

DRUG ABUSE - A RISING CULTURE IN THE SOCIETY CONTRIBUTING TO HEALTH CRISIS AND OPPORTUNITIES FOR YOUNG GENERATION

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ABSTRACT

Drug addiction has become very common in our modern society , Taking drug has become part of our culture and environment . Drug can produce immediate happiness and can help one overcome stress , depression . illegal drug abuse has contributed to massive health issues , addiction and death . Today 35 million people across the world are addicted to drugs where we see youth are prone to taking drugs . Alcohol is the cheapest and easy to avail drug followed by opium , heroine and cannabis . Drugs are of various types and result in Hallucinogens , some are Stimulants and Tranquilizers which can calm one down . Drugs have short term and long term effect on a human life apart from certain serve health issues , resulting in physical , emotional and psychological changes . Drugs addiction can affect any one, from whatever socio-economic-political background you become to and it is not only the homeless, illiterate or poor people who intake drugs but also educated and highly rich people everyday many people death due to drug abuse or are victims of drug related suicide which calls for immediate action , there are therapy and health services available still we require a better techniques and methods to cure people , restricting the trading of drugs , using of artificial intelligences and machine learning to stop the trading of drugs , appoint psychologist at every corner of the city and district to cure people who are depressed and taking drugs .

Keywords: *Drug abuse ,Drug addiction , depression , stimulants , restricting artificial intelligences ,Hallucinogens*

INTRODUCTION

35 million people across the world are drug affected .The top five countries with who are badly affected by drugs are Iran who produces 93% of the world drugs , followed by Afghanistan where 1 million people are addicted to drugs followed by Russia , United States and Great Britain where more than 15 million people are drug addicted . In India over a billion people are drugged to some kind of drug . Drugs are basically substances that can help to change your mood or calm yourself , there are many drugs used in different parts of the world which produce different kind of effect on the body . Some of them would include Tranquilizers these are drugs which will calm your nervous system , but not make you sleep , then there are drugs which are sedative and hypnotics which makes you sleep , some drugs will make you think of things that don't exist , you will ask hearing things , will take to an imagination world referred to as Hallucinogens , Stimulants is another kind of drug which used a weapon to be successful , there are mild stimulants also the worst type is opioids , the most commonly used drug across the world ,which results in depression , calm the nervous system and acts as a pain release . In Afghanistan there is huge cultivation of poppy plant which has given birth to drugs like opium , heroine .The Taliban in Afghanistan used to earn money selling these drugs . Even there has been issue at the India-Bangladesh border where poppy cultivation takes place , India has been successful in ending the cultivation , however in the state of Bangladesh poppy cultivation is on which has resulted in the production of heroine and many other drugs which are being sold in India and near countries . Heroine is taken by snorting or using injection . Cannabis , a very common drug which is used by major of the people , made in India cannabis sativa plant which is used to make Marijuana, Charas , Ganja , Bhang these are powerful hallucinogens drugs

which has an effect on cardiovascular system which increases your blood pressure and heartbeat , these drugs are either inhaled or directly taken in the form of Bhang . South America is famous for the production of cocaine , which is a stimulant , earlier it was used in the making of Coco-cola , later on it became illegal . Other drugs would include alcohol, injected drugs through syringes and other mediums ,morphine which is used for making Heroine. Today more than half of the population is addicted to drugs in some of the other way , alcohol is the most common form of addiction , it is estimated that youth intake the maximum amount of drugs , now the question rises why do people take drug and from where do they purchase it as Drug is not easily available in all shops and they are available at a certain cost .

RESEARCH METHODOLOGY

For the purpose of this exploration , I have used a amalgamation of two of the archetypical social sciences research tools application –as they are authentic and brilliant method to assemble statistics from multiple appellants in a methodical and convenient way . Question were asked to the parents and their children , survey , interviews –consisting of several interrogation which were dispersed among representative of each contender group .

