

Substance Abuse and It's Legitimate Prospective

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ABSTRACT

Drug abuse is a complex public health issue involving the harmful and excessive use of psychoactive substances. It encompasses a range of substances, from legal prescription drugs to illicit narcotics. The abstract nature of drug abuse is influenced by social, psychological, and biological factors, posing significant challenges for prevention and treatment efforts. Understanding the underlying mechanisms and addressing the multifaceted aspects of drug abuse is crucial for effective intervention strategies and mitigating its impact on individuals and society.

Keywords: *Addiction, Psychotropic, Substance, Drugs, Drug Abuse*

The phenomenon of drugs and drug abuse is a pervasive and intricate societal concern, encompassing the use of both legal and illicit substances with varying degrees of harm. As individuals grapple with stressors, curiosity, or underlying issues, they may turn to psychoactive substances, seeking altered states of consciousness or relief. This introductory exploration delves into the diverse landscape of drug use, examining its historical context, societal implications, and the intricate interplay of biological and environmental factors that contribute to the complex issue of drug abuse. Understanding these dynamics is essential for developing comprehensive strategies to address and mitigate the challenges posed by drug abuse.

Opiate drugs, derived from the opium poppy plant, are potent analgesics commonly used for pain management. They include medications like morphine and codeine, as well as illicit substances like heroin. Opiates act on the central nervous system, binding to specific receptors to alleviate pain but also carrying a risk of dependence and addiction.

On the other hand, psychotropic substances encompass a broader category of drugs that affect mental processes, emotions, and behavior. This includes medications used for mental health conditions (e.g., antidepressants, antipsychotics) as well as recreational substances like hallucinogens and stimulants.

Both opiate drugs and psychotropic substances can have profound effects on individuals, impacting their physical and mental well-being. Understanding the distinctions and

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implications of these substances is crucial for addressing issues related to misuse, addiction, and mental health.

Narcotic drugs and psychotropic substances represent distinct categories of psychoactive compounds, each with its own set of characteristics, applications, and potential risks. Understanding these classifications is crucial for comprehending the complex landscape of substance use and its impact on individuals and society.

Narcotic drugs, often associated with pain relief, primarily include opiates and opioids. Derived from the opium poppy plant, opiates such as morphine and codeine have been utilized for centuries to alleviate pain. Opioids, synthetic or semi-synthetic compounds that mimic the effects of opiates, include medications like oxycodone and fentanyl. While these substances effectively manage pain, they also carry a substantial risk of dependence and addiction due to their impact on the brain's reward system.

The term "narcotic" is commonly associated with legal and medical contexts, referring to drugs that induce sleep or dull the senses. However, colloquially, it is often used interchangeably with illicit substances, such as heroin. Heroin, derived from morphine, is a powerful and illegal opioid with a high potential for abuse and severe health consequences. In contrast, psychotropic substances encompass a broader array of drugs that alter mental processes, emotions, and behavior. This category includes medications used for mental health disorders and recreational substances with varying effects. Antidepressants, antipsychotics, and anxiolytics fall under the psychotropic umbrella, aiming to regulate mood and alleviate symptoms of psychiatric conditions.

Recreational psychotropic substances, like hallucinogens (e.g., LSD, psilocybin), stimulants (e.g., cocaine, amphetamines), and depressants (e.g., benzodiazepines), are often sought for their mind-altering properties. These substances can induce euphoria, alter perception, or temporarily enhance cognitive function. However, their misuse poses significant risks, including addiction, impaired judgment. Governments typically address drug abuse through a combination of prevention, treatment, and enforcement measures. This involves educational programs, rehabilitation services, and law enforcement efforts to curb illicit drug trafficking. Additionally, governments may implement policies to regulate prescription medications and invest in research to better understand and combat drug abuse.

Classification

Drugs, in a broad sense, are substances that alter the normal functioning of the body. They can be classified based on various criteria, such as their origin, chemical structure, and therapeutic uses. Understanding the diversity of drugs involves exploring their classifications, each serving specific purposes in medicine, recreation, or other contexts. One primary classification of drugs is based on their origin: natural, semi-synthetic, and synthetic. Natural drugs are derived from plants, animals, or microorganisms. Examples include morphine from opium poppies and penicillin from fungi. Semi-synthetic drugs are modified natural substances, like heroin, synthesized from morphine. Synthetic drugs are entirely man-made, such as methamphetamine or LSD.

