

## A True View of Substance Addiction

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### ABSTRACT

A complicated public health concern, drug misuse involves the excessive and dangerous use of psychoactive substances. It includes a variety of chemicals, including both illegal and legally prescribed pharmaceuticals. Social, psychological, and biological variables all play a part in the abstract nature of drug dependence, which makes preventive and treatment initiatives extremely difficult. Effective intervention tactics and reducing the negative effects of drug misuse on both individuals and society depend on an understanding of the underlying mechanisms and addressing its complex features.

**Keywords:** *Addiction, Psychotropic Substance, Drugs, Drug Abuse*

**D**rugs and drug abuse are widespread and complex social issues that include the use of both legal and illegal substances with differing levels of harm. People may use psychoactive substances as a coping mechanism for stress, curiosity, or underlying problems in an attempt to find altered moods of relief or consciousness. This introduction explores the many facets of drug use, including its historical background, societal ramifications, and the complex interactions between biological and environmental elements that lead to drug dependence.

Comprehending these characteristics is crucial to creating all-encompassing plans to deal with and lessen the problems caused by drug usage. Opiate medications are strong analgesics that are frequently used to treat pain. They are made from the opium poppy plant. They consist of illegal drugs like heroin as well as prescription drugs like morphine and codeine. Opiates reduce pain by attaching to particular receptors in the central nervous system, but they also pose the danger of addiction and dependency.

However, psychotropic chemicals cover a wider range of medications that influence behavior, emotions, and thought processes. This covers both recreational drugs like stimulants and hallucinogens as well as prescription drugs intended to treat mental health issues (such as antidepressants and antipsychotics). Both psychotropic and opiate medicines have the potential to significantly affect a person's physical and mental health. Addressing problems with abuse, addiction, and mental health requires an understanding of the differences and ramifications of these substances. Psychotropic substances and narcotic drugs are two different classes of psychoactive substances, each having unique properties,

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**Received: March 10, 2024; Revision Received: March 20, 2024; Accepted: March 30, 2024**

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uses, and possible hazards. Knowing these categories is essential to understanding the complicated terrain of substance use and how it affects both people and society.

Opioids and opiates are the main types of narcotics, which are frequently used to treat pain. Opioids like morphine and codeine, which are derived from the opium poppy plant, have been used for generations to reduce pain. Oxycodone and fentanyl are examples of synthetic or semi-synthetic opioids, which are substances that imitate the effects of opiates. Because of their effects on the brain's reward system, these drugs have a significant risk of dependence and addiction even though they are effective in managing pain. The word "narcotic," which refers to substances that cause sleep or weaken the senses, is frequently used in legal and medical contexts. On the other hand, it is frequently used synonymously with illegal narcotics like heroin in everyday speech. Heroin, a potent and illicit opioid with a high potential for addiction and serious health repercussions, is synthesized from morphine.

Psychotropic chemicals, on the other hand, include a wider range of medications that change behavior, emotions, and mental processes. Medications for mental health conditions and recreational drugs with different effects fall under this category. The goal of psychotropic medications, which include antidepressants, antipsychotics, and anxiolytics, is to control mood and lessen the symptoms of mental illnesses.

Hallucinogens (like LSD and psilocybin), stimulants (like cocaine and amphetamines), and depressants (like benzodiazepines) are examples of recreational psychotropic chemicals that are frequently sought for their ability to change the mind. These drugs have the ability to produce euphoria, change perception, or momentarily improve cognitive performance. However, abusing them carries serious hazards, such as addiction and poor judgment. Usually, governments utilize a mix of enforcement, therapy, and preventive strategies to combat drug misuse. This includes law enforcement, rehabilitation services, and educational initiatives. attempts by law enforcement to stop illegal drug trafficking. Governments may also put policies into effect. to control prescription drugs and fund studies to better understand and address drug abuse.