OBJECTIVE OF THE RESEARCH PAPER

The main areas of exploration in this paper incorporates

- 1.What is drug abuse and its various effects .
2. What are different types of drugs .
3. An analysis on drug abuse across the globe .
- 4.. An in depth study on how people get addicted to drugs and the reasons behind taking drugs .
5. How can we overcome the problem of overdose and different methods to reduce drug abuse .

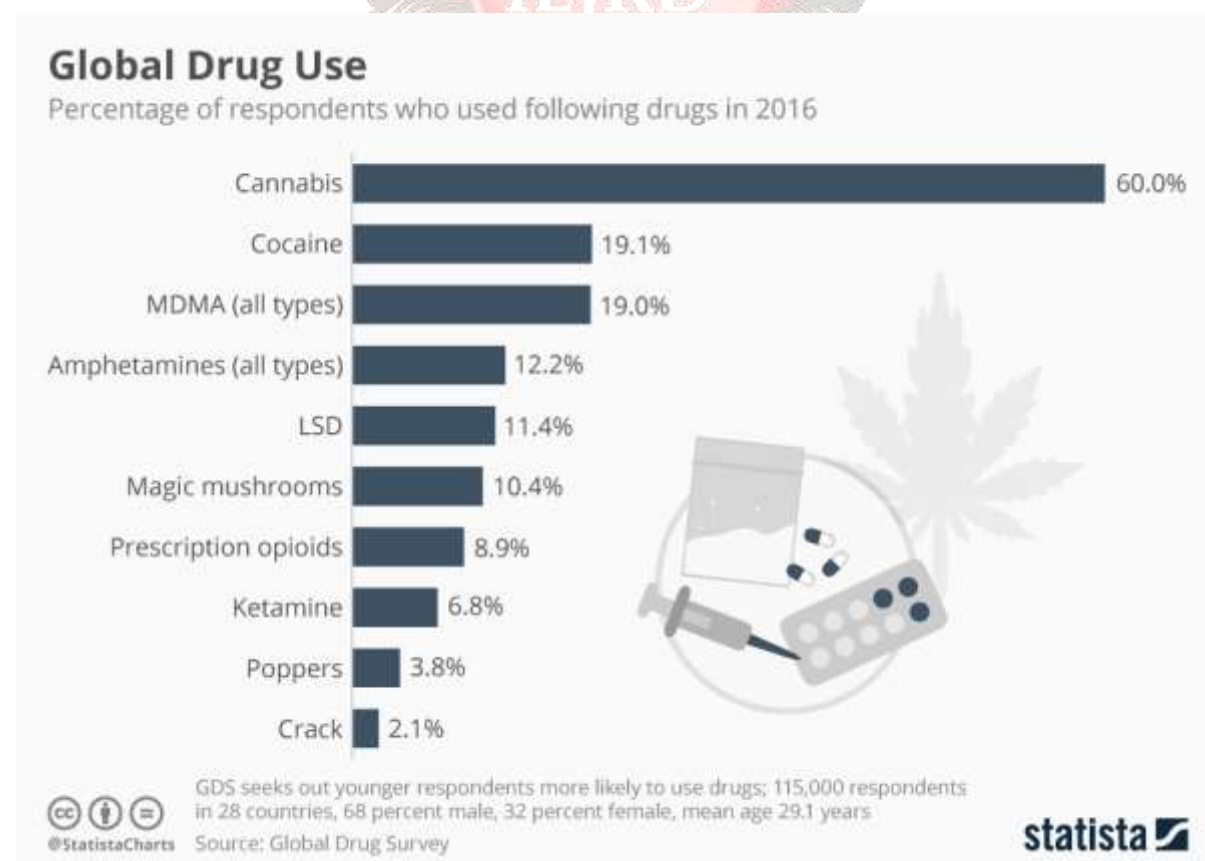
LITERATURE REVIEW

Taking substance has become very common among the youths , where behaviour, cultural and the social environment has a major role of play . For instance the cultural environment , the attitude of a person is influenced by the community he lives in , In colleges specially in engineering and medical colleges youths are prone to take drug out of study pressure . The behaviour of a group can easily influence the other students , alcohol being cheap and easily accessible attracts maximum number of students along with smoking . . Drugs addiction can affect any one, from whatever socio-economic-political background you become to and it is not only the homeless, illiterate or poor people who intake drugs but also educated and highly rich people . There are physical , emotional and psychological reasons why people take drug physical when they feel weak and want some energy in the body , emotional to get over a relationship, someone's death . mental illness , career issues , financial problem , trauma and psychological when they feel they require confidence in life . Others reason would include like to fit in , human can't live in isolation , social gathering is important so , it becomes important to fit according to the norms and culture of the society , it effects people of all age . especially teenage which brings them to the live of drugs . Many people try drugs to experience new things in life . Drugs abuse has become a part of life , there is no gender bias , both male and female intake all kind of drugs ,There are drugs which are taken by sportsman to increase their physical strengthen but those don't have a high effect on the health , like other common drugs . There are many ways in which students can get drugs or alcohol

without visiting any shop , there are drug dealers in the school , which are led by few of the students themselves who provide drugs to other students , students even create fake identity cards and purchase it directly from the shops and bar , there are many websites from where one can purchase drugs online which is commonly referred to as Dark Web , it is an only drug marketplace where you can get maximum consumers , one can even get these drugs from illegitimate Online Pharmacies these substance once