

Substance Abuse and Drugs Laws in India

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ABSTRACT: *This article discusses one of the primary issues that affects both adolescents and adults, namely "drugs," which is a chemical that modifies the physical functioning of a person's body, affecting their mental health and is deemed deadly to society. This has an impact on the mind's psychological functioning as well. This article focuses on the effects that drugs have on people's lives and on society as a whole. We read about different incidences of individuals consuming drugs in newspapers, social media, and on television, and we often hear about illicit substances being confiscated from their homes. The article focuses on the Narcotics Drugs and Psychotropic Substances Bill, which was passed in 1985. It also discusses the signs and symptoms of addiction, as well as the penalties that can be imposed when caught with drugs, which include prison sentences of up to ten years and fines of up to one lakh dollars depending on the quantity. Drugs have had a negative influence on civilization since the beginning of time. This article also discusses drug addiction, which may ruin a person's life and lead to criminal activity. There have been several examples of persons being arrested in the act of drug trafficking and drug usage, both of which can cause mental illness. In recent years, the majority of Bollywood superstars have been caught up in drug scandals, many of which have come to light. As a result, narcotics have the potential to cause crime and disrupt society's peaceful order. Drug usage has an impact not only on the individuals who use it, but also on their families. Finally, the essay emphasizes the relevance of NCB as well as the effects of various types of medications on individual mental health.*

KEYWORDS: *Adolescents, Drugs, Psychotropic, Substances.*

1. INTRODUCTION

Drugs are substances, or addictions, that when consumed cause physical changes in the body of the user. It usually causes changes in physical functioning and has an impact on people's minds. It also produces a shift in the person's mental state, making them feel cognitively drowsy. Drugs have a variety of side effects. Addiction is on the rise these days, and it is most visible among teens, particularly in hostels. This addiction may be extremely detrimental to them as well as society in a variety of ways. Addiction to drugs knows no bounds. It simply harms bodily parts in a variety of ways, and so has the potential to wreck people's lives. Drug addiction, such as cocaine addiction, is extremely dangerous since it may cause a person to get so addicted to drugs that they lose mental stability, become aggressive when they don't receive their fix, and become furious and annoyed.

They are generally of an unconscious mentality, incapable of comprehending events. Drug trafficking and misuse are not only a problem in our country; they are a worldwide one. Addiction to drugs is a societal blight. It not only undermines essential aspects of society, but also has a negative impact on the country's economic growth. Former Indian Chief Justice YK Sabharwal Some individuals in their environment, such as classmates and friends, may be the source of their addiction [1].

They get hooked to narcotics after just one use, resulting in a variety of adverse effects that will be discussed later. The Narcotics Drugs and Psychotropic Substances Act of 1985 is one of numerous drug regulations in India. The Narcotics Control Bureau, which was established in 1986, is one of the authorities tasked with combating drug trafficking. NCB's major goal is to resolve drug-related matters throughout the country. It is also regarded as one of the most strong drug case departments in the country. On January 10, NCB detained two persons, one of which was a British national, for distributing foreign ganja strains in the city with 200g ganja and OG KUSH.

2. DISCUSSION

The Different Types of Common Drugs:

According to surveys, drug and alcohol usage is on the rise, particularly among teenagers. This is a big source of concern since it might have a variety of negative consequences. There are many different sorts of medicines that are ingested, each with its own set of side effects that can be long-term or short-term depending on the quantity eaten. It can harm the central nervous system and has a significant impact on mental health. Different sorts of medications can cause a variety of problems and harm the entire body over time. "Drug abuse, overuse, and addiction can all have short- and long-term health consequences [2].

There are numerous sorts of substances that have varied negative effects on a person's body, such as cocaine, opioids, and cannabinoids, which are fairly popular and are mainly used by individuals, particularly adolescents, and are as follows:

- Cocaine: Cocaine is derived from the coca plant. It's often known as Coke, and it affects the neurological system. Cocaine causes negative side effects, such as hallucinations.
- Cannabinoids: These are the compounds in general. These can have an impact on the body's cardio-vascular system.
- Opioids: Opioids are a common drug that is used by the majority of individuals.

The most common is "heroin," which acts as a depressive and has negative consequences such as slowing down the human body's functioning and making a person weak. As a result, these are the most prevalent medications that, when taken, can harm major bodily processes as well as psychological ones.

