



## RISING FACTS AND PROBLEMS OF DRUG ABUSE AND ADDICTION IN DEVELOPING INDIA

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### ABSTRACT—

*Drug abuse and addiction are serious and major public health problem that impacts society on multiple levels in developing India. The abusable drugs such as ganja, charas, nicotine, heroin, cocaine etc. takes a tremendous tariff and continues to threaten the future of our society. Injury, physical problems, mental illness and death are often the effects of drug abuse. It has been clearly established that the relationship between drug abuse and criminal behaviour. For this reason, it also plays a role in many major social problems such as loneliness, drugged driving, robbery, domestic violence, group clashes and other violent crime. It harms unborn babies, destroys families and social relationships. Again, drug trafficking and narco-terrorism are the burning problem in modern time all over the India as well as the whole world. These situations forced us to consider social and psychological issues such as: has drug abuse really become such a social problem on modern developing India? Why is adolescence a critical time for preventing drug addiction? What leads to drug abuse and addiction? To respond to these questions, we need to discuss some points. The present paper is focused on nature and impact of abusable drugs and also examines the various health, social, financial, drug trafficking and narco-terrorism issues which related to facts and problems of drug abuse and addiction in developing India.*

**KEYWORDS—** Drug abuse, Drug addiction, Abusable drugs, Drug trafficking, Narco-terrorism.

### INTRODUCTION

In the constantly changing developing India, some things remain constant, such as drug abuse and drug addiction. For Instance, a girl who was from a well-to-do family in Pune and sterling in studies throughout her school years, had always been a topper and was good at tennis too. At age 17, when she was in junior college, fell in love with a 19-year-old from the same college who was into drug abuse and addicted. Soon the girl was addicted too and when she started sliding short of money to buy marijuana, she started stealing money to feed her addiction. Later, she was not only taking drugs but was also selling them to her friends and also she had a terrible secret life which she kept undisclosed from his family. Finally, she was hospitalised at a rehabilitation centre.<sup>1</sup> With nearly 18% of the world's population in the 15-64 age groups, India is a prime market for illicit opiates originating in both South-East Asia and South-West Asia<sup>2</sup> and many statistics report says that many people committed suicide due to drug and addiction related problems in the last few years across India.

<sup>1</sup> Mascarehnas, A., Mishra, G., (11 April 2016), “Pune: Rising cases of drug abuse among teens” , The Indian Express, Retrieved 25 March 2018.

<sup>2</sup> World Drug Report 2014, The United Nations Office on Drugs and Crime (UNODC), New York, 2014

Actually over the last few decades, drug abuse and drug addiction are not individual problems but effect the public at large. Individual problem is one which affects one individual or one group or community. Its settlement lies within the actual surroundings of the individual group. On the other hand, a public issue is one which involves the large part of the society or the society as a whole. In India, directly or indirectly, every group or community is affected by this social problem. "Drug abuse is life abuse", "say 'no' to drug and 'yes' to life" etc. are the messages which are now being relayed by the ministry of welfare in India, narcotics Control Bureau and other social groups.

### Basic Concepts of Drug, Drug Abuse and Drug Addiction:

In medical context, a drug is a prescribed substance by a physician for the function of treating and preventing disease by its chemical nature and its repercussion occur on the structure and functions of a living being. On the other hand, in sociological and psychological context, drug is term for nature forming substance which directly affects the brain or nervous system. Commonly, drug is a natural or synthetic chemical substance and also other than food that provides nutritional support, which alters the body's function either physically or psychologically, when taken into a living being through orally as a tablet or liquid, by injection into a muscle or vein, by absorption through the skin, via nasal inhalation or through a number of other methods and sometime which is used in the diagnosis, mitigation, treatment, or prevention of a disease or relief of discomfort.<sup>3</sup> So it is clear that, drugs may be legal or illegal. Sometime a legal or medicinal drug can be harmful and addictive if misused. In terms of above definitions, the continual use of drug is considered so dangerous and sometimes even anti-social and immoral that it arouses a variety of irate and conflicting attitudes on the part of general public.

