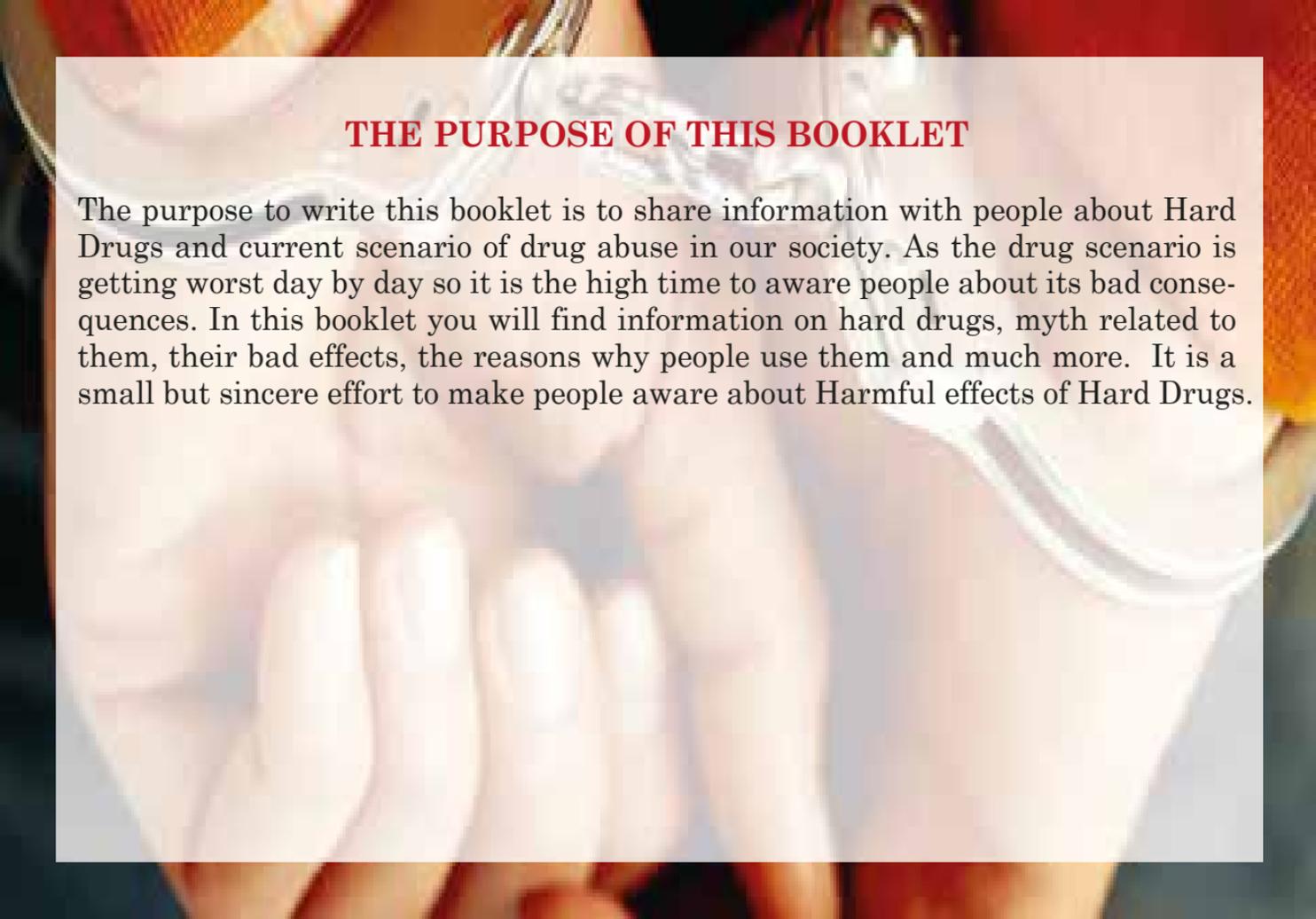


HARD DRUGS

GATEWAY TOWARDS GRAVEYARD

Informational Booklet Of Hard Drugs For Youngsters



THE PURPOSE OF THIS BOOKLET

The purpose to write this booklet is to share information with people about Hard Drugs and current scenario of drug abuse in our society. As the drug scenario is getting worst day by day so it is the high time to aware people about its bad consequences. In this booklet you will find information on hard drugs, myth related to them, their bad effects, the reasons why people use them and much more. It is a small but sincere effort to make people aware about Harmful effects of Hard Drugs.

HARD DRUGS

Drugs in this group are generally described as being physically addictive, severely psychologically addictive, easier to overdose on, and/or posing serious health and social risks, including death.

