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Drug Abuse and Mental Health

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ABSTRACT

This thesis explores the various kinds of drugs available that are enough to make any human suffer from different kinds of health and mental issues. It also discusses the various symptoms of reactions on the human body that needs to be treated at the earliest. Drugs are compound injected into one's body in different ways, and it has different effects on different bodies. This thesis also brings real instances in day-to-day life with the help of various news clippings on real-life instances of people seen on screen. There are various risk factors involved, along with some complications by the use of it. The paper further involves the prevention and steps to be taken for a person suffering from the drug.

Keywords: *drugs, symptoms, mental health, preventions.*

I. INTRODUCTION

Drugs are compounds that have an impact on the body and the mind. Drugs can have a wide range of impacts. Some medication side effects include long-term and irreversible health repercussions. They can even persist after a person has stopped using the drug. Drugs can be taken in a variety of methods, including injection, inhalation, and ingestion. The way medicine is given can have an impact on its effects on the body. Injecting medications directly into the bloodstream, for example, has an instant effect, whereas eating has a delayed effect. However, all medicines that are overused have an effect on the brain. They cause a “high” by flooding the brain with massive levels of dopamine, a neurotransmitter that helps control our emotions, motivation, and sensations of pleasure. Drugs can alter the way the brain functions and impair a person's capacity to make decisions, leading to extreme cravings and compulsive drug usage. This behaviour can develop into a substance dependency, or drug addiction, over time.

Prescription drug misuse is on the rise among teenagers, particularly with narcotics, often known as opioids (which doctors prescribe to treat severe pain) and stimulant drugs (which treat diseases including attention deficit disorder and narcolepsy).

The term “dual diagnosis” refers to a person who has both a substance abuse illness and a major mental health problem. Unfortunately, substance use disorders are very common in people who

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simultaneously have a serious mental illness. Dual diagnosis patients are also more likely to be noncompliant with their therapy.

Young people's brains continue to develop and grow until they are in their mid-twenties. This is particularly true of the prefrontal cortex, which is responsible for decision-making. Taking drugs when you're young can cause problems with your brain's development. It may also have an impact on their decision-making. They may be more likely to engage in harmful behaviour, such as unsafe sex or irresponsible driving.

The earlier young individuals begin taking drugs, the more likely they are to continue using them and develop an addiction later in life. Using drugs when you're young can lead to future health concerns like heart disease, high blood pressure, and sleep disturbances.

Alcohol, cigarettes, and Marijuana are the most often consumed drugs by young people. Vaping tobacco and Marijuana have become more popular among young people in recent years. We still don't know a lot about the consequences of vaping. Some people have become very ill or even died as a result of vaping. As a result, young people should refrain from vaping.

A young person may use drugs for a variety of reasons, including:

- To fit in: Young individuals may use drugs in order to be accepted by their drug-using friends or peers.
- To have a nice time: Drugs that are abused can cause pleasurable experiences.
- To make you feel better: Depression, anxiety, stress-related ailments, and physical pain affect certain young people. To try to gain some relief, they may turn to medicines
- To improve academically or athletically: Some teenagers may use stimulants to help them study or anabolic steroids to help them improve their sporting abilities.
- To try new things: Young individuals are generally eager to attempt new things, particularly those that they perceive to be adventurous or courageous.
- The following are indicators that a young person has a drug problem:
 - Frequently changing companions
 - Spending a lot of time alone
 - Losing interest in hobbies
 - Not taking care of themselves, such as not showering, changing clothes, or brushing their teeth.

- Being exhausted and depressed.
- Consuming more or less food than usual.
- Having a lot of energy, speaking quickly, or expressing things that don't make sense
- Having a negative mood
- Quickly changing between feeling bad and feeling good
- Missing important appointments
- Having problems at school - missing class, getting bad grades.
- You're having issues with your personal or family relationships.
- Stealing and lying
- Memory lapses, inability to concentrate, lack of coordination, slurred speech, and other symptoms

Today, more than 7 million people suffer from illegal drug addiction, and illicit drug usage is responsible for one out of every four deaths. Drug misuse is linked to more deaths, illnesses, and impairments than any other preventable health problem. People who are addicted to drugs or alcohol are at a higher risk of unintended injuries, accidents, and domestic violence.

Drug addiction, also known as substance use disorder, is an illness that affects a person's brain and behaviour, resulting in an inability to manage the use of any drug or prescription, whether legal or illicit. Drugs include substances such as alcohol, Marijuana, and nicotine. When you're hooked to a drug, you may continue to use it even if it causes you harm. Substance addiction might begin with social experimentation with a recreational drug. Furthermore, for some people, drug use becomes more frequent. For others, drug addiction develops with exposure to prescribed medications or acquiring medications from a friend or relative who has been prescribed the medication, particularly with opioids. The danger of addiction and the rate at which you become hooked differ depending on the drug. Opioid painkillers, for example, have a higher risk of addiction and develop addiction more quickly than other drugs.

While the physical and psychological ramifications of drug use disorders differ depending on the substance in question, the overall impact of drug addiction can be devastating. Intoxication with or withdrawal from a substance can cause anything from euphoria (as with alcohol, Ecstasy, or inhalant intoxication), paranoia (as with Marijuana or steroid intoxication), severe depression (as with cocaine or amphetamine withdrawal), or suicidal thoughts (as with cocaine or amphetamine withdrawal). In terms of bodily consequences, intoxication with a drug can

have physical effects ranging from sedation and slower breathing, as with heroin or sedative-hypnotic medications, to a high heart rate with cocaine intoxication or tremors and seizures with alcohol withdrawal.

Drug use disorders, like most other mental health issues, have no one origin and are not caused by a lack of discipline or self-control. A person's vulnerability to developing a chemical use disorder can be increased by a number of biological, psychological, and social factors known as risk factors. The prevalence of substance use disorders in some families appears to be higher than may be explained by the family's addictive environment. As a result, most substance abuse practitioners recognise that drug addiction has a hereditary component.

Mood disorders, such as early aggressive behaviours, depression, anxiety, bipolar illness, mental disorders, such as schizophrenia, and personality disorders, such as antisocial personality disorder, are all linked to substance misuse or addiction.

