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Drug Abuse in India

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Abstract

Drug abuse and addiction can be seen as a growing concern in the present society. Hence, the prime objective of this paper is to discuss this nationwide problem and explore the plausible reasons behind drug abuse and addiction. Using document analysis as primary source of data collection, the study tries to understand what drug abuse is, what are the consequences of drug abuse, its effects on society and on an individual, and the prevention of drug abuse. Drug addiction in recent times has become a trend. This addiction is destroying the youth of our nation. A person who gets involved in such activities makes his whole life under threat or leads a meaningless life. It is not a hidden fact that the consequences of drug addiction are hazardous and nowadays the youth gets influenced by this very easily, and then struggle to live a normal and healthy life. But somehow still, people are not aware of this issue like what is drug addiction, how it affects the health of an individual. It leads to a deterioration of health. It affects their health and their relations and also predisposes people to commit crimes. Many studies have shown that drug abuse on a large scale starts at a teenage. Some of these teenagers consume drugs unknowingly and some consumers to appear cool in front of other teenagers. By this get addicted to it which affects them in both physical and mental ways. Consumption of drugs damages the hormonal and nervous system very badly. This threat has been spreading speedily among the youth of India. It has become a societal sin in our country. It has become a mishap that millions of our citizens have collapsed into the habit of taking drugs. India has strengthened itself to face this threat at both national and international levels. From remedial perspectives, the paper

forwards, many suggestive measures to spread adequate awareness and suggestive measures.

Keywords: Drug, abuse, addiction, society, people.

1. INTRODUCTION

Our country is already tackling many problems like child poverty, child labour, health and sanitary issues and there is another notable problem present within the streets of India that affects and ruins many lives irrespective of their age, size or gender because what starts within the young age as a 'trying thing' and then becomes an obsessive and threatening thing by the age that person turns into a proper adult because that individual is now under the consumption of abusive drugs. There are many sorts of products available to the people, some are even being sold openly in the form of cigarettes, cigars and bidis which are all considered 'tobacco products' by the government. Peoples have created a lot of ways to consume loose tobacco like through a pipe or hookah (Water Pipe), chewing the tobacco itself, snuffing it, dipping, & that snuff can be sniffed too. The reason why these products affect the brain is that when an individual uses any tobacco product the blood readily absorbs the nicotine through that product. Epinephrine stimulates the central system and increases force per unit area, breathing, and vital sign. Drugs like cocaine, heroin and nicotine actuate the reward system of the brain, due to which the chemical messenger's dopamine levels are increased. The rewarding systems are boosted due to it. While nicotine is said to be addictive, the most harm done to the body is through other chemicals which enters the body through the consumption of tobacco. The effects of tobacco smoking are carcinoma, bronchitis, and emphysema. As strengthens the chance of cardiovascular illness, it can result in stroke or coronary failure. All those dangers appeal to the consumption of any smoked product, which also includes hookah tobacco which is in some parts of the country is considered non-lethal. Smoking during the pregnancy may additionally relate to the learning and behavioural problems which are present in exposed children. It causes health problems like coughing, phlegm, reduced lung function, pneumonia, and bronchitis to youngsters as well as adults.

Certain children which are exposed to secondhand smoke are also considered not entirely safe as their increased risks of ear infections, severe asthma, lung infections as well as sudden death. Different types of trends amongst the teens encourage them to use Vaping devices which are commonly used in a lot of varieties as a way of utilizing nicotine. According to many surveys reports it has been concluded that many teenagers do not possess the knowledge that vaping cartridges even contains nicotine and they assume that the pods contain only flavouring. The open availability of these devices are done through attractive advertisements which shows various e-liquid flavours and the remote idea that they are safer than cigarettes have helped in making them appealing

to the current cohort. Besides, these devices can be hidden so easily from the grownups and teachers because of their structure which is depicted as flash drives. There are many ways to deal with these types of addictions like Behavioral treatments which use many types of methods to help people in quitting smoking; they range from self-help material to counselling. These therapies educate and help them to spot risky circumstances and make plans to tackle them. It could be said that those who are present around the people who smoke are also likely to smoke and less likely to quit. There are some reasons stated by the consumers that they consumed drugs due to peer pressure or financial stress, or just for the curiosity to know how it feels under its influence. Most teens nowadays consume drugs to get included in a very popular group, and it seems very cool. Teens mostly consume alcohol at the start of their adulthood as it is available easily. But this leads to problems like financial stress increases as most of the money is spent on the alcohol itself, and it has now become their necessity as they are addicted to it, it also affects relations with family, friends which creates social and emotional problems. Domestic violence is also faced by married women by their husbands due to which many women came together and led the famous women's movement in India, 'Anti-Arrack movement' in 1990. It was the protest against the sale of Arrack in Andhra Pradesh.

