

Drugs abuse

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What is a drug ?

- A drug is **any chemical substance** that when absorbed into the body of a living organism **alters the normal function of the body**.

What is drug abuse ?

- Drug abuse is a patterned use of a substance (drug) in which the user consumes the substance in **amounts or with methods neither approved nor supervised by medical professionals.**

Drug addiction:

- After drug abuse comes drug addiction.
- Taking a drug causes a sudden increase in levels of dopamine in your brain, which trigger feelings of pleasure.
- **Your brain remembers these feelings and wants them repeated.**



Types of drugs

- Legal drugs
- Illegal drugs

Legal drugs:

- Legal drugs are intoxicating **drugs which are not prohibited**.

Examples:

- Caffeine
- Nicotine
- Sleeping pills
- Alcohol
- Betel nuts

Caffeine:

- Coffee contains caffeine which ,when consumed in excess can be addictive, stimulate, and a mood charger.

It's side effect:

- A large amount of coffee or caffeine consumed all at once can have a negative affect on **blood sugar levels that influences fat burning that could change into storing fat.**

Nicotine:

Tobacco is a very common legal drug which contains nicotine. Excess consumption of tobacco Causes several health problems.

It's Effects:

- Lung cancer
- Throat cancer
- Pancreatic Cancer
- Head and Neck Cancers
- Stomach Cancer

Sleeping pills :

- It is a drug which helps to induce sleep.
- It is generally prescribed to the people who have sleep disorder or physically injured (to ease the pain).



It's Side Effects:

- Burning or tingling in the hands, arms, feet, or legs
- Changes in appetite
- Constipation
- Diarrhoea
- Difficulty keeping balance
- Dizziness
- Drowsiness
- Dry mouth or throat
- Gas
- Headache
- Heartburn
- Stomach pain or tenderness
- Uncontrollable shaking of a part of the body
- Unusual dreams
- Weakness

Alcohol:

- Alcohol is a psychoactive drug that has a depressant effect.
- A high blood alcohol content is usually considered to be legal drunkenness because it reduces attention and slows reaction speed.

Effects

- Heart disease
- Stroke
- Cancer
- Diabetes
- Obesity



Betel Nuts:

- Chewed nut popular in Asia

Effects

- Excessive use leads to **warm sensation, increased pulse rate, sweating**
- Prolonged use for many years may increase the risk for **oral cancers**



INHALANTS

Attract younger children, or adults who can't afford alcohol or street drugs



INHALANTS

RISKS

- lack of coordination
- dizziness
- euphoria
- difficulty speaking
- brain damage
- organ damage
- death caused by choking
- high only lasts a few minutes, abusers inhale repeatedly and can lose consciousness or die

