


Cocaine

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- ▶ Injected: absorbed directly into the bloodstream.
 - ▶ Smoked: the vapour is drawn into the lungs and then absorbed into the bloodstream.
 - ▶ The high from cocaine can last for minutes or hours.

Why

- ▶ For an extreme feeling of well being and euphoria.
- ▶ To feel supremely confident.

It does

- ▶ False sense of euphoria and the illusion of being "alive" and in charge.
- ▶ While high, you might be violent or erratic, irritable or subject to mood swings or paranoia and out of touch with reality.
- ▶ Regular cocaine use can lead to heart attacks, respiratory failure, stroke, seizures, anxiety, nervousness and paranoia (suspicious of everyone).
- ▶ Mixing cocaine/crack with other drugs is extremely dangerous, and can cause sudden death.
- ▶ When the effect wears off you experience a 'come down', which can be quite unpleasant.
- ▶ You feel physically very tired and run down.
- ▶ Psychologically you may feel very irritated and may experience severe craving.

Club drugs

Ecstasy; XTC; adam; e;
speed; acid; LSD; Roofie;
Roche; Ice; K (ketamin)

It is

- ▶ Used at all-night dance parties such as raves or trance parties, dance clubs and bars.
- ▶ Some of the most used are Ecstasy, LSD, GHB, Ketamine, and Methamphetamine.

Why

- ▶ Young people may use these drugs to improve their moods or for energy to keep dancing.
- ▶ Because certain drugs are colourless, tasteless and odourless, they are easy to slip into drinks.
- ▶ They have been associated with sexual assaults, and are called "date rape drugs". Ecstasy (Rs. 500-1,000 per tablet)

It does

Ecstasy produces a feeling of tranquillity and being "at one with the world" and other people. Also called the love drug, it's a new breed of drug whose long-term effects are not fully known. Initial findings suggest a temporary damage to brain cells and long-term memory loss. Physical dangers associated with dancing: overheating, dehydration and over-hydration. Causes disorientation, teeth grinding and paranoia.

- ▶ Gamma-hydroxybutyrate (GHB) is a depressant and can cause amnesia.
- ▶ "Speed", "Ice", "Meth", "Crystal" (Methamphetamine) can cause aggression, violence, paranoia, psychotic behaviour, and heart problems.

Lysergic Acid Diethylamide (LSD) or "Acid" is a powerful mind altering hallucinogen. Causes disorientation and the experience can be pleasant or terrifying. Dependence can occur. Flashbacks are likely years later. One-time use can lead to serious long-term psychological effects.

"Roofie" or "Roche" (Rohypnol) is typically used with alcohol and other drugs. Lessens inhibitions. May cause those under the influence to forget what happened.



Cannabis:
marijuana; grass;
bhong; charas;
ganja; weed;
joint; hash

Cannabis / **Marijuana / Ganja**

It is

Cannibus

Ganja

- ▶ A mild hallucinogen and depressant.
- ▶ Aside from alcohol, which may be used illegally by youngsters, this is the most prevalent illegal drug abused by among school-going youth.

People say...

- ▶ Occasional use of cannabis doesn't lead to addiction. Cannabis is a "safe" drug if compared to heroin.

But...

- ▶ Most people who seek treatment in India state that cannabis is the illicit drug they have a problem with.
- ▶ It can lead to experimentation with 'harder' drugs.

Why

- ▶ It is used for a sense of well being, for euphoria, "high" feeling. People want to experience a state of relaxation and their senses – sight, smell, taste and hearing – experience things more vividly. This does occur to begin with, but with regular use, you lose that effect.

How

- ▶ Cannabis (at Rs.15-20per joint) is smoked in cigarettes, clay pipes or through a broken bottleneck.
- ▶ Depending on the quality and the form of the product, the price can range from Rs.200-800 per 10 grams.
- ▶ Bhong is commonly consumed by mixing crushed leaves in drinks such as Thandai, or adding to edible food items such as sweets or pakoras.



Marijuana

It does

- ▶ Can cause dependence.
- ▶ Impairs short-term memory and slows learning.
- ▶ May interfere with male potency.
- ▶ Affects heart function.
- ▶ Has a serious effect on perception and skilled performance, memory and concentration.
- ▶ Long-term use has also been found to be associated with development of mental illnesses.
- ▶ Impairs respiratory functions.
- ▶ A cannabis joint contains more cancer-causing agents than the strongest tobacco cigarette. Unlike alcohol, which usually leaves the body within 24 hours, cannabis can be detected up to 30 days after initial use.
- ▶ Slows down emotional and psychological development.

Pharmaceutical preparations

Some legitimate pharmaceutical preparations can also be addictive if used both without a prescription and indiscriminately. The most common preparations of this sort are:

- ▶ Codeine-containing cough syrups, such as Phensedyl and Corex;
- ▶ Sleeping pills containing diazepam (such as Calmpose and Valium) or alprazolam (such as Alprax) or nitrazepam (such as Nitravet);
- ▶ Pain killers containing dextropropoxyphene (such as Proxylon and Spasmaproxylon) and buprenorphine and injections (such as Tidigesic, Norphine, Norphazine and Avil).

(Note: The use of trade names does not imply a pejorative connotation.)

They are

- ▶ Powerful depressants.
- ▶ Very addictive.
- ▶ Often available illegally, i.e., without a doctor's prescription from chemist shops.
- ▶ Sometimes manufactured illegally and hence can be spurious.

Why

- ▶ For an extreme feeling of well being and euphoria.
- ▶ To feel supremely confident
- ▶ For reduction of tension, anxiety, pain, sleeplessness and depression.
- ▶ For warmth, contentment, detachment from emotional and physical distress.