Addiction to drugs

Addiction is a mental disorder that affects the brain and is often associated with substance misuse. This has the potential to lead people down the path of self-destruction and disaster. The addiction is so strong that even if it is eaten only once, it may become routine to take it on a regular basis. Drug addiction forces people to consume drugs on a regular basis, which can make them psychologically and physically ill and lead to addiction. This has an impact on society since the society's standards and ideals are neglected and ignored.

This might lead to social issues in the society. Addiction may cause significant changes in a person's personality and attitude. The onset of the addiction is abrupt, and it might result in a rapid shift. Also, if a drug addict does not receive their drugs on time, they experience physical

and emotional symptoms known as "with drawl syndrome." This indicates that their addiction is so severe that they are unable to function without it. This may be quite harmful for them because it can lead to a person's demise [3].

Because they are unaware of the adverse effects of drugs, someone who frequently consumes drugs develops a habit of doing so on a regular basis, which is an addiction. There are also numerous NGOs that aid drug-addicted persons, like as the De-addiction4 facility in Punjab's Kapurthala, which is currently assisting drug-addicted women.

Drug Addiction Symptoms

There are numerous signs and symptoms of drug addiction that may be noticed in both men and women's bodies, and several changes can occur, both physical and mental. A person's look and attitude, as well as the way they interact with their family and friends, change. They want to be alone in one location and display their wild side. The following are some of the more noticeable symptoms:

- The person who is addicted to drugs may have reddish eyes, indicating that they are suffering and addicted, which can lead to biological problems.
- The symptoms are quite common in teenagers, who have poor academic performance in school and colleges, as well as poor hygiene and maintenance.
- They've gained or lost weight, which is one of the signs of drug addiction.
- The addict disregards his or her family, friends, and society.
- The individual gets more hostile toward everyone, and there is a possibility that he or she is depressed.
- If an addict is unable to obtain drugs, he or she may resort to violence or vandalism [4].

As a result, these symptoms are frequent in the addicted person, and they can isolate the individual from society, causing not only them but their entire family to suffer. These are inexcusable aspects of civilization.

Drug Abuse's Effects on Society and Families

The substance has a detrimental influence on society as well as on those who deal with drug addicts, such as those who work in the same industry or business, as well as youngsters who are studying together. If there are drug addicts in the area, it will have a significant impact on society. Drug addiction is a societal issue that is viewed as a negative and detrimental component of society. Drug abusers' families experience difficulties and even destitution as a result of their addiction [5].

Domestic issues are becoming more prevalent. It has an impact on society since crime occurs on a daily basis. The children of drug addicts are often overlooked and abandoned by society. They endure difficulties only as a result of their drug-addicted children, which is bad for society. Children aren't the only ones that suffer from addiction; addicted parents are also an issue. If both parents are drug addicts, their kid is at a significant chance of developing an addiction, which is extremely damaging and hazardous, as well as creating a drug-addicted

environment in the home. If one or both parents are addicted to drugs, especially the mother, it might have negative consequences for the unborn child.

Addiction to drugs can also lead to financial difficulties and poverty. People typically do not want to communicate to or live with drug users in order to avoid being hooked themselves. As a result, they are ostracized by society, family, and friends. At least one family member is addicted to drugs, causing the entire family to suffer. As a result, drug misuse has a negative influence on society. For example, if coworkers are working together in a firm and one of them is a drug addict, this might put a burden on coworkers. As a result, drug addiction may be dangerous for children since it affects them, their families, and others in society.

The Relationship Between Drug Abuse and Crime

Drugs and crimes are linked because drugs create crimes in society, which is a big source of concern because the number of crimes is growing day by day as a result of drug addiction. Individuals commonly engage in criminal activity by trafficking drugs between nations and distributing and producing drugs, which is prohibited and thus considered a crime. Nowadays, there is aggression and sexual harassment directed towards women, which can have a negative impact on their health. People commit crime mostly to obtain money in order to purchase narcotics. Drug addiction is linked to a significant increase in violent crime rates [6].

Individuals commit crimes only for the purpose of obtaining narcotics. This was demonstrated in Bengaluru, when police recovered Rs 1.15 crore and detained the peddlers, as well as raiding their homes. The Delhi police also apprehended drug dealers in December 2020, seizing 700kg of drugs and arresting them. As a result, it is clear that drug trafficking and drug traffickers are criminal activities. Such crimes are frequently perpetrated by youngsters who are only college students or in dormitory settings, which may be extremely detrimental to society [7].

