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## Awareness to Hazards of Addiction and Drug Abuse in Bhopal City

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### ABSTRACT:

Drug addiction is an obsessive, or uncontrollable, drug seeking chronic relapsing brain disease. Drug abuse causes serious health issues including HIV. The number of addicts in India increases day by day and the issue need to be take in to consideration. Awareness not only towards prevent drug and alcohol addiction but also towards de-addiction and re-habitation is required. There are many consequences of addiction that includes health issue, family problems, social problems, financial and occupational issue and legal issues. All these problems can be avoided or short out by deaddiction and for that awareness need to spread in society. Government of India is promoting various NGO and self-finance trusts with funds for implementation of deaddiction and rehabilitation.

**KEYWORDS:** Drug Addicts in Bhopal, Kind of addiction in Bhopal, Impact of addiction on Bhopal, Awareness to drug addiction.

### INTRODUCTION:

Addiction is a disease that affects both the brain and behavior. The disease affects not only health but also family, social, occupational, financial, and legal aspects (figure 1).



Figure 1 Consequences of Addiction

According to deaddictioncentres<sup>[1]</sup>, in India there is drug addiction problem. In Punjab the numbers are ridiculous—nearly 75% of its youth are severely addicted to drugs, and critical digit that's 3 out of every 4 children. The other cities like Mumbai, Hyderabad, Bhopal and other cities around the country are rapidly gaining a standing for their drug practice; and the population in each of these cities continues to grow.

These cities are filled with rehab centres including Bhopal trying to keep up with the flow of addicts. Over 500 centres across our country work together to nurse addicts back into healthy productive lifestyles—but addiction is becoming too much for India. The menace of drugs and alcohol has woven itself deep into the fabric of our society. As its effects reach towards our youth, India's future generation will have to compete with drugs like cannabis, alcohol and tobacco<sup>[1]</sup>.

The new editions of psychotropic drugs are the newer challenges for society to fight back. As per the recent article by Hindustan Times "The new psychotropic drugs are the worst things to have hit the youngsters. These are drugs which are not in the banned list of Narcotics, Drugs and Psychotropic Substance (NCB) Act, 1958. They are crazy drugs which leave horrifying side effects on a person," said Mukesh Khatri, superintendent, Central Bureau of Narcotics, Indore. "The last drug which was listed under NDPS Act was Ketamine, around three years back."<sup>[2]</sup>

For these kinds of substances awareness must be provoked. A dangerous trend of purchasing and selling such unlisted drugs-online needs proper monitoring. There are a number of sellers, selling some or the other drug illegally.

According to deaddictioncentres<sup>[1]</sup>, nearly 75% of Indian homes house at least one drug user—usually a parent, and often the father and among children as young as 13 and 14 regularly trial with intoxicants. To keep this stuff out of their little hands and away from their innocent minds awareness in society is required. Awareness not only towards prevent drug and alcohol addiction but also towards de-addiction centres.

#### **Following are some basics consideration of awareness.**

**Health Awareness:** There is need to encourage healthy lifestyles through individual and social practices. A healthy body and mind never welcome damaging and dangerous lifestyles.

Further the awareness towards the associated serious health issue with addiction and abuse must be speeded through seminar, posters and educational programmes. Following are some common health related issues<sup>[3]</sup>.

Occasional use of marijuana affects cognitive development and short-term memory. Perception, reaction and coordination of movement can result in accidents. Long term use alters heart rate, and blood pressure, neurological disorder, depression, anxiety, visual hallucination etc.

Cocaine and amphetamine first cause tremors, headaches, hypertension and increased heart-rate. Long term effects are nausea, insomnia, loss of weight, convulsions and depression. Repeated use can cause violent behaviour, panic attacks, psychosis and mood swings. The majority of drug abuse people also increase the risk of heart attack or stroke.

Heroin use initially results in nausea, slow respiration, dry skin, itching, slow speech and reflexes. Over long period, there is the risk of developing physical and psychological dependence which in the end can lead to acute overdose which can lead to death due to respiration depression.

Most evident problem caused by drug abuse is HIV that is spread by reuse of drug injection. Wide spread use of alcohol is often not consider as drug.

#### **Awareness to Society:**

##### ***In society we can spread awareness through***

- **Social interaction:** Social interaction between different generations creates environment to elicit awareness. Organized activities with the help of NGOs may help in creating this environment.
- **Local involvement of young:** More and more involvement of young and be sure to respect cultural traditions of the community
- **Encouragement of positive alternatives:** Develop these alternatives with cultural values in mind, and understanding what appeals to the younger generation.
- **Long-term perspective:** Never discouraged if results aren't instant. Preventing drug use takes time—keeping a long-term perspective is important.
- **Community development:** Focus on developing the fundamentals of every community. Education, health and social services, housing, sanitation, and income-generating activities are important ideas to focus in on.
- **Schedule awareness programme:** Schools and colleges are the best place where we can find addiction and abuse are in their first phase i.e. trial phase (curiosity). Scheduling awareness towards addiction in this phase is very important.

The hope trust in Bhopal city recently conduct seminar on 'Alcohol and Drug Addiction Treatment'. Several doctors, social workers from local NGOs, families of alcoholics and addicts and media persons attended the session<sup>[4]</sup>

The Ministry of Social Justice & Empowerment as the focal point for drug demand reduction programmes in the country is of the view that implementation of programmes for deaddiction and rehabilitation of drug addicts require sustained and committed/involved effort with a great degree of flexibility and innovation. With the help of nongovernment organisation, scheme for prevention of alcoholism and substance (drugs) abuse can be implemented with suitable grant.

The aim and objectives of this scheme are given under<sup>[5]</sup>

- ✓ To support activities of non-governmental organisations, working in the areas of prevention of addiction and rehabilitation of addicts.
- ✓ To create awareness and educating the people about the ill effects of alcoholism and substance abuse on the individual, the family and society at large.
- ✓ To develop culture-specific models for the prevention of addiction and treatment and rehabilitation of addicts.
- ✓ To evolve and provide a whole range of community based services for the identification, motivation, detoxification, counselling, after care and rehabilitation of addicts.
- ✓ To promote community participation and public cooperation in the reduction of demand for dependence-producing substances.
- ✓ To promote collective initiatives and self-help endeavours among individuals and groups vulnerable to addiction and considered at risk.
- ✓ To establish appropriate linkages between voluntary agencies working in the field of addiction and government organisations.

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