2. METHODOLOGY

The data for the study was taken from research articles and news articles. In these articles, reports from institutes and many Indian government's agencies. Reports by the Institute for Development and Communication (IDC) Chandigarh in 2010, a survey by the National Drug Dependence Treatment Centre (NDDTC) at All India Institute of Medical Science (AIIMS) in 2014, report related to drug-based crime by the National Crime Records Bureau (NCRB) Report in 2016, report shown by NCRB in 2016 in the Parliament and the 'National Survey on Extent and Pattern of Substance Use in India' which was conducted by National Drug Dependence Treatment Centre (NDDTC) of the All India Institute of Medical Sciences (AIIMS). It was conducted in all the 36 states and union territories of the country in association with 10 medical institutes and 15 NGOs

3. RESULTS AND DISCUSSION

In this section we will be having five sub-sections namely, legal provisions and the prevalence of drug abuse in India, suicides due to drug abuse in India, causes of drug abuse in India and impact of drug abuse. These sections in our study will highlight the growth of drug abuse in India and its impact on society and individuals.

A report was published in 2010 by the Institute for Development and Communication in Chandigarh. It showcased the misuse of drugs in Punjab's border districts, for this 1500 drug users were surveyed of which 3% were between 6 and 10 years old and 85.6% of them were 10th passed. The degree of

this issue in Punjab is only slight poor if compared to the other parts of the country where it is high. The National Drug Dependence Treatment Centre (NDDTC) conducted the first countrywide survey on drug misuse in children at the All India Institute of Medical Science (AIIMS) in 2014. There were 4,024 minors look over in which consumption of tobacco was done by 83.2%, alcohol by 67.7%, cannabis by 35.4% and inhalants like glue and whitener by 34.7%. . It was observed that only 5% of teenagers go through treatment for stuff use after five years of their drug consumption and even they got guidance on the average.

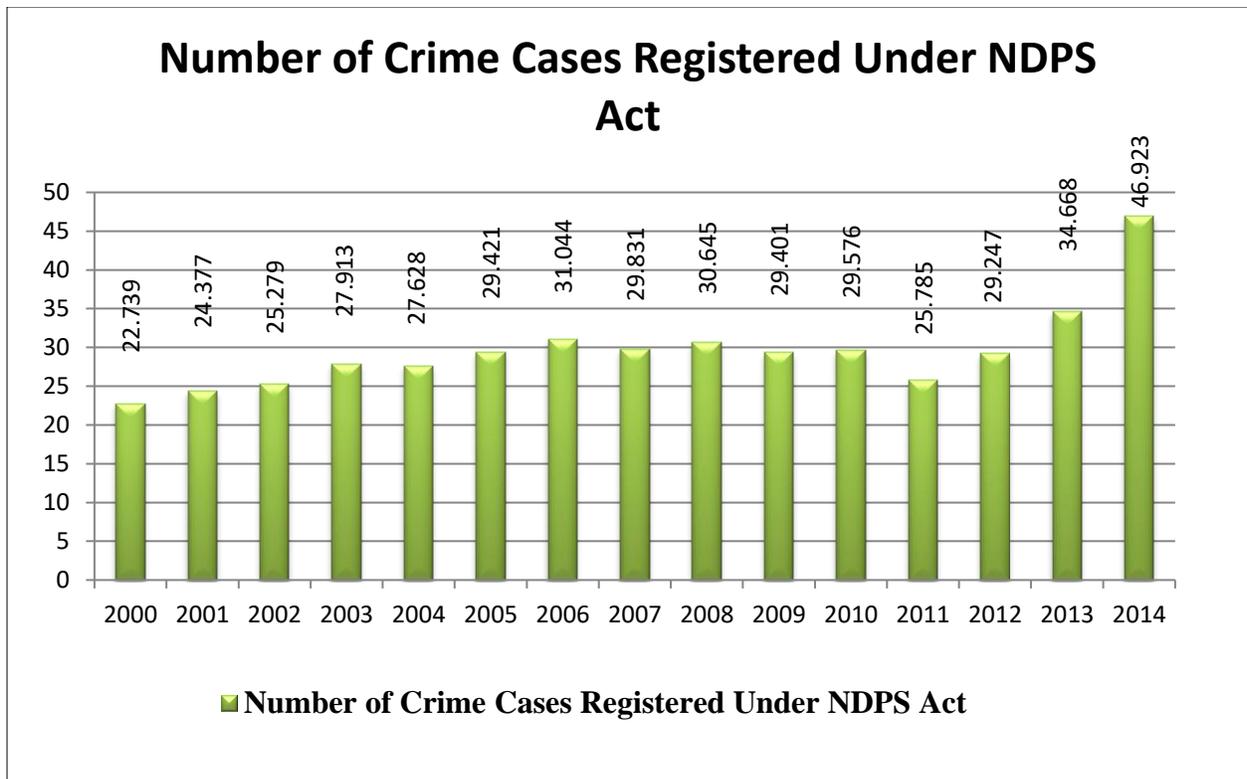
The propensity to look at drug dependency as more a crime than a mental illness has given rise to "therapeutic nihilism", where teenagers come in and out of rehab. The solution for this is more than laws, informative campaigns and even conversations with the parents are the suggestion by the doctors.