Another classification revolves around the drug's therapeutic use. Medicinal drugs are intended for treating, preventing, or alleviating symptoms of diseases or medical conditions. Analgesics, antibiotics, and antivirals fall under this category. Recreational drugs, on the

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other hand, are used for non-medical purposes, often to alter mood or consciousness. Examples include alcohol, cannabis, and ecstasy.

Chemical structure provides another basis for classification. This categorization includes opioids, stimulants, depressants, hallucinogens, and more. Opioids, like heroin and oxycodone, mimic the body's natural pain-relieving chemicals. Stimulants, such as cocaine and amphetamines, increase alertness and energy. Depressants, like benzodiazepines, slow down brain activity. Hallucinogens, including LSD and psilocybin, alter perception and produce vivid sensory experiences.

Governments often classify drugs based on their legal status and potential for abuse. Controlled substances are regulated due to their potential for addiction and negative health effects. Schedules, such as the U.S. Controlled Substances Act, rank drugs based on their perceived risk and medical utility. Schedule I drugs, like heroin and LSD, are considered highly addictive and lacking medical value, while Schedule V drugs, like some cough medicines, have lower abuse potential.

Understanding drug classifications is crucial for healthcare professionals, law enforcement, policymakers, and the general public. It aids in developing appropriate regulations, treatment strategies, and prevention programs. Moreover, awareness of the risks associated with each class of drugs can contribute to informed decision-making, promoting responsible use and minimizing the adverse consequences of drug abuse.

Laws for Substance Abuse

Drug abuse is a significant concern in India, with various substances being misused for recreational or addictive purposes. The government has implemented several laws and regulations to address this issue. The primary legislation governing drug abuse in India is the Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act).

The NDPS Act classifies drugs into different schedules based on their potential for abuse and medical usefulness. It outlines stringent penalties for offenses related to the production, manufacture, possession, sale, purchase, transport, warehousing, use, consumption, import inter-State, export inter-State, import into India, export from India, or transshipment of narcotic drugs and psychotropic substances.

The severity of punishments varies based on the quantity of the substance involved and the specific offense committed. For instance, offenses related to small quantities may result in less severe penalties than those involving commercial quantities. The NDPS Act also empowers law enforcement agencies to take preventive measures to control the production and trafficking of illicit drugs.

Additionally, India is a party to various international conventions aimed at combating drug abuse. These include the Single Convention on Narcotic Drugs, 1954, and the Convention on Psychotropic Substances, 1971, among others. These conventions emphasize global cooperation in controlling the production and trafficking of narcotics and psychotropic substances.

The government of India has also taken steps to address drug abuse through preventive and rehabilitative measures. Awareness campaigns, educational programs, and treatment facilities have been established to educate the public about the dangers of drug abuse and

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provide support to those affected. Various non-governmental organizations (NGOs) and community-based initiatives also contribute to the efforts to combat drug abuse. Despite these measures, challenges persist, including the illegal production and trafficking of drugs, as well as the evolving nature of the substances being abused. Continued efforts in law enforcement, education, and rehabilitation are crucial to addressing the multifaceted issue of drug abuse in India. It's worth noting that drug abuse is a complex social and public health issue, and addressing it requires a comprehensive approach involving legal measures, public awareness, and support for individuals struggling with addiction.

The Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act) is the primary legislation in India that addresses issues related to narcotic drugs and psychotropic substances, not the year 1988. However, to provide you with relevant information, I will elaborate on the NDPS Act of 1985.

The Narcotic Drugs and Psychotropic Substances Act, 1985, was enacted to consolidate and amend the existing laws relating to narcotic drugs, psychotropic substances, and their production and distribution. This legislation was a response to the growing concerns about drug abuse and trafficking in India, aligning the country with international efforts to combat the illicit drug trade.

The NDPS Act categorizes substances into different schedules based on their potential for abuse and medical utility. It classifies offenses related to these substances and prescribes stringent penalties for violations. The schedules range from Schedule I to Schedule IV, with Schedule I substances being considered the most dangerous and having the highest potential for abuse.