Male gender, being between the ages of 18 and 44, Native-American ethnicity, unmarried marital status, and lower socioeconomic level are all social risk factors for drug usage and addiction. People in the West tend to be at a disadvantage, according to official statistics. There's a slightly increased chance of developing a chemical dependency. While men are more likely to acquire a chemical dependency such as alcoholism, women appear to be more susceptible to becoming hooked to alcohol at considerably lower levels than men.

You may require bigger doses of the substance to get high as time goes on. You may soon require the medicine simply to feel well. You may discover that going without the substance becomes increasingly difficult as your drug use increases. Stopping drug use can lead to extreme cravings and leave you physically ill (withdrawal symptoms).

To overcome your drug addiction and stay drug-free, you may need assistance from your doctor, family, friends, support groups, or a structured treatment programme.

II. SYMPTOMS

Symptoms or behaviours associated with drug addiction include, but are not limited to:

- Feeling compelled to consume the medication on a daily or perhaps multiple daily bases
- Having strong cravings for the drug prevents you from thinking about anything else.
- Needing more of the medicine to achieve the same effect over time
- Taking more of the substance than you intended for a longer period of time.
- Ensuring that you have a steady supply of the medicine

- Spending money on the medication despite not being able to afford it
- Because of drug usage, not completing duties and work responsibilities, or cutting back on social or leisure activities
- Using the substance while knowing that it is giving you troubles in your life or causing you physical or psychological harm.
- Doing things you wouldn't ordinarily do to get the drug, such as stealing.
- Driving or engaging in other potentially dangerous activities while under the influence of the substance
- Investing a significant amount of time in obtaining the drug, using the drug, or recuperating from the drug's side effects.
- Unsuccessful attempts to quit using the drug
- When you try to stop taking medicine, you may have withdrawal symptoms.
- Recognising family members who are abusing drugs.
- It might be tough to tell the difference between normal adolescent angst and indicators of drug usage. The following are some signs that your teen or another family member is abusing drugs:
 - School or work problems – frequent absences from school or work, a sudden lack of interest in school activities or jobs, or a reduction in grades or work performance
 - Lack of energy and motivation, weight loss or growth, or red eyes are all physical health issues.
 - Lack of concern about one's appearance— lack of interest in dress, grooming, or appearance
 - Exaggerated efforts to keep family members out of his or her room, or secrecy about where he or she goes with friends; or abrupt changes in conduct and relationships with family and friends
 - Money issues— sudden requests for money without a reasonable explanation; or your discovery that money is missing or has been stolen or that items have disappeared from your home, indicating maybe they're being sold to support drug use.

III. RECOGNISING SIGNS OF DRUG USE OR INTOXICATION

Signs and symptoms of drug use or intoxication may vary, depending on the type of drug.

Below you'll find several examples.

Nicotine and opiates: Nicotine, the addictive ingredient present in cigarettes, is one of the most addictive drugs on the planet. Nicotine addiction is frequently compared to the strong addictiveness seen with opiates such as heroin.

Nicotine or opioids are terms used to describe a class of drugs that includes heroin, codeine, hydrocodone, morphine, methadone, Vicodin, OxyContin, Percocet, and Percodan. This group of chemicals has a significant impact on the nervous system's ability to function.

The lethality of opioids is often the result of the abuser having to use increasingly higher doses to reach the same level of intoxication until the dose required to get high is the same as the dose required to be deadly by ophthalmology.

Sedative, hypnotic or antianxiety drugs: These chemicals calm or depress the neurological system, making them the second most often used class of illicit narcotics. They can thus cause death by halting the person's breathing (respiratory arrest) who either overdoses on these medicines or mixes one or more of them with another nervous system depressant (like alcohol, another sedative drug, or an opiate). Overdose for that person by putting a stop to their breathing (respiratory arrest).

Marijuana, hashish and other cannabis-containing substances: Cannabis is consumed through smoking, ingesting, or inhaling vaporised cannabis. Cannabis is also known as Marijuana, although its scientific name is tetrahydrocannabinol (THC). Cannabis is frequently taken before or in conjunction with other substances, such as alcohol or illegal narcotics, and is frequently the first drug experimented with.

Marijuana is the most commonly used illicit drug, with about 14 million persons aged 12 and up reporting using it in the previous year. In addition to the drug's negative consequences (such as infertility, issues with sexual performance, paranoia, and a lack of motivation), the fact that it is addictive adds to the problem. Marijuana is frequently blended (cut) with other narcotics so that drug dealers can make more money selling the diluted substance or expose the user to more addictive drugs, exposing the user to the dangers of those added chemicals. Baby powder, oregano, embalming fluid, phencyclidine (PCP), opiates, and cocaine are all regularly used to cut Marijuana.

K2, Spice and bath salts

Synthetic cannabinoids and substituted or synthetic cathinone are two types of synthetic pharmaceuticals that are prohibited in most states. Because there is no quality control and some

chemicals are unknown, the effects of these pharmaceuticals can be harmful and unpredictable. Synthetic cannabinoids, popularly known as Spice or K2, are sprayed over dried herbs and then smoked, although they can also be made into herbal tea. Despite the claims of the manufacturers, they are chemical compounds, not “natural” or innocuous items. These substances have become a popular but hazardous alternative to Marijuana because they offer a comparable “high.”

Cathinone (bath salts): cathinone is a stimulant substance similar to amphetamines, cocaine, and Ecstasy.

They are chemically unrelated to bath salts that people use to bathe (MDMA). Other street names for cathinone include “plant food,” “jewellery cleaner,” and “phone screen cleaning,” among others.

Signs and symptoms of recent use can include:

- Euphoria or a “high” feeling
- Elevated mood
- Changed senses of sight, sound, and taste
- Extreme anxiety or agitation
- Paranoia
- Hallucinations
- Increased heart rate and blood pressure or a heart attack
- Vomiting
- Confusion

Bath salts, also known as substituted cathinone, are mind-altering (psychoactive) drugs that are related to amphetamines like ecstasy (MDMA) and cocaine. To prevent detection, packages are frequently branded as other products. These are not bath items like Epsom salts, despite the name. Substituted cathinone is highly addictive and can be consumed, snorted, breathed, or injected. These medicines can cause severe intoxication, which can lead to life-threatening health consequences or even death.