Drugs Have Negative Effects on The Human Body

Drugs can induce a variety of biological illnesses and disorders in both men and women's bodies. These side effects are extremely dangerous and can cause the body to malfunction. This can create financial hardship and despair, as well as a variety of changes in physiological functioning and a variety of diseases with negative side effects. It also includes a number of diseases, including as sadness and stomach discomfort, which affect both men and women. Furthermore, if a woman is addicted to drugs, it is possible that the unborn baby would suffer as a result. Excessive drug usage can end in death or coma, both of which are extremely dangerous. Drugs have been known to cause Aids in some cases.

As a result, this must be avoided if one want to live a drug-free life. Drugs also impair a person's reputation, and as a consequence, his or her personality is harmed; as a result, they are shunned by society, isolated, and afflicted with illnesses. It has the potential to destroy their entire life because the body is impacted in several ways. Drug addiction may have a rapid impact on the body's physical functioning, either by causing damage to certain organs or by making the individual psychologically sick by hurting their brain and concentration level, as well as lungs, liver, brain, and neurological system [8].

India's Drug Laws

Even though it is illegal to consume narcotics in India, many individuals do so on a daily basis. There are numerous regulations and sanctions for people who use or produce drugs in order to avoid addiction. The Dangerous Drugs Act⁷ was created in the 1930s with the goal of reducing the number of drug users. The Dangerous Drugs Act remains in effect. In addition, the Pharmaceuticals and Cosmetics Act of 1940 was passed to govern and oversee the sale and manufacture of drugs, including medicine. The Narcotics Drugs and Psychotropic Substances Act⁸ was passed by the Indian parliament in 1985, with the goal of making drug peddling, cultivation, production, and sale illegal. This act empowers the federal and state governments to enact drug-abuse legislation.

The Act on Narcotic Drugs and Psychotropic Substances

In 1989, the NDPS was amended to include penalties such as ten years of non-bailable imprisonment and the death sentence. This penalty was severely enforced, even if a person found with narcotics was subjected to harsh punishment until he or she proved themselves. Later on, the purpose of this act is to punish those who break it. In addition, the death sentence was enacted for drug abusers who used narcotics regularly. Under the NDPS, it was established in 2014 that medicines with medical as well as scientific value may be promoted, although it was still prohibited the use of dangerous substances.

The NDPS Act includes death sentences as well as punishments based on drug quantities. The death penalty was reserved for individuals who continued to manufacture and import narcotics after being sentenced. The punishment is determined by the amount of drugs ingested under the NDPS statute. It essentially implies that the amount of the substance must be determined and a punishment must be imposed on that basis. It primarily prioritized the drug's weight, or how much of the substance was discovered [9].

3. CONCLUSION

Drug addiction is a negative and detrimental aspect of society that damages an individual's reputation and body, and makes them feel unhealthy. Health is a condition of social, mental, and physical fitness, which indicates that if a person is mentally, socially, and physically fit, he can be healthy. Addiction and drug addiction has now spread across the globe. Drugs are regarded the most harmful drug since they harm the body and create mental problems, which are widespread among the country's youth.

The main cause of illnesses and problems is drugs. Addiction is extremely hazardous, and adequate precautions should be taken to avoid it. Because prevention is better than treatment, it is preferable to refrain from using drugs; otherwise, once someone becomes hooked, it is extremely difficult to recover. Smoking and drug use are likely to begin at a young age, during adolescence, when youngsters are misled by drug users in their immediate environment. As a result, medications may make a person psychologically ill, as well as create a variety of other diseases with numerous adverse effects on the body and mind.

Since a result, it is recommended that these dangerous substances be avoided, and that drug prevention be implemented, as it is our responsibility to preserve personal cleanliness. To prevent drug misuse in society, appropriate and corrective actions should be adopted as soon

as possible. Family members should adopt separate safety precautions in response to their child's addiction as soon as possible to avoid future addiction, which will be regarded the finest step toward drug prevention. This is also seen to be the wisest course of action for the benefit of society. Help from parents and peers should be sought as soon as possible so that they can appropriately lead. To avoid drug misuse in society, one must be aware of warning signals, which typically implies that if someone takes drugs, urgent action must be done to prevent addiction.

Typically, people consume drugs when they are stressed; therefore, adequate counseling should be provided to the person in order to prevent them from using drugs. Those can also seek assistance from de-addiction NGOs and psychologists who can support and assist people who have developed a drug addiction. This can assist and restore a person's health, since an addicted person can overcome their addiction by their own willpower and efforts. This is seen as the most viable option for societal improvement. As a result, individual protection from drug misuse should be our first priority.

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