The Act provides for the establishment of authorities, such as the Narcotics Control Bureau (NCB), to coordinate efforts in the control and enforcement of the provisions of the Act. The NCB operates at the national level and plays a crucial role in investigating and combating drug-related offenses.

Penalties under the NDPS Act vary based on the quantity of the substance involved and the nature of the offense. For instance, offenses involving small quantities may result in less severe punishments than those related to commercial quantities. The Act also empowers law enforcement agencies to take preventive measures, including the attachment and forfeiture of properties derived from illegal activities.

One significant aspect of the NDPS Act is its compliance with international conventions on drug control. India is a party to various conventions, including the Single Convention on Narcotic Drugs, 1961, and the Convention on Psychotropic Substances, 1971. These conventions guide the global efforts to regulate and control the production, distribution, and use of narcotics and psychotropic substances.

While the NDPS Act focuses on the punitive aspects of drug control, the government of India also recognizes the importance of preventive and rehabilitative measures. Efforts are made to raise awareness about the dangers of drug abuse, provide education, and establish treatment and rehabilitation centers for individuals struggling with addiction.

In conclusion, the Narcotic Drugs and Psychotropic Substances Act, 1985, is a comprehensive piece of legislation aimed at addressing the challenges posed by drug abuse

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and trafficking in India. Its provisions cover a wide range of issues related to narcotics and psychotropic substances, reflecting the country's commitment to international cooperation in combating the global menace of illicit drugs.

Hemp drugs commission,1893

The Hemp Drugs Commission was actually established in 1893. The commission was initiated by the British colonial government in India to investigate the cultivation of hemp (cannabis) and the social impact of its use.

The primary objective of the Hemp Drugs Commission was to assess the physical, mental, and social effects of cannabis in India. The commission conducted a thorough and comprehensive study over a period of several years, interviewing a wide range of people, including doctors, farmers, and users of cannabis. The findings of the commission were presented in the report known as the "Indian Hemp Drugs Commission Report of 1894."

The report, which was published in 1894, concluded that moderate use of cannabis did not pose a significant threat to public health. It recommended against the blanket prohibition of cannabis, suggesting instead that its use should be regulated. The commission's findings were instrumental in shaping drug policy not only in colonial India but also influenced discussions on cannabis regulation globally.

It's worth noting that this historical context significantly predates the year 1984. If you have a specific inquiry related to 1984 or another topic, please provide additional details for more accurate assistance.

Substance Abuse And its reasons

Drug addiction is a complex and multifaceted issue that involves both biological and environmental factors. Understanding the reasons behind drug addiction requires an exploration of various influences, from genetic predispositions to social and psychological elements.

1. Biological Factors:

Genetics: Genetic factors play a significant role in susceptibility to addiction. Individuals with a family history of substance abuse may be more prone to developing addiction due to inherited genetic vulnerabilities. **Brain Chemistry:** Drugs often target the brain's reward system by increasing dopamine levels. Over time, the brain may adapt to these changes, leading to a diminished natural reward response and a heightened desire for the drug's effects.

2. Environmental Factors:

Early Exposure: Exposure to drugs at an early age, either through family members or peers, can increase the likelihood of substance abuse. Early exposure can shape an individual's perception of drug use and influence their future choices.

Social Environment: Societal factors, such as poverty, lack of education, and unemployment, can contribute to drug addiction. These environmental stressors may drive individuals to seek escape or relief through substance use.

Peer Influence: Peer pressure and the desire to fit in can lead individuals to experiment with drugs. The need for social acceptance and a sense of belonging can contribute to the initiation of drug use.

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3. Psychological Factors:

Mental Health Disorders: Individuals with underlying mental health conditions, such as depression, anxiety, or trauma, may turn to drugs as a form of self-medication. Substance abuse can temporarily alleviate symptoms, reinforcing the cycle of addiction.

Stress and Coping Mechanisms: High levels of stress, whether due to personal, work-related, or societal factors, can drive people to seek relief through drugs. Substance use becomes a coping mechanism, albeit a maladaptive one.

