

Impacts of Drug Abuse and Addiction and Effects of Pharmaceuticals Misuse: Review Article

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ABSTRACT

This paper presents a historical overview of drug addiction since it follows its beginnings that stretch to 7000 years B.C, it also identifies different concepts related to drugs, including intoxicants, hashish, medicines, painkillers, volatile solvents, light addictive stimulants, and abused pharmaceuticals. In addition, this paper tackles the impacts of drug use, clarifies the relation between drugs, painkillers, and addiction, outlines the differences between drug users and addicts, and discusses the factors contributing to addiction. The paper takes a deep dive into drug addiction theories like the physiological theory, abuse prevention theory, commitment to tradition and social bonding, risk, and protective factors theory, and intrapersonal theory, and specifies the general effects and disorders associated with addictive substances, alcohol, and ethanol addicts' behavior and addiction disorders.

Keywords: Drug use, Addiction, Drugs/narcotics, Pharmaceuticals, Intoxicants, Hallucinogens, Stimulants.

1. Introduction

Despite the advancement and rich resources mankind witnessed in recent years, through technical and scientific innovation and the Industrial Revolution, more problems and concerns emerged, personal needs increased, life became more demanding and its pace grew quickly, which led the world to communicate with more ease narrowing distances and boundaries and facilitating travel across the world [1].

This increasing connection and communication allowed for the exchange of norms, traditions, values, ethics, ideas, and behavior, some are good and some are not [2]. One of the bad habits exchanged is alcohol and drug abuse, which has caused countless cases of addiction. These destructive extend beyond the individual, to affect the family, society, and humanity as a whole [3].

2. Historical Overview of Drugs

Contrary to popular belief, drug addiction is not new; it is deeply rooted in history. Researches show that opium agriculture and treatment can be traced back to 7000 B.C., as Sumerians documented its use, and later the people of Babylon introduced it as a medical substance to the people in Egypt and Persia

around 1550 B.C [4]. From that point, opium reached the Roman Empire and stretched to the Far East. The Greeks called it (*ópion*) – derived from the word (*opós*), which is translated to (Juice of a Plant). In the Mediterranean region, both poppy and opium were identified, and some historical texts state that the people in the region knew cannabis at least 3000 years B.C [5].

It is also thought that by the 9th century. Arabs introduced opium to China, but its wide use started in the 19th century, India, which later led to the “Opium Wars” between the United Kingdom and China in (1839 – 1842 A.D.), resulting in the last accepting the opium trade promoted by the British from India[6].

In India, Brahmins used opium as an alternative to alcohol, which is prohibited in Hinduism teachings, to reach a higher or euphoric state of mind. It is worth mentioning that the Indian community welcomed opium when it was introduced by the Arabs, since it was safe to use in places of worship. In addition, it was used by people of higher social status, while lower classes resorted to cannabis and its derivatives. During the reign of the emperor Akbar, cannabis agriculture in India was under governmental supervision, and the excessive production was organized and exported [7].

When the British controlled the Indian Subcontinent, they inherited and controlled the well-organized opium trade which witnessed a constant development throughout the 19th century when opium derivatives like Morphine and Heroin started to be produced which offered the opportunity for such derivatives to be directly injected in the body instead for the traditional method of taking opium with other substances [8].

Morphine was discovered in Germany in 1850, while the French produced codeine and other alkaloids that deviated from opium in 1832, and the Germans also produced diacetylmorphine, known as heroin in 1898 [9].

Opium was first used in the American colonies as a therapy in the 18th century; however, medical reports from the 19th century stated that the use of this drug started to spread widely in the 20th century, statistics showed that there were millions of addicts [10].

This overview clearly shows that using drugs is an old habit that traces back to older civilizations, and since then, we have witnessed an increase in use and the number of addicts [11].

3. Literature Review

In the Philippines, recent research indicates that the phenomenon of drug abuse is escalating noticeably, especially among the youth demographic. The patterns of substance use among these young people are changing with amazing speed, with a rise in the spread of numerous kinds of drugs, thereby making the phenomenon more complex and comprehensive. This issue is no longer limited to a specific group but has expanded to include a larger number of young people, causing millions of them to continually cross the forbidden boundaries. Statistics show that the vast majority of drug users are adolescents between 17 and 28 years old, the age range in which they are expected to pursue higher education and begin their future. This phenomenon also reflects a noticeable gender gap, where we find that the number of males in this context exceeds females by a ratio of 12:1, raising many questions about the social and psychological challenges facing young people today [12].

