

## Report on Magnitude of Substance Use in India

### Why in news?

The Ministry of Social Justice & Empowerment recently released the 'Magnitude of Substance Use in India' report.

### What is the report on?

- It is based on a survey conducted by the National Drug Dependence Treatment Centre (NDDTC) under the AIIMS, Delhi.
- The survey was sponsored by the ministry of social justice and empowerment.
- It covered general population (10-75 years) in all the 36 states and union territories.

### What are the highlights?

- **Alcohol/Liquor** - India is home to 6 crore alcohol 'addicts', and there are 16 crore people who consume alcohol.
- Nearly 1.6% women and 27.3% men in the country use alcohol.
- The consumption level is very high among the male population and many fall in the age bracket of 18-49 years.
- Also, 1.3% of children (ages 10-17) are alcohol users, as opposed to 17.1% in the 18-plus age group.
- States with high prevalence are Chhattisgarh (35.6%), Tripura (34.7%), Punjab (28.5%), Arunachal Pradesh (28%) and Goa (28%).
- Among women, states with the largest prevalence of alcohol use are Arunachal Pradesh (15.6%) and Chhattisgarh (13.7%).
- Among children, a high prevalence was found in Punjab (6%), West Bengal (3.9%) and Maharashtra (3.8%).
- Country liquor (Desi Sharab) accounts for 30% of the total liquor consumption.
- Indian made foreign liquor (spirits) also account for the same amount.



- **Drugs** - More than 3.1 crore Indians (2.8%) have reported using cannabis products (Bhang, Ganja, Charas, Heroin and Opium) in last one year.
- At the national level, Heroin is most commonly used substance followed by

pharmaceutical opioids, followed by opium (Afeem).

- Cannabis consumption is higher than the national average in Uttar Pradesh, Punjab, Sikkim, Chhattisgarh and Delhi.
- In Punjab and Sikkim, the prevalence of cannabis use disorders is considerably higher (more than thrice) than the national average.
- **Sedatives and inhalants** - Less than 1% or nearly 1.18 crore people use sedatives, non medical or non prescription use.
- Strikingly, its prevalence is high among children and adolescents.
- Addiction of children is more prevalent in U.P, Madhya Pradesh, Maharashtra, Delhi and Haryana.
- At national level, there are 4.6 lakh children that need help against the harmful or dependence over inhalants.
- **Injection of drugs** - 8.5 lakh people in the country inject drugs.
- Users of opium-based drugs report high incidence of injecting drug.
- A large number of these drug users report risky injecting practices.
- It is more prevalent in U.P, Punjab, Delhi, Andhra Pradesh, Telangana, Haryana, Karnataka, Maharashtra, Manipur and Nagaland.

### **How accessible is the treatment?**

- In general, access to treatment services for drug or alcohol addicts are grossly inadequate.
- Nearly one in five alcohol users suffers from dependence, and alcoholism is a condition that requires medical attention.
- But only less than 3% of the people with drinking problem get any treatment in India.
- Only one person in 38 alcohol addicts is getting any treatment, and one in 180 addicts is getting inpatient treatment at a hospital.
- 72 lakh of 'other drugs' users are addicted to them, but only one in 20 drug addicts seems to be receiving in patient treatment for drug addiction.

**Source: Financial Express, Indian Express**