

Addiction: A Real Challenge in Current Era

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Abstract

Addiction is a real challenge in current age. “Addiction is defined as addicted to something, when it comes to drug addiction, it says it’s a complex disorder in brain. Now, and again, which is non congenital and a chronic illness. When we analyzed in details we found that the addiction has multifaced impact and it is spread all over the globe. But to get a perfect and effective way to resolve the concern, it is important that more researchers get involved in finding the solutions. Even clinical trials are also suggested in some critical conditions. But for this paper, we will stick to the data published in press information bureau. Where we found that the very large population are addicted. This addiction can be of any forms or types, below are some of them.

1. Alcohol
2. Cannabis
3. Opioids
4. Sedatives
5. Inhalants
6. Cocaine
7. ATS
8. Hallucinogens

This analysis will give you the glimpse of current situation on addiction, which is really terrifying and a real challenge to tackle for the betterment of the family, society and actually for the country.

Keywords: Addiction, Current challenge, Society, Stop addiction

Introduction:

This Research on the impact of drug is multifaced and will define it with a diagram below. But to start with, will give an idea about the types of drugs that are normally been consumed for addiction. Below are a few of them which has been published after joint activity between National Drug Dependence Treatment Centre and AIIMS.¹

1. Cannabis
2. Opioids
3. Sedatives
4. Inhalants
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7. Hallucinogens

¹ <https://www.pib.gov.in/>

Irrespective of gender, currently the addiction is spreading like “*fire in the forest*”. We must find out a way to stop it, else it has a high impact globally in the coming future.

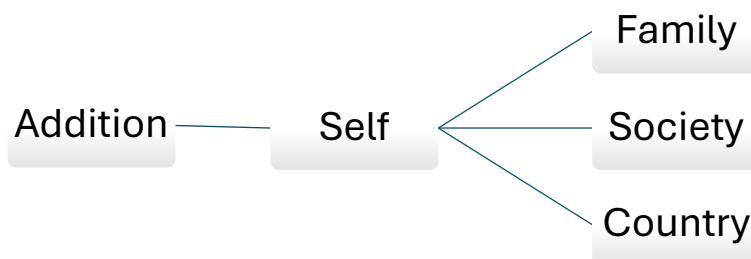


Diagram: 1

Above diagram shows that impact of addiction at all level of a country and at last the country also get effected.

Methods:

This research is based on qualitative methods. Where secondary data was referred and lots of information collected from different de-addiction agencies through verbal communication, (as they were not ready to give any recorded information/fill the scientific structured questioner). The research has been performed for three major drugs which are been used for addiction,