Some hard drugs are:

- Heroin
- Psychotropic medicines
- Marijuana (Charas)
- Inhalants / Solvents
- Alcohol
- Pain killers

A healthy individual is usually exposed to soft drugs for the first time generally because of interacting in a social setting where engaging in such activities is seen as a normal activity within the setting of family and friends. These substances generally include cigarettes, beetle nut (chalia) and nicotine.

As time progresses, these individuals progress to harder substances, such as marijuana (charas), which is also known as the “gateway drug”, leading individuals to progress further from using marijuana (charas) to using harder drugs. Apart from marijuana (charas), they may also indulge in other substances with similar effects including: benzodiazepines (tranquilizers), alcohol, opium, and heroin. Use of these substances eventually leads to addiction. Addiction then leads to social consequences including disturbances within the family, decline in social status, disturbance of social well-being, and professional and academic decline.

MY STORY

Today I am on heap of Garbage. I don't know when morning comes and night goes. My legs and hands are injured due to excessive use of injections. This is my present. I used to belong to a happy family, my wife and my 4 kids were living happily. My wife always refrained me from smoking and chewing pan but I never took her advice seriously. I remember it was a Saturday night when one of my friends invited me to a farm house party organized by office colleagues. After dinner, drinks were served. Initially I was shocked at what was happening in our Islamic country, and how easily alcohol was being served so openly. My friends eventually convinced me that it was all just in good fun. I gave in and enjoyed the rest of the night. It was after that when I started to drink regularly and derive pleasure out of it. Whenever my wife tried to intervene to and attempted to get me discontinue using alcohol, I would become violent towards her, often physically abusing her. Things began to spiral downward as things got worse. My wife left the house, taking our kids with her, and settling in her mother's house. I lost my job and was evicted from my house and had nowhere to go. As the days continued, I was faced with the opportunity to try heroine. I remember I used to crave food, but today the only thing I crave is heroine. I have gone from earning Rs. 10,000 monthly to having to beg for food on the streets. I have developed many illnesses and diseases, including HIV and AIDS due to my addiction. My advice to you all is to never partake in recreational drug use or drinking and to abstain from these substances so that you don't end up like me.

HAMEED

HEROIN

Heroin is an illegal drug, available in two forms: fine white powder and crystal. One of the most significant effects of heroin use is addiction. With regular heroin use, tolerance develops, causing the individual to use higher doses of heroin to obtain the same effect or intensity as before. As higher doses of the drug are used over time, physical dependence and addiction to the drug develop, and its overdose causes death. Heroin also poses physiological problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment.

Heroin Street Names

- Powder
- Token
- Podia

Mode of Administration

Heroin can be injected, smoked, or sniffed/snorted

Reasons of Heroin Use

- o Emotional problem
- o Peer pressure
- o Unemployment
- o Unaware from the devastating effects
- o Lack of effective parenting skills
- o No activities to utilize their leisure time
- o Lack of awareness
- o Familial drug abuse
- o Easily Available
- o It's very cheap
- o Stress

EFFECTS OF HEROIN

1. Physiological effects

- o Itching
- o Nausea
- o Disturbed menstrual cycle in females
- o Respiratory illness
- o Urinary retention
- o Weakening of the immune system
- o Reduced sexual capacity
- o Low blood pressure
- o Coma
- o Cold sweats
- o Collapsed veins
- o Kidney problems
- o Constipation
- o Dry mouth

2. Psychological / Emotional Effects

- o Insomnia (sleeplessness)
- o Depression
- o Lack of concentration
- o Lack of cognitive functioning
- o Anxiety
- o Loss of memory
- o Loss of appetite
- o Poor orientation
- o Confusion

3. Social Effects

- Poor interpersonal relationships
- Lack of social circle and social activities
- Involvement in criminal activities
- Leads to more heroin addicts in the area
- Lack of self care
- Lack of hygiene
- Withdraw from social contact Leads
- Unemployment

MY STORY

I am a 35-year old married man. I was drug addict seven years ago. My father died when I was only 13 years old. I am the only brother of five sisters and was very close to my parents. Unfortunately after the death of my father I faced financial problems and was unable to continue my education. After one year I started using drugs because of peer pressure. They offered me a cigarette and then subsequently, introduced me hashish. Eventually, a time came when it remained difficult for me to live out heroin. During the addiction of heroin I left my home and lived on streets. I was totally unaware of my sisters, relatives and friends. I was not allowed to live with my sisters, relatives took advantage of my absence and they misused my father's property. I was fed up from addiction and life and I always prayed for my death. Once I was in pathetic condition, one of my friends came to me, who was previously an addict, but had been in recovery at the time. He told me about a hospital where I was treated and after 11 relapses by blessings of God I am now in recovery. I got married two years ago and have been blessed with a beautiful wife and baby.