taken results in drug addiction , something that is impossible to control , many people are admitted in the hospital and they are able to come out of this addiction , however many people die in this process. One 's a person become drug addicted , he neither requires his family , friends or any individual , they only require the substance , that becomes a part of their life and without substance they can't exist , they many develop symptoms of sickness if not treated .

FINDINGS

In 2016 around 271 million people used drugs from the age group of 15-64 , which remains same for 2017 , since 2009 we have an seen an increase in the intake of drugs in the global population from the age group from 15 to 64 , with a higher rise in the use of opioids in Asia , Europe , Africa and North America and the use of cannabis in Asia , North America and South America . In 2017 the illicit manufacture of cocaine reached to 1,976 tons ,simultaneously the global quantity of cocaine seized rose by 13 % in 2017 to 1275 tons ever reported . In 2017 , North America recorded an increase in opioid crisis , 47,000 opioid deaths in United States in 2017 and 4000 in Canada opioid cases which has increased by 33% from the previous year .Fentanyl and its analogues were the key issues of the synthetic opioid crisis in North America , Tramadol another synthetic opioid in West , Central and North Africa . Tramadol amplified fro 10 kg in 2010 to 9 tons in 2013 and in 2017 it reached to 125 tons . The most widely and most used drug in the world continues to be Cannabis , taken by around 188 million people in 2017 .



In India around 2.6 crore people take opioids, and more than 60 Lakh people have suffered from opioid disorder mostly Heroin, Morphine and Opium. States that contribute to the opium growth is Uttar Pradesh, Delhi, Maharashtra, Haryana, Andhra Pradesh, Gujarat and Punjab. It is estimated that 1.18 crore people use sedatives and inhalants in India, out of which 4.46 lakh children and 18 lakh adults require immediate treatment as a result of inhalant. Uttar Pradesh, Haryana, Delhi, Maharashtra and Madhya Pradesh have the most children affected by this overdose. Injection drugs are very commonly used by Indians over 8.5 Lakh people inject themselves, in Uttar Pradesh 100,000, Punjab 88,000 and Delhi 86,000 tops the list, they people who have shared their injection has given rise to risk taking diseases like HIV, approx 27%.

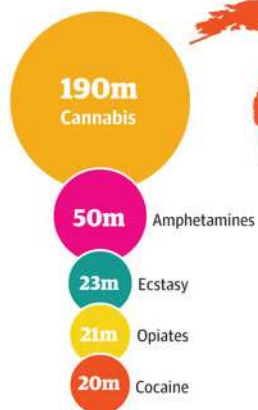
Alcohol, 14.6% equal to 16 crore people are addicted to alcohol, in India both desi and IMFL are consumed as beverages. In India one in three are alcoholic with Punjab, Goa, Andhra Pradesh, Uttar Pradesh, Tripura and Chhattisgarh topping the list.