3.1 Legal Provisions

NDPS (Narcotics Drugs and Psychotropic Substances) Act 1985 prohibits the possession, consumption, sale, cultivation and so on of Substances. And if anybody found to be indulging in such activities; then this Act has the authority to punish that person who indulges and found guilty. The punishment will be completely based on substance and quantity consumption. Apart from this, there is a death sentence and imprisonment of 30 years for indulging in drug trafficking. This framework holds the authority to supply opium just for the meditative purpose. This framework also gives the authority to make the laws and rules regarding the activities of the drug to both central and state. This Act is also responsible for spreading awareness regarding drugs consumption and also for controlling drug abuse. Government time to time regulates the rules regarding indulging in drug trafficking.

3.2 Prevalence of Drug Abuse in India

Under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, there are several drug-related crimes. According to the NCRB Report 2016, a total of 350862 Kg drugs were seized during 2016. As per the report, Punjab has the highest occurrence rate (20.2 per lakh population) for cases registered under the NDPS Act. Among all states and Union Territories, Maharashtra accounts for the highest rate (40%) of all NDPS cases in India and after that by Uttar Pradesh, Kerala and Punjab.



3.3 *Suicides due to Drug Abuse in India*

Despite the state government of Punjab finds it hard to accept the fact or to address it, it is quite broadly familiar. Nevertheless, the recent data obtained by the government appears to be not restricted even to the Northern states of India.

In the Monsoon session of the Parliament in 2016, data was shown in the Rajya Sabha which recorded 10 suicides that happened due to drug addiction. The National Crime Records Bureau provide that data. Maharashtra, Madhya Pradesh, Tamil Nadu and Kerala were ranked in the top-3 position according to the data. 3,647 such suicides cases were recorded in India in 2014 in the report. 38 such cases were reported in Punjab.

Table 1. Highest Ranking of States for Number of Suicide Cases in 2014

S.No	States	No of Suicide Cases in 2014
1.	Maharashtra	3,647

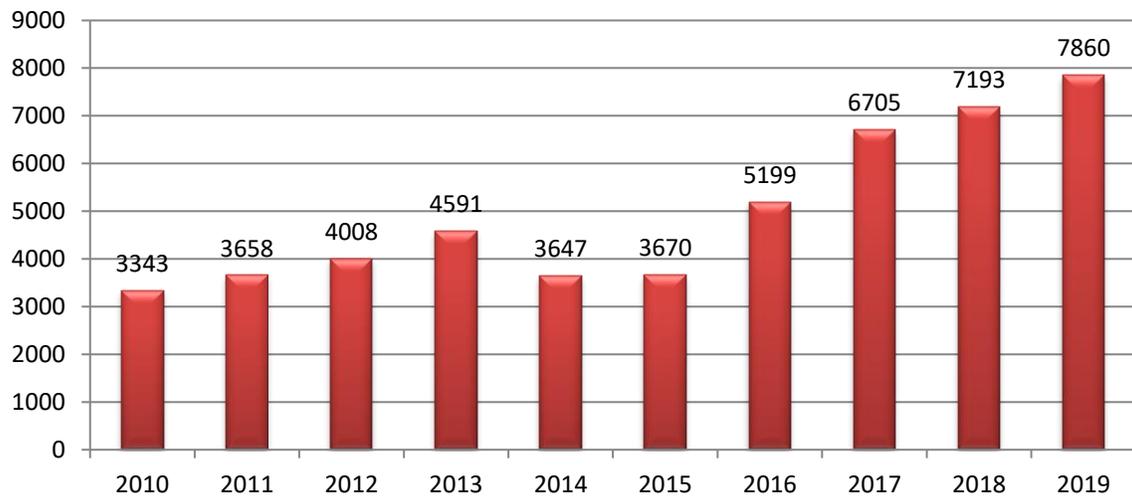
2.	Tamil Nadu	552
3.	Kerala	475

As per the Interim statics of 2018, the other southern states such as Karnataka, Andhra Pradesh and Tamil Nadu were lagging behind Kerala in authorizing drug cases. The above-mentioned data table shows that Andhra Pradesh has 143 arrests from 82 cases, while Tamil Nadu and Karnataka, reported 3,264 arrests from 2,604 cases, 187 arrests in 104 cases respectively.