SAJJAD

MARIJUANA (CHARAS)

Marijuana is often a solid or paste-like substance of varying hardness and pliability, and will soften under heat. Its color can vary from green, black, reddish brown, or most commonly light to dark brown.

Marijuana (Charas) Street Names

- Hashish
- Cheetah
- Rod
- Gardaa

Mode of Administration

- Smoking pipe
- Bong or bubbler
- Hot knifed
- Hookah
- Vaporized
- Mixed with tobacco, cannabis buds, or other herbs

Reasons of Marijuana (Charas) Use

- o Less physical symptoms
- o Peer pressure
- o To achieve task with in limited time
- o No activities to utilize their leisure time
- o Easily Available
- o Release tension and stress
- o Fashion
- o It's very cheap
- o Cultural aspect

EFFECTS OF MARIJUANA (CHARAS)

1. Physiological Effects

Short Term

- o Dilated pupils
- o Dry mouth & throat
- o Increased heart rate
- o Muscular in coordination
- o Slurred Speech
- o Nausea
- o Diarrhea
- o Constipation
- o Redding of Eyes

Long Term

- o Lung damage, bronchitis.
- o Reduced levels of male & female hormone.
- o Decrease of immunity against infection.
- o Damage to sperm or menstrual cycles.
- o Increased risk of cancers, of the oral cavity, pharynx, and esophagus.
- o Respiratory system damaged by smoking.

2. Psychological / Emotional effects:

- o Vigilant
- o Apprehension
- o Psychotic features
- o Irritability
- o Restlessness
- o Euphoric
- o Aggression
- o Impulsivity
- o Lack of appetite
- o Feelings Fear
- o Sleeplessness
- o Disorientation

STORY OF A FAMILY

My son is 20 years old and he started taking drugs when he was only 14 years old. He is currently a diploma holder in repairing refrigerators and was a helping hand financially for the whole family. He used to smoke during the working hours. As the time passes, I felt some changes in his behavior but initially I didn't take any action because he was still earning. But after some days he lost his diet, spent a lot of time outside home and at the end of the month he only handed over half of the salary. When asked where the rest of his salary was, he responded by saying that his friend had borrowed money from him. After one month I found a piece of hashish in his shirt's pocket. We tried to ask him the actual situation, his father physically punished him, and he justified his drug use by claiming that his friend suggested it to relax. His dose increased with passage of time and a stage came when his shop owner dismissed him from the shop. Initially he used to take money from me and

his father by creating violence and threats and then started stealing things from home and outside to get his drug on time. We took him to a hospital for rehabilitation and detoxification of hashish; he has been under treatment for the last 2 years. He was previously treated by a psychiatrist and a psychologist for his disorientation and deviant behaviors. He has poor orientation, lack of interest in activities, remains isolated, poor hygiene, poor social skills, and decline in cognitive functioning. Being his parents we are very upset because of his condition we are currently taking him to various hospitals for his psychological and behavioral treatment as well as his drug addiction, with hopes that he will recover soon.

KHADIJA BEGUM

ALCOHOL

Alcohol is created when grains, fruits, or vegetables are fermented. Fermentation is a process that uses yeast or bacteria to change the sugar in the food into alcohol. Fermentation is used to produce many necessary items — everything from cheese to medications. Alcohol has different forms and can be used as a cleaner, an antiseptic, or a sedative. It is most commonly used and widely abused psychoactive drug in the world. Research indicates that alcohol interacts with the body systems in predictable ways which lead to physiological addiction.

Alcoholism is a disease
A chronic, progressive & fatal disease if not treated

Reasons of Alcohol Use

- o Tension
- o Fashion
- o Work load
- o Socially and familial accepted
- o Negative influence of media
- o Utilize leisure time
- o Familial conflicts
- o Peer pressure
- o Lack of awareness

Remember — impairment begins with the first drink

EFFECTS OF ALCOHOL

1. Short Term Effects

Low Dose

- o Impaired Judgment
- o Aggressive Acts
- o Domestic Violence
- o Child Abuse

Moderate Dose

- o Dizziness
- o Talkativeness

High Dose

- o Slurred speech
- o Disturbed sleep
- o Vomiting
- o Headache
- o Thirst
- o Nausea
- o Dizziness
- o Fatigue



2. Long Term Effects

Long-term effects of consuming large quantities of alcohol can lead to:

- Permanent Damage to Vital Organs
- Several Different Types of Cancer
- Gastrointestinal Irritations, Such As Nausea, Diarrhea, and Ulcers
- Malnutrition and Nutritional Deficiencies
- Sexual Dysfunctions
- High Blood Pressure
- Lowered Resistance to Disease

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome.