### CLASSIFICATION

In a broad sense, drugs are substances that interfere with the body's regular processes. They can be categorized according to a number of factors, including their chemical makeup, place of origin, and potential medical use. Examining the various types of drugs is necessary to comprehend their diversity, as each one has a distinct function in medical, recreation, or other settings. Natural, semi-synthetic, and synthetic medications are the three main categories based on where they come from. Plants, animals, or microbes are the sources of natural medications. Penicillin from fungus and morphine from opium plants are two examples. Modified natural compounds, such as heroin, that are made from morphine are known as semi-synthetic drugs. Methamphetamine and LSD are examples of synthetic narcotics, which are completely man-made.

The therapeutic usage of the medicine is the basis for another classification. The purpose of pharmaceuticals is to treat, prevent, or lessen the symptoms of illnesses or ailments. This group includes antivirals, antibiotics, and analgesics. Contrarily, recreational drugs are used for non-medical objectives, frequently to change one's mood or level of consciousness. Ecstasy, cannabis, and alcohol are a few examples.

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Another classification foundation is provided by chemical structure. Opioids, stimulants, depressants, hallucinogens, and other substances are included in this classification. Opioids, such as heroin and oxycodone, imitate the body's natural molecules that reduce pain. Cocaine and amphetamines are examples of stimulants that boost energy and alertness. Benzodiazepines and other depressants slow down brain activity. LSD and psilocybin are examples of hallucinogens that change perception and create intense sensory experiences. Drugs are frequently categorized by governments according to their legal status and abuse potential. Because of their potential for addiction and detrimental effects on health, controlled substances are subject to regulations. Schedules that rank medications according to their perceived risk and medical utility include the U.S. Controlled Substances Act. While Schedule V drugs, such as some cough medications, have a lower potential for abuse, Schedule I drugs, such as heroin and LSD, are thought to be extremely addictive and to have no medicinal value.

Healthcare workers, law enforcement, legislators, and the general public all need to understand medication categories. It supports the creation of suitable laws, therapeutic approaches, and preventative initiatives. Furthermore, being aware of the dangers connected to each drug class can help people make well-informed decisions, encourage responsible usage, and lessen the negative effects of drug abuse.

### **LAWS FOR SUBSTANCE ABUSE**

In India, drug usage is a serious problem since many chemicals are abused for addictive or recreational purposes. To combat this issue, the government has put in place a number of rules and regulations. The Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act) is the main piece of legislation controlling drug misuse in India.

Drugs are categorized into various schedules under the NDPS Act according to their potential for abuse and medical utility. The production, manufacture, possession, sale, purchase, transportation, warehousing, use, consumption, importation into India, exportation from India, and transshipment of narcotic narcotics and psychotropic substances are all subject to severe penalties.

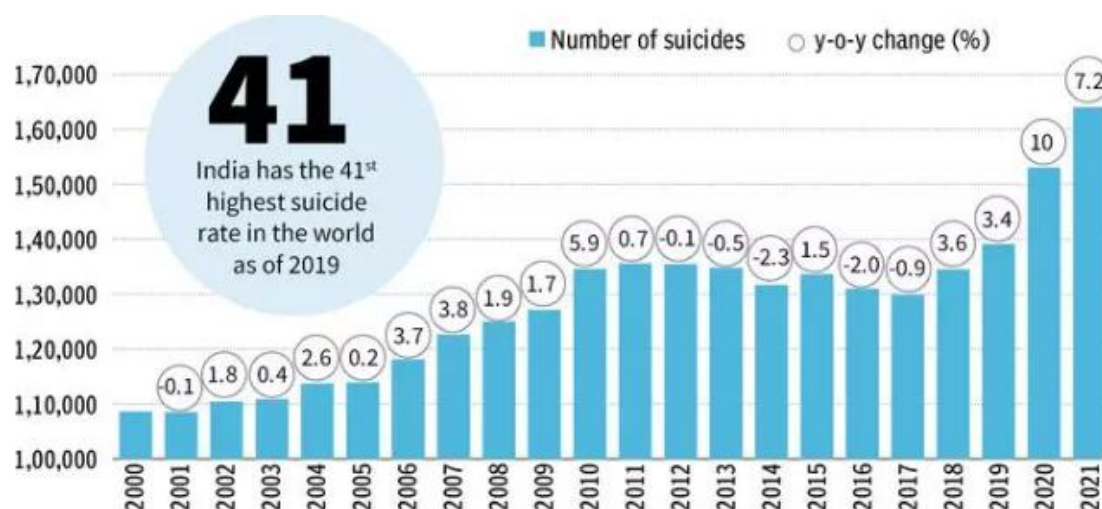
The amount of the substance used and the particular offense committed determine how severe the penalties are. For example, compared to offenses involving commercial amounts, those involving minor quantities may have less severe sanctions. Additionally, the NDPS Act gives law enforcement organizations the authority to take proactive steps to curb the manufacture and distribution of illegal narcotics.