In South Africa, a study by [13] conducted on university students discovered that (75%) of the participants misused pharmaceutical drugs, and (50%) of those who overindulged in drinking were young people. In [14], the prevalence of drug use among university students was 54.1% of males and 16.5% of females. Stafstrom and Agartha in 2012 found that nearly half the students at Mbarara University in Uganda currently use drugs and that a quarter of them had excessively used drugs .

According to a national survey concerning the swift assessment of the condition of substance and drug

usage in Kenya (2012), (11.7%) of youths aged 15 to 24 are presently using alcohol, (6.2%) tobacco, (4.7%) miraa, and (1.5%) cannabis. In [15] they suggested a study about a rise in alcohol consumption among students at a specific private Kenyan university by (84.2%) and their misuse of prescription pharmaceuticals .

While in [16] ,a basic survey across 17 counties regarding substance use, conducted by the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) in 2012, indicated an increase in drug and alcohol abuse among youths. Drugs were the most frequently used, while prescription medications were the most accessible, and the misuse of drugs results in dangerous consequences.

The findings of a study conducted by [17] confirmed that parental substance abuse and their conflicts, as family factors, played a crucial role in promoting drug use among young people.

According to [18,19], drug addicts, like other individuals, seek the approval of their peers for their conduct, attempting to persuade them to join their habit as a way to gain acceptance. This notion was confirmed by studies conducted by Maythia in 2012 and Chesang in 2013 concerning substance abuse among youth. The results revealed a close connection between drug use behavior in people and their friends' involvement in substance use .

In [20],they emphasized that the impact of peer pressure as a cause of drug use shouldn't be underestimated. University students are surrounded by others who are trying recreational and performance-enhancing drugs, making them more inclined to experience these substances themselves and, therefore, abuse them. Often, strong peer pressure is a trait of this new environment. Studies also reveal that the biggest issue lies in the leisure time enjoyed by university students. In addition to certain individual and family factors, participants highlighted the effect of peers (as a social factor) in raising the likelihood of drug use among young people.

There are diverse outcomes attributing substance abuse to environmental influences, such as social and economic status, which includes socio-economic factors. It's also suggested that socioeconomic standing (like residing in a deprived neighborhood and reduced income) is a significant risk factor for problematic behaviors, encompassing drug use and misuse of pharmaceutical drugs, as per the World Health Organization (2010).

Scientists estimate that genetic factors account for 40% to 60% of a person's susceptibility to addiction. Various research studies on drug use support the idea that heredity plays a significant role in developing substance abuse issues in certain individuals. Research conducted by [21] reveals that genetic factors influence the transmission of drug use from parents to their children. Additionally, [22] found that children of drug users are particularly vulnerable to drug use themselves due to both genetic and family environmental factors. Based on this information, ongoing studies of genetic factors in drug addiction can provide new insights into the disease and may lead to the discovery of new treatments for its prevention and management .

It is crucial to note that all narcotics are perilous, and using them on purpose is incorrect and harmful to the individual, family, and society, even society as a whole. Despite a lack of consensus concerning the specific underlying causes of drug use and addiction in particular individuals, the reasons for people's resort to drugs, alongside the factors connected to drug and narcotic use, are manifold and varied, including individual predispositions, familial traits, in addition to intricate social and environmental determinants.

Several authors and researchers have shown that numerous contributing factors play a role in drug abuse and substance misuse among young people, including students. Drug abuse arises due to a collection of environmental, biological, and psychological factors as shown in [23]. The most impactful factors encompass the family, peer connections, scholastic performance, and social class. The family,

particularly parents, is a primary socializing agent for the child. In [18], points out that a child acquires their initial behavioral standards through the instruction of parents and other adults around them. They also contend that if a child perceives a discrepancy between parental instruction and practices, it breeds doubt, which carries into adolescence, leading to aberrant behavior. links deviance, such as alcohol and marijuana use, with permissive, inconsistent, or abusive parental discipline.

The process of socialization involves various elements, including peer groups, educators, media, the government, and interactions with different individuals. Through these influences, young people adopt values that extend beyond their immediate local culture. However, with the decline in family involvement in youth socialization, the values and habits imparted to them have diminished significantly. As a result, the traditional value system begins to erode, leading to moral decay. According to [24], peer influence is limited, especially when parents neglect their traditional supervisory roles. Therefore, engaged and active parents can play a crucial role in mitigating the impact of peer groups on their children's attitudes toward drug use and narcotics, ultimately influencing their behavior positively.