MY STORY

I belong to a well settled upper class family and lives in a posh area. I was studying in a high class school with my siblings and cousins where the majority of the students belonged to the upper class. Once I went to my cousin's house and he offered me a drink which had a bitter taste, but I felt pleasure after drinking it. I remember that was the weekend, when my friends organized a picnic at a farm house and took alcohol with them as part of recreation. I enjoyed a lot that night by then I started drinking regularly after that day because it gave me pleasure. Once I rented a car for going out of the city with my friends. I was driving and drinking alcohol. Suddenly I felt that the road in front of me blurred, because of which our car collapsed with a truck in front of us. When I came in to consciousness, I found myself in the hospital and I saw that my mother and sisters were crying. Doctors informed me that my legs were damaged due to the accident and I became physically handicapped. Today I curse that time when I first time tried alcohol. Please do not ever use it even for an enjoyment because it will give you pleasure for the time being but you will lose your identity and your soul.

IMRAN

PSYCHOTROPIC MEDICINES

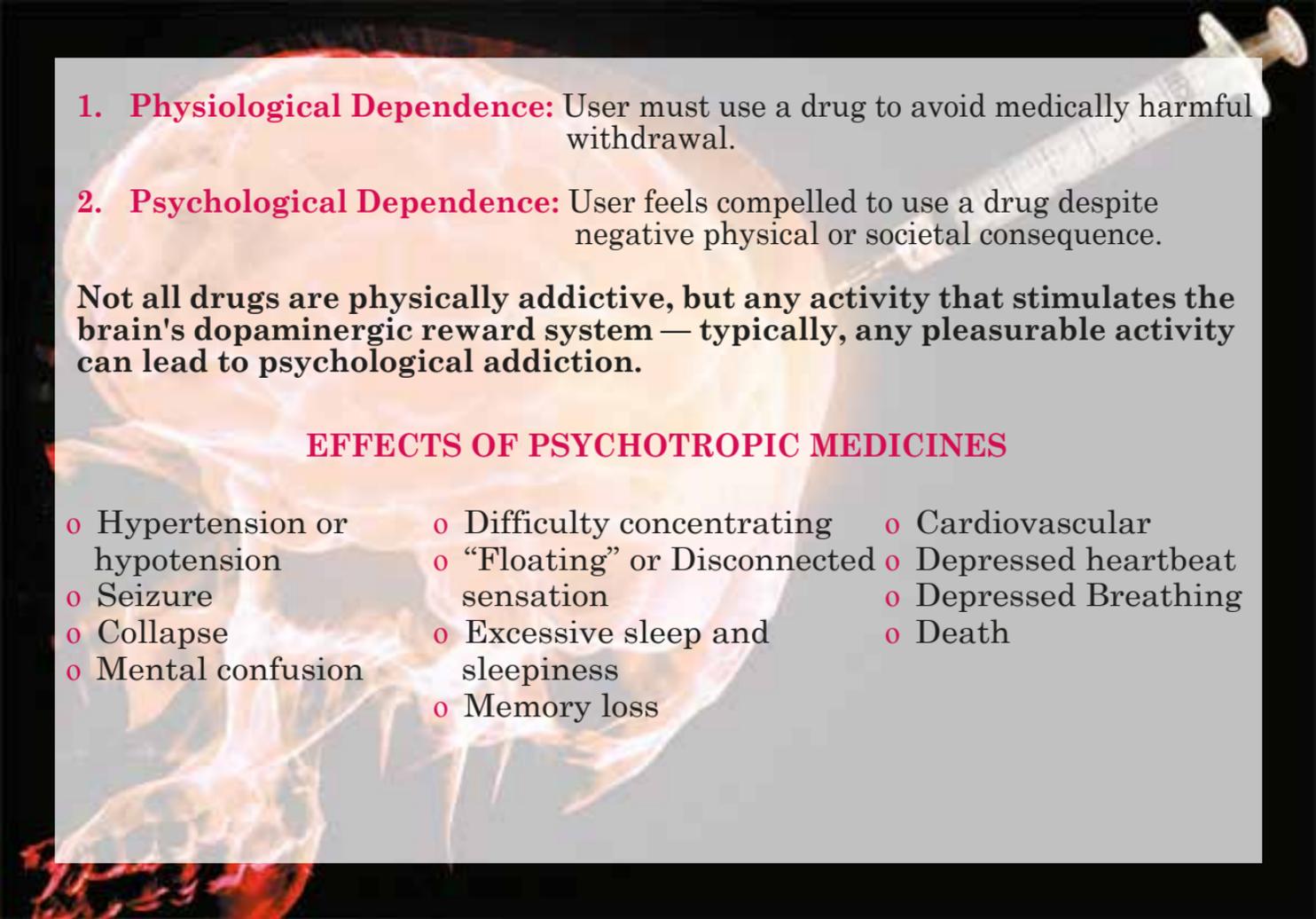
A psychoactive drug or psychotropic substance is a chemical substance that acts primarily upon the central nervous system where it alters brain function, resulting in temporary changes in perception, mood, consciousness and behavior. These drugs may be used therapeutically as medication. Psychotropic medicines can be used by the prescription of doctor for emotional problems but patients don't go to doctor again for follow up or if they have same problem again they use these medicines by themselves without consulting physician. Such practices on behalf of patient gradually lead to dependency on such drugs and they become addicted.