India is also a signatory to a number of international agreements designed to prevent drug usage. Among these are the 1961 Single Convention on Narcotic Drugs and the 1971 Convention on Psychotropic Substances. These agreements place a strong emphasis on international collaboration in the fight against drug production and trafficking.

Additionally, the Indian government has implemented preventative and remedial efforts to combat drug usage. To raise public awareness of the risks associated with drug usage and to offer assistance to those who are impacted, awareness campaigns, educational initiatives, and treatment centers have been formed. The fight against drug misuse is also supported by a number of community-based projects and non-governmental organizations (NGOs). The illicit manufacture and trafficking of drugs, as well as the changing nature of the chemicals being abused, continue to be problems in spite of these efforts. In order to address the

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complex problem of drug usage in India, it is imperative that law enforcement, education, and rehabilitation activities continue. It's important to remember that drug misuse is a complicated social and public health issue that calls for an all-encompassing strategy that includes legislative actions, public awareness as well as assistance for those who are battling addiction.



The main law in India that deals with concerns pertaining to narcotic drugs and psychotropic substances is the Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act), not the 1988 law. However, I will go into more detail on the NDPS Act of 1985 to give you pertinent facts.

The purpose of the 1985 Narcotic Drugs and Psychotropic Substances Act was to reform and combine the laws that were already in place regarding the manufacture and distribution of narcotic drugs and psychotropic substances. This law brought India into line with global initiatives to fight the illegal drug trade in response to the country's growing worries about drug misuse and trafficking.

According to their potential for misuse and potential medical use, drugs are categorized into various schedules under the NDPS Act. It categorizes offenses involving these substances and establishes severe sanctions for infractions. Schedule I chemicals are thought to be the most hazardous and have the largest potential for abuse, and the schedules range from Schedule I to Schedule IV.

To coordinate efforts in the control and enforcement of the Act's provisions, the Act calls for the creation of agencies like the Narcotics Control Bureau (NCB). The NCB is a nationwide organization that is essential to the investigation and prosecution of drug-related crimes. The amount of the substance used and the type of offense determine the penalties under the NDPS Act. For example, compared to offenses involving commercial amounts, those involving minor quantities may have less severe penalties. The Act also gives law enforcement organizations the authority to take preventative actions, such as seizing and forfeiting assets obtained through unlawful means.

The NDPS Act's adherence to international drug control conventions is one important feature. India is a signatory to a number of agreements, such as the 1971 Convention on

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Psychotropic Substances and the 1961 Single Convention on Narcotic Drugs. Global efforts to regulate and control the manufacture, distribution, and use of narcotics and psychotropic chemicals are guided by these treaties.

The Indian government acknowledges the value of preventive and rehabilitative methods even if the NDPS Act concentrates on the punitive aspects of drug control. In addition to establishing treatment and rehabilitation facilities for those who are addicted, efforts are undertaken to educate people about the risks of drug misuse.