Barbiturates, benzodiazepines and hypnotics

Prescription central nervous system depressants include barbiturates, benzodiazepines, and hypnotics. They’re frequently used and abused in the pursuit of relaxation or a desire to “turn off” or forget about stressful thoughts or feelings. Barbiturates. Phenobarbital and secobarbital are two examples (Seconal).

Benzodiazepines. Sedatives like diazepam (Valium), alprazolam (Xanax), lorazepam (Ativan), clonazepam (Klonopin), and chlordiazepoxide are among examples (Librium). Hypnotics. Prescription sleeping drugs like zolpidem (Ambien, Intermezzo, and others) and zaleplon are examples (Sonata).

Signs and symptoms of recent use can include:

- Drowsiness
- Slurred speech
- Lack of coordination
- Irritability or mood swings
- Problems concentrating or thinking clearly
- Memory issues
- Involuntary eye movements
- Lack of inhibition
- Slowed breathing and low blood pressure
- Falls or accidents

Hashish and other cannabis – substances

Signs and symptoms of recent use can include:

- Increased blood pressure and heart rate
- Red eyes
- Dry mouth
- Decreased coordination
- Difficulty concentrating or remembering
- Slowed reaction time
- Anxiety or paranoid thinking
- Cannabis odour on clothes or yellow fingertips
- Exaggerated cravings for certain foods at unusual times

Long-term (chronic) use is often associated with:

- Reduced mental acuity
- Poor academic or occupational performance
- Fewer friends and interests

Meth, Alcohol, Amphetamines, Anabolic steroids, Caffeine, cocaine and other stimulants

Alcohol is a hazardous substance, even if it is legal, especially for a growing foetus when a mother consumes it during pregnancy.

Alcoholism, one of the most frequent addictions, can have serious consequences for an alcoholic's physical well-being as well as his or her ability to function socially and at work.

Amphetamines: This class of pharmaceuticals includes prescription treatments such as methylphenidate (Ritalin, Concerta, Focalin), dextroamphetamine, and amphetamine (Adderall), as well as illegally made compounds such as methamphetamine ("crystal meth"). Any of these chemicals taken in excess might cause seizures and death.

Anabolic steroids: This class of medications, which is most commonly misused by bodybuilders and other athletes, can cause terrible emotional symptoms such as paranoia and hostility, as well as serious long-term health repercussions such as infertility and organ failure.

Caffeine: While many people drink coffee, tea, and soda in moderation when eaten in excess, these substances can cause palpitations, sleeplessness, tremors, irritability, and substantial anxiety.

Amphetamines, meth (methamphetamine), cocaine, methylphenidate (Ritalin, Concerta, and others) and amphetamine-dextroamphetamine are examples of stimulants (Adderall, Adderall XR, others). They're frequently taken and abused in the pursuit of a "high," or to enhance energy, improve work or school performance, shed weight, or regulate hunger.

Cocaine: Cocaine is a stimulant substance that can be snorted in powder form, smoked in the form of pebbles ("crack"), or injected in liquid form.

Signs and symptoms of recent use can include:

- Increased alertness
- Increased energy and restlessness
- Behavior changes or aggression
- Rapid or rambling speech
- Dilated pupils
- Confusion, delusions, and hallucinations
- Irritability, anxiety, or paranoia
- Changes in heart rate, blood pressure, or body temperature
- Nausea or vomiting with weight loss
- Impaired judgement

Club Drugs: Drugs often used in clubs, concerts, and parties are known as club drugs. Ecstasy or molly (MDMA), gamma-hydroxybutyric acid (GHB), flunitrazepam (Rohypnol, a brand used outside the US, commonly known as roofie), and ketamine are among examples. These drugs aren't all in the same class, but they all have some of the same side effects and risks, including long-term harm. Because GHB and flunitrazepam can cause sleepiness, muscle relaxation, forgetfulness, and memory loss, they have the potential to cause sexual misbehaviour or sexual assault.

Hallucinogens

Depending on the drug, hallucinogens can cause a variety of signs and symptoms. The hallucinogens lysergic acid diethylamide (LSD) and phencyclidine are the most commonly used (PCP).

Ecstasy: Also known as MDMA (methylenedioxymethamphetamine), this drug induces euphoria and an expanding love or desire to nurture others due to its chemical composition (methylenedioxymethamphetamine). It can raise body temperature to the point of death if taken in excess.

Signs and symptoms of use of club drugs can include:

- Dilated pupils
- Chills and sweating
- Involuntary shaking (tremors)
- Behavior changes
- Muscle cramping and teeth clenching
- Muscle relaxation, poor coordination, or difficulty moving
- Lower inhibitions
- Impaired judgement
- Memory issues or loss of memory
- Reduced consciousness
- Increased or lowered heart rate and blood pressure

Causes of LSD:

LSD and mescaline, as well as so-called naturally occurring hallucinogens such as some mushrooms, are all examples of hallucinogens. Because of their tendency to modify the user's perceptions, these medicines can be harmful. A person drunk ("high") on a hallucinogen, for example, may feel danger where none exists and believe that situations that are actually

perilous are not. These misunderstandings can lead to harmful conduct (like jumping out of a window because the person thinks they have wings and can fly).

- Delayed perception of reality, such as misinterpreting input from one of your senses as input from another, such as hearing colors
- Tremors
- Flashbacks, a re-experience of the hallucinations — even years later

Causes of PCP:

PCP, or phencyclidine, can make a person distrustful, aggressive, and physically powerful. This can make the individual extremely harmful to others.

A feeling of being separated from your body and surroundings

- Hallucinations
- Coordination and movement problems
- Aggressive, potentially aggressive conduct
- Involuntary eye movements
- Lack of pain feeling
- Increased blood pressure and heart rate
- Problems with thinking and memory
- Problems speaking
- Impaired judgement
- Intolerance to loud noise

Inhalants: Inhalant usage can cause a variety of signs and symptoms, depending on the chemical. Glue, paint thinners, correction fluid, felt tip marker fluid, gasoline, cleaning fluids, and household aerosol items are some of the most regularly breathed compounds. Users may experience brain damage or death as a result of the poisonous nature of these substances.