Mode of intake

- o Injection
- o Oral

Reasons for the use of Psychotropic Medicines

- o Psychological Disorder
- o Release Tension and Stress
- o Minimize side effects of other drugs
- o Overcome Sleeplessness
- o Relief from Psychological Pain

- 
- 1. Physiological Dependence:** User must use a drug to avoid medically harmful withdrawal.
 - 2. Psychological Dependence:** User feels compelled to use a drug despite negative physical or societal consequence.

Not all drugs are physically addictive, but any activity that stimulates the brain's dopaminergic reward system — typically, any pleasurable activity can lead to psychological addiction.

EFFECTS OF PSYCHOTROPIC MEDICINES

- Hypertension or hypotension
- Seizure
- Collapse
- Mental confusion
- Difficulty concentrating
- “Floating” or Disconnected sensation
- Excessive sleep and sleepiness
- Memory loss
- Cardiovascular
- Depressed heartbeat
- Depressed Breathing
- Death

MY STORY

I am Zohra aged 28. I got married when I was only 13 years old with the consent of my parents. There is a 15 years difference of age between me and my husband. My husband had extramarital affairs and used to physically abuse me. I was blessed with one son and a daughter. With the passage of time I found my husband more violent and harsh due to which my father asked me to take khula through court. Finally court decided in favor of me to keep my daughter, but my husband gained custody of our one-year-old baby boy. This decision was so severe that I went to the doctor because I developed tension and sleeplessness. He prescribed me sleeping pills, which I took for several months but found no effect, even after increasing the dose. Meanwhile my father passed away which was again the most shocking stress because he was the only one who supported me and loved me a lot. A time came when I used to take about 25–30 medicines. Then I shifted to another high dose sleeping pill which somehow relaxed me and it was compensating my irritability, sleeplessness, anger and my stubbornness. I always used to sleep for hours and hours, unaware about the situations at home or outside. This affected on the attitude of my parents, relatives and friends. I started stealing things to fulfill my drug needs and could not take care of myself. My family got fed up from my addictive behavior. My message is please do not ever use even a very less dose medicine, such type of things are just drugs as heroin and marijuana (charas). It will give you relief for the time being but you will lose your identity and your soul.

ZOHRA

INHALANTS / SOLVENTS

Solvent abuse involves inhaling the fumes from domestic and industrial products creating a strong intoxication. Traditionally referred to as “glue sniffing”. These chemicals include: butane gas cigarette lighter refills, liquefied domestic gas, solvent based adhesives, deodorant aerosols, pain relief sprays, aerosol air fresheners, hairspray, other aerosols, some correction fluids, petrol, certain paints, paint thinners & removers, dry cleaning agents, petrol lighter fuel, nail varnish & varnish remover, some shoe & metal polish, and plaster remover.

Method of Use

The most common method of inhaling solvents is by inhaling them from a plastic bag which is placed over the face.

Infected People

Mostly these children are street children or those who are bound to earn for the family. A feeling of strong intoxication kicks in almost immediately with some users experiencing hallucinations. The effects are short lived, resulting in the prospect of repeated abuse. The vast majority of solvent abusers are between the ages of 11-16 and usually male.

EFFECTS OF INHALANTS / SOLVENTS

Solvents are depressants, readily absorbed into the brain and central nervous system. These substances are stored in fat deposits, particularly in the brain, causing long-lasting effects.

1. Short Term Effects

Physiological

- o Slurred Speech
- o Vomiting
- o Diarrhea
- o Head Ache
- o Unsteadiness
- o Unpredictable Behavior

Psychological

- o Drowsiness
- o Intoxication
- o Disorientation
- o Lack of inhibitions
- o Lack of co-ordination
- o Dazed Appearance
- o Choking



2. Long Term Effects

Physiological

- o Weight loss
- o Anemia
- o Seizures
- o Sores around the mouth and nose
- o Conjunctivitis
- o Liver and kidney damage
- o Brain damage
- o Permanent sniffer's rash
- o Breathing failure
- o Heart damage