To sum up, the Narcotic Drugs and Psychotropic Substances Act, 1985, is a thorough piece of law designed to address the problems associated with drug trafficking and usage in India. Its clauses address a variety of topics pertaining to drugs and psychoactive substances, reflecting the nation's dedication to international collaboration in the fight against the worldwide drug problem.

### **HEMPDRUGSCOMMISSION,1893**

In fact, the Hemp Drugs Commission was founded in 1893. The British colonial government in India established the commission to look into the social effects of hemp (cannabis) consumption and its growing.

The Hemp Drugs Commission's main goal was to evaluate the social, psychological, and physical impacts of cannabis in India. Over the course of several years, the commission interviewed a wide spectrum of people, including farmers, doctors, and cannabis users, as part of an extensive and comprehensive research. The report titled the "Indian Hemp Drugs Commission Report of 1894" contained the commission's conclusions.

The 1894 report came to the conclusion that there was no substantial risk to public health from modest cannabis consumption. It advocated for the regulation of cannabis use rather than its outright criminalization. The commission's conclusions had a significant impact on drug policy in colonial India and shaped global debates about cannabis legislation. It is important to remember that this historical background predates 1984 by a considerable amount. For more precise help, please include more information if you have a specific question on 1984 or another subject.

### **SUBSTANCE ABUSE AND ITS REASONS**

Drug addiction is a complicated, multidimensional problem with biological and environmental components. Examining a range of factors, including social, psychological, and genetic predispositions, is necessary to comprehend the causes of drug addiction.

#### **1. Biological Aspects:**

- **Genetics:** Addiction vulnerability is significantly influenced by genetic factors. Due to inherited genetic vulnerabilities, those with a family history of substance abuse may be more likely to become addicted.
- **The Chemistry of the Brain:** Drugs frequently increase dopamine levels in order to target the brain's reward system. The brain may eventually adjust to these modifications, resulting in a decreased natural reward response and an increased desire for the effects of the drug.

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### 2. Environmental Elements:

- Early Exposure: Being exposed to drugs by classmates or family members at a young age can raise the risk of substance dependence. An individual's view of drug usage and future decisions can be influenced by early exposure.
- Social Environment: A number of societal problems, including unemployment, poverty, and illiteracy, can exacerbate drug addiction. People may turn to substance use as a means of escape or respite from these environmental pressures.
- Peer Influence: People may experiment with drugs as a result of peer pressure and a desire to blend in. The start of drug use may be influenced by the urge for belonging and social approval.

### 3. Psychological Factors:

- Mental Health Disorders: Drug use as a self-medication is common among people with underlying mental health issues such as anxiety, depression, or trauma. Abuse of substances might momentarily reduce symptoms, which feeds the addiction cycle.
- Stress and Coping Mechanisms: People who are under a lot of stress, whether from social, professional, or personal reasons, may turn to drugs as a way to cope. Drug abuse turns as a coping strategy, although a maladaptive one.

### 4. Personality Traits:

- Sensation-Seeking: Some people are inherently more likely to look for intense and new experiences. This sensation-seeking tendencies can lead to drug experimentation, particularly with substances that affect mood and perception.
- Impulsivity: Because they may be less inclined to think through the long-term effects of their actions, impulsive people may be more prone to substance addiction.

### 5. Availability and Accessibility:

- Simple Access: Addiction rates can be greatly impacted by the accessibility and availability of substances. Substance misuse may be more prevalent in areas where drugs are widely available.
- Marketing and Media Influence: The normalization of substance usage may be facilitated by advertising and media representations of drug use. Those who are more susceptible may be influenced by positive portrayals or the glamorization of drug usage.

### 6. Neurological Changes:

- Neuro adaptation: Long-term drug use can cause neuro adaptations that change the structure and function of the brain. It may be difficult to stop these changes if they lead to tolerance, reliance, and cravings.