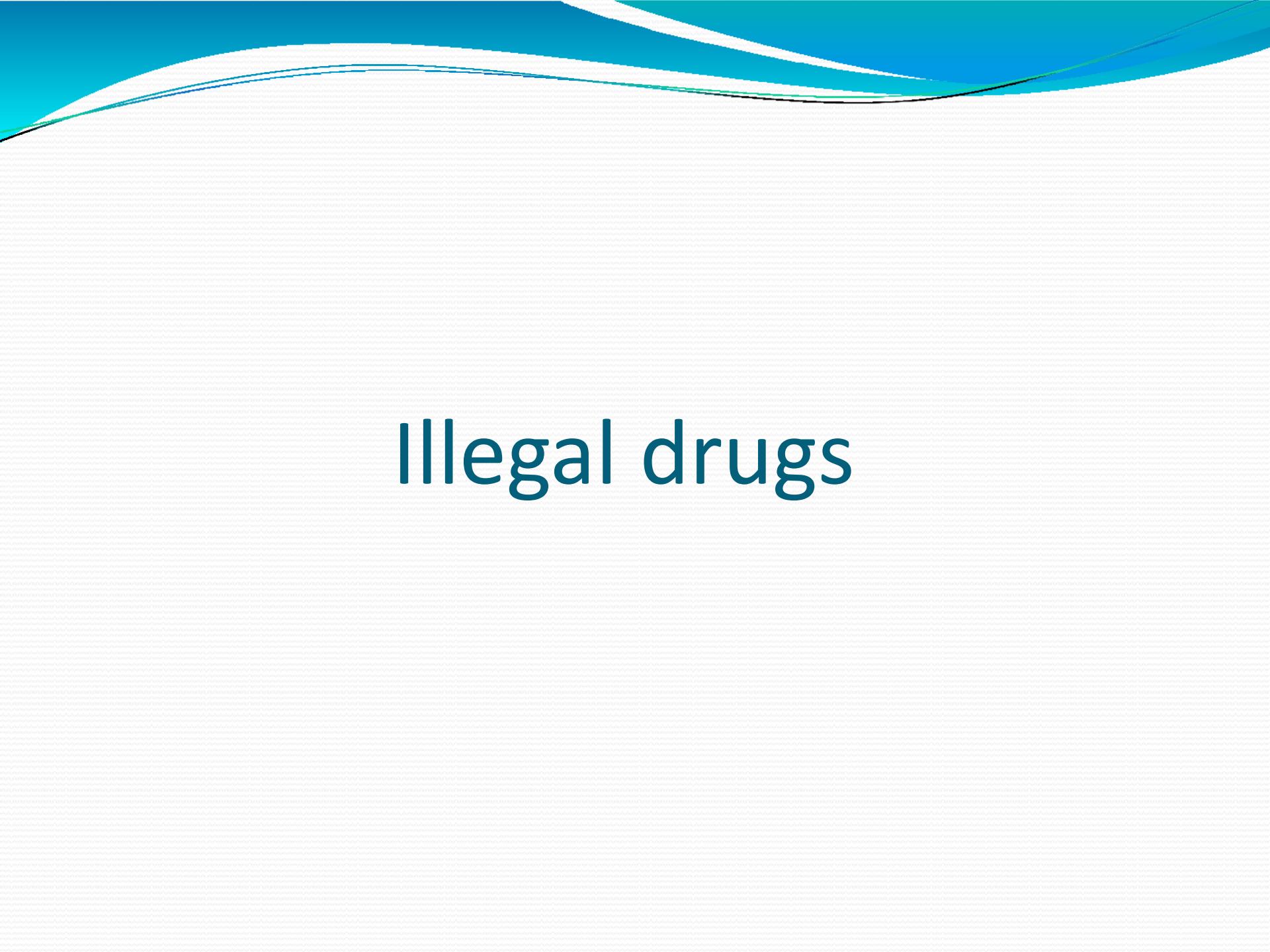


INHALANTS

Long time Risks

- Long term users show weight loss, muscle weakness, irritability, depression





Illegal drugs



Opium – oral, inhalation, weed, pot

Morphine – injection



Cocaine Abuse Will Affect You
Mentally and Physically

Codeine – oral (tablets and cough syrups)

Heroin – injection, inhalation, chasing



Buprenorphine – oral, injection

GANJA

- Ganja is the most common illegal drug around the world
- Comes from a plant called “cannabis”
- Some people call it pot, weed, grass, hash, smoke.
- Cannabis has the chemical “tetrahydrocannabinol” or THC
- When you smoke a joint the THC goes into the lungs, then into the heart which pumps into the bloodstream which takes it directly to brain

ganja

- Short Term Effects:
 - Increase in heart rate, lead to anxiety and paranoia
 - Distorted concept of time and space
 - Decrease in concentration skills, short-term memory capacity
 - Feeling tired after the "high" wears off
 - Increase in appetite, weight gain
-
- Long Term Effects:
 - Breathing problems
 - Lung cancer
 - Damage cells and tissues in the body that fight disease
 - Lack of motivation
 - Difficulty processing new information



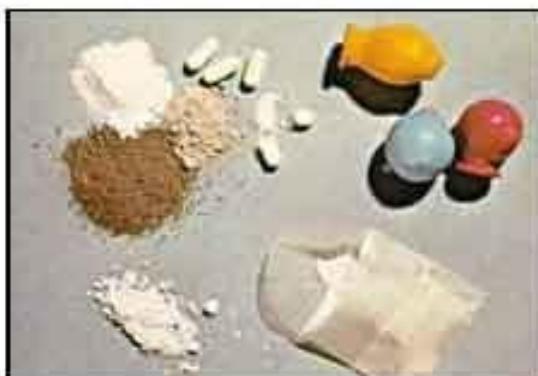
Marijuana

- Marijuana and cigarette smoke have some of the same cancer-causing substances.
- Benzopyrene (cancer-producing agent) higher in marijuana
- 400 chemicals in marijuana smoke affect lungs, throat and esophagus



HEROIN

- Processed from morphine - obtained from opium poppy
- "downer" affects brain's pleasure systems - interferes with brains ability to feel pain



Heroin colors can vary from a dark brown sugar color to a whitish color appearing a lot like cocaine

HEROIN

- white to dark brown powder or tar-like substance is cut with other drugs or substances (sugar, starch, powdered milk)
- abusers don't know actual strength of drug or true contents = high chance of overdose or death
- sharing needles and equipment cause other diseases and problems for



HEROIN

- leads to flushing of skin, dry mouth, collapsed veins, liver disease
- additives don't dissolve and this leading to clogs in blood vessels that lead to lungs, liver, kidney or brain
- tolerance develops with regular use - user needs more heroin to achieve same inten



Roseanne

- Roseanne Holland
- Age 29
- Before her heroin habit took over her life



2 of 2

Ms Holland's habit starts to show in her face.
Studies in London suggest that there are at least 45,000 chronic crack addicts in the city.



3 of 3

- Ms Holland is American - police have pictures of British addicts but were constrained by issues of confidentiality.