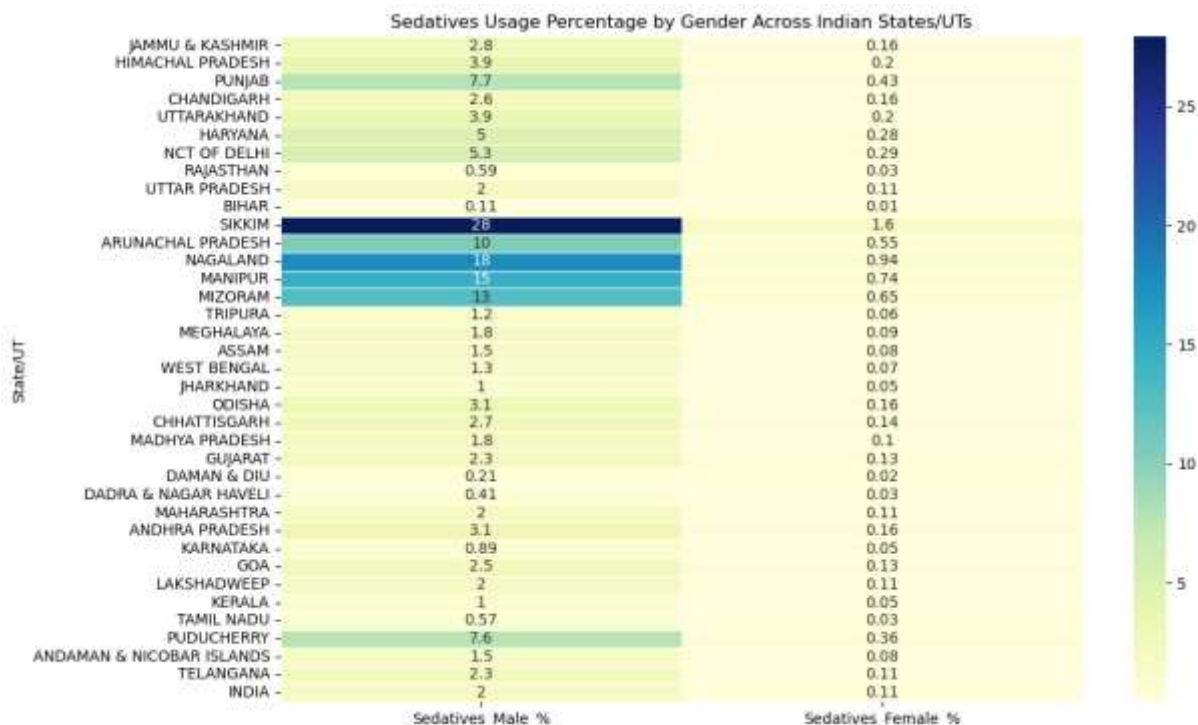
- Cannabis
- Opioids
- Sedatives

Findings:

Gender-wise drug usage data (in percentages) for Cannabis, Opioids, and Sedatives across Indian states and union territories:

State/UT	Cannabis (M%)	Cannabis (F%)	Opioids (M%)	Opioids (F%)	Sedatives (M%)	Sedatives (F%)
Punjab	18.12	6.44	18.2	0.37	7.66	0.43
Sikkim	19.73	1.13	33.46	2.32	27.92	1.58
Mizoram	6.02	0.49	49.58	2.11	12.92	0.65
Nagaland	7.39	1.8	49.12	0.3	17.69	0.94
Manipur	6.93	0.57	22.75	5.74	14.64	0.74
Arunachal Pradesh	12.61	1.96	39	4.85	10.48	0.55
Delhi (NCT)	13.74	1.94	14.36	0.56	5.26	0.29
Haryana	10.67	1.71	16.21	0.31	4.98	0.28

Sedatives Usage by Gender :



See the usage level of addictive substances with bifurcation of type of top three drug state wise;

- Cannabis Usage (Top)
- Opioids Usage (Middle)
- Sedatives Usage (Bottom)

Cannabis Usage:

Highest Male Usage: Sikkim (19.73%), Punjab (18.12%), and Delhi (13.74%) show the highest male cannabis usage.

Highest Female Usage: Punjab (6.44%) stands out significantly, followed by Delhi (1.94%) and Arunachal Pradesh (1.96%).

Gender Gap: In most states, male usage is significantly higher than female usage, with Punjab being a notable exception where female usage is relatively high.

Opioids Usage:

Highest Male Usage: Mizoram (49.58%), Nagaland (49.12%), and Arunachal Pradesh (39%) show alarmingly high opioid usage among males.

Highest Female Usage: Manipur (5.74%) and Arunachal Pradesh (4.85%) have the highest female opioid usage.

Regional Concern: The Northeast region shows a clear pattern of high opioid use across both genders.

Sedatives Usage:

Highest Male Usage: Sikkim (27.92%) is a major outlier, followed by Nagaland (17.69%) and Manipur (14.64%).

Highest Female Usage: Sikkim again leads (1.58%), followed by Arunachal Pradesh (0.55%) and Nagaland (0.94%).

Gender Disparity: While male usage is much higher, female usage in the Northeast is also notably elevated compared to other regions.

When we see it state wise bifurcation, we find:

Northeast India (Sikkim, Mizoram, Nagaland, Manipur, Arunachal Pradesh) consistently shows high usage across all drug types and both genders.

Punjab and Delhi show high cannabis usage, especially among females.

Southern states like Tamil Nadu, Kerala, and Karnataka generally report lower usage rates across all categories

Conclusion:

In current era, Addiction is one of the major challenges which need to have more attention. We need to find solutions to stop addiction and give right direction to the young generation. They are our future, and we cannot let them go in there way which will make them land in a destructive situation. We must find the right and efficient way of communication to reach them before time passes.

Scope of Study:

There are huge scope and area of studies, few are below;

1. Different drugs and their impact
2. The effective way to stop addiction
3. Reason of getting addiction

Reference

1. [Press Release: Press Information Bureau](#)