CHAPTER I
INTRODUCTION
The term 'drug' has been defined variously by individual scholars and organisations. W.H.O. Expert Committee (1973) on Drug defined a Dependence-producing drug as "a drug having the capacity to interact with living organisms to produce a state of psychic or physical dependence or both" and 'drug dependence' as "a state psychic and sometimes also physical resulting from the interaction between a living organism and a drug characterized by the behavioural and other responses that always include a compulsion to take drug at a continuous or periodic basis in order to experience its psychic effects and sometimes to avoid the discomfort of its absence."

The use of intoxicating beverages is as old as civilization. Human society has been plagued by many ills but among all the ills, drug abuse has become one of the greatest ills of modern society. Drugs may be defined as any chemical substance that affect the physiological and psychological functioning, higher brain centres and result in change of behaviour. Psychoactive drugs are in fact used to treat mental disorders and to help in relieving physical or mental discomfort.
to patients who were suffering from certain specific diseases. When they endanger the physical or mental well being of the person, then the drugs can be considered to be abused.

Drug abuse is growing at an explosive rate and in just little over a decade, it has spread its malevolent tentacles to almost every part of the globe.

Drug abuse now-a-days cuts across all ages, barriers of race, caste, creed, religion, sex, educational, occupational and socioeconomic boundaries. It is considered a serious problems in industry, in the professionals and even in the military. Drug abuse and dependence may occur at any age but seem to be most common during adolescence and young adulthood. The use of psychoactive drugs affects the brain, impair judgment and rationale process, lower self control, changes moods, feelings and other rational thinkings. Drug abuse enables the individual to escape from realities and problems of life for a while and also give temporary relieve to a number of other psychological distress like anxiety, worry, depression, frustration, pain, anger, loneliness or fear of "losing one's mind", tension and felt need to meet external demands and temporarily decreases inhibitions to behave in less constrained ways.
People take to drugs for different reasons. Unhealthy atmosphere at home, school and social circle greatly contribute to deviant behaviour of drug abuse. Some may take it for getting unconscious due to some personal failure while others take it due to personality makeup or may be discomfort due to his ill health or due to stress and strains of occupation. Some might in the beginning take it only for company sake and few might take it because it enhances enjoyment of a social situation.

The W.H.O. (World Health Organization) Expert Committee on drug dependence (1973) recognized the following as dependence producing drugs although almost every drug may lead to some abuse.

i) Alcohol - barbiturate type e.g. ethanol, barbiturates and certain other drugs with sedative effects, such as chloridiazepoxide, diazepam and methaqualone.

ii) Amphetamine type e.g. amphetamine

iii) Cannabis type - preparations of Cannabis such as marijuana (Bhang, Ganja and Hashish (Charas).

iv) Cocaine type - Cocaine and Coca leaves.
v) Hallucinogen type e.g. LSD, mescaline and psilocybin

vi) Opiate type e.g. opiates such as morphine, heroin and codine and synthetics with morphine like effects such as methadone and pethidine, and few more.

Cannabis type (marijuana group - Bhang, ganja, hashish and charas) predominantly produce psychological dependence whereas opiate type (heroin and opium) produces physical and psychological dependence. Addiction to opiates develops very quickly and its severe and dangerous. It is possible for the marijuana group of abuses to leave the habit without medical treatment, whereas it is extremely difficult for sugar addict to kick the habit... .

...e nervous, over sensitive, dependent upon

...or self esteem may also take the path of drug abuse. It seems that certain stress causing factors in life make an individual to turn to drug abuse:

Since excessive drug abuse destroys the man's life then the question arises as to why psychological dependence on drugs is learned at all. A variety of factors like social ostracism, emotional, insecurity, stress and strains and modern life,
professional anxiety, erosion in social values, socio economic changes and simple curiosity of floating high and achieving dreamy pleasurable sensations might because drug abuse. Potential drug abusers tend to be emotionally immature, discontented with his or her life situation and unable to tolerate tension and stress. This often makes them maladjusted in life. Adjustment in life infact means that a person maintains proper equilibrium between the needs and the environment and is able to cope with these problems of life easily. The extent to which a person’s needs wishes, desires etc. are satisfied directly influences his adjustment and he always makes an active effort to cope with the problems of life and achieve some kind of honest self awareness, independence and fulfillment.