Drugs can be categorized in a number of ways. In the world of medicine and pharmacology, drugs can be classified by its chemical activity or by the condition that it treats.<sup>4</sup> There are essentially seven different drug types, each with its own set of characteristics, effects and dangers.<sup>5</sup> Categories include stimulants, depressants, hallucinogens, dissociatives, opioids, inhalants and cannabis. 'Drug abuse' is the use of illicit drug<sup>6</sup> or misuse of legitimate drug resulting into physical or psychological harm. Drug abusers use drugs for effects on the central nervous system, primarily the brain. If a drug does not affect the brain, then it will not be abused although it may be misused.<sup>7</sup> The abusable drugs may be divided into six categories such as alcohol, seductive or depressants, stimulants, narcotics, hallucinogens, and nicotine which use impacts nearly every part of human body. Stimulants, depressants, narcotics and nicotine are also called psychoactive drugs. Drug addiction is a chronic disease that affects individual's brain and behaviour. The path to drug addiction begins with the voluntary act of taking drugs. But over time, a person's ability to choose not to do so becomes compromised. When any individual addicted to drugs, he/she can't oppose the appetite to use them, no matter how much harm the drugs may cause. Usually in the case of drug abuse, any individual can be able to change his/her unhealthy habits. On the other hand, Addiction is when any individual can't stop. Not when it puts his/her health in danger or it causes financial, emotional, and other problems. If the drug is not available, the individual may begin to feel restless, drowsy, nauseous and dizzy.

### Nature and Impact of Abusable drugs in India:

In India, people begin taking drugs for a variety of reasons which has various social, cultural, biological, geographical, historical and economic aspects. Literally, in India drug abuse is an unusual complex phenomenon. In this point, the impact of abusable drugs in India can be explained by the following way:

<sup>3</sup> <https://www.collinsdictionary.com/dictionary/english/drug>

<sup>4</sup> Tripathi, KD., (2014). "Pharmacological Classification of Drugs with Doses and Preparations", Jaypee Brothers Medical Publishers (P) Ltd, 5<sup>th</sup> Ed.

<sup>5</sup> Ibid.

<sup>6</sup> Illicit drugs are those which highly addictive and pose serious risks are illegal to make, sell, or use.

<sup>7</sup> Misuse refers to an inappropriate use of a drug. Abuse refers to the use of a substance for psychoactive effects.

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- Issues of Health
  - Issues of Family and Community Life
  - Issues of Cultural
  - Issues of Crime and Financial Troubles
  - Issues of Drug Trafficking
  - Issues of Narco-terrorism

- **Issues of Health:**

The incidence of drug abuse among children and adolescents is higher than the general population in India. This is notably because youth is a time for experimentation and identity forming. The Stimulants drugs such as nicotine, cocaine, crack cocaine, amphetamines, caffeine, interfere in the central nervous system of a person and which increase the user's level of alertness, pumping up heart rate, blood pressure, breathing and blood glucose levels. Depressants drugs such as alcohol and cannabis also impact the body's central nervous system to create a calming or sedating effect and resulting to a feeling of relaxation and relief from anxiety. Opioids drugs such as heroin, morphine, opium, methadone, are powerful painkillers that produce a sense of euphoria in users while in increasing doses may cause coma. The hallucinogens drugs such as Cannabis, LSD, ecstasy, psilocybin (magic mushrooms) act on the central nervous system to alter your perception of reality, time, and space. Cannabis drugs such as Marijuana leave, bhang, ganja, charas, and hashish oil are a plant-derived drug which acts through the cannabinoid receptors in the brain. Inhalants are a broad class of drugs such as paint, glue, paint thinners, gasoline, shoe polish, marker or pen ink, nitrous oxide that refers to the chemical vapours from toxic substances which are inhaled to reach a quick high that can be inhaled to induce a psychoactive, or mind-altering, effect. The introduction of synthetic drugs and intravenous drug use leading to HIV/AIDS has added a new dimension to the problem in India nowadays.