As per the ADSI statics, suicides caused by drug abuse and alcohol addiction were placed under one category without any different head of only drugs abuse. Apart from this, the statics related to deaths caused by road crashes, drug and alcohol were placed under one category.

We can see from the table that in the year 2010, 3343 cases of suicides were recorded under this category. As shown, we can see the number of suicides has increased in the next consecutive two years whereas in the year 2014 the numbers quite fell. Still, the numbers have steadily increased with 7,860 suicides in 2019. We saw high raise in numbers reported in both 2016 and 2017; here due to the same reason, the complete number of suicides had been escalated by over 1500 estimated to the previous year's number.

Suicides due to Drug Abuse in India



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The 'National Survey on Extent and Pattern of Substance Use in India' conducted by the National Drug Dependence Treatment Centre (NDDTC) of the All India Institute of Medical Sciences (AIIMS). It was conducted in all the 36 states and union territories of the country in association with 10 medical institutes and 15 NGOs which was based on drug abuse in our country. It was revealed that a considerable ratio of people use psychoactive substances that were alcohol, cannabis and opioid, and adult men have topped the list of drug use. The study also showed that alcohol is the highest used drug substance which is followed by cannabis, opioids (Pharmaceutical opioids and opium) and inhalers.

Table2. Substance Use in India in2018 (10-75years)

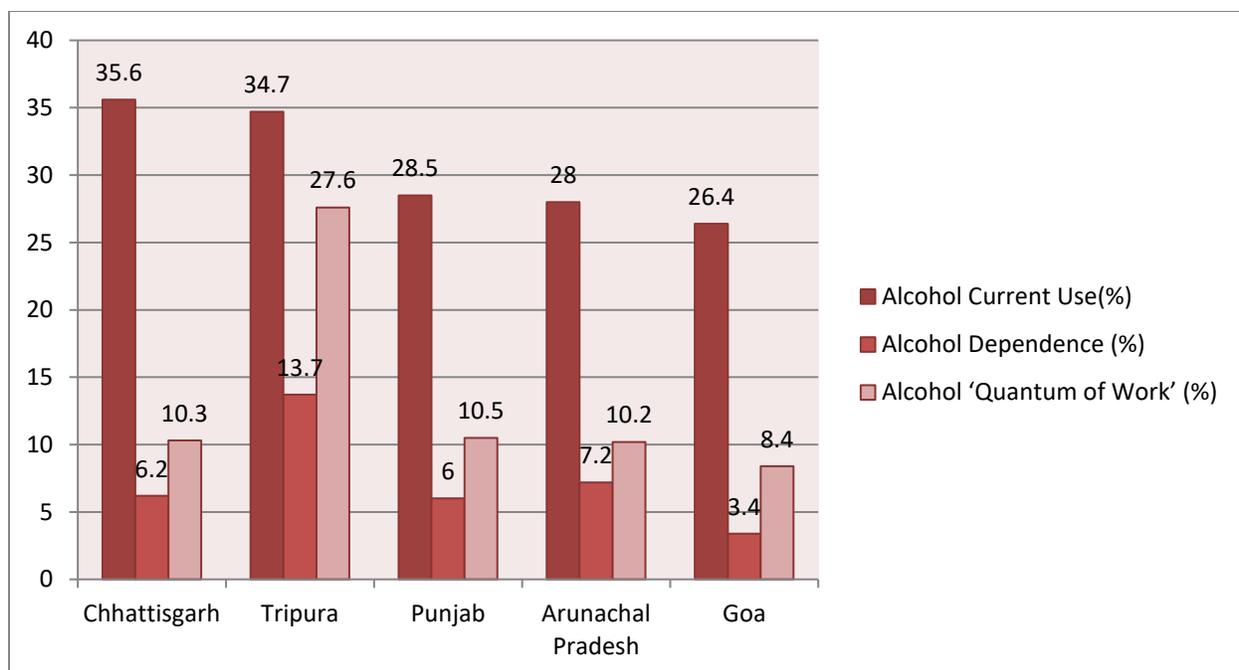
Substance	Prevalence of Current use (in %)	Estimated number of users(in lakhs)	Prevalence of Quantum of Work (in %)	Estimated numbers (in lakhs)
Cannabis	2.83	310	0.66	72
Opioids	2.06	226	0.55	60
Sedatives	1.08	119	0.11	11
Cocaine	0.1	11	0.02	32
Amphetamine type stimulants	0.18	19	0.02	7
Inhalants	0.7	77	0.21	22
Hallucinogens	0.12	13	0.03	34

3.4 Alcohol

Currently, alcohol users are 14.6% of people. And the age comprised between 10 to 75 years old at the national level. It is stated that the usualness of alcohol is 17 times more amongst males comparative to females. Consumption of Desi (Country Liquor) alcohol is very common in India. According to data about 30% of people consume desi liquor and spirits (IMFL – Indian Made Foreign Liquor) which is about 30%. It has been stated that about 5.2% of Indian due to the usage of harmful alcohol use. The user needs help regarding alcohol-related issues. The states which are having a high usualness of alcohol usage are - Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa.

