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## ARTICLE ON ILLEGAL DRUG USE

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### ABSTRACT

In this world, illicit drug use continues to pose a significant risk to public health. The drug use is mainly related to cigarette and alcohol consumption, abuse prevalence, seems to be the first step in preventing and controlling drug consumption. Drug consumption has become a worldwide problem and the cause of death. The problem of Drug consumption and drug abuse is responsible for millions of deaths and millions of new cases of HIV every year. Since many years, India is seeing a rising trend in drug addiction. Drug causes many health problems in Individuals. Economic burden, disturbed families' environment, violence and psychological problems are other consequences of drug abuse in the family. Drug consumption among youth is another major area of concern because more than the half of persons uses drugs before the age of 15 years. This research article highlights the causes of drug abuse, and describes the treatment and prevention of drug abuse and addiction for proper management of the problem.

**Keywords:-** Drug Addiction, HIV, Drug Consumption, Illicit Drug, Drug Abuse

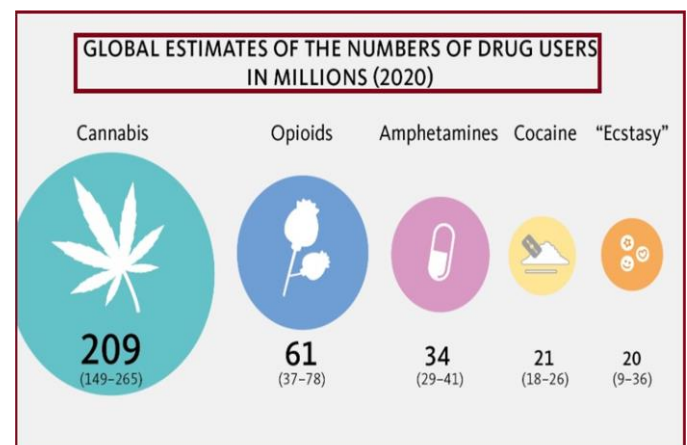
### INTRODUCTION

Drug addiction is chronic brain disease that is characterized by compulsive drug use, despite harmful consequences. Drug addiction is associated with impairment in various aspects of physical, psychological and socio-occupational functioning. The problem of drug consumption is growing problem in India and the world. The global problem of drug addiction and drug abuse is responsible for millions of

deaths and HIV cases. The drugs are chemical substance that affects physical, mental, emotional or behavioral states of an individual.

Illicit drug trafficking takes place in most countries of the world. Cocaine trafficking, for example, begins in the Andean region and spreads northward through Central America, Mexico and the Caribbean region to end-points in North America, Europe and elsewhere. Seizure of illicit drug is the classic law enforcement control measures to reduce the supply of drugs. There are various institutions has been made by the government for the prevention of drug such as National Institution on Drug Abuse (NIDA), Central Drug Standard Control Organization (UDSCO).

### I. Types of Drugs



#### 1. Stimulants

Stimulants or "uppers" impact the body's central nervous system (CNS), causing the user to feel as if they are "speeding up." These drugs increase the user's level of alertness, pumping up heart rate, blood pressure, breathing and blood glucose levels. Doctors primarily



prescribe stimulants for ADHD and narcolepsy. The drugs can also help aid weight loss, as they can decrease appetite. Stimulant abuse can occur in school or college when students wish to enhance performance in school or sports. Stimulants often come in pill form but are also consumed via snorting or even as food and drink. For example, caffeine is found in many beverages, and cocaine is a snorted powder.

## 2. Opioids

Among the most addictive types of drugs, opioids are powerful painkillers that produce a sense of euphoria. Derived from the poppy plant, opioids are often prescribed to patients who are suffering from intense pain. They are extremely habit-forming, and it may only take a couple of weeks to become physically addicted to these types of drugs. In some rare instances, studies have demonstrated that it is possible to become addicted after just one dose of an opioid.

## 3. Depressants

Like stimulants, depressants also impact the body's CNS but with the opposite effect, making users feel as if things are "slowing down." Thus, they are often called "downers" on the street. Doctors prescribe some depressants

for anxiety, insomnia, obsessive-compulsive disorder and other medical issues that prevent the sufferer from fully relaxing. These drugs often offer a sedative experience, making them a tempting choice for teens and adults who wish to escape everyday stresses.

