

**ORIGINAL RESEARCH****Substance abuse****<sup>1</sup>Lovesampuranjot Kaur, <sup>2</sup>Bhupinder Kaur**

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**Article**

As well all are know Substance abuse is a patterned use of a substance in which the user consumes the substance in amounts or with methods which are harmful to themselves or others. Some of the drugs most often associated with this term include alcohol, substituted amphetamines, benzodiazepines, cocaine, opioids etc. Use of these drugs may lead to criminal penalty in addition to possible physical, social, and psychological harm, both strongly depending on local jurisdiction. Substance abuse is prevalent with an estimated 120 million users of hard drugs such as cocaine, and heroin. According to World Health Organization (WHO), substance abuse is defined as, "Persistent or sporadic use of a drug inconsistent with or unrelated to acceptable medical practice". substance abuse refers to excessive use of a drug in a way that is detrimental to self, society, or both.

**Key words:** Substance abuse, consumes

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. One of the key impacts of illicit drug use on society is the negative health consequences experienced by its members. Drug use also puts a heavy financial burden on individuals, families and society. The harmful use of alcohol results in 3.3 million deaths each year. On average every person in the world aged 15 years or older drinks 6.2 litres of pure alcohol per year. Less than half the population (38.3%) actually drinks alcohol, this means that those who do drink consume on average 17 litres of pure alcohol annually. At least 15.3 million persons have drug use disorders Based on the findings of the study, substance abuse was highly prevalent in the age group 14-45 years among the males in Punjab. It has been concluded that some substances such as tobacco (zarda) and alcohol are inexpensive and legally available due to which they are consumed by large number of males but the most expensive and illegal substances such as narcotics in which there were poppy husk (31%), heroin (19%) and opium (11%) that was consumed to a certain extent.

**Reference**

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