Table3. Highest Ranking of States based on Alcohol categories (Current Use, Dependence and 'Quantum of work')

Sno.	State/UT	Alcohol Current Use(%)	Alcohol Dependence (%)	Alcohol 'Quantum of Work' (%)
1.	Chhattisgarh	35.6	6.2	10.3
2.	Tripura	34.7	13.7	27.6
3.	Punjab	28.5	6	10.5
4.	Arunachal Pradesh	28	7.2	10.2
5.	Goa	26.4	3.4	8.4

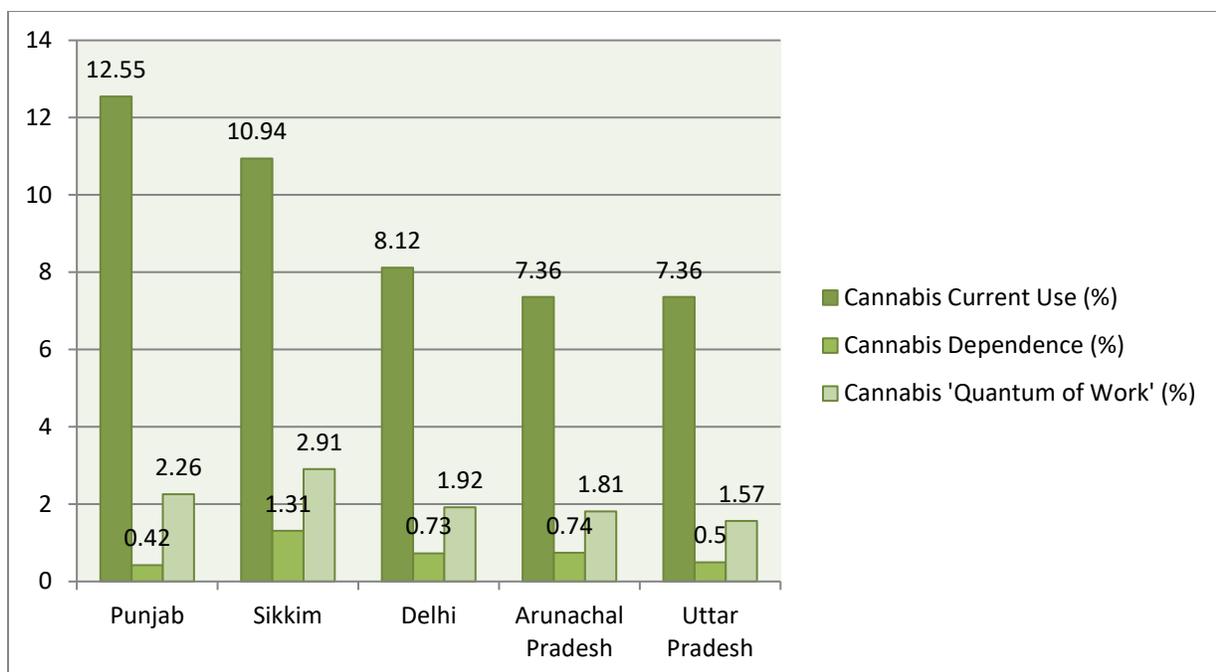


3.5 Cannabis

The current data states that about 2.8% of Indian consumed cannabis products for the last 12 months of which Bhang constitutes 2% and Charas or Ganja constitutes 1.2%. Probably 0.66% of Indian needs medical help for their cannabis issues. The consumption of Bhang in India is very common as comparative to Charas/Ganja, but it is also stated that the usualness of the toxic usage is comparatively more for ganja/charas use. The states which are having a high usualness of Cannabis usage are Uttar Pradesh, Punjab, Sikkim, Chhattisgarh and Delhi.

Table4. Highest Ranking of States based on Cannabis categories (Current Use, Dependence and 'Quantum of work')

Sno.	State/UT	Cannabis Current Use(%)	Cannabis Dependence (%)	Cannabis 'Quantum of Work' (%)
1.	Punjab	12.55	0.42	2.26
2.	Sikkim	10.94	1.31	2.91
3.	Delhi	8.12	0.73	1.92
4.	Arunachal Pradesh	7.36	0.74	1.81
5.	Uttar Pradesh	7.36	0.50	1.57