## 4. Hallucinogens

Hallucinogens are a class of drugs that alter a person's perception of reality. They work by disrupting brain activity, affecting mood, sensory perception and muscle control. They can be made synthetically or found naturally. Although research is currently being conducted on medicinal uses for these drugs, most of these drugs are not prescribed and are considered recreational. Examples of hallucinogens include:

- Psilocybin (mushrooms)
- Peyote (mescaline)
- LSD (acid)

## 5. Cannabis

Most commonly recognized as marijuana, cannabis acts like a hallucinogen but also produces depressant-like effects. It is a Schedule I drug (i.e., it has a high potential for addiction) but has increasing medicinal uses in the United States. Still, marijuana is often abused by those who do not medically require it. Cannabis can be smoked, vaporized and even eaten if the THC is first rendered from the plant matter. Examples of cannabis include:

- Marijuana leaves
- Hashish
- Hash oil
- Cannabis-based medicines, such as Sativex<sup>75</sup>

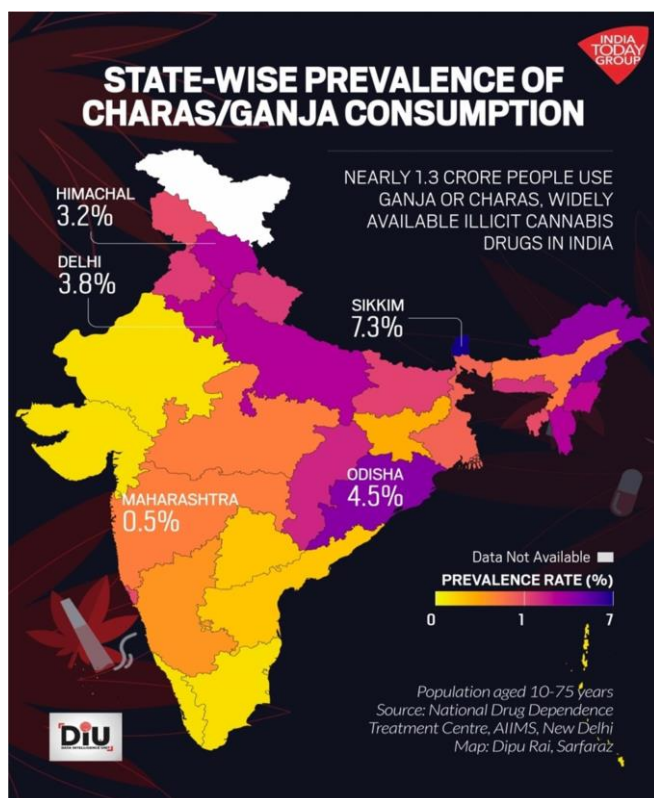
## II. WORLD DRUG REPORT 2022

The world drug report 2022 provides an in-depth analysis of global drug markets and examines the nexus between drugs and the environment within the bigger picture of the sustainable Development Goals, climate change and environmental sustainability. The World Drug Report 2022 is aimed not only at fostering greater international cooperation to counter the impact of the world drug problem on health, governance and security, but also, with its special insights, at assisting Member States in anticipating and addressing threats from drug markets and mitigating their consequences.

According to the report, around 284 million people aged 15-64 used drugs worldwide in 2020, a 26 per cent increase over the previous decade. Young people are using more drugs, with use levels today in many countries higher than with the previous generation. In Africa and Latin America, people under 35 represent the majority of people being treated for drug use

<sup>75</sup> The world Drug Report available at: <https://www.therecoveryvillage.com/drug-addiction/types-of-drugs/> (last visited on 25 march 2023).

disorders. Globally, the report estimates that 11.2 million people worldwide were injecting drugs. Around half of this number was living with hepatitis C, 1.4 million were living with HIV, and 1.2 million were living with both. The report further emphasizes the importance of galvanizing the international community, governments, civil society and all stakeholders to take urgent action to protect people, including by strengthening drug use prevention and treatment and by tackling illicit drug supply.<sup>76</sup> Here is the state wise prevalence of drug consumption.



This chart shows the state wise consumption of drugs in India. Cocaine manufacture was at a record high in 2020, growing 11 per cent from 2019 to 1,982 tons. Cocaine seizures also increased, despite the Covid-19 pandemic, to a record 1,424 tons in 2020. Nearly 90 per cent of cocaine seized globally in 2021 was trafficked in containers and/or by sea. Seizure data suggest that cocaine trafficking is expanding to other

regions outside the main markets of North America and Europe, with increased levels of trafficking to Africa and Asia. Trafficking of methamphetamine continues to expand geographically, with 117 countries reporting seizures of methamphetamine in 2016–2020 versus 84 in 2006–2010. Meanwhile, the quantities of methamphetamine seized grew five-fold between 2010 and 2020.

Opium production worldwide grew seven per cent between 2020 and 2021 to 7,930 tons – predominantly due to an increase in production in Afghanistan. However, the global area under opium poppy cultivation fell by 16 per cent to 246,800 ha in the same period.

### III. Management of Drug Addiction

Management of drug addiction include treatment or prevention of drug abuse. Scientific evidence indicates that the development of drug use is a result of multi-factorial interaction between repeated use of drugs and biological and environmental factors. Effective treatment includes pharmacotherapy, behavioural therapy and social support etc.