Inhalants, which are often found in household cleaners such as ammonia, bleach, and other fume-emitting compounds, are one of the most commonly misused groups of substances due to their ease of availability. Using an inhalant even once or over a period of time might cause brain damage to the point of death, depending on the individual.

Signs and symptoms of use can include:

- Short-term euphoria or intoxication
- Decreased inhibition

- Tremors
- The lingering odour of inhalant material
- Combativeness or belligerence
- Dizziness
- Nausea or vomiting
- Involuntary eye movements
- Appearing intoxicated with slurred speech, slow movements, and poor coordination
- Irregular heartbeats

Opioid painkillers: Opioids are narcotic painkillers derived from opium or synthesised from it. Heroin, morphine, codeine, methadone, and oxycodone are examples of this class of medications.

Addiction to opioid prescription pain drugs, also known as the “opioid epidemic,” has reached frightening levels across the United States. Some persons who have been using opioids for a long time may need a temporary or long-term medication substitution provided by a doctor during treatment.

Signs and symptoms of narcotic use and dependence can include:

- Agitation, drowsiness, or sedation
- Slurred speech
- Attention and memory problems
- Constricted pupils
- Lack of awareness or inattention to surrounding people and things
- Coordination problems
- Depression
- Confusion
- Constipation
- Runny nose or nose sores (if snorting narcotics)
- Needle marks (if injecting drugs)

IV. NEED FOR SEEING A DOCTOR

There is no single test that can definitively determine whether or not someone has a chemical use disorder, as there is many mental health diagnoses. As a result, health care providers

identify these illnesses by obtaining extensive medical, family, and mental health data. A physical examination will be conducted by the practitioner or requested by the person's primary care physician. Typically, the medical evaluation would include lab testing to analyse the person's overall medical health and to determine whether the person has drugs in their system or has a medical ailment that could mirror the symptoms of drug addiction.

Get treatment if your drug usage has gotten out of hand or is giving you troubles. The sooner you get help, the more likely you are to make a long-term recovery.

Consult your primary care physician or a mental health professional, such as an addiction medicine or addiction psychiatry specialist or a registered alcohol and drug counsellor.

Make an appointment to visit a doctor if:

- You can't stop taking a drug
- You continue to use the drug despite the harm it causes
- Your drug use has led to dangerous behavior, such as sharing needles or unprotected sex

Helplines or hotlines may be an excellent location to learn about treatment if you aren't ready to approach a doctor. These numbers can be found on the internet or in the phone book.

V. NEED FOR EMERGENCY HELP

If you or someone you know has taken a drug and has:

- Shown changes in consciousness
- Has trouble breathing
- Has seizures or convulsions
- Has signs of a possible heart attack, such as chest pain or pressure
- Has any other troubling physical or psychological reaction to drug use, seek emergency help.

People who are addicted to drugs often reject that their behavior is serious and are hesitant to seek therapy. An intervention provides an organised chance for a loved one to make adjustments before things worsen, and it can drive someone to seek or accept treatment.

An intervention should be properly prepared, and it can be carried out by family and friends in collaboration with a doctor or expert, such as registered alcohol and drug counsellor, or it can be directed by an intervention specialist. It involves family and friends, as well as coworkers, clergy, and others who are concerned about the addict.

During the intervention, these individuals assemble to have a direct, heart-to-heart dialogue with the individual about the consequences of addiction and to request that he or she accept treatment.

VI. CAUSES

Several factors, like those that contribute to the development of many mental health disorders, may play a role in the development of drug addiction. The following are the most important factors:

- **Environment:** Initial drug usage appears to be influenced by environmental factors such as your family's values and attitudes, as well as exposure to a peer group that favors drug use.
- **Genetics:** Inherited (genetic) features may impact the development of addiction once you've started using a drug, delaying or speeding up the illness progression.
- **Changes in the brain:** Physical addiction appears to develop when a drug's continuous usage alters the way your brain perceives pleasure. Some nerve cells (neurons) in your brain undergo physical alterations as a result of the addictive substance. Neurotransmitters are substances that neurons utilise to communicate. These changes can last for a long time after you stop using the medication.

VII. RISK FACTORS

Addiction can strike people of any age, gender, or socioeconomic level. Certain factors can influence the likelihood and speed with which an addiction develops:

Addiction runs throughout the family: Drug addiction runs in certain families and is most likely caused by a hereditary predisposition. You're more likely to acquire a drug addiction if you have a blood relative with an alcohol or drug addiction, such as a parent or sibling.

Mental health disorder: You're more likely to become addicted to drugs if you have a mental health issue like depression, attention deficit hyperactivity disorder (ADHD), or post-traumatic stress disorder. Drug use can become a coping mechanism for painful emotions like anxiety, despair, and loneliness, and it can exacerbate these issues.

Peer pressure: Peer pressure is a powerful motivator for young individuals to begin using and abusing drugs.

Lack of family involvement: A lack of parental supervision, as well as difficult family settings or a lack of a link with your parents or siblings, can raise the risk of addiction.

Early use: Early drug usage can induce alterations in the developing brain and raise the chances of developing a drug addiction.

Taking a highly addictive drug: Some medications, such as stimulants, cocaine, or opiate painkillers, might lead to addiction more quickly than others. Addiction can be exacerbated by smoking or injecting drugs. Taking medicines that are thought to be less addictive — so-called “light drugs” — might set you on the path to addiction.

VIII. OVERVIEW ON STRONG DRUGS COMPLICATIONS

Short- and long-term impacts of drug usage can be considerable and harmful. Taking certain substances, especially in excessive dosages or in combination with other drugs or alcohol, can be extremely dangerous. Here are a few illustrations.