### 7. Trauma and Adverse Experiences:

- Traumatic situations: People who have gone through trauma or unfavourable life situations may use medications to dull their emotional suffering. Substance abuse turns become a coping strategy for unsolved problems and a form of self-medication.

To sum up, a complex interaction of biological, environmental, psychological, and social elements leads to drug addiction. Given the unique nature of addiction, effective preventive and treatment plans must take into account these different aspects. Addressing the underlying causes of substance abuse and fostering long-term recovery require

comprehensive strategies that take into account both the biological and environmental components of addiction.

### **STRATEGIES AND INTERVENTION PLAYS A VITAL ROLES IN SHAPING HOW SOCIETY RESPONSE TO SUBSTANCE ABUSE**

#### **1. Legal Framework:**

- Narcotic Drugs and Psychotropic Substances Act: Production, distribution, and use of narcotics and psychotropic substances are governed and controlled by particular laws in several nations, including India. According to their potential for misuse and potential medical use, drugs are categorized into schedules under India's Narcotic Drugs and Psychotropic drugs Act, 1985. This legal framework lays the groundwork for dealing with offenses involving drugs.

#### **2. Law Enforcement:**

- Investigation and Prevention: The police and drug enforcement units are two examples of law enforcement organizations that are essential to the investigation of drug-related crimes. Through monitoring, intelligence collection, and collaboration with foreign organizations, they seek to stop the manufacturing, distribution, and trafficking of illegal substances.
- Prosecution and Seizures: Measures are taken to apprehend those engaged in drug possession or trafficking as well as to seize illicit narcotics. This include obtaining information, carrying out raids, and making court appearances.

#### **3. Judicial Interventions:**

- Legal Proceedings: Courts deal with drug-related situations, guaranteeing due process to those who are charged with drug-related offenses. Presenting evidence, questioning witnesses, and abiding by accepted legal norms are all part of the legal process.
- Sentencing: It is the duty of judges to decide on suitable terms for those found guilty of drug offenses. Depending on the type and amount of drugs used, the offense committed, and the offender's prior criminal history, sentences may differ. Treatment Programs: Judges may choose to use rehabilitative techniques in some situations, particularly when addiction is a significant element to the offense. This could include mandated treatment as an alternative to incarceration, drug courts, or diversion programs.

#### **4. Balancing Criminal Justice and Public Health:**

- Harm Reduction: To lessen the detrimental effects of drug misuse, certain jurisdictions implement harm reduction techniques. This could entail things like access to addiction treatment services, supervised injection places, and needle exchange programs. The goal is to lessen the negative social and health effects of drug usage.
- Prevention and Education: The significance of prevention and education in combating drug misuse is also acknowledged by judicial procedures. In order to raise public knowledge of the risks associated with drug usage, courts may fund community-based projects, awareness campaigns, and educational efforts.

### 5. International Cooperation:

- **Worldwide Collaboration:** International cooperation is essential due to the transnational character of the drug trade. Through treaties and agreements, nations work together to share resources and information to fight drug trafficking.
- **International Agencies and Interpol:** Coordination of international efforts to combat organized crime, particularly drug trafficking, is greatly aided by agencies such as Interpol. International organizations strive to create worldwide policies and guidelines, like the United Nations Office on Drugs and Crime (UNODC).

### 6. Changing Methods:

- **Legalization and Decriminalization:** The benefits of decriminalizing or legalizing particular drugs are still up for dispute in various countries. With an emphasis on treatment and damage reduction, this strategy seeks to reorient the conversation away from punitive measures and toward public health solutions.
- **Prescription pharmaceuticals and medicinal marijuana:** The laws governing these substances are changing; some states have more permissive regulations for prescription medications or legalized marijuana for medical purposes. These modifications show an understanding of the necessity for sophisticated legal responses as well as the possible therapeutic benefits.

