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- Freelance content writer and editor
- In this article he discusses the possible causes of drug abuse and its harmful effects
- He also mentions the preventive measures.
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Causes of Drug Abuse

- Desperate need to deal with stress
- Desire to get a momentary high
- Attempts to fit in with the peers
- Glorification of use of drugs in films and media
- Family circumstances

Effects of Drug Abuse

Drug usage damages our brain. Drugs are basically chemicals that **affect the communication system of the human brain. They disturb the ways in which nerve cells send, process and receive information.** They copy the natural chemical messengers(neurotransmitters) and overstimulate the brain's circuit and send abnormal messages.

Solutions to Drug Abuse

1.Prevention

- Involvement of Family, school, community is needed
- Media can play a positive role. Media should stop the glorification of drug use and highlight the damages caused by drugs

2. Sustained treatment

- Medication is given according to the drug used.
- Mental support is also required. Behavioural therapy is given.
- The capacity to say no to drugs in future is also built.

Initiatives

- **Central sector scheme of assistance for prevention of Alcoholism and drug abuse-** implemented effectively by Govt of Haryana
- **Charitar Nirman Sewadar Trust** - deaddiction, social reformation, especially of prisoners
- **CHETNA** - works especially for street children in Delhi
- **DACS(Delhi AIDS Control Society)-** stresses on training doctors in behavioral therapy
- **The Delhi Zonal Unit of Narcotics Control Bureau-** effective implementation of NDPS act

TEXTUAL QUESTIONS

1. **What are neurotransmitters?**

They are chemical messengers produced naturally in brain

2. **Name two NGOs mentioned in the article.**

CHETNA, Save the Children, Charitar Nirman Sewadar Trust

3. **What is DACS?**

Delhi AIDS Control Society

4. **What is one of the major reasons for drug abuse as cited by the author?**

Glorification Of drug usage in popular media such as television series and films.

5. **What do studies on the street children of Delhi reveal?**

According to the Ministry of Social Justice and Empowerment, more than 90% of the street children in Delhi were addicted to various drugs. 46,410 cases of substance abuse by street children were reported in 2016.

6. **State Section 64 of the NDPS Act.**

According to Section 64 of Narcotic Drugs and Psychotropic Substances Act, a person who is willing to undergo deaddiction will not be punished. If the person doesn't complete the treatment, this immunity will be withdrawn

7. **How does drug usage become drug abuse or drug addiction?**

(Refer to the section titled 'Causes of Drug Abuse')

8. **How do drugs affect the communication system of the brain?**

(Refer to the section titled 'Effects of Drug Abuse')

9. **What is the best treatment for a drug user?**

(Refer to the section titled 'Solutions to Drug Abuse')

10. **Discuss briefly the scheme implemented by the Haryana Government to curb the issue of drug abuse.**

Central sector scheme of assistance for prevention of Alcoholism and drug abuse was implemented effectively by the Government of Haryana. financial assistance for deaddiction programmes was given to the eligible NGOs, Panchayati Raj institutions and urban local bodies by the government.