- Another addict taking part in the campaign wrote: "This drug is evil...Not only the outer disfiguration is extreme, the effect it has on your insides are worse".

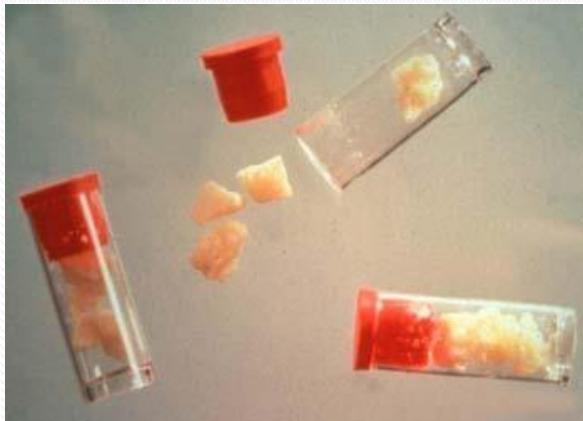


- At 38, Ms Holland has sunken cheeks and a skeletal face. Police do not know where she is but assume she is dead.



Cocaine + CRACK

- Cocaine is a stimulant drug-more alert and energetic
- Cocaine is a white powder comes from the leaves of coca plant
- the hardest drugs to quit



Cocaine + CRACK

Cocaine is a powerful, energetic, talkative, alert and euphoric

- More aware of senses (increases sound, touch, sight and sexuality)
- Reduces hunger and need to sleep
- Increase in self-control and confidence
- High doses cause panic attacks, psychotic episodes (paranoia), violent behavior



Cocaine - effects

- Blood vessels thicken and constrict, reduce flow of oxygen to heart
- Heart muscles work harder can lead to heart attack or stroke
- Raises blood pressure, can explode weakened blood vessels in brain
- Small amount can lead to overdose
- Overdose can cause seizure or heart failure
- Snorting cocaine can cause sinus infection and loss of smell

Cocaine – long time effects

- Damage tissues in nose, cause hole in nose
- Damage lungs-severe chest pains, breathing problems, high temperatures
- Cocaine increases the same chemicals in the brain that make people feel good when they eat, drink or have sex



Crystal meth

Some pictures of effects of methamphetamine



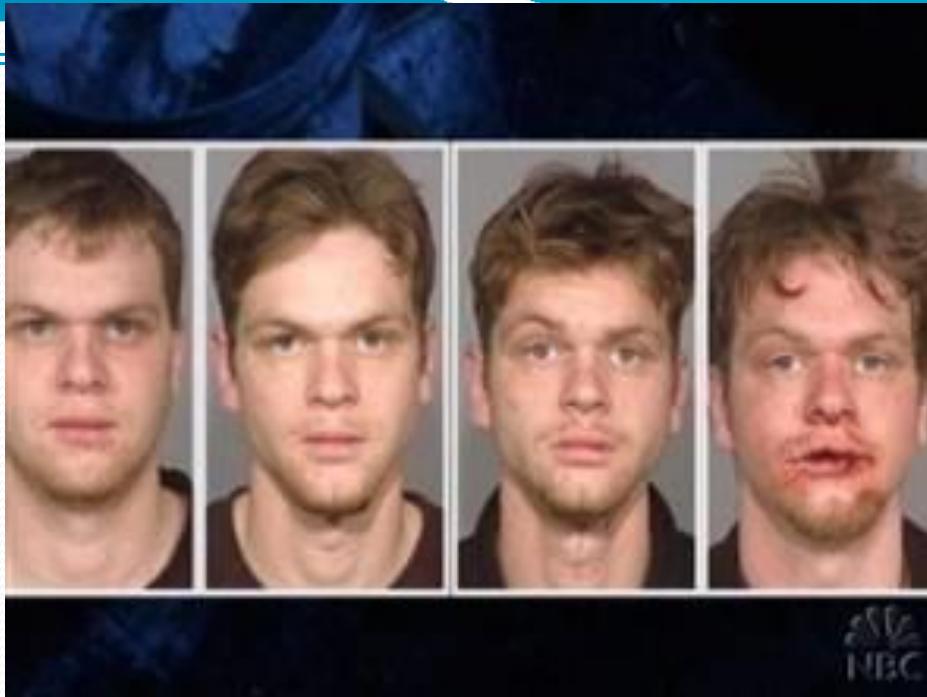
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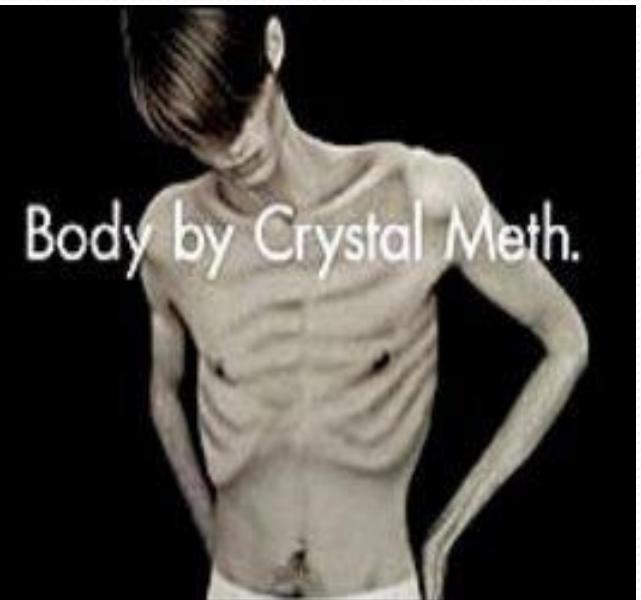
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5 years later