- Methamphetamine, opiates, and cocaine: These are highly addictive and can lead to a variety of short- and long-term health problems, such as psychotic behavior, seizures, and death from overdose.
- GHB and flunitrazepam: Sedation, disorientation, and memory loss are all possible side effects. These so-called “date rape medicines” are known to impair the capacity to resist unwanted contact as well as the ability to remember the experience. They can cause convulsions, coma, and death in excessive doses. When these medicines are used with alcohol, the risk increases.
- Ecstasy or molly (MDMA): Dehydration, electrolyte imbalance, and problems such as seizures are also possible side effects. MDMA has the potential to harm the brain over time. One of the most dangerous aspects of club drugs is that the liquid, tablet, or powder forms sold on the street frequently contain unknown ingredients that might be deadly, such as other illegally made or pharmaceutical medications. Because of the poisonous nature of inhalants, users may experience varying degrees of brain damage.

Other life-changing complications: Dependence on drugs can create a number of dangerous and damaging complications, including:

- Contracting a contagious sickness: Addicts are more likely to contract an infectious disease, such as HIV, through risky intercourse or sharing needles.
- Other health issues Drug addiction can result in a variety of mental and physical health issues, both short- and long-term. These are dependent on the medicine being used.
- Accidents: Addicts are more prone to drive or engage in other harmful behaviors while under the influence of drugs.

- Suicide: People who are addicted to drugs are more likely to commit suicide than those who are not.
- Issues within the family: Changes in behavior can lead to marital or family difficulties, as well as custody issues. Work issues. Drug use can cause declining performance at work, absenteeism and eventual loss of employment.
- School-related issues: Drug usage can have a negative impact on academic performance and motivation to succeed.
- Legal concerns: Buying or possessing illicit substances, stealing to finance the drug addiction, driving while under the influence of drugs or alcohol, or child custody conflicts are all typical legal issues for drug users.
- Financial difficulties: Spending money on drugs diverts funds from other necessities, may result in debt and may lead to unlawful or immoral actions.

IX. LEGAL ASPECT RELATED TO DRUGS AND ITS RECENT AMENDMENT

The Narcotic Drugs and Psychotropic Substances Act, 1985

An Act to consolidate and amend the law relating to narcotic drugs, to make stringent provisions for the control and regulation of operations relating to narcotic drugs and psychotropic substances to provide for the forfeiture of property derived from, or used in, illicit traffic in narcotic drugs and psychotropic substances, to implement the provisions of the International Conventions on Narcotic Drugs and Psychotropic Substances] and for matters connected therewith.

The central government may, on different notifications on official gazette, in different states on different dates all over India can take actions along with specific punishment prescribed under the NDPS act.

The narcotics drug is a total illegal substance that a person injects, and the addiction triggers you. The specific Act carries the meaning of different addictive narcotics drugs along with their illegal uses and the punishments associated with it. There are some drugs which are specifically used by the government officials to just use on special official permissions and use it to the time of the official criminal trials, or you can say to be given to the criminals so as to keep them alive in the jails, during their custodial procedures, even those drugs are meant to be used on permissions. The Act also talks about the medicines that involve the drugs, which says that it involves special permission. The production, selling, and import & export are strictly prohibited from being done. It talks about the special whole lot permission process even if you want to import or export it from one place to another, only on the official gazette.

The various sections are involved to talk about the punishments, penalties and fines on the people consuming it, in say the public vehicle, along with selling and buying it. the punishment may involve the jail up to 1 year along with Rs. 10,000 fines. if there is a commercial use of the drugs, the punishment may extend to 10 years along with Rs. 1,00,000 fine. it further involves any factory involving illegal production of drugs with cancelling of the license. There is a proper procedural searching and seizure of the narcotics in case of the offences committed by the companies. The warrants are carried by them, along with the team to follow up. There is a proper forfeiture chapter of legal sections to accrue the narcotics place by official permission.

Scientific and formula-based names are also prescribed by the Act at the end of the bare Act.

Chapter I: Preliminary

This provides an insight into the jurisdiction of the Act along with important definitions for the purpose of the Act and powers relating to the addition or omission of items from psychotropic substances.

Chapter II: Authorities and officers

This chapter delves into the powers of the central government to control the illicit trafficking of drugs. It further talks about the powers of officers of the central government and state governments that are capable of investigating any offence and also gives guidelines on the composition of the Consultative Committee on narcotic drugs and psychotropic substances.

Chapter II A: National fund for control of drug abuse

This part provides for the constitution of a national fund by the central government to control the abuse of narcotic drugs and psychotropic substances. This also advocates for an annual report of finances towards the activities under the fund.

Chapter III: Prohibition, control and regulation

This chapter is a detailed account of all the activities prohibited under the Act, along with provisions of controlling and/or regulating the Narcotic Drugs and Psychotropic Substances possession. It also accounts for the Central Government and respective State Governments role in the prohibition, control and regulation under the Act. It restricts the external dealings in drugs by any individual or an organisation, or any authority.

Chapter IV: Offences and penalties

This chapter deals with various offences and their subsequent punishments for the purpose of this Act. The offences have been defined along with all the activities that constitute the

particular offence. The offences under the Act are categorised as criminal offences, and hence the punishments are stringent and in the form of imprisonments. This part also enumerates the trial process in cases falling under this Chapter of the Act.

Chapter V: Procedure

This chapter lays out the exact procedure that needs to be followed for an investigation. Any activity beyond the provisions of this chapter by any authority during the investigation process shall lead to a legal violation on the part of that authority. It describes:

- Process of issuing of warrants;
- Process of seizure of property of any convict;
- Duty to inform about illegal cultivation;
- Powers to undertake controlled delivery among many other significant procedures;
- Relevancy of the statements under certain circumstances; and
- Power of the police to take charge of the seized articles.

Chapter V A: Forfeiture of an illegally acquired property

This part deals with the procedure of forfeiture of an illegally acquired property by an individual by the police authorities. The procedure includes identification of such property, followed by its seizure and management and finally, a notice issued to the offender and other such processes. It signifies the burden of proof lies with which party, the fine payable at the seizure and particular transfers that are null and void. It further states the power of the tribunal to adjudicate the offences while providing their jurisdiction in matters of appeal. The police have the power to take possession of illegal properties and findings in a matter and can release property in certain cases.