Adjustment is a life long process that involves stimulus response behaviour. First of all, individual proceeds towards the direction of the goal, and while proceeding towards the direction of the goal, there is every possibility that he may be blocked by obstacles. He may face circumstances which may lead him to thwarting. In this thwarting condition, the individual makes varied responses to attain the goal and he goes on until he discovers some appropriate response, reaches the goal and
develops adjustment. If individual is able to accept himself and the ways of the life he has to follow without any hazard, he become well adjusted in life.

Well adjusted individual maintains a stable sense of identity and possess the inner freedom to make their own decisions rather than yielding to pressures from the environment and from other people. Well adjusted person can function more or less satisfactorily despite the inevitable problems of life. These persons are realistic and do not unduly grandose expectations. They are not surprised, overtly ashamed or angry when they themselves fail or others fail them. They can in fact "Roll with the Punch" and are rarely unhappy over the personal disappointments. They are flexible and confident of their ability to cope with, whatever situations may arise and can somehow manage to live with them. They find things to do which give them pleasure. They have good deal of independence and do not shift like a weather vane with every change of wind, either in society as a whole or among their associates, though they enjoy a certain amount of privacy.

Well adjusted people are capable of feelings and showing affection and can establish close relationship with others. They
accept with grace the realities of the physical world and of society and behave in harmony with them. They take failures realistically, become satisfied with what they have attained and face the world squarely. Well adjusted individuals acquire more or less effective techniques for dealing with most conflicting situations and resolve them adequately. Bizarre experience, apathy, depression, false beliefs, loss of identity and anxiety can make the person maladjusted. Feelings of insecurity, emotionally charged conditions, self devaluation, inefficient contact with reality, unrealistic life goals, inability to learn from past experience and inability to bear criticism can easily lead to maladjustment.

The rate of pervasiveness of change today affect the family life, education, personality, job, leisure pursuits, economic security and even beliefs and values. Majority of the individuals are bewildered, bitter and are unable to find satisfying values to guide their lives. Severe economic adverse conditions, breaking up of joint family system, urbanisation with lack of good job opportunity, mutual differences, job dissatisfaction, guilt feelings and stress of failure and loss, easily make an individual to turn to drug abuse. These changes cause a considerable stress and some times individuals find it difficult
to cope with them and turn to easy path of drug abuse. Some may consume it in the beginning, to get relieve from personal worries occasionally, but slowly and steadily these individuals may become psychologically and physiologically dependent on it.

There is no doubt that one enjoys transient respite from the harsh realities and worries of life by taking different type of drugs and get enjoyment and relief for a short time, but they create problems, when taken in excess in the long run. Drug abuse creates problems for individual, family members and society at large. It seems that the individual takes to drug abuse for certain specific immediate results which he values more, inspite of a clear awareness of its adverse effects in the long run.

Drug abuse can be considered as a symptom of underlying problems. There is though no single causal pattern that fits in all addiction of narcotic drugs, yet, some common factors seem to contribute to drug abuse greatly.