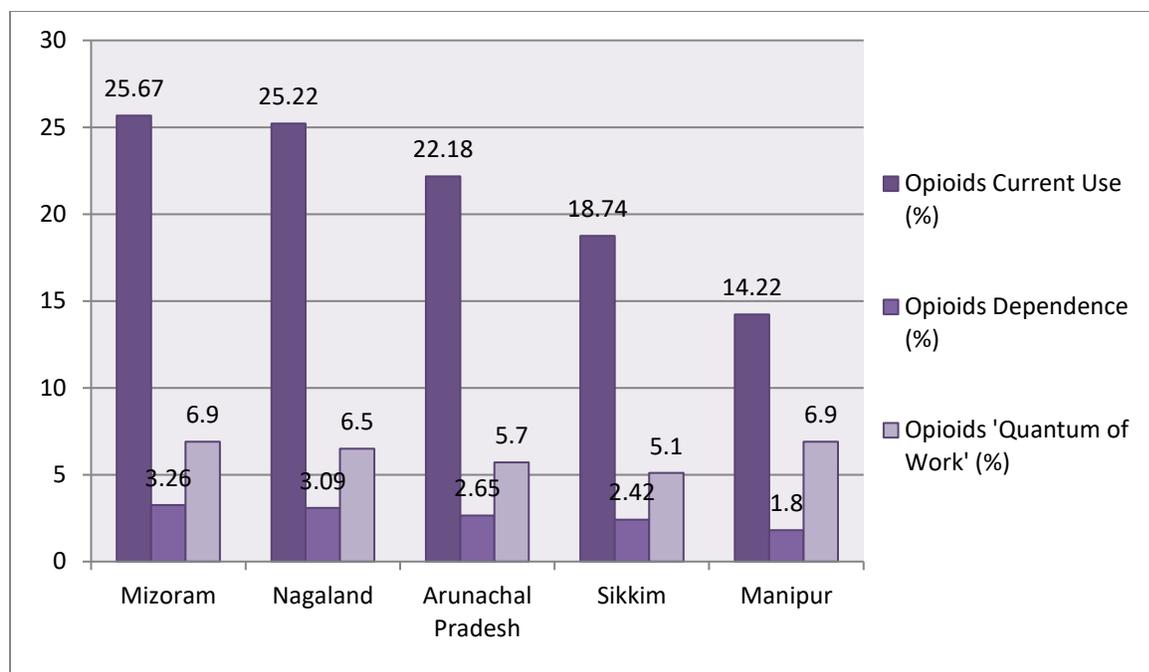


3.6 Opioids

According to reports, the use of heroin is the most common opioids at the national level. Its current use is 1.14% which is followed by Pharmaceutical opioids and its current use is 0.96%. Apart from this, there is opium and its current use is 0.52%. It is stated that the current overall use of opioids is 2.06% and about 0.55% of Indians need help because of their opium addiction. It is also seen that many people are more addicted to heroin than opium and pharmaceutical opioid. According to the statics, the percentages of people that are affected by opioids are highest in these states- Mizoram, Nagaland, Arunachal Pradesh, Sikkim and Manipur.

Table5. Highest Ranking of States based on Opioids categories (Current Use, Dependence and 'Quantum of work')

Sno.	State/UT	Opioids Current Use(%)	Opioids Dependence (%)	Opioids 'Quantum of Work' (%)
1.	Mizoram	25.67	3.26	6.9
2.	Nagaland	25.22	3.09	6.5
3.	Arunachal Pradesh	22.18	2.65	5.7
4.	Sikkim	18.74	2.42	5.1
5.	Manipur	14.22	1.80	6.9