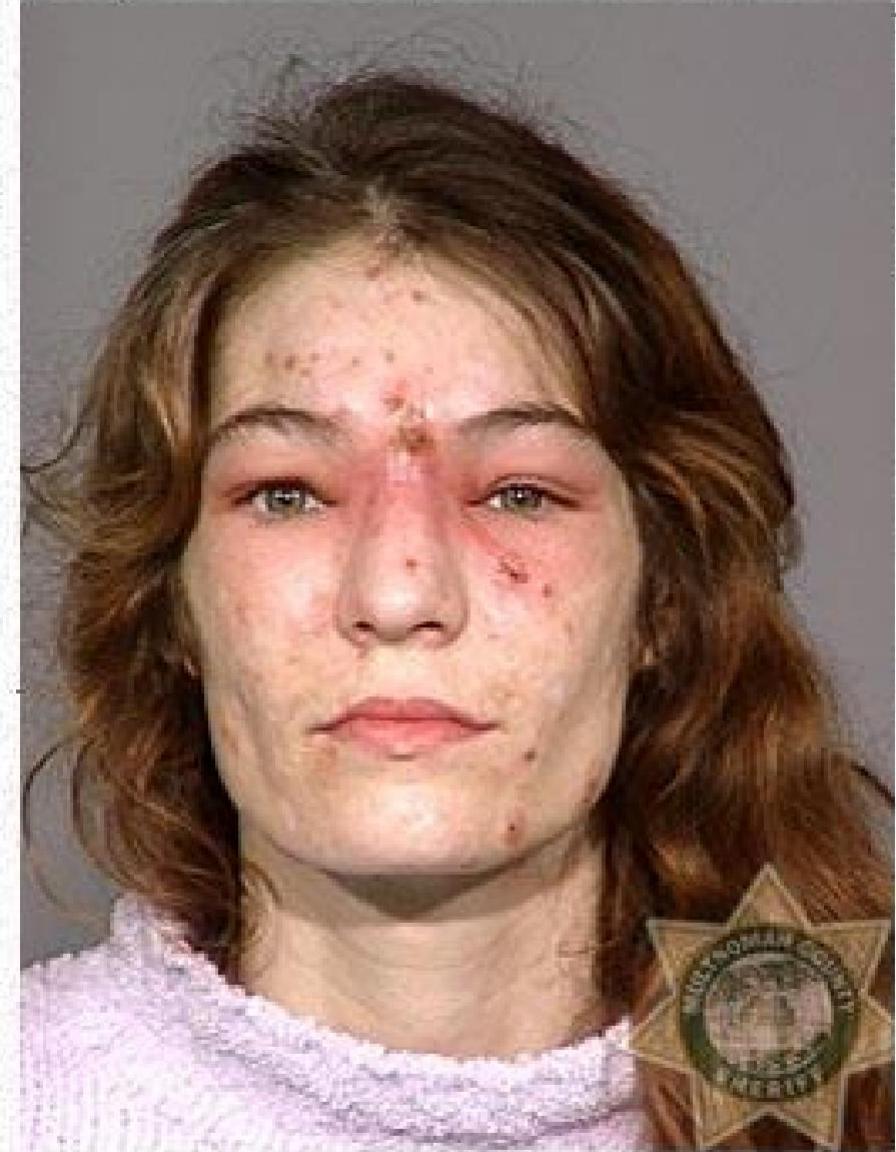


ABC
NBC





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11 months later



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