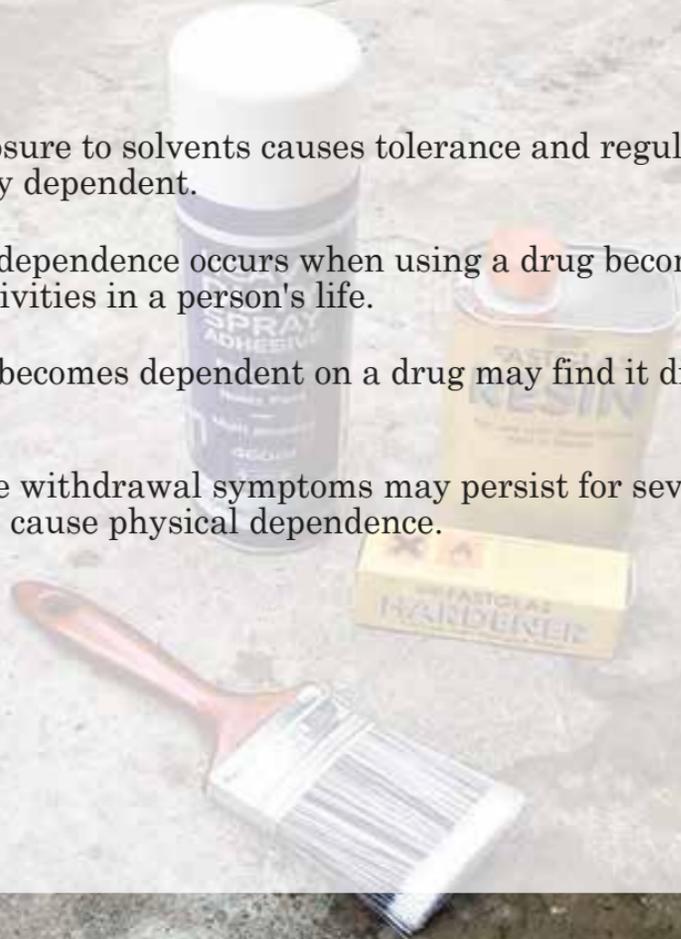
Psychological

- o Hallucinations
- o Tinnitus (ringing in the ears)
- o Unconsciousness



Some Facts

- o Repeated exposure to solvents causes tolerance and regular users may become psychologically dependent.
- o Psychological dependence occurs when using a drug becomes more important than other activities in a person's life.
- o A person who becomes dependent on a drug may find it difficult to cut down or stop using.
- o Although some withdrawal symptoms may persist for several days, solvents are not thought to cause physical dependence.



MY STORY

Today I am living in a shelter house and at times I thought that what will be my condition if I was still in my past life??? I belong to a middle class family and my parents got separated when I was only 4 years old. After some time my mother told me that we are going in my new father's home. In starting he was very loving and caring towards me and my mother but with the passage of time his behavior changed and he became harsh day by day. In this time my younger step brother and sister were the addition in our family. My mother and step father were busy in arguments all the time and in result they became physically and verbally abusive towards me to displace their anger. I dishearten with my parents' behavior and ran away from home when I was 8 years old and started living at street. I was surrounded by bad people and they sexually abused me multiple times. I have noticed that people on street were always busy in inhaling something and they offer me too when I ask them. I feel very calm and intoxicated after using it. In a very short time I became addict and use different inhalants such as: Samad Bond, paints, thinners etc. These things badly affect my health but I desperately need them all the time. Once when I was in a heap of Garbage and in a condition of nearby death some volunteers of New Horizon Care Centre (NHCC) took me to the hospital where I was treated and by blessings of God I am in recovery. Now I am 15 years old, living in a shelter house and planning for my better future.