Chapter VI: Miscellaneous

This chapter deals with all the less specific provisions under the Act. This provides for a provision wherein the central government and the state governments shall regard the international conventions while formulating rules and policies for their subject matter jurisdiction. It also empowers the government to identify and operate centers for the recovery of addicts. The central government has the power to make rules or delegate this power to other authorities. The rules and notifications in respect to any provision under the Act shall be laid before the parliament for the consideration of all the members. The state governments have been entrusted with similar powers, duties and responsibilities as the central government for the purpose of this Act.

Offences and punishments under the Act

Chapter IV that is from Section 15 to 40 provides for various offences and punishments under the Act. It has identified certain activities that are against the acceptable social norms which have been included in the category of offences in the Act. These activities are forbidden by law due to the effect it causes on the physical health of an individual. These substances have the potential to damage the mental abilities of an individual as well. Even if it relieves the person of any suffering for a short while, its side effects are on display in the long run.

1. Poppy straw

Section 15 of the Act provides for the Act of production, possession, transportation, selling, purchasing or any other involvement that shall lead to an offence under the provisions of this Section. The punishments have been decided on the basis of the quantity of poppy straw involved in the whole transaction.

A small quantity of poppy straw may lead up to one year of rigorous imprisonment, or with a fine, extending up to ten thousand rupees, or both. A quantity that is greater than the small quantity but fewer than the commercial quantity shall invite rigorous imprisonment up to ten years and a fine of up to one lakh rupees. In case of a transaction involving a commercial quantity of poppy straw, the punishment includes rigorous imprisonment for a term not less than ten years and extendable up to twenty years along with a fine, not less than one lakh rupees but can be up to two lakh rupees.

2. Coca plant and leaves

Section 16 of the Act provides for the provisions in contravention of the rules made under the Act regarding the cultivation, production, possession, selling, purchasing, transportation and any other activity with respect to the violation of the provisions of this Act. The punishment for the offence under the Section includes rigorous imprisonment up to a term of ten years along with a fine extending up to one lakh rupees.

3. Prepared opium

Section 17 of the Act provides for the provisions dealing with activities in violation of the Act with respect to prepared opium. This Section bars the process of manufacturing, possession, selling, purchasing, transportation or usage of prepared opium. It has been identified as a substance with the capacity to harm an individual, physically or mentally, with its ingredients. The punishments for either of the restricted activities carried out by an individual are similar to that of poppy straw, listed under Section 15.

4. Opium poppy and opium

Section 18 of the Act provides for the process of manufacturing, purchasing, production, possession, transportation or selling of opium poppy and opium as an act being in contravention of the provisions under this Act. The punishments for the violation under this Section is similar to the punishments provided under Section 15 or 17.

5. Embezzlement of opium

Section 19 of the Act provides for an act identified as embezzlement of opium, which is in violation of the provisions under the Act and hence, an offence characterised under Chapter IV. Any person who embezzles himself or is involved in the activity or otherwise illegally disposes of the opium shall be held liable under this Section. The punishment for this offence includes rigorous imprisonment of a term not less than ten years with an extension of up to twenty years along with a fine, not being less than one lakh rupees but can be increased up to two lakh rupees.

6. Cannabis plant and cannabis

Section 20 of the Act provides for the offence relating to the process of cultivation, production, manufacturing, possession, selling, purchasing or transportation of cannabis plant and cannabis. In case a person is caught cultivating cannabis, he/she stands punishable with rigorous imprisonment of a term extending up to ten years along with a fine which can be up to one lakh rupees. For any other act other than cultivation, the punishments are divided on the intensity/quantity of the object. The three punishments included in all the other Sections are followed in this Section as well.

7. Manufactured drugs and preparations

Section 21 of the Act provides for an offence of manufacturing, possession, selling, purchasing, transportation, or usage of any manufactured drug or its preparation as an act in contravention of the provisions under the Act. The punishments under this Section are similar to the three-tier punishment system listed under other Sections of this Act.

8. Psychotropic substances

Section 22 of the Act provides for any act or rule in relation to the process of manufacturing, transportation, selling, purchasing, possession or usage of psychotropic drugs that may lead to an offence according to this Section. The punishments under this Section are again similar to the three punishments system followed for other offences under the Act.

9. Transshipment of narcotic drugs and psychotropic substances

Section 23 of the Act provides for import to India or export from India of any illegal drug specified under the Act. The transshipment of narcotic drugs and psychotropic substances are restricted under the legal parlance under the scope of this Act. The punishments for the offence include a similar three-tier punishment system followed everywhere under the Act.

10. External dealings

Section 24 of the Act provides for the Act of external dealings in narcotic drugs and psychotropic substances outside India to other individuals residing in a territory that is beyond the boundaries of India. It is an offence under this Section. The punishment for this offence includes rigorous imprisonment of a term not less than ten years, extending up to twenty years along with a fine, not less than one lakh rupees and can be increased to two lakh rupees.

11. Allowing premises for the commission of an offence

Section 25 of the Act provides for a situation wherein an individual allows his premises to be used for the commission of any offence stated under the Act. The person must knowingly allow the offender for this Section to apply.

12. Acts by a licensee or his servants

Section 26 of the Act provides for acts by a licensee or his servants in furtherance to them being in contravention with the provisions of the Act. If a person, with license or an agent/servant employed by him: omits, without any reasonable cause, to maintain accounts; or fails to produce without any reasonable cause such license, permit or authorisation on demand; or keeps accounts or makes statements which are false or he knows it to be false; and willfully or knowingly does any act in violation of the conditions of the license. The punishment for the offence includes imprisonment for a term of up to three years or with a fine, or both.

13. Consumption of narcotic drugs or psychotropic substances

Section 27 of the Act provides for the Act of consuming any narcotic drugs or psychotropic substances, which is an offence for the purpose of the Act. Any person consuming substances such as morphine, cocaine, diacetyl-morphine and any other drug later specified as one by the central government under a notification shall lead to rigorous imprisonment for a term extending up to one year or fine up to twenty thousand rupees, or both.