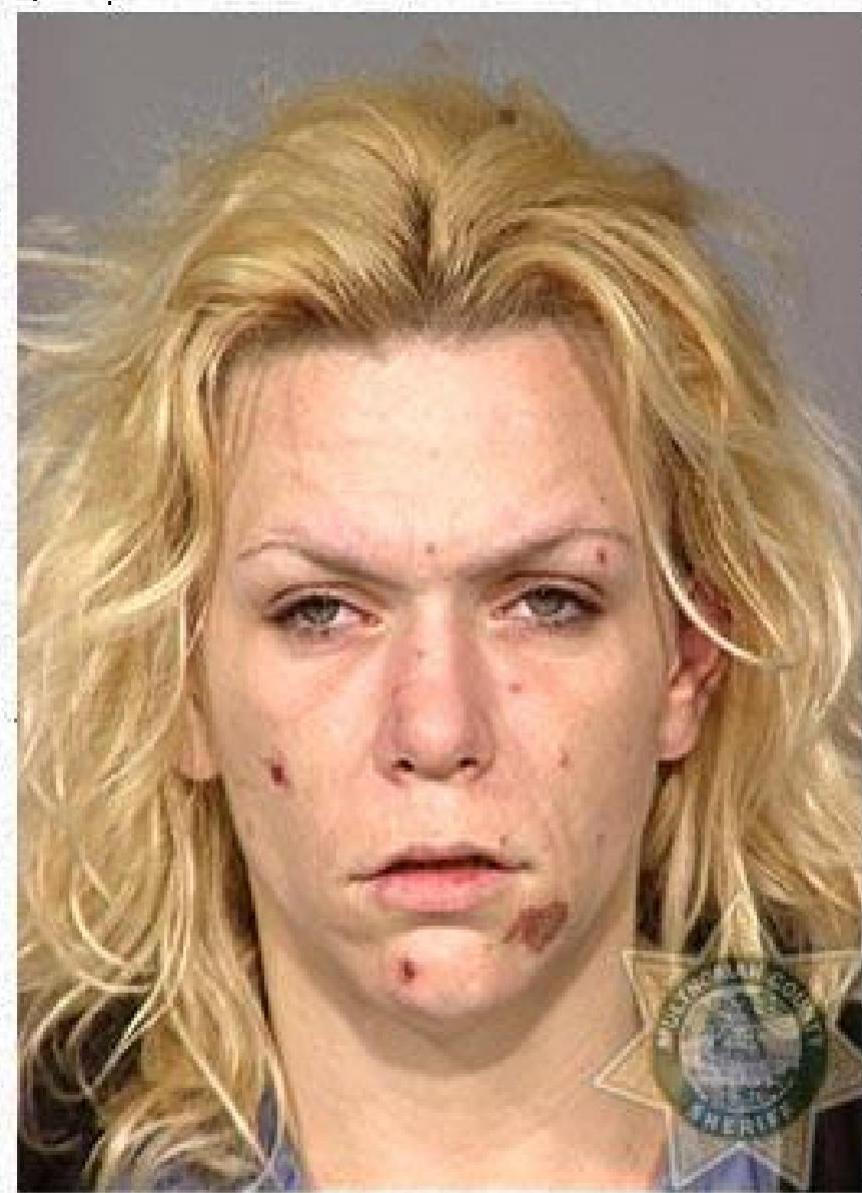
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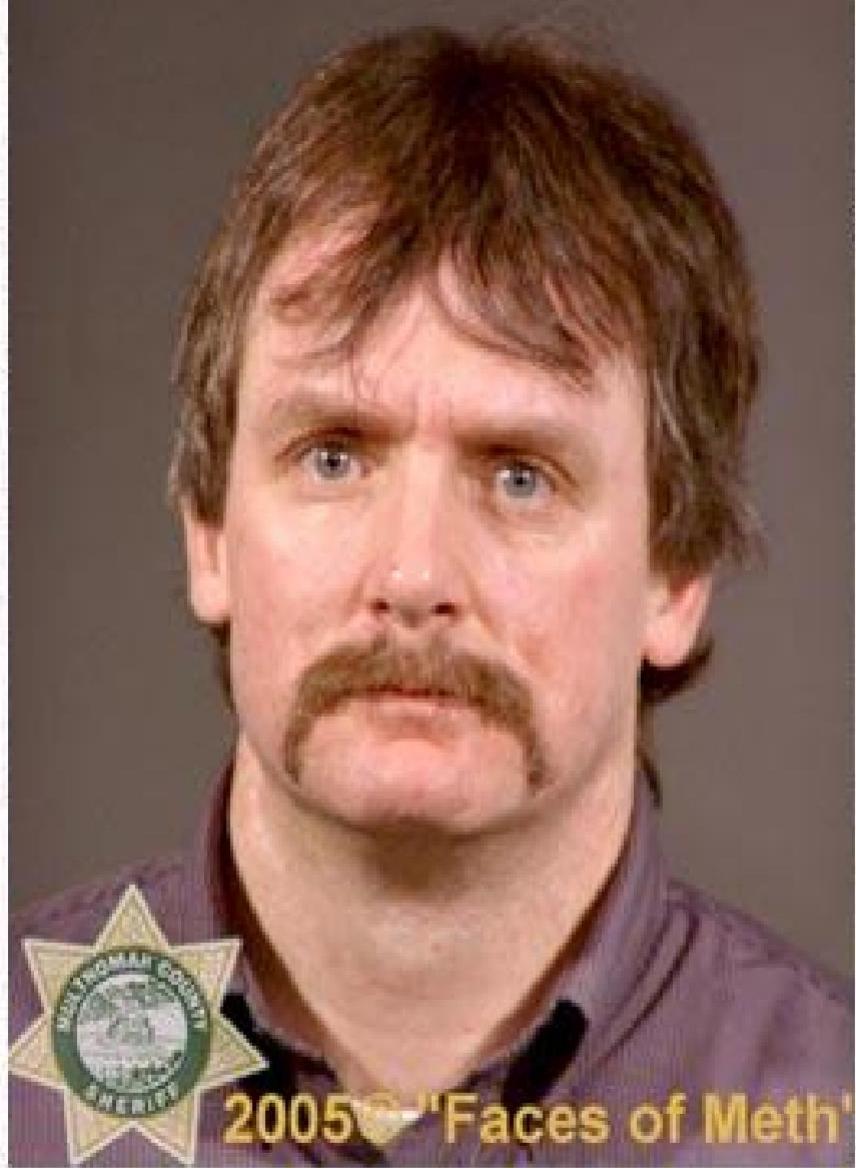