AHMED

PAIN KILLERS

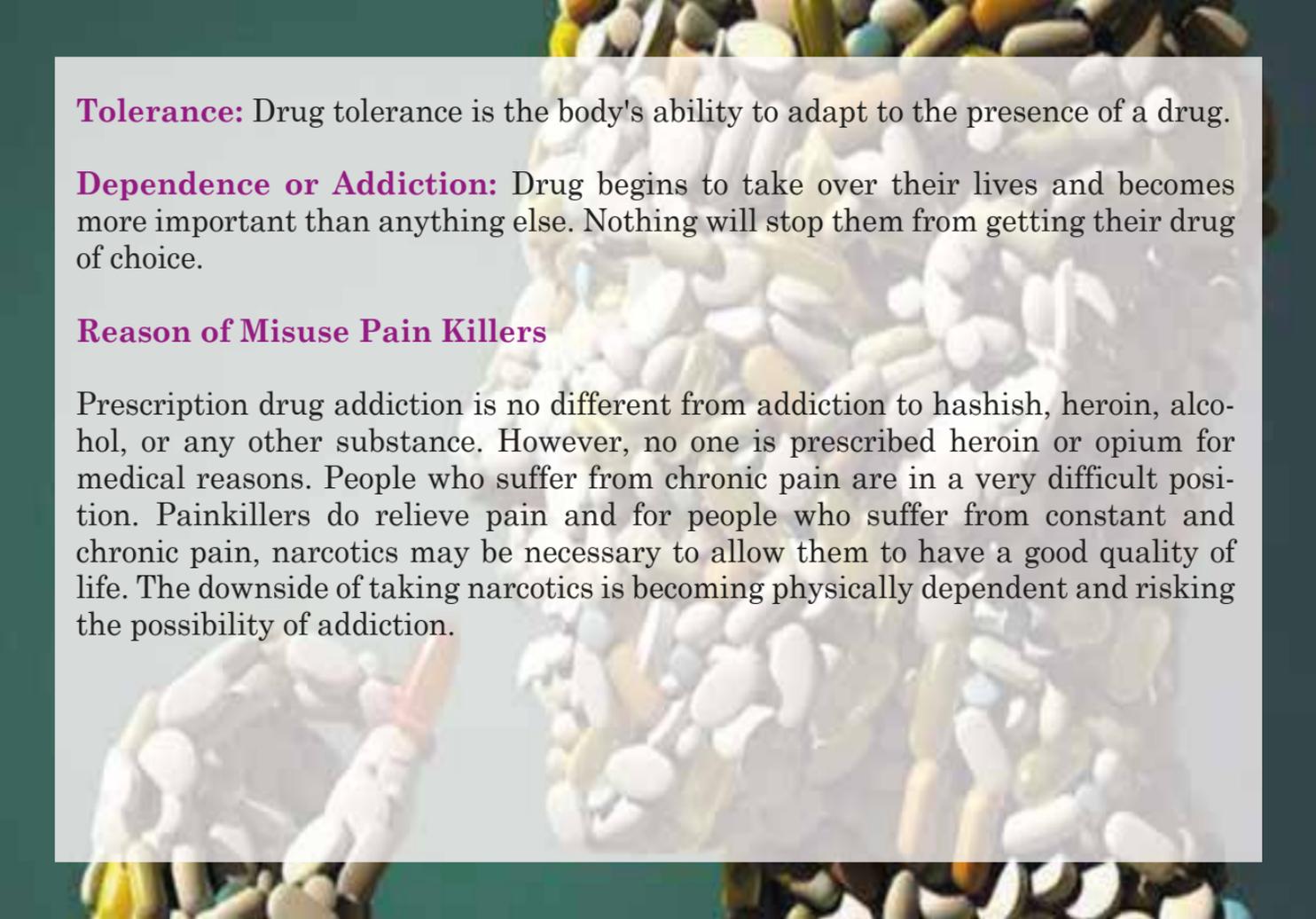
Prescription drugs enable individuals living with arthritis to control their pain and symptoms. Misuse of prescription drugs can lead to abuse, addiction, and other serious problems. However, addiction rarely occurs among those who use medications as prescribed; the risk for addiction exists when medications are used in ways other than as prescribed. People often use pain killers to avoid the painful withdrawal symptoms of heroin, opium or alcohol and cut the time of withdrawal. Addiction and withdrawal from prescription drugs can be more dangerous than other substances because of the insidious nature of these drugs.

Mode of intake

- Injection
- Orally

Most commonly used pain killers

- Analgesics
- Voran
- Parectamol
- Pentagon
- Avil
- Restrovil
- Panadol
- Sosegon
- Brufeen
- Ponstan



Tolerance: Drug tolerance is the body's ability to adapt to the presence of a drug.

Dependence or Addiction: Drug begins to take over their lives and becomes more important than anything else. Nothing will stop them from getting their drug of choice.

Reason of Misuse Pain Killers

Prescription drug addiction is no different from addiction to hashish, heroin, alcohol, or any other substance. However, no one is prescribed heroin or opium for medical reasons. People who suffer from chronic pain are in a very difficult position. Painkillers do relieve pain and for people who suffer from constant and chronic pain, narcotics may be necessary to allow them to have a good quality of life. The downside of taking narcotics is becoming physically dependent and risking the possibility of addiction.