4. Personality Traits:

Sensation-Seeking: Some individuals are naturally more prone to seeking novel and intense experiences. This sensation-seeking behavior can contribute to experimentation with drugs, especially substances that alter perception and mood.

Impulsivity: Impulsive individuals may be more susceptible to drug addiction, as they may be less likely to consider the long-term consequences of their actions.

5. Availability and Accessibility:

Easy Access: The availability and accessibility of drugs can significantly impact addiction rates. Communities with high drug availability may experience more cases of substance abuse.

Marketing and Media Influence: Advertising and media portrayal of drug use can contribute to the normalization of substance abuse. Positive depictions or glamorization of drug use may influence vulnerable individuals.

6. Neurological Changes:

Neuroadaptation: Prolonged drug use can lead to neuroadaptations, altering the brain's structure and function. These changes can result in tolerance, dependence, and cravings, making it challenging to quit.

7. Trauma and Adverse Experiences:

Traumatic Events: Individuals who have experienced trauma or adverse life events may turn to drugs as a way to numb emotional pain. Substance use becomes a mechanism for self-medicating and coping with unresolved issues.

In conclusion, drug addiction is a complex interplay of biological, environmental, psychological, and social factors. Effective prevention and treatment strategies need to address these various dimensions, recognizing the individualized nature of addiction. Comprehensive approaches that consider both the biological and environmental aspects of addiction are essential for promoting long-term recovery and addressing the root causes of substance abuse.

STRATEGIES AND INTERVENTION PLAYS A VITAL ROLES IN SHAPING HOW SOCIETY RESPONSE TO SUBSTANCE ABUSE

1. Legal Framework:

Narcotic Drugs and Psychotropic Substances Act: Many countries, including India, have specific legislation to regulate and control the production, distribution, and use of narcotics and psychotropic substances. In India, the Narcotic Drugs and Psychotropic Substances Act,

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1985, classifies substances into schedules based on their potential for abuse and medical utility. This legal framework establishes the foundation for addressing drug-related offenses.

2. Law Enforcement:

Investigation and Prevention: Law enforcement agencies, such as the police and drug enforcement units, play a crucial role in investigating drug-related offenses. They work to prevent the trafficking, production, and distribution of illicit substances, often through surveillance, intelligence gathering, and cooperation with international agencies.

Seizures and Prosecution: Efforts are made to seize illegal drugs and prosecute individuals involved in drug trafficking or possession. This involves gathering evidence, conducting raids, and presenting cases in court.

3. Judicial Interventions:

Legal Proceedings: Courts handle cases related to drug offenses, ensuring that individuals accused of drug-related crimes receive due process. Legal proceedings involve the presentation of evidence, examination of witnesses, and adherence to established legal principles.

Sentencing: Judges have the responsibility of determining appropriate sentences for individuals convicted of drug offenses. Sentences can vary based on factors such as the type and quantity of drugs involved, the nature of the offense, and the individual's criminal history.

Treatment Programs: In some cases, especially where addiction is a contributing factor to the offense, judges may opt for rehabilitative approaches. This may involve diversion programs, drug courts, or mandatory treatment as an alternative to incarceration.

4. Balancing Public Health and Criminal Justice:

Harm Reduction: Some jurisdictions adopt harm reduction strategies to minimize the negative consequences of drug abuse. This may involve initiatives such as needle exchange programs, supervised injection sites, and access to addiction treatment services. The aim is to reduce the health and social harms associated with drug use.

Prevention and Education: Judicial approaches also recognize the importance of prevention and education in addressing drug abuse. Courts may support community-based initiatives, awareness programs, and educational campaigns to inform the public about the dangers of drug abuse.

5. International Cooperation:

Global Collaboration: Given the transnational nature of the drug trade, international cooperation is crucial. Countries collaborate through treaties and agreements to combat drug trafficking and share information and resources.

Interpol and International Agencies: Organizations like Interpol play a vital role in coordinating efforts among countries to combat organized crime, including drug trafficking. International agencies, such as the United Nations Office on Drugs and Crime (UNODC), work towards establishing global strategies and standards.