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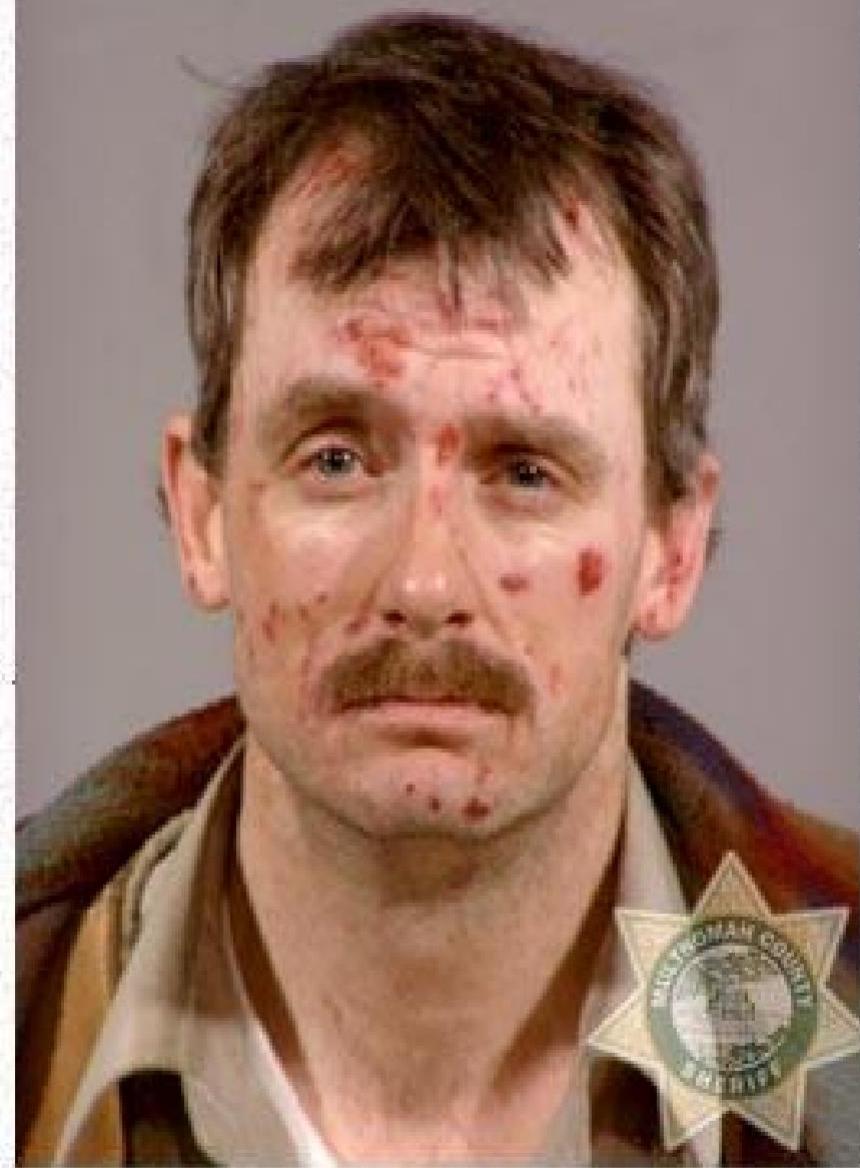
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1 year later