Any narcotic drug or a psychotropic substance, other than those included in the list, shall lead to imprisonment up to six months or a fine of up to ten thousand rupees, or both.

14. Financing illicit trafficking and harboring offenders

Section 27A of the Act provides for the offence of financing illicit trafficking and harboring offenders in contravention of the provisions of the Act. Any person financing or harboring, directly or indirectly, any illicit acts of trafficking may arise criminal liability against himself. The punishment for the offence shall be imprisonment of not less than ten years but extending up to twenty years and a fine of not less than one lakh rupees which can be increased up to two lakh rupees.

15. Narcotic Drugs and Psychotropic Substances (Amendment) Bill

The 2021 Bill amends the Narcotic Drugs and Psychotropic Substances Act 1985 and seeks to rectify a drafting “anomaly” created by a 2014 amendment. The bill amends Section 27A and changes Section 2(viii)a mentioned in that section-to-Section 2(viii)b.

About the 2014 amendment: - Section 27A of the NDPS Act, 1985, prescribes the punishment for financing illicit traffic and harboring offenders. Before 2014, Section 2(viii)a contained a catalogue of offences for which the punishment is prescribed in Section 27A.

Section 27A reads: “Whoever indulges in the financing, directly or indirectly, any, of the activities specified in sub-clauses (i) to (v) of clause (viii)a of section 2 shall be punishable with rigorous imprisonment” not less than 10 years (may extend up to 20 years) and fined not less than one lakh rupees.

In 2014, an amendment was made to the NDPS Act to allow for better medical access to narcotic drugs.

In Section 2(viii)(a), the amendment defined “essential drugs”. The amendment shifted the offences earlier under Section 2(viii)a to Section 2(viii)b.

Under Section 9, it allowed the manufacture, possession, transport, import inter-State, export inter-State, sale, purchase, consumption and use of essential narcotic drugs.

Error and its outcome

The 2014 amendment failed to amend Section 27A from changing Section 2(viii)a mentioned in that section-to-Section 2(viii)b. This has made Section 27A inoperable since 2014.

In 2016, an accused had sought bail in West Tripura in Agartala, citing this omission in drafting. The district judge then referred the legal question to the High Court.

The government had argued that the drafting error cannot be grounds to seek bail and must be overlooked. The court agreed with the government. But the court said the reading could not be

applied retrospectively, as this would violate Article 20(1).

Article 20(1) says that no person shall be convicted of any offence except for violation of the law in force at the time of the commission of an offence, nor be subjected to a penalty greater than that which might have been inflicted under the law in force at the time of the commission of the offence.

Issue with the recent amendment bill

Earlier, the government brought in an ordinance to rectify the drafting error. But the recent bill mentioned, “It shall be deemed to have come into force on the 1st day of May 2014”. Thus, the amendment makes the law retrospective. The government clarified that the retrospective application is permitted in “clarificatory amendments.”

But the bill is criticised for introducing a substantive sentencing provision in criminal law that has been given retrospective effect by a legislative declaration—making penal provisions retrospective will lead to more constitutional questions.

other issues missed out by the bill

Failed to decriminalise Marijuana: There are many benefits associated with Marijuana.

- Multiple sclerosis patients could benefit from therapeutic drugs derived from Marijuana.
- It may also help control pain, seizures and other afflictions,
- Its commercial cultivation could offer more than medicinal value.

Concluding it with the statement

The President gave his assent to both the Bills on Wednesday (12 January 2022)

Under the Act, financing certain illicit activities (such as cultivating cannabis or manufacturing narcotic drugs) or harboring persons engaged in them is an offence. persons found guilty of this offence will be punished with rigorous imprisonment of at least 10 years (extendable up to 20 years) and fine of at least Rs. 1.00,000.

Further, the Global Commission on Drugs, a panel of leaders and thinkers, called for countries to regulate rather than ban cannabis (and narcotics). So, India should decriminalise Marijuana.

There is the Narcotic Drugs and Psychotropic Substances Act, 1985, which was enacted with the objective of controlling and regulating the transportation, usage and/or consumption of these illicit substances. The purpose for which the Act was enacted has been achieved in its implementation process. The central government, along with the respective state governments,

have been successful in introducing rules in relation to the Act to increase its positive effect on society. The offenders identified under the Act have also been provided with a chance of fair trial while following the principles of natural justice. The right to appeal has also been provided against the decision of the Tribunals.

X. RECENT INSTANCES

Let's look at some real-life scenarios in which people of various ages are literally destroying their lives by establishing their own dark rooms. These cases are based on real-life tormenting of the body, soul, and natural-born existence.

Be it the ordinary working class, actors, entertainers, singers, professionals, artists, and so on, all are too readily drawn to drugs, at any time, any place, and in any form.

Let's talk about:

- “Superstar, son on the cruise, caught a bag of narcotics, which was discovered by NCB Officer Sandeep Wankhede, who was in charge of the case in which the star son and his associates were found taking and selling drugs.” Will he be released on bail? Is it a long-term offence? How does the mother come in with McDonald's burgers? Outside the jail, Gauri is sobbing!
- So, since you've seen all of these headlines, the basic formula of drug addiction has occurred.
- Inventive phrasing “Sushant Singh Rajput, a well-known actor, was discovered hanging in his apartment!” Later, he discovered that his girlfriend Ria Chakraborty was giving him and her friends narcotics and that the overdose caused him to hang himself! “Yet another similar formula of drugs!”
- “The actor Vikas Verma, too addicted to drugs, leads to his room storey, locking him in for nearly a year; his career is on the line!”
- # Addiction > makes an appearance here as well.
- “In the porch colony near Delhi NCR, young youngsters have seen boozing with dopes and marijuana supplies. “
- “Will the unfamous celebrity make a comeback after succumbing to depression and taking drugs?” ‘addiction’ is a word that has a lot of different meanings.
- “SANJU! ON SANJAY DUTT! THE BOOK!” Addiction is a word that has a lot of different meanings. In any circumstance or scenario, addiction is pushing individuals

to new heights; it's very easy to be caught up in it but even more difficult to pull out of it.