In 2018 after a survey was done it was concluded that more than 3.1 crore Indians use cannabis in the form of Ganja, Bhang or charas. It is also found that in Punjab 89% of the people are dependent on opioid and those people are well educated, and literate. A survey was conducted by AIIMS Delhi from the end of 2017 to end of 2018 including a population of 4,73,569 between the age of 10-75 years who were drug abuse in India and it also revealed that drug abuse is more common in children and adolescents. The disorder caused by cannabis is thrice times more than the national average in Punjab and Sikkim, in nearly 75% of the household, one family member is a drug addict. Whereas in Maharashtra, Tamil Nadu and Kerala we have seen most suicide cases related to drugs. Heroin is considered as the most common drug followed by pharmaceutical opioids and opium. In India everyday 10 alcoholic and drug related suicide cases are reported, in Punjab from the age between 18 to 35, 76% are drug users.

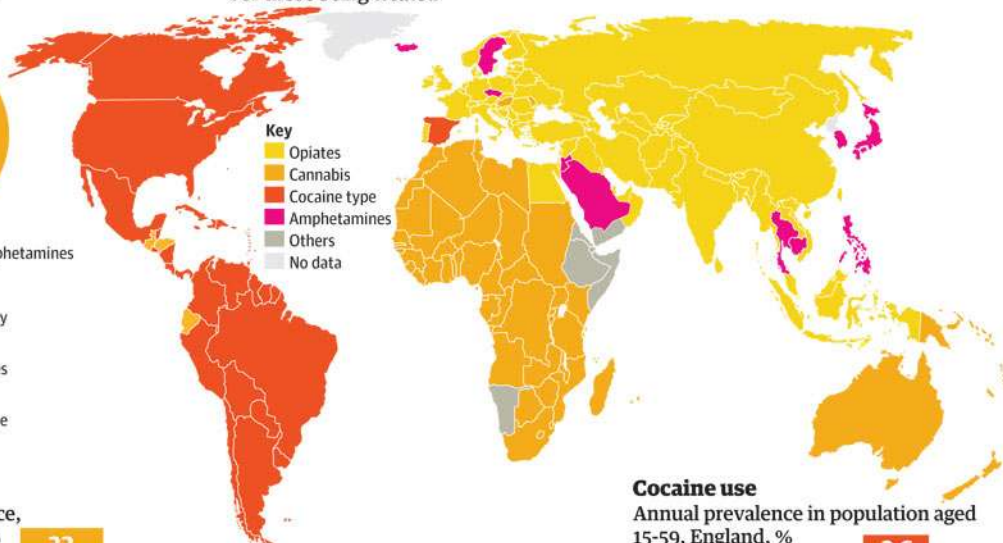
Drug abuse can result in short term as well as long term health issue. The effect depends on the kind of substance intake and how your body responds to it. For instance if you consume alcohol like one or two it will result in mild intoxication, a person can feel sleepy or relaxed for the time being. If one smokes, Nicotine from cigarettes and tobacco can result in rise in blood pressure and alertness, on the other hand opioids may result in drowsiness, constipation and shallow breathing. The short effect of drug can be slurred speech, loss of coordination, increased heart rate, insomnia, changes in cognitive ability, change in appetite, a temporary sense of euphoria.