2005 "Faces of Meth"



3 months later

EFFECTS OF DRUG USE ON CHILD

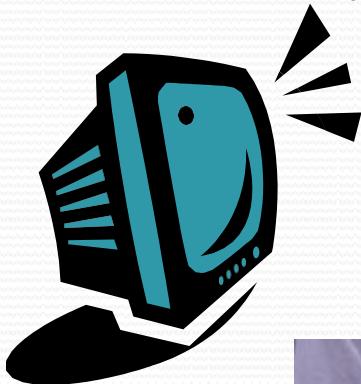
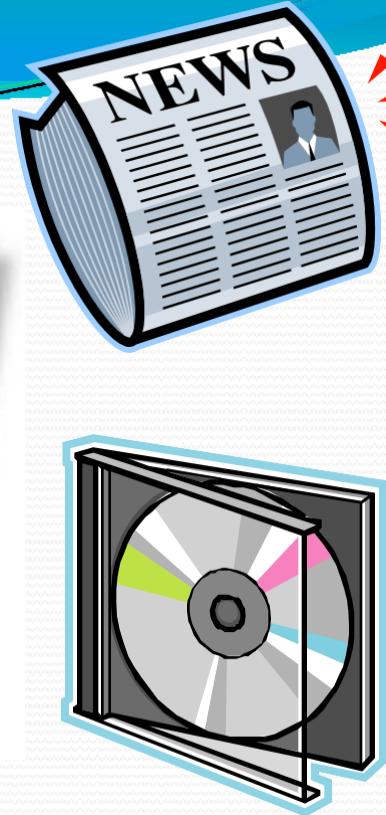
- Miscarriages
- Premature birth
- Low birth weight
- Birth defects
- Developmental problems
- A baby's health problems, if caused by a drug will continue to grow as the child grows.



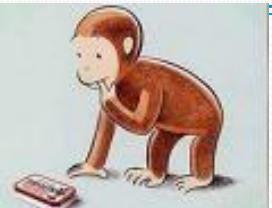


WHY DO PEOPLE USE DRUGS?





MEDIA



???

THE BATTLE AGAINST BOREDOM



BOREDOM

BOREDOM
CURIOSITY

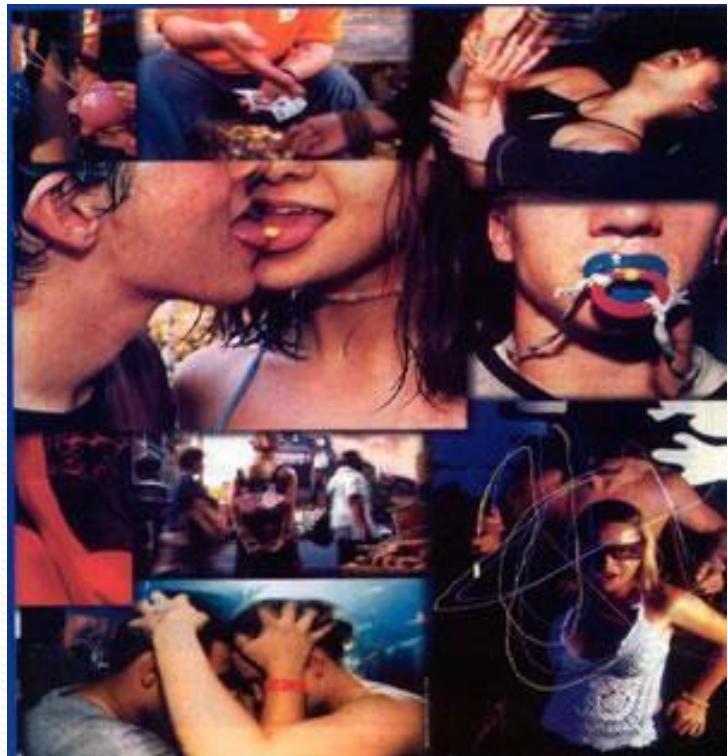


EMOTIONAL PRESSURE





CELEBRATIONS





*Peer
Pressure*



PEER PRESSURE



The Power of
Peer Pressure



Reasons for drug addiction:

- Curiosity
- To relieve boredom.
- People suffering from anxiety, depression or other mental illnesses use drugs and alcohol to ease their suffering.
- People see family members, friends, role models or entertainers using drugs.
- People get physically injured and unintentionally get hooked on prescribed drugs.
- People think drugs will help them fit in.



RISK FACTORS

Family management problems

- poorly defined rules
- inconsistent application of rules
- lack of monitoring
- excessive discipline
- negative communication patterns
- poor anger management



WHAT YOU DON'T WANT TO HAPPEN...
GET A MEDIATOR IF IT'S DIFFICULT

PREVENTIVE METHODS:

- Since many people who try to stop doing drugs on their own experience **Withdrawal Symptoms**, which are hard to ignore, going to a **rehabilitation center** is a safe way out.
- **Awareness programs** like our own Ethics and values class may prevent many students from succumbing to peer pressure and doing drugs.
- Personal counseling and assistance may also help.