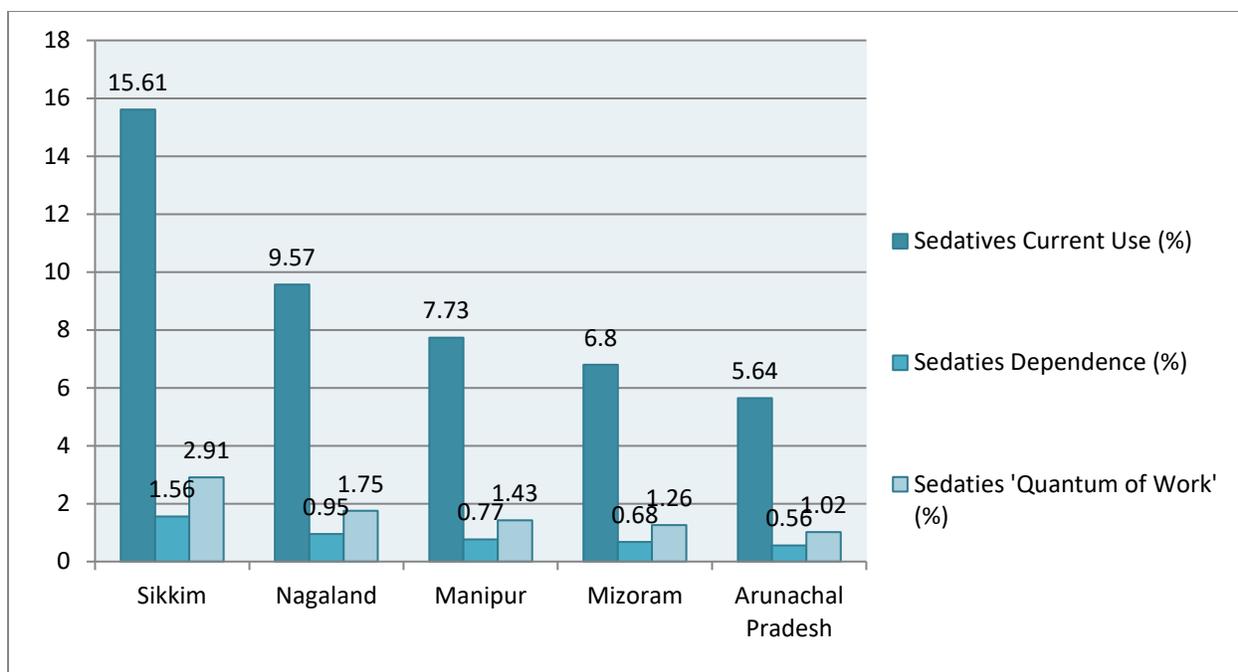


3.7 Sedatives and Inhalants

The current data states that about 1.08% are current users of sedatives. The current use of sedatives is highest in Sikkim, Nagaland, Manipur, Mizoram and Arunachal Pradesh. But the highest percentage of the population affected by this is in Uttar Pradesh, Maharashtra, Punjab, Andhra Pradesh and Gujarat.

Table6. Highest Ranking of States based on Sedatives categories (Current Use, Dependence and 'Quantum of work')

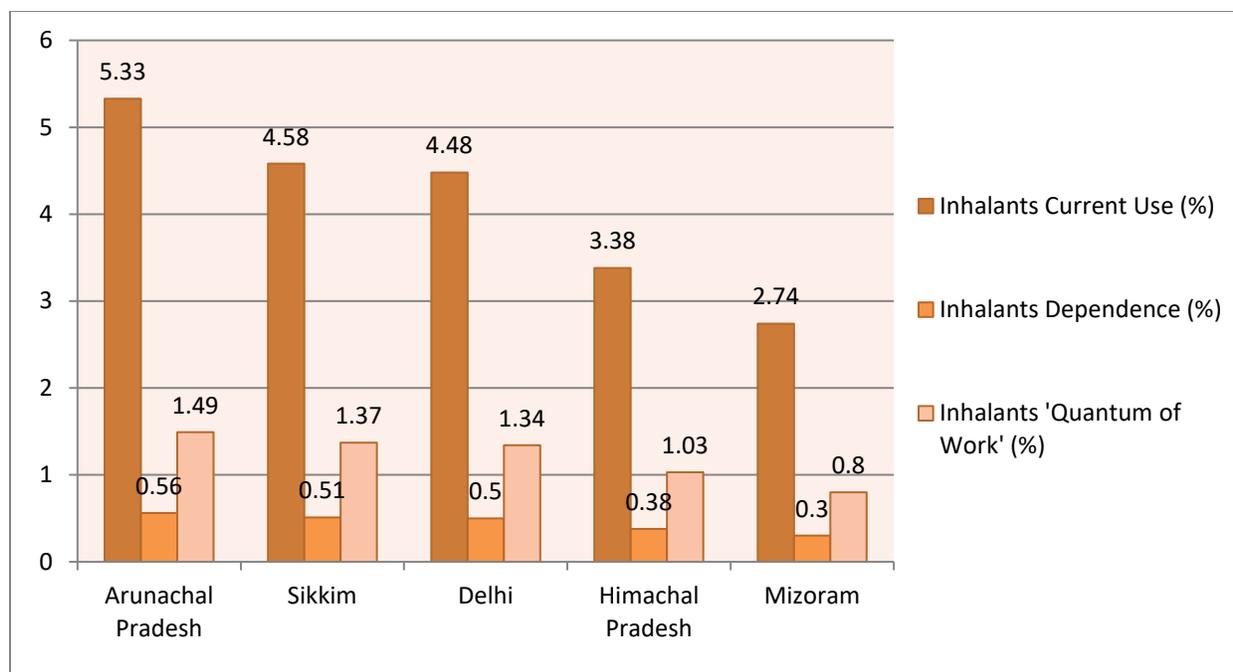
Sno.	State/UT	Sedatives Current Use(%)	Sedatives Dependence (%)	Sedatives 'Quantum of Work' (%)
1.	Sikkim	15.61	1.56	2.91
2.	Nagaland	9.57	0.95	1.75
3.	Manipur	7.73	0.77	1.43
4.	Mizoram	6.80	0.68	1.26
5.	Arunachal Pradesh	5.64	0.56	1.02



Inhalants are the only substance which is categorized as the current use of prevalence among children (1.7%) is higher than adults (0.58%). It is estimated that 4.6 lakh children and 1 lakh adults require guidance for their dependency on inhalant use.