4. Definitions and General Concepts

4.1. Brews and Intoxicants

Terminology in Arabic varies when it is related to these drinks since they are named (Khamr), which means (fermented drink), about the process of making these liquids, and not the other meaning (veil) due to their effect on the brain. Some say that (Khamr) is every drink that intoxicates the brain, concerning the Quranic verses discussing this matter and the hadith of the Prophet Mohamed (PBUH): "Every intoxicant is Khamr," which is supported by his followers and well-spoken Arabs [25]. From a religious point of view, Prophet Mohamed (PBUH) prohibited every food or drink that affects the mind or causes intoxication, sedation, or loss of consciousness; it is clear from his teachings that the mind is Allah's gift to human beings, distinguishing them from other creatures and by which they shall be guided towards the righteous path and stay away from the path of temptations [26].

4.2. Hashish

It is the Arabic name for the eastern sedative drug that is extracted from the Indian cannabis plant, scientifically known as (*Indica Cannabis*), the country of India, and is common in pharmaceutical, physiology, and psychology fields [27].

4.3. Drugs

From a scientific point of view, drugs are any substance that affects living beings due to their chemical compounds. This definition is related to almost everything consumed by humans through swallowing, inhaling, injecting, or sucking; this includes pharmaceuticals, prohibited substances, drinks, cigarettes, and tobacco [28].

4.4. Khat

It is a plant that grows in the mountains of many countries like Yemen, Sudan, Somalia, Ethiopia, and others. Khat is classified as a plant with many benefits, like lowering temperatures and boosting the digestive system's health. Scientists discovered that it relaxes the nervous system, and abusing it can lead to mental problems [29].

4.5. Painkillers

They are produced chemical substances that help feel calm, relaxed, or sleepy and are usually used in managing epilepsy and insomnia [30].

Stimulants, on the other hand, are not steroids; they gently alarm the nervous system if taken within the recommended dosages. Most people use stimulants with compounds like xanthine, caffeine, and theobromine, which can be found in coffee beans, tea, cacao, and Coca-Cola drinks; these can lead to hyperactivity and mobility, reduce fatigue and hunger, and cause insomnia [31].

4.6. Stimulants

They include medications that affect the central nervous system, and the most significant stimulant is caffeine, which exists in different drinks like coffee and tea, and is considered dangerous as it can lead to addiction. In addition, other stimulants like cocaine, amphetamine, and khat cause serious health and social problems [32].

4.7. Hallucinogens

They are medications that cause hallucinations, create visual and auditory delusions, and affect the senses and emotions abnormally; they are usually taken inappropriately with sleeping pills and painkillers [33].

A hallucinogen is defined as a substance that is used repeatedly and in certain dosages, which causes symptoms like psychosis (they are also known as the Imagination Medicines).

Hallucinogens are classified as follows:

1. Natural hallucinogens: they are found in nature and cause hallucinations, like the Muscarine mushrooms.
2. Compound hallucinogens: include medicines like psilocybin and mescaline, which are produced in secret labs.
3. Opium and Indian cannabis derivatives like hashish.
4. Medicinal plants that cause hallucinations.
5. Food garnish plants that cause hallucinations, like saffron and nutmeg [34].

4.8. Volatile solvents (inhalants)

They are defined as liquids that easily vaporize into gas and spread in the air if left exposed, making them easy to inhale. These substances can give feelings of joy and ecstasy, and some nausea; if used repeatedly, they can cause addiction since the addicts tend to carry them everywhere. It might sound strange that people are interested in volatile solvents, but that can be attributed to their easy availability, multiple uses in daily life, affordability, and no restrictions or rules regarding their use or exchange; however, they can pose a huge risk if used without any control. Volatile solvents include benzene, glue, flammable gases, nail polish remover, and others [35].

These substances include hydrocarbons that impact the brain, liver, and lungs; when inhaled, they can cause relaxation, dizziness, and sometimes hallucinations [36].

4.9. Amphetamine

They are substances that can be used for medical purposes under specific conditions because they affect the central nervous system, especially the nerve cells in the brain. They also contribute to enhancing breathing through regulating heart rate and might cause loss of appetite [37].

Amphetamines can be used as an effective treatment for most cases of hyperactivity in children, as results show that they become more disciplined and can decrease violent behaviorism [38].

5. Light stimulants

These include: xanthine compounds that can be found in drinks that are heavily consumed daily, like soft drinks, cacao, tea, and coffee, and caffeine, which can be found in tea, coffee, cacao, and soft drinks that are made of cola, which is extracted from the kola nut.

Tea contains theophylline along with caffeine, while cacao has theobromine with caffeine. The last is a stimulant that can cause insomnia, stress, and mild addiction if consumed in large amounts [39].