Not only is your mental health damaged, but the environment around you, your family, and your work life are all shattered at the same time. Suicide is so easy to think of that a drug user might be turned into a criminal at any time!

Once it enters your body and begins to affect your brain, all of your cells are disrupted, and neurological areas are haywire, perhaps leading to mental illness. It's possible that you won't be able to eat, think, or sleep well. You get into a mindset where all of your thoughts are negative. Even for your own life, the decisions are not in your hands, and you go through a pissed-off phase where, if your task is not completed according to your specifications, you become enraged. You can become so enraged that you decide to confront that individual, say, by hitting him hard, injuring him, or even murdering him. You are not only damaging to others but also to yourself; you may spend your life hanging or cutting your vessels due to a lack of drugs, for whatever reason.

It's a daily ritual for a drugged personality, and taking a break can be a curse, so no breaks are allowed. When a plastic wrap is placed around your face, and you are struggling for oxygen, a person may jiggle his body in order to obtain a medication; nevertheless, because the nerves are in demand of the medicines, they are also addictive.

When no one close to you can save you or get you out of it, reports suggest that it becomes necessary for parents to give their children doses of it in order to keep them happy and alive.

Rehabilitation centers serve a vital function, including specialists and allowing them to address them with curative, measured therapy. Substance abuse therapy is a treatment and support programme that helps people overcome their drug or alcohol addiction. This sort of treatment is frequently used as part of rehabilitation programs to help clients overcome their mental and emotional dependence on substances.

In a clinical context, clients will engage with a qualified addiction counsellor or substance abuse counsellor (titles vary by state, but the therapeutic goals are the same) to address concerns such as mental health, behavior patterns, and treatment alternatives.

Counselling for substance use may include:

- Sessions of talk therapy
- Examining the root causes of addiction
- Positive coping mechanisms

- Creating treatment strategies and goals
- Practising the key skills and behaviors for recovery
- 12-Step Program or Group Recommendation

XI. CONCLUSION

Despite the law that is prevalent and trying to achieve the objective but this drug abuse can't be ended at one go, so there are various steps a person needs to follow at their end to achieve better results. Such steps have been mentioned below recommendations. It is so because change can't be brought only by certain laws or governmental initiatives till time individuals do not cooperate at one go.

People sometimes stop using drugs for a period of time when they are away from triggers that remind them of their drug use. Drugs may be harder to get by when you're not at home. If you don't take steps to avoid your triggers once you return to normal life, you're likely to start using again. A relapse is defined as a return to drug use. If they don't take precautions to avoid their triggers, those recovering from addiction are likely to experience one or more relapses along the way.

A trigger is something that makes you feel compelled to use drugs again. It can be a place, person, item, fragrance, feeling, sight, or memory that makes you think of getting high on a substance. Something stressful that you want to get away from can be a trigger. It could even be something that brings you joy. People who are suffering from addiction should avoid people and circumstances that may prompt them to use drugs again, much as people who have respiratory issues should avoid smoke and dust.

People who have been clean for a long time, either because they were in jail or because they were in treatment, should be aware that if they relapse and consume the same amount of substance as before, they are at risk of overdosing. Their desires may not have subsided, but their tolerance has, indicating that their bodies can no longer tolerate heavy amounts of the substance. Overdosing often results in death if not treated right away. This is why people frequently die of an overdose shortly after leaving rehab.

Once you've become addicted to a drug, you're at a greater danger of relapsing into that behaviour. Even if you've undergone treatment and haven't used the drug in a long period, if you start using it again, you're likely to lose control over it.

Follow your treatment plan to the letter. Keep an eye on your appetite. It may appear that you've recovered and that you don't need to take any further actions to remain drug-free.

However, if you continue to see your therapist or counsellor, attend support group meetings, and take prescribed medicine, your chances of being drug-free will be considerably better.

Stay away from high-risk scenarios. Don't return to the drug-dealing area where you used to buy your narcotics. Also, keep away from your drug-addicted pals.

If you take the substance again, seek help right away. If you start using the drug again, you should immediately contact your doctor, a mental health professional, or someone else who can assist you.

When professionals ask inquiries regarding mental health symptoms, they're looking to see if the person has depression and/or manic symptoms, as well as anxiety, hallucinations, delusions, and behavioural issues. As a screening tool for substance use disorders, practitioners may give the patients they evaluate a quiz or self-test. Because some of the signs of chemical dependency can also be found in other mental illnesses, the screening is used to see if the person has bipolar disorder, anxiety, schizophrenia, schizoaffective disorder, or other psychotic disorders, or if they have a mental illness. Antisocial personality disorder or attention deficit hyperactivity disorder (ADHD) are examples of personality or behaviour disorders. Any condition that causes abrupt changes in behaviour, mood, or thinking, such as bipolar disorder, psychosis, borderline personality disorder, or dissociative identity disorder (DID), might be difficult to distinguish from some drug use disorder symptoms. A mental-status evaluation is also performed by healthcare specialists in order to determine the person's present emotional state.

As we went through the whole thing, we've come to the conclusion that these powerful drug addictions may react to your body and mind in different ways, but they're all harmful. The effects affect the entire body, psychologically, sexually, physically, and emotionally, which can lead to financial, relationship, and other issues.

XII. RECOMMENDATIONS FOR PREVENTION

The greatest method to avoid becoming addicted to a substance is to avoid using it at all. If your doctor prescribes a drug that has the potential to cause addiction, take it with caution and follow your doctor's instructions. Doctors should administer these medications in reasonable doses and quantities and closely monitor their use to ensure that you are not given too much or for too long. Consult your doctor if you believe you need to take a drug in a higher dose than suggested.

Take these steps to help prevent drug misuse in your children and teenagers:

- **Communicate:** Discuss the dangers of drug use and misuse with your children.

- Listen: When your children talk about peer pressure, pay attention and encourage them in their efforts to reject it.
- Lead by example: Don't abuse alcohol or other addictive substances. Drug addiction is more likely in children whose parents abuse drugs.
- Make the link stronger: Make an effort to improve your relationship with your children. Your child's chances of using or misusing drugs will be reduced if you and your child have a solid, secure bond.

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