Table7. Highest Ranking of States based on Inhalants categories (Current Use, Dependence and 'Quantum of work')

Sno.		Inhalants Current Use(%)	Inhalants Dependence (%)	Inhalants 'Quantum of Work' (%)
1.	Arunachal Pradesh	5.33	0.56	1.49
2.	Sikkim	4.58	0.51	1.37
3.	Delhi	4.48	0.50	1.34
4.	Himachal Pradesh	3.38	0.38	1.03
5.	Mizoram	2.74	0.30	0.80



The percentage of the dependency rate of people on cocaine, ATS and Hallucinogens are exceptionally low compared to the size of the total number of population in the country. It was also evaluated that 8.5 lakhs are the people who inject drugs which are primarily Heroin (46%) and Pharmaceutical (46%) opioids and it also reported risky injecting practices.

Geographically, India's position has made it prone to drug smuggling as it lies in the centre of South West and South East Asia which are major opium producers. These drugs are very cheap and they are easily available as it is smuggled from its territorial border. It was mentioned in the UNDOC World Drug Report 2016 that Cannabis is available at cheap rates in India. And this report shows that drugs are how much cheap in India. Media also plays an important hand in glorifying drug abuse through series and movies as it glamorizes drug use which influences the adolescents' population.

Drugs have a very negative impact both physically and mentally. It damages the organs and causes diseases like cancer, hepatitis, heart disease etc. It also develops mental health issues and also affects the hormonal and nervous system. It causes disputes in the family which makes their relation sore. The main impact of drugs is domestic violence that adversely affects women and children. In society also it impacts like loss of reputation, social stigma, isolation and even after rehabilitation lack of societal acceptance was seen. Drugs affect the body in a way that it drains all the energy leading to poor performance at work and make the person feel dizzy and nausea constantly. People start to spend a lot of money to buy drugs which trap the person into a debt cycle. Taking drugs leads to an increase in monetary crimes to pay for drugs and also an increase in committing crimes like theft, murder, unnecessary clashing with people, etc.

4. CONCLUSION

This study highlights the growth of drug abuse in India by discussing the NDPS Act, 1985 (Narcotics Drugs and Psychotropic Substances), the number of crime cases registered under the NDPS Act, suicides due to drug abuse, causes and impacts of drug abuse. It reflects that drug abuse is a vital matter in our society and how the consumption of drugs has immensely increased. NCRB report says that drug accounting for 350862kg was seized. According to the ADSI report, suicides caused by drug abuse and alcohol addiction were considered as a different category regardless of the category of deaths caused by drugs, roads, alcohols etc.

Drug abuse has become the deep-rooted deformation in our economic, political and socio-cultural system. The solution should be systemic and multi-dimensional. It has drawn our attention to the inhibitory, penal and restorative measure which has become the necessity right now to tackle this. It is an urgent call to understand the complexity of this matter which has been which is implicating in all ways. It has become an essential requirement to address it within the region because disciplinary measures are not sufficient alone to root out this problem.

As this is a serious problem, the Government of India has taken steps to control and bring this problem to an end. Social Justice and Empowerment ministry is going to implement a National Action Plan for Drug Demand Reduction (NAPDDR) which will be for 2018-2025. The objective is the depletion of damaging effects of drug abuse along with a multi-faceted plan of action. The program under the NAPDDR comprises awareness programs that will be expanding the capacity of the service providers in schools, colleges, universities etc.

Social Justice and Empowerment Minister Shri Rattan Lal Kataria have said that the Ministry has also taken initiatives that are focused on participatory programs in vulnerable districts across the country. The goal is to get larger people involved by community engagement and public coordination which will help in the reduction of the dependence-generating substances. The minister said that the Ministry has also set up Nasha Mukht Abhiyaan in 272 most affected districts which will be concentrated on institutional support, community outreach and generating awareness by conducting the programs and workshops. Social Justice and Empowerment will observe 26th June as "International Day against Drug Abuse and Illicit Trafficking" every year, so the 'Nasha Mukht Bharat: Annual Action Plan (2020-21)' was re-launched on the occasion of it. It will help in the reduction of drug demand that will systematize and observe all the aspects of the prevention of drug abuse which will include evaluation of the scope of the problem, precautionary action, therapeutic and rehabilitation of the addicts and publicizing of information and awareness to the public.

Actions should be taken by different levels of government regarding the issue of drug abuse. According to the ministry, each state government should take appropriate measure and strategies for the reduction of drug demand in

their specified areas as per their local analysis. Different measures have been taken by the state governments to monitor the programs which are under the NAPDDR category to ensure their successful working and implementation.

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