In summary, a thorough legal framework, law enforcement initiatives, and judicial interventions are all part of the judicial approach to drug misuse, which seeks to achieve a balance between upholding public order and tackling the complexity of substance dependence. Changing viewpoints on prevention, treatment, and harm reduction highlight the understanding that harsh penalties might not be enough to address the underlying causes of drug-related problems in society.

## CONCLUSION AND SUGGESTIONS

To sum up, drug misuse is a complex problem that calls for an all-encompassing strategy that takes into account its legal, social, medical, and educational aspects.

Developing successful prevention, treatment, and rehabilitation methods requires an understanding of the intricate interactions between the various factors that contribute to drug misuse.

- 1. All-encompassing Education and Awareness:** Knowledge-Based Prevention: Drug misuse can be avoided in large part through education. Drug education programs that are thorough and age-appropriate can provide people the information and abilities they need to make wise decisions around substance use.
- 2. Community-Based Projects:** By involving communities in awareness efforts, we can lessen the stigma attached to drug addiction and create an atmosphere that motivates people to get treatment.
- 3. Fortifying Legal Structures:** Juxtaposing Penalties and Rehabilitation: Punishment and rehabilitation must be balanced in legal frameworks. More favorable results may result from prioritizing treatment over incarceration, especially for non-violent criminals who suffer from substance use problems. Frequent Review and Updates: Laws should be reviewed and modified frequently to address new issues, substances, and global best practices because drug-related issues are constantly changing.
- 4. Early Intervention and Treatment:** Accessible Treatment Programs: It's critical to set up treatment programs that are both efficient and easily accessible. To help people overcome addiction, communities and governments should provide support

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groups, counseling programs, and recovery centers. Integration of Mental Health Services: Since substance abuse and mental health illnesses frequently co-occur, incorporating mental health services into addiction treatment might improve results overall.

5. **Strategies for Reducing Harm:** Exchange Programs for Needles: Adopting harm reduction tactics, such as needle exchange programs, can speed up the healing process and reduce the transmission of infections among IV drug users. Supervised Consumption Sites: Researching the creation of supervised consumption sites offers a regulated setting where people can consume drugs in a safe manner and get support services.
6. **International Collaboration:** Sharing Best Practices: To combat the global drug trade, nations should work together internationally to exchange resources, intelligence, and best practices. Such collaboration can be facilitated by institutions such as the United Nations and Interpol. Addressing the Root Causes: Given that socioeconomic factors frequently contribute to drug usage, international initiatives should concentrate on resolving problems like unemployment, poverty, and illiteracy.
7. **Research and Innovation:** Research Investment: Understanding new drug trends, the effects of existing regulations, and the creation of efficient preventative and treatment strategies all depend on ongoing research investment. Technological Solutions: Anti-drug campaigns can have a greater impact and reach if they make use of technology for early identification and intervention. Examples of this include telemedicine for counseling services and digital platforms for education.
8. **Community Support and Involvement:** Encouraging Communities In order to treat the social components of drug usage, community involvement is essential. Enabling local communities to launch grassroots projects, provide impacted people, and lessen social isolation can help create a more comprehensive strategy.
9. **Assistance to Families:** Given the effects that drug usage has on families, it might be extremely important to provide support networks for impacted families in order to aid in their recuperation.

Basically, combating drug abuse necessitates a paradigm change away from a strictly punitive strategy and toward one that prioritizes prevention, treatment, and rehabilitation. Developing a comprehensive plan to address the complex problem of drug abuse requires the integration of legal, medical, and social solutions, bolstered by community engagement and international collaboration. Societies can take steps to create communities that are healthier and more resilient by acknowledging the connections between these elements and putting evidence-based solutions into practice.

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### ***Acknowledgment***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Yadav, M. (2024). A True View of Substance Addiction. *International Journal of Social Impact*, 9(1), 294-303. DIP: 18.02.032/20240901, DOI: 10.25215/2455/0901032