The world of drugs

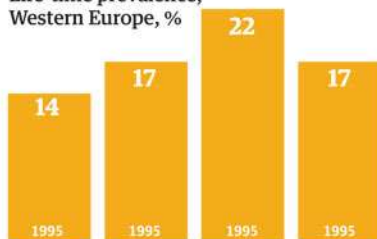
Total users
Numbers of people



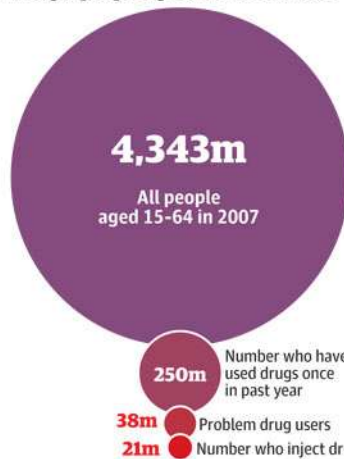
Main problem drugs
For those being treated



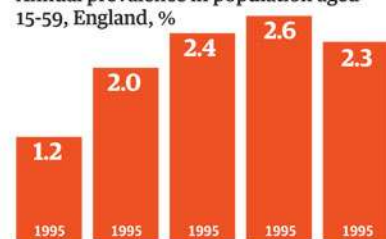
Cannabis use
Life-time prevalence,
Western Europe, %



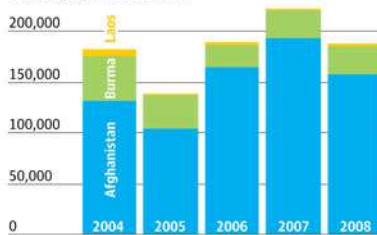
Proportion of users in the world
Amongst people age 15-64 worldwide



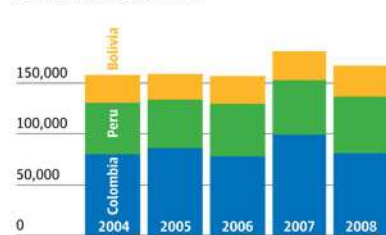
Cocaine use
Annual prevalence in population aged
15-59, England, %



Opium poppy cultivation
Hectares worldwide



Coca bush cultivation
Hectares worldwide



SOURCE: WORLD DRUG REPORT, 2009

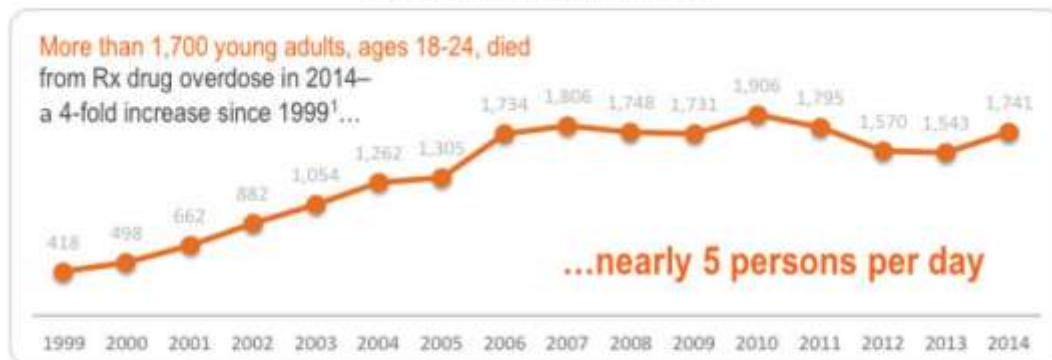
Drug abuse can also effect the people life apart from their physical heath which includes inability to cease using a drug , increase impulsivity , loss of interest in activities , risk taking attitude , noticeable change in appearance like weight loss m poor performance , lost interest in academic , relationship problems etc . Long term effect of drug abuse would include depression , anxiety , paranoia , hallucinations, increased aggression , panic disorder .Drug addiction can also effect the memory , concentration and learning ability of a person .

Some of the serious health disease would include Cardiovascular disease like drugs like cocaine and methamphetamines can damage the blood vessels and the heart it effect can be long term and result in diseases like coronary artery , arrhythmia and heart attack .Drugs like smoke or other drugs which a person inhale can damage the respiratory system and result in chronic respiratory infection and disease . Opioids can slow a person breathing to specific receptors in the central nervous system , depression can slow a person’s breathing and result in heavy snoring . Heroin Ketamine and cannabinoids can cause kidney damage , the kidney filters excess waste from the blood .

Chronic drugs like alcohol can damage liver cells and which can further result in inflammation , scarring and liver failure .