Research and many survey report suggests that long-term overconsumption of any drug can raise the risk for depression, liver damage, cancer, abjection of the immune system, reduced sexual performance. commonly all abusable drugs affects the central nervous system, causing many short-term effects like slurred speech, blurred vision, weakened muscles, decreased reaction time and impaired memory. These drugs use can also have serious consequences for expecting and breastfeeding mothers and their babies, including foetal alcohol syndrome. For instance, nicotine is one of the most heavily used and most addictive stimulant drugs in India. Smoking harms immune system and can affect nearly every organ of body. Any individual addicted by the daily use of nicotine but it's the other chemicals in tobacco like carbon monoxide, tar, formaldehyde, cyanide and ammonia that cause the major damage and produce cancer-causing poisons which known as carcinogens.<sup>8</sup> Carbon monoxide keeps red blood cells from getting the full load of oxygen needed for healthy cellular growth. This encourages the carcinogens in tobacco to bind to the cells throughout your body and cause cellular damage. Chewing tobacco is just as dangerous as smoking and also has a high risk of addiction. And lengthened use of smokeless tobacco leads to a huge risk of cancers of the mouth. Bidis and hookahs have become popular alternatives to smoking cigarettes, and some people assume to think they are less harmful than regular cigarettes.<sup>9</sup>

- **Issues of Cultural:**

With-out causing any debate about drug abuse in India which belongs in Cultural diversity, has fostered the use of mind-altering substances over centuries. Cannabis, a traditional drug in Indian civilization is ritualized in social and religious gatherings. It is a socially approved behaviour in certain cultural groups to

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<sup>8</sup> [https://www.nhp.gov.in/effects-of-tobacco-on-health\\_pg](https://www.nhp.gov.in/effects-of-tobacco-on-health_pg)

<sup>9</sup> Reddy, K.S., Gupta, P.C. (ed.) (2014). "Report on Tobacco Control in India" Ministry of Health & Family Welfare, Government of India.

use bhang, ganja and Charas by adolescents and has parental green light for that. For instance, bhang (i.e. Marijuana) which has a relation with ancient time Hindu rituals, cultivated as a source of food and medicine,<sup>10</sup> is an essential of the Holi festival and it can get any individual completely boozed up. It's usually found in the form of *Thandai*, *pakorras* and *halwa*. But the physical and mental negative effects of ganja cannot be ignored.

- **Issues of Family and Community Life:**

Drug abuse and addiction is a major public threat that can be cultivated into a philanthropic and/or political crisis, which also posing a treat for national security in India. Many survey and research conclude that addiction affects individual's personality and behaviour in a variety of ways although this very much depends upon the type of drug used and the amount; their psychological behaviour before the addiction and physical health and their lifestyle.<sup>11</sup> The destructive effects of drug addiction ultimately damage every aspect such as: physical, psychological, moral and intellectual growth of the addict's life.<sup>12</sup> Drugs change teens' desire and ability to be social up to a certain point and depending upon the drug of abuse. Adolescent drug abuse is one of the major areas of concern in adolescent and young people's behaviour. This social problem is tightly linked with criminality and domestic violence. Drug addiction doesn't just affect the addict; it has a far reaching effect which encompasses family, friends, employers, healthcare professionals and society as a whole because responsibilities and moral standards fall by the wayside. Social isolation, disruptive behaviour disorders, anti-social personality disorder, conduct disorder and oppositional-defiant disorder are the risk factor for teen drug abuse. Women in India face greater problems from drug abuse. The consequences include domestic violence and infection with HIV, as well as the financial burden. This social problem also is associated with higher rates of foster care child placements, child abuse, college sexual assaults, prison sentences, and lost productivity coupled with increased work-related injuries.