PROTECTIVE FACTORS

- Positive relationships with adults



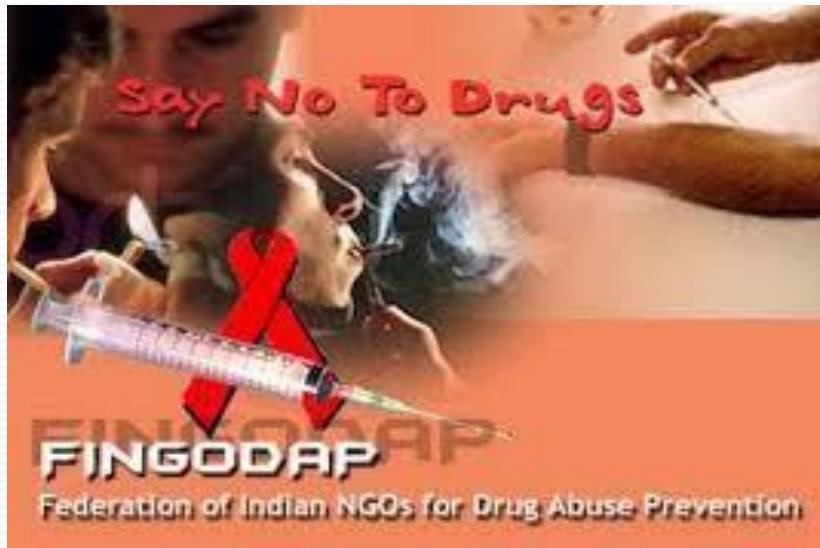
Recovery From Drug Addiction:

It is never
too late to
make things
RIGHT

WWW.LIVELIFEHAPPY.COM

- Exploring the treatment options
- Finding support
- Learning new habits
- Controlling triggers and avoiding cravings
- Never lose hope

NGOs Helping to recover :



Drug prohibition laws

Australia: Standard for the Uniform Scheduling of Drugs and Poisons

Belize: Misuse of Drugs Act (Belize)

Canada: Controlled Drugs and Substances Act

Estonia: Narcotic Drugs and Psychotropic Substances Act (Estonia)

India: Narcotic Drugs and Psychotropic Substances Act

Netherlands: Opium Law

New Zealand: Misuse of Drugs Act 1975

The Philippines: Comprehensive Dangerous Drugs Act of 2002

Poland: Drug Abuse Prevention Act 2005 (article in Polish Wikipedia)

Republic of Ireland: Misuse of Drugs Act (Ireland)

Republic of South Africa: Drugs and Drug Trafficking Act 1992

Singapore: Misuse of Drugs Act (Singapore)

Thailand: Psychotropic Substances Act (Thailand) and Narcotics Act

United Kingdom: Misuse of Drugs Act 1971 and Drugs Act 2005

United States: Controlled Substances Act

The major drug laws of India are the **Narcotic Drugs and Psychotropic Substances Act (1985)** and the **Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act (1985)**.

Drug prohibition law of India

THE NARCOTIC DRUGS AND PSYCHOTROPIC SUBSTANCES ACT, 1985 (shortened to NDPS Act). Under the NDPS Act, **it is illegal for a person to produce/manufacture/cultivate, possess, sell, purchase, transport, store, and/or consume any narcotic drug or psychotropic substance.**

Under one of the provisions of the act, the **Narcotics Control Bureau** was set up with effect from March **1986**. The Act is designed to fulfill India's treaty obligations under the Single Convention on Narcotic Drugs, Convention on Psychotropic Substances, and United Nations Convention Against Illicit Traffic in Narcotic Drugs and Psychotropic Substances. **The Act has been amended three times - in 1988, 2001, and most recently in 2014.**

Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act:

The Act extends to the whole of India and it applies also to all Indian citizens outside India and to all persons on ships and aircraft registered in India.

Narcotics Control Bureau

The Narcotics Control Bureau (NCB) is the chief law enforcement and intelligence agency of India responsible for fighting drug trafficking and the abuse of illegal substances. It was created on **17 March 1986** to enable the full implementation of the Narcotic Drugs and Psychotropic Substances Act (1985) and fight its violation through the Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act (1988).

Controlled Substances

The following list mentions the names of some substances banned or controlled in India under the NDPS Act.

The list uses the International Nonproprietary Name (**INN**) of the drugs but in some cases mentions drugs by their chemical name. Widely known drugs such as ganja, cocaine, heroin etc. are mentioned by those names.

Cultivation/production/manufacture, possession, sale, purchase, transport, storage, consumption or distribution of any of the following substances, except for medical and scientific purposes and as per the rules or orders and conditions of licences that may be issued, is **illegal**.

Along with some isomers there are about 235 controlled substances-Some important drugs are listed below

1. Coca derivatives
2. Coca leaf
3. Cocaine
4. Ganja
5. Heroin
6. Opium
7. Opium derivatives
8. 3-[2-(diethyl amino)ethyl]indole (N,N-Diethyltryptamine)
9. 3-[2-(dimethylamino) ethyl] indole (N,N-Dimethyltryptamine)
10. Temazepam
11. Tetrazepa
12. Triazolam
13. Vinylbital
14. Zolpidem

Thank
you!