#### a) Pharmacological Treatment

Pharmaceutical therapy, also commonly referred to as pharmacotherapy or pharmaceutical therapy refers to the treatment of disease through the application of medications (drugs). It can be used to treat or prevent development of a disease, as well as to alleviate the pain and symptoms of the particular condition<sup>77</sup>.

#### b) Psychological Treatment

##### i. Motivational Enhancement Therapy

Motivational enhancement theory (MET) is based on trans-theoretical model of behaviour change (Prochaska & DiClemente 1982, 1984, 1986, 1992) which postulates that change in behaviour takes place in different stages. MET

<sup>76</sup> The world drug report available at: <https://www.unodc.org/unodc/frontpage/2022/June/unodc-world-drugreport-2022-highlights-trends-on-cannabis-post-legalization--environmental-impacts-of-illicit-drugs--and-druguse-among-women-and-youth.html> (last visited on 26 march 2023).

<sup>77</sup> Pharmaceutical therapy available at: <https://www.tgh.org/institutes-and-services/treatments/pharmaceuticaltherapy> (Last visited on 27 march 2023).

uses motivational interviewing to enhance treatment and move the patient through the stages for evoking changes in drugs. Through MET therapist helps to motivate the patient by asking about the pros and cons of specific behaviours, exploring the patient's goal and listening to the patient's response.

#### ii. Behavioural Therapies

The following sections present a brief overview of progress made in the development of effective behavioural treatments for drug abuse and dependence, with a primary focus on the broader categories of treatment that have been found to be effective in Stage II randomized clinical trials (including contingency management, cognitive behaviour approaches, motivational interviewing, and family/couples approaches) and on the major categories of drug dependence (opioids, cocaine, and marijuana dependence). Space limitations preclude a more comprehensive review of this burgeoning literature; hence, a number of important studies, populations (e.g., adolescents, smokers), and approaches (e.g., combined therapies, harm reduction) will not be highlighted here.<sup>78</sup>

#### iii. Cognitive – Behavioural Therapies

Cognitive behaviour approaches, such as relapse prevention, are grounded in social learning theories and principles of operant conditioning. The defining features of these approaches are an emphasis on functional analysis of drug use, i.e., understanding drug use within the context of its antecedents and consequences, and skills training, through which the individual learns to recognize the situations or states in which he or she is most vulnerable to drug use, avoid those high-risk situations whenever possible, and use a range of behavioural and cognitive strategies to cope

effectively with those situations if they cannot be avoided.

#### iv. Group Therapy

Group therapy for substance abuse will have a trained leader conducting the session. Unlike in family therapy, the members in group therapy will not usually have pre-existing relationships outside of sessions.

Group therapy sessions can be conducted in varied therapeutic settings at different levels of care, including hospital-based inpatient programs, residential programs, and outpatient recovery programs. For someone committed to ending their drug use and beginning a period of recovery, group therapy is an option that can be as effective as individual sessions.<sup>79</sup>

#### v. Family Therapies

Family therapy is a broad term used to describe a group of treatment approaches designed to treat the entire family, rather than just treating the person struggling with the substance use disorder (SUD). Familybased therapy focuses on the inclusion of parents, siblings, and even peers in the treatment of SUDs and targets family communication, conflict reduction, mental health challenges, and other social and occupational challenges. Family-based approaches can be used with teenagers and adults.<sup>80</sup>

#### IV. Initiative Taken by Government of India

Narcotics Drugs and Psychotropic Substance Act, 1985 criminalize the possession of illicit drugs. There is a nodal drug law enforcement and intelligence agency, Narcotic Control Bureau, to fight drug trafficking.

#### Conclusion

<sup>79</sup> Group addiction for drug problem available at: <https://drugabuse.com/treatment/therapy/group/> (last visited on 28<sup>th</sup> march 2023).

<sup>80</sup> Family therapy available at: <https://drugabuse.com/treatment/therapy/family/> (last visited on 29<sup>th</sup> March 2023).

<sup>78</sup> Behavioural therapy for drug abuse available at: <https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.162.8.1452> (last visited on 26 march 2023).



The current study on substance use all over the world show a vast majority of people suffering from drug use disorder. Drug related to death is a major concern. One of the first studies on drug (2000) which highlighted the need for intervention. The drug use in women tends to be rapid and also there is a lack of access to care for women with substance abuse.

There are number of viewpoints which explain the initiation and maintenance of drug use. These include the biological perspective which points to the role of reinforcement, psychodynamic and cognitive explanations. Drug addiction can be treated with treatment medications and psychological treatment, prevention is a major goal in adolescents with programs such as providing normative education and competence enhancement.

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