6. Evolving Approaches:

Decriminalization and Legalization: In some jurisdictions, there is an ongoing debate about the merits of decriminalizing or legalizing certain drugs. This approach aims to shift the focus from punitive measures to public health interventions, emphasizing treatment and harm reduction.

Medical Marijuana and Prescription Drugs: The legal landscape regarding certain drugs is evolving, with some jurisdictions legalizing the medical use of marijuana or regulating prescription drugs more leniently. These changes reflect a recognition of the potential therapeutic benefits and the need for nuanced legal responses.

In conclusion, the judicial approach to drug abuse involves a comprehensive legal framework, law enforcement efforts, and judicial interventions that aim to strike a balance between maintaining public order and addressing the complexities of substance abuse. Evolving perspectives on harm reduction, prevention, and treatment underscore the recognition that punitive measures alone may not be sufficient to address the root causes of drug-related issues in society.

CONCLUSION AND SUGGESTIONS

In conclusion, drug abuse is a multifaceted issue that requires a comprehensive and nuanced approach encompassing legal, social, medical, and educational dimensions. Understanding the complex interplay of factors contributing to drug abuse is essential for developing effective strategies aimed at prevention, treatment, and rehabilitation.

1. Comprehensive Education and Awareness:

Prevention Through Knowledge: Education plays a pivotal role in preventing drug abuse. Comprehensive and age-appropriate drug education programs can provide individuals with the knowledge and skills to make informed decisions about substance use.

Community-Based Initiatives: Engaging communities in awareness campaigns can help reduce the stigma associated with drug addiction and foster an environment that encourages individuals to seek help.

2. Strengthening Legal Frameworks:

Balancing Punishment and Rehabilitation: Legal frameworks should strike a balance between punitive measures and rehabilitation. Emphasizing treatment over incarceration, particularly for non-violent offenders with substance use disorders, can contribute to more positive outcomes.

Regular Review and Updates: Given the evolving nature of drug-related issues, laws should be regularly reviewed and updated to address new challenges, substances, and international best practices.

3. Early Intervention and Treatment:

Accessible Treatment Programs: Establishing accessible and effective treatment programs is crucial. Governments and communities should invest in rehabilitation facilities, counseling services, and support groups to assist individuals in overcoming addiction.

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Integration of Mental Health Services: Recognizing the often-co-occurring nature of substance use and mental health disorders, integrating mental health services into addiction treatment can enhance overall outcomes.

4. Harm Reduction Strategies:

Needle Exchange Programs: Implementing harm reduction strategies, such as needle exchange programs, can help minimize the spread of diseases among intravenous drug users and facilitate pathways to treatment.

Supervised Consumption Sites: Exploring the establishment of supervised consumption sites provides a controlled environment for individuals to use drugs safely and access support services.

5. International Collaboration:

Sharing Best Practices: Countries should collaborate internationally to share best practices, intelligence, and resources in combating the global drug trade. Organizations like Interpol and the United Nations can facilitate such cooperation.

Addressing Root Causes: Acknowledging that drug abuse often stems from socio-economic factors, international efforts should focus on addressing issues such as poverty, unemployment, and lack of education.

6. Research and Innovation:

Investment in Research: Continued investment in research is essential for understanding emerging drug trends, the impact of current policies, and the development of effective prevention and treatment methods.

Technological Solutions: Leveraging technology for early detection and intervention, such as telemedicine for counseling services and digital platforms for education, can enhance the reach and impact of anti-drug initiatives.

7. Community Involvement and Support:

Empowering Communities: Community involvement is critical for addressing the social aspects of drug abuse. Empowering communities to initiate grassroots initiatives, support affected individuals, and reduce social isolation can contribute to a more holistic approach.

Support for Families: Recognizing the impact of drug abuse on families, providing support systems for affected families can play a crucial role in the recovery process.

In essence, addressing drug abuse requires a paradigm shift from a purely punitive approach to one that emphasizes prevention, treatment, and rehabilitation. The integration of legal, medical, and social interventions, supported by community engagement and international collaboration, is crucial for creating a comprehensive strategy to combat the complex issue of drug abuse. By recognizing the interconnectedness of these factors and implementing evidence-based solutions, societies can move toward fostering healthier and more resilient communities.

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Conflict of Interest

The author(s) declared no conflict of interest.

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