- **Issues of Crime and Financial Troubles:**

Drug abuse addiction is a chronic progressive disease. According to researchers, the economic burden of addiction in India is more than twice that of any other neurological disease.<sup>13</sup> Generally, Drug Addiction can become an expensive affair to the family in India. In ultimate situations, people addicted to drugs try anything from selling household goods, resort to stealing and other criminal and illegal activity, to secure money to get their next dose. Many teens see their lives and futures permanently altered by drug-related jail time, legal fees and criminal records.<sup>14</sup> Research shows that Drug-induced violence can lead to serious injury to the drug users and to others. Serious crimes like eve-teasing, group clashes, assault, impulsive murders and rapes could be committed unknowingly under the influence of drugs.<sup>15</sup> On college and university campuses across the India, very large percentage of violent crimes reported, including sexual assaults, involve the use of Drugs. Actually, there is a solid connection between addiction and criminal behaviour. Researchers and much survey report conclude that it's common for addicted individuals to offer

<sup>10</sup> <http://everydayayurveda.org/ayurvedic-cannabis/>

<sup>11</sup> The reaction and side effects of any drug depend upon many factors. Firstly, the repercussions of a drug are dose-dependent. Secondly, the repercussions also depend on the user's tolerance to the drug. The effects also depend on the drug's purity, the user's expectations, coexisting illness, weakness, and the presence of other drugs. The effects of a drug vary in the same individual and sometime individuals vary in their response to the same drug for many reasons, such as: blood pressure, metabolic rates, allergy issues etc. Nonetheless, the positive and negative repercussions of drug use vary greatly depending on the specific drug being used, why and how it is being used, and the characteristics of the user.

<sup>12</sup> Reddy, K.S., Gupta, P.C. (ed.) (2014). "*Report on Tobacco Control in India*" Ministry of Health & Family Welfare, Government of India.

<sup>13</sup> Ibid.

<sup>14</sup> [http://www.dor.gov.in/Punishment\\_for\\_Offences](http://www.dor.gov.in/Punishment_for_Offences)

<sup>15</sup> Sharma, N.C., (17 August, 2016). "*Juvenile crimes directly linked to drug abuse*", India Today.

sexual services or other forms of compensation to drug dealers, which may include engaging in trafficking and distribution.

On the other hand many addicts lose their jobs and remain unemployed as a result of their addiction. It can be said that, addiction is heavily connected with poverty, not just because drug abuse itself is expensive, but because addiction is often a means of recession. So it also true that addiction can even create poverty in future generations. Abusing drugs can make any individual significantly less productive. Financial problems are likely to crop up due to not only the costs of supporting a drug addiction but also the loss of productivity and regular work hours due to increased illness, hangovers and other adverse effects. Credit cards are maxed out, savings accounts are depleted, and getting more drugs becomes the primary target of the later pay check.

- **Issues of Drug Trafficking:**

Drug trafficking, the act of selling, smuggling, distributing and transporting illicit drugs, or even legal drugs for illicit uses, is one of the largest employer in the world. In the recent years, drug trafficking in India has become more complex. Being closer to the Golden Crescent and Golden Triangle (Myanmar, Thailand and Laos) and “Golden Crescent” (Iran, Afghanistan and Pakistan), India has been vulnerable to the trafficking of narcotics and drugs such as heroin, hashish, and synthetic drugs produced in these areas. The rise of Sikh militancy in Punjab in the 1980s resulted in an outburst in drug trafficking cases in India. Most of the illegal drugs are smuggled through Pakistan, Bangladesh, Bhutan, Nepal, Myanmar and, more recently, via Tuticorin to Sri Lanka, where it's processed into Hashish, Ganja or Heroin. The financial impact of drug trafficking, nowadays, is also a crucial issue. According to the Narcotics Control Bureau, Punjab has faced the most drug seizures in the country over the past few years, followed by Madhya Pradesh, Arunachal Pradesh, Rajasthan, Mizoram, Manipur and West Bengal.<sup>16,17,18</sup> Mumbai, Goa, Hyderabad and other cities around the country are quickly gaining a reputation for their drug usage; and the population in each of these cities continues to grow.<sup>19</sup>