Environment at home infact plays a significant role in the life of the person who takes to drug. The Drug abuse most of the time starts right from the home. The individual usually starts taking drugs due to unhealthy and unsatisfactory family relationship at home. The abnormal parental attitudes like
parental over solicitude, maternal overprotection, overstrictness and non-affectionate discipline of family members, communication failure, broken homes, quarrels among family members, disrupted family, separation, divorce, undesirable parental models, inconsistent faulty behaviour, deprivation, rejection, unrealistic demands from family members, death or injury to family members, sibling rivalry and antisocial family often cause stress. Sometimes inability to live up to the expectations of one or both parents, role reversals of parents, inability to identify with or relate to one or both parents, possessive parents, fear of parents and persistent tension at home also cause stress and stain. The individual also follows the path of drug abuse when the feelings of stress and strains of life become intense and persist over a considerable period of time, then they start having a seriously disturbing influence on the overall personality of the individual. This often leads to distrust, a confused sense of personal identity, self-devaluation, and feelings of hurt and hostility in the individual. Then these individuals start feeling helpless, hopeless and lonely. Children grown and individual living in such type of environment often seek the world as an unsolving and unsatisfactory place to live in. They detach themselves from normal boundaries of society and very easily turn to drug abuse.
The studies of the families and relatives of drug abusers reaffirm this fact and clearly indicate that experience of early parental death, legal separation or divorce is more common a cause in the drug abuse. Deprivation of both parents with subsequent institutional or foster home care for the children has been noted as significant factor in some series of studies. Larger families with older fathers and predominantly male member's generate more drug abuser in some countries. An earlier initiation of excessive drinking seems more likely in those who experienced parental loss than in those without such a loss.

Alcoholism is more common in men than women. Many married women commence to the drinking in middle age in western countries women after divorce as their role of mother or as a wife is challenged with departure of their children from the home or a young wife who cannot bear children for one reason or other than for them and they get tense challenge of the "empty nest" is created. Unhappy marital and other intimate relation can also drive a person to drug abuse. Excessive drinking often begins during crisis periods in marital or other relations, particularly that lead to hurt and self - devaluation. Curlee (1969) found that alcoholism was related to change or challenge in the subject's role as wife or mother such as divorce. After
a review of available literature Newell (1968) described extreme pattern of family interaction in alcoholism. In some instances the husband or wife may also begin to drink excessively possibly through the reinforcement of such behaviour by the drinking mate or to blank out frustration elucidated by an alcoholic spouse. It is learnt that person who abuse drugs or alcohol are about seven times more likely to be divorced or separated than non drug abusers. The continuous quarrel among husband and wife over certain issues can also cause drug abuse.

There is a general belief that modern education demands hardwork and those students who want to achieve high status or who have high aspirations, and are not able to stand strain, take to drug abuse. When individuals can not cope with outside demands and bitter feelings they often become fearful, shy, withdrawn and insecure. Particularly in metropolitan city, where prestigious colleges are located youngsters often feel lonely and insecure which drives the individuals to seek company and sometimes wrong company. These persons loose all hope and become resigned and apathetic and in a way protect themselves by taking drugs.
Unhealthy atmosphere at school and social circle also greatly contribute to deviant behaviour of drug abuse. Youth, in fact, go through new - anxiety - ridden experiences in schools and in social lives, which they have to learn, understand and master in growing age. Youth starts taking drugs to escape anxiety of these new learning situations and stress and strains of modern life. Emotionally insecure youth, who have immature personality turn to drug abuse under the influence of their friends and peer group. By taking psychoactive drugs they confirm peer group expectations as well as display their independence.

Cultural factors are also considered to be important factors which could contribute towards drug abuse. There are striking differences in the patterns and alcoholism rates among various national and religion groups. The effect of cultural attitudes toward drinking is well illustrated by Muslims and Mormons, and orthodox Jews, whose religious values prohibit the use of alcohol. The incidence of alcoholism among these groups is minimal. Cultural influence reinforce the family patterns, and establish the predisposition for alcohol abuse as the means of aiming to get relief from anxiety and depression. The family histories of drug abusers demonstrate that the future alcoholic and drug abuser was mothered by an over indulgent and
overprotective parent who encouraged his infantile oral demands from the early periods of life, until eventually they were too excessive to be met. The outbursts of rage at frustration of demands are met by such mothers with redoubled efforts which in turn, intensify the infantile demands and dependency. It has been reported that alcoholics had an alcoholic parent (usually the father).

Anthropological studies have traced use of different drugs since the evolution of man. Available literature indicates that in every culture one or the other drug has been used, although cultures have differed in their choice of particular drug. Early records of history have shown that the Europeans have been cultivating opium for at least four thousand years. Cannabis (Bhang, ganja and Charas) has a long history of use in India.

