socially. This usually occurs at parties or just when they feel like hanging around outside of their dorms. Drug usage is the third huge area of abuse among students in college. The majority of these teens have tried the most common gateway drug, marijuana. Many of these teenagers said they have also tried mushrooms, ecstasy, and speed. Peer pressure has nothing to do with their reasons for drinking, smoking, or doing drugs. They believe college is the time to live. Drinking alcohol, smoking cigarettes, and using drugs are not going to stop them from having the times of their lives. Only awareness can stop them.

Essay No. 04

### Drug Addictions

Drug addiction is a major social evil of modern times. It has transcended all barriers of caste, color, creed, sex, nation. Drug addiction symptomatic of the ills of our society.

Industrialization led to a large scale exodus of rural population from the villages to the cities in the hope of work. It meant separation from family and leading a single, insecure and lonely life in the city with one to share one's sorrows and feelings with. Such people became prey to the drugs and were fully exploited by the drug traffickers. Similarly breaking down of the joint family system led to the birth of nuclear family where each family was a unit consisting of parents and their offspring. The pressures of life drove both husband and wife to search for work. The rising cost of living forced women to step out of the sanctity of home and take on the role of a bread earner to supplement the family income. In the more affluent families, the parents were too busy to look after ill children. They left them in the care of servants and ayahs who could not instill the right values in the children. Hence the tendency to take to drug has increased in the last few decades; specially among the youth.

However, it is not a malady afflicting the young only. Drug addiction common among young and old, poor and affluent. It is a problem of the whole society and is eating into the very vitals of the society. In the beginning, a person takes a drug out of curiosity or to escape from reality. There are some who take drugs simply for the thrill it gives them. The tragedy is that once a person gets used to taking any kind of intoxicating drugs, it becomes an addiction. His body develops dependence on the drug. He has to steadily increase the dose. Even if at any point in his life, he realizes his folly, it becomes extremely difficult to give up. It is like being in the clutches of a monster. It is pathetic to see a drug addict, when he does not get his usual dose. His whole body writhes with pain and agony which drives him to madness. Besides taking drugs is expensive. Therefore it drives drug addicts to stealing, committing petty crimes and other anti-social activities. It is not surprising that drug addicts become anti-social elements. Drugs completely destroy their mental faculties to think clearly, rationalize and reason.

India is caught in a geographical drug nightmare sandwiched between the so-called Golden Triangle (areas covered by Thailand, Myanmar and Laos) and the Golden Crescent (areas covered by Pakistan, Afghanistan and Iran) and has been widely used by the smugglers as a transit and exit country. The transit country also usually becomes the user country. Drugs have become big business. There is an international network of drug peddlers. In fact, international drug trafficking has got an impetus with what has come to be known as narco-terrorism. Terrorists, to raise funds for their activities become drug peddlers. For example, the terrorists in Sri

Lanka raised

funds by selling heroin in Canada, West Germany and France. In India, the BSF and the Customs authorities have been seizing a lot of drugs at the borders and airports. Thus with the advent of narco-terrorism drug addiction has assumed wider and international dimensions. Some governments also encourage drug traffic. Hence, it has become difficult to fight drug trafficking.

Thus, drugs not only destroy the addicts but breed terrorism, homicide, international tensions, and diseases like AIDS. All these facts point to the need for fighting the evil of drug abuse with the greatest determination. There is need for strict supervision over youth by the parents and the guardians. Students living far away from the parents in hostels fall easy prey to such habits as a result of persuasion by friends who are already addicts. Besides, the young generation needs a sense of direction, love, affection, guidance of the peers, parents and teachers. There is also a need to revitalize the education system in which there is great stress only on learning the three Rs. Education should bring about all-round development of the individual. At present it only prepares for earning a livelihood. It does not teach the growing minds how to live. It does not inculcate in them certain values which are essential to lead a life in harmony with oneself and one's circumstances. Adequate measures should be taken to check the source of supply of intoxicants—the pills, L.S.D.; marijuana, cocaine, heroin, brown sugar, etc. Today, Delhi has become one of the principal transit points for the fast expanding international trade in narcotics. The daily seizures of heroin and other drugs in various raids by the police in the capital is an indication of the extent of the menace.

Although in order to fight this evil Anti-Narcotic Squad (ANS) and an International Drug Enforcement Agency (IDEA) have been formed, we need far more than these agencies to combat drug menace. We need strict laws and their implementation. Besides, we need to look into social reasons for drug addiction. Mass media can play a very useful role in educating the masses on the dangers of taking drugs. Hospitals should provide free service to a drug addict who wants to end his subservience to the drugs. Efforts should be made to tackle unemployment. More centres should be opened for counselling the young. Voluntary and social organisations should extend counselling facilities to the poor whose families are the worst victims.

When the sole bread earner becomes an addict, it drives the whole family

to the point of starvation and death. Narco-terrorism points to the need of greater international co-operation in fighting the drug menace.

In India, drug addiction is increasing. Official estimates show that there are between 500,000 to 700,000 heroin addicts in India. Article 47 of the Constitution enjoins that the State shall endeavour to bring about prohibition of consumption, except for medicinal purposes, of intoxicating drinks and drugs which are injurious to health. To check this alarming increase in the number of people taking drugs, the Government of India has taken important steps both in legislation and enforcement to combat drugs.

The Narcotic Drugs and Psychotropic Substances Act 1985 has been further strengthened by making drug offences non-bailable and providing seizure and forfeiture of properties, related to drug trafficking and death penalties in certain specific cases. The Prevention of Illicit Traffic in Narcotic

Drugs and Psychotropic Substances Act 1988 was enacted with effect from July 4, 1988 for supplementing deterrent penal provisions of 1985 Act.

Voluntary organizations are also being assisted for undertaking awareness building programmes and for organising de-addiction camps. Grants for this purpose are also given.

A survey by an international agency has revealed that the drug trafficking gangs have huge resources. They find it easy to corrupt the politicians and bureaucrats with the help of money. The Government should try to identify such people in power who are in league with these smugglers and punish them severely.

When, people in power or in limelight indulge in such malpractices, it has a bad impact on the masses who idolise them. It is amazing how drugs have become the cause of major international scandals in politics, sports, etc.