In present scenario in India, drug trafficking organizations get to have billions of dollars. It is big business, bringing in a fifth of all profits from organised crime. Again the relation between corruption and drug trafficking is also worth noting. Due to possible benefits between drug trafficking organizations and governmental institutions, corruption has a reciprocally buttress relationship with drug production and drug trafficking. In India it destroy and deform communities, imperils businesses, strains government institutions and annihilate the economy. Conclusively, drug trafficking rust and destroy the rule of law and economic stability and also lead some facts, such as lead to perverted property prices, unfair competition, corruption reinforced.

- **Issues of Narco-terrorism:**

Narco-terrorism refers to the network between narcotics and terrorism. The connection between terrorists, drug traffickers and organised criminal networks has generated a force powerful enough to cause instability in India. Money propagated through drug trafficking has been used to fund various subversive and terrorist movements. For instance, it has been estimated that money generated from the illegal sale of

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<sup>16</sup> Mukherjee, D., (16 September, 2016). “From WB to Raj: A smuggling network spanning 1,500 km”, Hindustan Times,

<sup>17</sup> PTI, (28 July, 2016). “West Bengal: Illicit poppy cultivation now a principal source of funds for terror outfits at border”, The Indian Express.

<sup>18</sup> Majumder, S., (2 February 2017). “Why has India's Punjab fallen into the grip of drug abuse?” BBC News.

<sup>19</sup> Das, P., (2012). “Drug Trafficking in India: A Case For Border Security Force”, Institute for Defence Studies and Analyses, New Delhi.

narcotics accounted for 15 per cent of the finances of militant groups in Jammu and Kashmir.<sup>20</sup> Again, narco-terrorism and drug trafficking not only violates India's borders, but also poses a significant threat to national security. Presently in India, drug trafficking and narco-terrorism has emerged as a strong and facilitates other organised criminal enterprises such as illegal arms trafficking, prostitution rings, human trafficking, tax fraud, kidnapping, counterfeiting currencies, infiltration of the legal economy. In one word, drug trafficking results to be quite beneficial for terrorist groups in India as well as the whole world.

### CONCLUSION:

Nowadays, India has been listed in the high rank of illegal drug trafficking and drug producing countries which are drowned by drug related violence, crime and corruption. After the above discussion, it is clear that the causes of drug abuse and addiction may be classified under four heads: **1. Social causes** like simplify social experiences, peer pressure and challenging social values, **2. Physiological causes** like removing pain, enhance sexual experiences, **3. Psychological causes** like mitigating tension and depression, abolishing boredom, satisfying curiosity, feeling high and confident and removing inhibitions. **4. Miscellaneous causes** like improving study, lending religious insight, deepening self-understanding and solving personal problem. To conclude it is clear that drug abuse has become a growing threat to humanity not only in India but also the world. Since, 26<sup>th</sup> June, 1991 is observed every year as an International Day against drug abuse and illicit trafficking to create awareness among drug abusers as well as those who engaged in waging war against drugs. Again the National Anti-Drug Addiction Day is observed on 2 October across the India. Indian government's main task in policy and action is not only to control supplies of drugs but also to reduce to demand for drugs. By using the process of persuasion, coercion, compulsion, motivation and punishment drug abusers can be made to resist the temptation for drugs. Likewise treatment, prevention and rehabilitation all require a positive and life affirming campaign. The ministry of Social Justice & Empowerment, Indian has taken a significant step to help drug abusers by launching a national toll free helpline number 1800-11-0031 which provide assistance six days a week between IST 9:30 a.m. to 6:00 pm and will be upgraded to 24x7, based on the number of calls and the response in this regard.<sup>21</sup> Lastly if the lives of people are made meaningful, rewarding and satisfying then the need for drug would not exist or it will be minimized.

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