Psychological reason or cause have also been held responsible for drug abuse. Many patients are given narcotic drugs such as opiate type drugs like morphine to relieve pain during some illness or serious injury. Those addicts start blaming their addiction on the fact that they used drugs during illness, so they have become psychologically dependent on them.
These individuals usually show personality deficiencies that may have predisposed them to the use of drugs such as immaturity, low frustration, and tolerance.

Drug abuse can be caused in later stage due to some biological factors also. Previous history records of drug abusers have shown that, in ancient times, alcoholic beverages were generally referred to as 'Somras'. But in recent years, there have been remarkable changes in the pattern of alcoholic use. Opium and its derivations including codeine, which is used in some cough syrups also has addictive property, and in later years unauthorised sale and dispensation of these drugs became offense. In the drug dependent person, cell metabolism get adapted itself to the presence of that drug in the bloodstream and go on demanding more for stability. Every dose of drug proves reinforcement for drug abuser because it reduces the unpleasantness for a while. In the same manner morphine and heroin are introduced in the body by smoking or hypodermic injection. Drug induced by injection directly affects bloodstream. This is followed by 'High' condition during which bodily needs get diminished and pleasant feeling of relaxation tend to dominate. It has been reported that in chronic drug abuser the brain cells get adapted to the presence of that drug in the blood.
Certain personality factors also underlay drug abuse. A person is said to behave in a given situation according to his personality. Different psychologists define personality in different ways. Jung categorized the personality in two types, introversion and extraversion. He explained introverts as the persons who remain more inclined to their internal ideas and experiences. They are self centered and are not much interested in taking part in worldly affairs. They are oriented towards self and are mostly preoccupied with their own thoughts, reactions and moods. They are shy and anxious in new situations. They avoid social contacts and prefer to withdraw from people rather than approach them. They are lovers of solitude, shy and prefer to work alone at the time of some stressful situation. Introverts do not like to mix up with other people easily whereas extraverts are outgoing, social, like to meet and mix with others. They show unusual ease among people, great friendliness, marked ability and willingness to introduce themselves to others. Extrovert tries to avoid boredom by seeking stimulation from other sources. An extravert does not get discouraged like the introvert in the face of failures and tend to be more exuberant sociable person who crave for activity, like parties and excitement.
An individual's needs are infinite and can be satisfied only in specific favourable situations and only under certain circumstances, but if needs and desires are not fulfilled, then the individual develops tension and gets maladjusted.

The drug abusers are found to be emotional immature, eliminated, depend on family members and society and have tendency to seek appreciation from others, have feelings of inferiority complex, low frustration, tolerance and have difficulty in playing roles. The stress caused by society and non-availability of alternative modes of relieving tension can also contribute towards drug abuse. In order to escape from loneliness and boredom these individuals usually start taking drugs.

There are certain physiological factors also which could also play its role in dependence on drugs. Drugs taking affects physiological functioning of the individual. If a person stops taking the specific drug the develops withdrawal symptoms and to prevent these, he needs to continue to take more drugs. Though drug taking itself begins with curiosity or by accident of circumstances, yet once the person get habituated to a specific drug his body chemistry changes and withdrawal of it affects his
body. Alcohol is a depressant drug and affects the central nervous system immediately. Not only do drug abusers become physiologically dependent on drugs they also develop powerful psychological dependence as well.

In a general sense, our culture has become dependent on alcohol as social lubricant and a means of reducing tension. A number of investigators have pointed out that the typical alcoholic is discontented with his or her life situation due to ill health and is unable or unwilling to tolerate tension and stress and thus take to drug abuse. Moreover the persons who are nervous and sensitive and depend upon others for self esteem also take to drug abuse. There are some individuals who drink to give others company in a party or in conference during a social gatherings occasionally and may became dependent on it. Some take it to get away from the strains of the occupation in the beginning and in the due course they start having physiological and psychological craving for drugs.