EFFECTS OF PAIN KILLERS

Physiological Effects

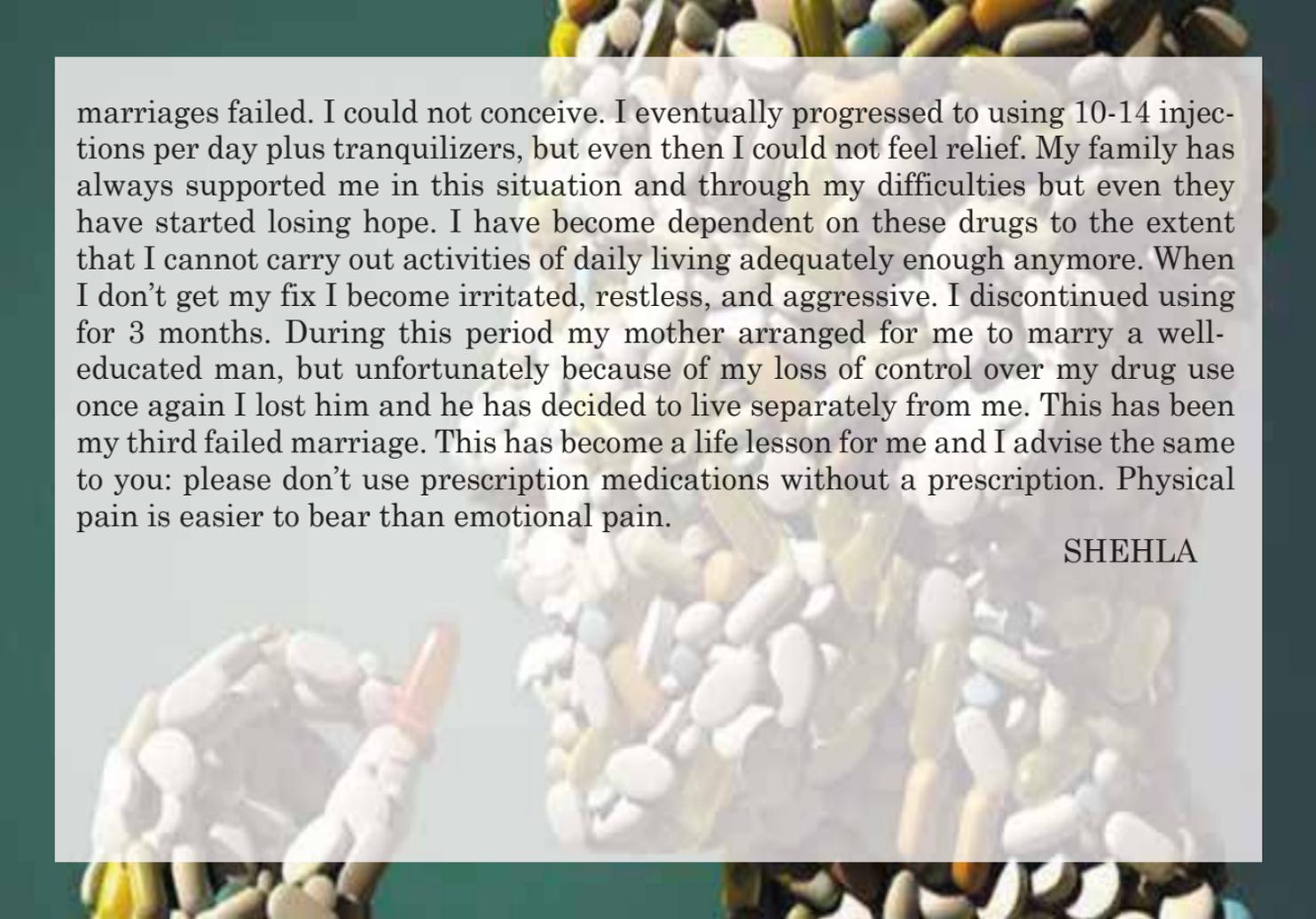
- o Fever
- o Vomiting
- o Diarrhea
- o Muscle and Bone Pain
- o Cold Flashes
- o Involuntary Leg Movements

Psychological Effects

- o Insomnia
- o Lying
- o Stealing Behavior
- o Doctor Shopping

MY STORY

I am 29 years old. I was suffering from kidney pain for which I was admitted to the hospital. I was administered pain killers in the form of injection to ease the pain. Because the kidney pain was severe, I had to undergo surgery, and had to continue the medication (i.e. the injection). After I was released from the hospital and had discovered the name of the injection, I discontinued follow-up visits to the doctor and administered the injection on myself. As time went on, I gradually started increasing the dosage without a prescription and eventually became dependent. This dependency affected my marital life severely. I was married twice but both my



marriages failed. I could not conceive. I eventually progressed to using 10-14 injections per day plus tranquilizers, but even then I could not feel relief. My family has always supported me in this situation and through my difficulties but even they have started losing hope. I have become dependent on these drugs to the extent that I cannot carry out activities of daily living adequately enough anymore. When I don't get my fix I become irritated, restless, and aggressive. I discontinued using for 3 months. During this period my mother arranged for me to marry a well-educated man, but unfortunately because of my loss of control over my drug use once again I lost him and he has decided to live separately from me. This has been my third failed marriage. This has become a life lesson for me and I advise the same to you: please don't use prescription medications without a prescription. Physical pain is easier to bear than emotional pain.

SHEHLA

**For more information or to obtain more copies
of this or other brochure in this series, contact**



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