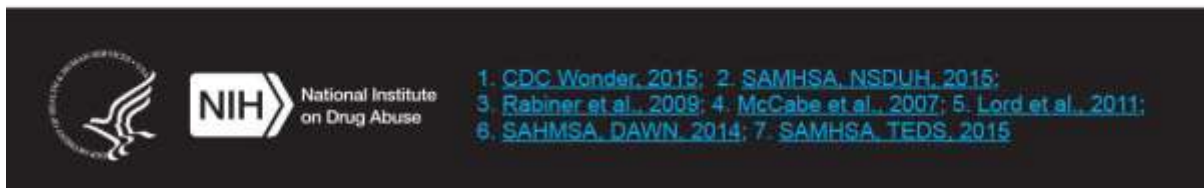
It is estimated the opioids contributes to 70% of the deaths worldwide , Overdose of drugs have caused of 67,367 deaths in the United States in 2018 .

CONSEQUENCES



Among young adults, for every death due to Rx drug overdose, there were:

119 & **22**
Emergency Room Visits⁶ & Treatment Admissions⁷



There are a lot treatment and therapy available to cure a person and bring him out of drug addiction which includes Behavioural therapy creating a positive atmosphere and developing a problem solving attitude , group therapy which allows people to share and acknowledge their personal experience through a psychological aspects with friends , family and professional guidance . Medications to cure and withdraw symptoms and other medical care like vocational training and other mental health care facilities .

PROPOSAL

Illegal use of drug is a major problem of our modern society now our world is an important crossroad where medical advancement gives the best quality of treatment , decrease morality rate , control human birth , there illegal use of drug is a shadow of devil in the sun shining sky of happiness .We need implement , introduce and modify several things to restricted the illegal use of drug.

1.We need to introduce special medical protocols for trading of schedule drugs , medical drugs , stimulants , opium related painkillers to maintain safe medical trading , social balance and complete harmony and peace .

2.We need to establish a drug recue and action centre where we can appoint experienced pharmacologist , chemist and druggist , doctors , police personnel, psychologist vendor our society from the devil of drugs

3. We need to introduce a awareness campaign , drug free society and spread it in ever corner of schools , college etc , we need to introduce a drug related course in school and college education which will create awareness among teenagers and children .

4. We need to introduce a strong band on hallucinogens, stimulants , cannabinoids for betterment of society .
5. We need to implement artificial intelligence and machine learning in the import and export area , all transportation area (air , water and road) to identify illegal drug for easy eradication and strong judicial Action.
6. We need to introduce drug treatment centre for people who are affected by drugs and provide them smooth medical corridor for their healthy and sound life .
7. We need to introduce “depression remove centre” in every colony and schools and college to provide ample amount of mental support , provide amicable solutions for ongoing depression (related to all) and appoint psychologist to provide better procurement and support .
8. We need to appoint a counsellor in every psychological centre of all colonies , cities , districts, states in a proper governance who will provide proper psychological support and make it mandatory for each and every person who suffers from ongoing depression must take counselling from the prescribed centre.
9. We need to introduce ayurvedic and herbal medicines which will provide mental strength, inducing to provide energy against depression and other mental problems .

CONCLUSION

Drug abuse and misuse is one of the major contributor of child abuse and domestic violence , alcohol is the most common drug which is used across the world followed by opium , cannabis , more than half of the population are drug addicted . Taking of substance has become a part of the modern society and there is no restriction in the availability of these drugs. Children to old citizens everyone is addicted to drug which has resulted in aggressive nature , health issue and many other behaviour changes . Dark Web has provided youth with the opportunity to indulge in drugs , the drug abuse industry has open the doors for more and more people. Even with the advancement in the health sector , we see a rise in the cases of drug related death , in North America , Asia and Africa people are more prone to drug related deaths , there are suicide cases also . However we have many ways and therapy by which a person can come out of drug abuse , but those are not enough , we need to restrict the trading of drugs and restrict the selling of illegal drugs worldwide .

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