Some psychoanalyst have indicated that there is the presence of latent homosexual wishes in alcoholics, who under the influence of alcohol may act them out. Psychoanalists believe that the drug abuser is an immature, orally fixated individual.
According to psychoanalytic theory, the drug, whether injected or taken orally is a symbolic substitute for the milk of the mother's breast. The oral dependency problems of the drug addict stem from early childhood deprivation or overall indulgence. Many addicts are sexually immature persons, who relate poorly to others, use denial as defense and express dependency. It can be said that the two psycho pathological conditions that have been most frequently linked to addictive disorders are depression and antisocial personality. Most of research in this field about 75-80 percent show an association between the two.

Behaviourists view this phenomenon as a learned behaviour. They believe that when drugs are taken in a group, the company of others in the group provide a type of reinforcement. In addition, there may be the social reinforcement of belonging to drug culture. Behaviourists consider modelling to be an important means of learning drug abuse. T.V., peers, and cinemas initiate adolescent to take to drug abuse. Although, drugs have aversive consequences such as hanging, physical difficulties, arrests dropout from school, loss of employment, quarrel with family members and the rejection from the society yet individuals go on abusing drugs because most of these events occur a long time after the initial pleasurable experience with the drugs.
According to learning theorists each dose of drug intake relieves tension. This reinforces them to the intake of more drugs. As soon as the dose of drug in the blood stream reaches below a certain level, the withdrawal symptoms develop. It might result in mild and severe withdrawal symptoms. The severity and character of the reaction depend on many factors such as duration or intervals of doses. If the drug abuser stops taking the drug, the withdrawal symptoms usually decline and might disappear by eighth day. It is also known that human body produces opium like substances called endorphins in the brain which play role in drug addiction. But research on the role of the endorphins on the drug addiction has generally been inconclusive and disappointing.

Today amphetamines (a drug) are used medically for curbing the weight and for treating individual suffering from narcolepsy which cannot prevent from continuing following asleep. It is sometimes prescribed for alleviating mild feeling of depression and fatigue. But it soon leads to illegal use of this drug. These individuals start having feeling of dependence on these drugs. Psychological dependence on cocaine and other opiates leads to centering of behaviour around its procurement, concurrent with a loss of social approval and self respect.
Every drink or taking drugs relieve the tension, and anxiety and this relaxation reinforces the individuals to take to wrong paths of drug abuse. It is reported that since 1970 there is increasing trend in the abuse of drugs all over the world because the users feel that they can reduce their tension and stress by taking these drugs for a while. There is increasing support in the literature also in this regard. Heverson et al. (1980) found that alcohol had a dampening effect on the feelings of stress. They feel better at the moment but might worse later.

Drugs in the beginning are stimulating and seem to reduce tensions, inhibitions and temporarily reduce depressed feelings. There is even a feeling of relaxation and well being. However when these drugs are taken in excess, they impair motor coordination, balance, vision and speech. The perception of hot and cold is also affected. In the later stage it is marked by "Black outs": When drugs does not remain within limit then all relationships including family, friends and employees are affected and ultimately the health of the drug abuser is ruined. When the person becomes dependent and try to abstain from it then it would cause withdrawal symptoms and other symptoms like Delirium Tremens. Without drugs, drug abuser becomes
frightened, depressed, weak, restless and finds it difficult to sleep. There are tremors of musculature of the fingers, face, lips, tongue and it also gives rise to higher blood pressure.

Psychoactive drugs are taken in the beginning to forget worries and achieve calmness or peace. Drug users do not realise at that time that drug abuse is "Relaxation versus Death". The effects of these drugs to forget, is temporarily and short lived. Tolerance to such drugs develops rapidly, so a person can easily become psychologically and physiologically dependent on them. With the increase in tolerance and dependence relaxation becomes almost impossible. Anxiety often increases to a level much greater than it was before the person began taking drugs.

According to medical experts the drug abuser is a sick person. He needs treatment for the physical addition and withdrawal sickness. Then, he needs help to keep him from going back to drug abuse after this withdrawal. In the present state of our society the problem of average citizen have intensified. He is more tension and stress ridden. He seeks ways to overcome this stressful situation of life which is often created by his Psychosocial environment. Adolescence develops an enduring sense of Who He is and Where He fits in the world around. He is required
to make choices. He is exposed to a society in which values and life styles are in conflict. He has to make choices and thus his task becomes quite difficult in which the conflicts are not ruled out. Determination of identity is not an orderly process, but a process of differentiation, accompanied by significant stress, conflict and difficulty.

