

Substance abuse and drug addiction

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Drug by definition is any substance or product which is used or intended to be used to explore or modify the physiological system or the pathological state for the benefit of the recipient (WHO). The drug addiction is a misnomer and it demeans the word drug. Any substance that is causing benefit is drug and on the contrary if the use is causing harm or do not provide any benefit then by definition it is not a drug and rather it is a poison. The media and public still use the term drug addiction which need to be objected and discouraged. It is now accepted that substance abuse is the term that is to be used. The substance abusers are increasing globally. There is a continuous shift in the substance that is abused. People have always resorted to seek euphoria and happiness. From history it is known that substance of various origin were abused to experience the kick and alcohol is one of the earliest discovery which is still being consumed worldwide. The young generation who are the usual victims of substance abuse is to be sensitized. In schools chapters dealing on the topic of substance abuse and its effects should be included to generate an idea of various substance abused. Preventive measures are important and workshops are actually conducted by Scouts and Guide etc. amongst the young boys and girls. The abused person need to be treated scientifically and rehabilitation is vital. Sports, arts, music, physical training, yoga, martial arts, swimming, cycling, reading, gardening, stitching, cooking etc. need to be encouraged from the young to divert the minds and building a healthy attitude towards life. These days people from all ages are

hooked to Android phones. It is also a form of substance abuse which is giving rise to various problems affecting health. Many centres are dealing with these problems. The substance abusers are also part of our society and a holistic approach can help them to bring back to the mainstream. The substance abusers need to realise that there are better things in life to enjoy and live happily.