Life would be simple indeed if our needs were automatically gratified. But it is not always possible. Many obstacles both personal and environment prevent this. Such obstacles place adjustive demands on the individual and can lead to experience of stress. The term stress refer to both adjustive demands placed on an organism and to the organism's internal biological responses to such demand. All situations positive or negative require adjustment. High level of stress in life contribute towards maladjustment. This could easily lead to depression, suicide attempts and drug abuse. Drug abuse has killed more people, sent more victims to hospitals, generated more people with mental illness, arrests, broken up marriage and unhappy home.

The drug abusers can be helped through psycho social approaches. Some professionals - including many physicians
believe that another drug can provide a Crutch or a bridge, to enable a person to go to stage where he or she does not need either the old or the new drug in order to function. The other method that can be useful is methadone maintenance programme in which methadone, a synthetic opiate is given in place of heroin. This is a chemical method of helping people who are dependent on heroin. Methadone builds tolerance and dependence to just as great a degree as any natural opiate. However, for a number of reasons, dependence on methadone is considered to be less dangerous than dependance on heroin. The family members themselves can be great help to drug abusers. The teachers in the school can be also helpful by discussing the problems of adolescence in the classroom. The children who do not have ready made answers for their problems could also be helped to handle their problems in a proper manner by the counsellor in schools. The meeting between parents, teachers and counsellors can be helpful in understanding the problems of adolescents. Occasionally, it is possible to make the parents to lessen the tension of the individual.

Helping the drug abuser is a complex and difficult process but it can solve many a problems. Helping efforts need to be community based and multifracted. They should also include
crisis intervention, outreach programmes, primary medical care, psychotherapy and vocational rehabilitation. Self help groups like Alcoholics Anonymous and same type of rehabilitation programmes can be proved effective for some people but have limitations. Cooperative team work between professionals and non professionals can be also of great help. There should be every attempt to prevent the drug abuse. Various psychotherapy most of the time prove to be of great dramatic success.

Psychological, social and cultural influence can play an important role in bringing about changes in drug abusers. Drug abuse seriously affect health because a person who takes drug usually ignores nutritional needs, and can have nutritional deficiency including peripheral neuritis Peripheral nerve degeneration and Cirrhosis (scarring and hardening of the liver). Drug abuse affects the central nervous system, gastrointestinal, the respiratory cardiovascular system and could cause other chronic health problems. Because drug abuse destroys brain cells, long term misuse can lead to several kinds of chronic, brain syndrome, frequently cause death by aggravating an already existing medical condition, by increasing susceptibility to diseases in general and by obscuring an underlying illness. Drug abuse can also lead to sudden death.
Drug abuse has its effects on the body as well as mind. It makes the individual unsociable, depressed and he can indulge in manipulative behaviour and compulsive lying. Efficiency of the drug abuser is drastically reduced. His mental and physical capabilities are adversely affected resulting in poor performance at work. His relationship with his family members, relatives and all other family members of the society, becomes poor and indifferent. On account of financial, the drug abusers may also not be in a position to afford the drugs with his limited income. He may start indulging in malpractice and can go to the extent of committing serious crimes. They can indulge in antisocial activities including begging, borrowing or stealing money and other valuables from home and outside, to sustain the supply of drugs without which they can no longer pull on.

The rise in the drug abuse, is a gigantic problem and has ruined many lives. It causes profound physical and mental dependence and requires serious attention and quick action. This intense problem can only be solved up to some extent by multigroup attacks. Drug abuse stands out as the prime evil and all efforts should be concentrated to remove this social evil from society. Drug abuse can prove to be fatal for the future generation, if it is not treated and arrested at the right time.
With this background, we may now pass on to the next chapter dealing with the historical resume.