6. Causes leading to addiction

1. Genetic factors
2. Physical readiness
3. Health conditions, diseases, and physical pains
4. Psychological factors like disturbing psychological traumas, stress, and fear
5. Mental weakness and psychological and mental illnesses
6. Social factors like family disintegration and divorce
7. Social elements like deference, free time, and friends with negative influence
8. Economic factors like poverty and unemployment
9. Nurturing and raising factors like poor upbringing, school failure, and ignorance
10. Media factors like awareness of the risks of drug addiction
11. Religious factors like lack of religious upbringing and guidance and poor religious impulse [40].

7. Addiction or Abuse of Drugs

Medically, addiction can be defined as “exaggerated interest in alcohol or drugs with the emerging habit of constant consumption, thinking they are indispensable, which makes the addict consume even more amounts to get the usual effect” [41].

Signs of addiction can be noticed when the addict reaches chronic intoxication, which impacts their mental, psychological, and physical functionality, in addition to its negative effects on work, family, and social relations. The signs can also be noticed when the addict stops taking the said substances or when they fall significantly short; these signs are known as the symptoms of withdrawal.

In 1964, the World Health Organization (WHO) decided to replace the term (addiction) with the term (dependence), since the latter is a psychological or emotional state that comes from a conscious desire to take drugs, and quitting them does not cause any withdrawal symptoms that the addict faces. In addition,

the addict increases their dose over the year, which is not the case for the dependence period; however, dependence can transform into addiction [42].

For the past 20 years, scientific research has shown that drug addiction is a chronic illness characterized by recurring relapses due to the long-term effects of drugs on the brain, and it also involves behavioral and social aspects that form an important part of the illness, therefore, successful treatment methods include elements related to the biological, behavioral and social contexts.

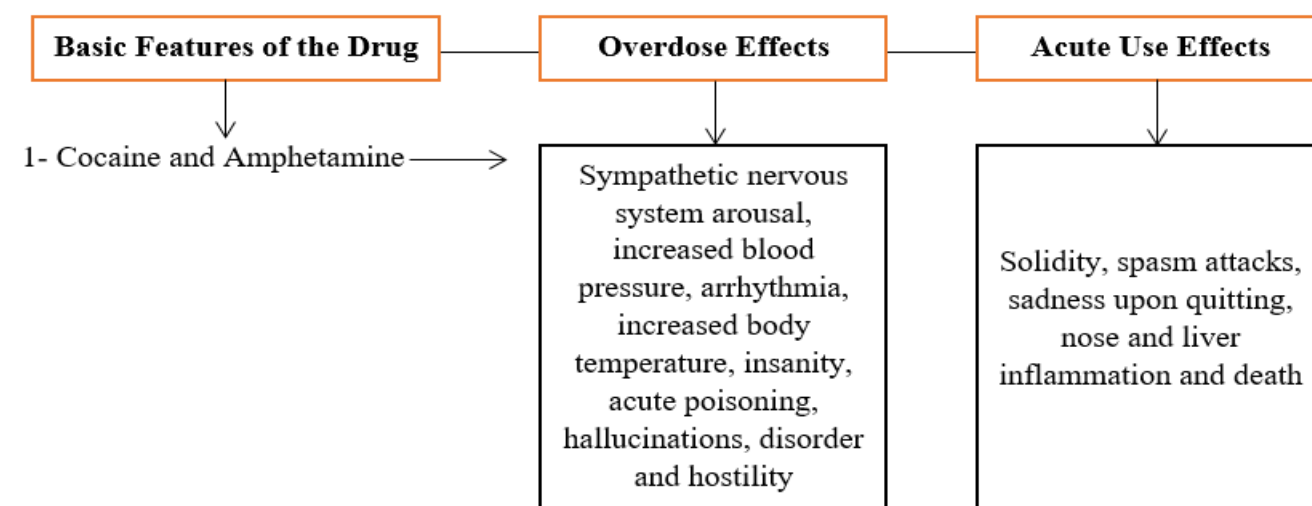
Identifying addiction is a problem related to the compulsive willingness of drug addicts to consume such substances. This understanding can impact social and public health policies and can help in reducing the medical and social expenses associated with taking drugs [43].

Treating drugs and alcohol consumption is considered common, and sometimes doctors are ready to face these facts with their patients. Sometimes drugs or alcohol are the main problem for the patients, and sometimes they lead to the aggravation of already existing issues. In both cases, a lot of patients fail to disclose their consumption of drugs, which makes it hard for physicians to acquire such information or the best methods to deal with them [44].

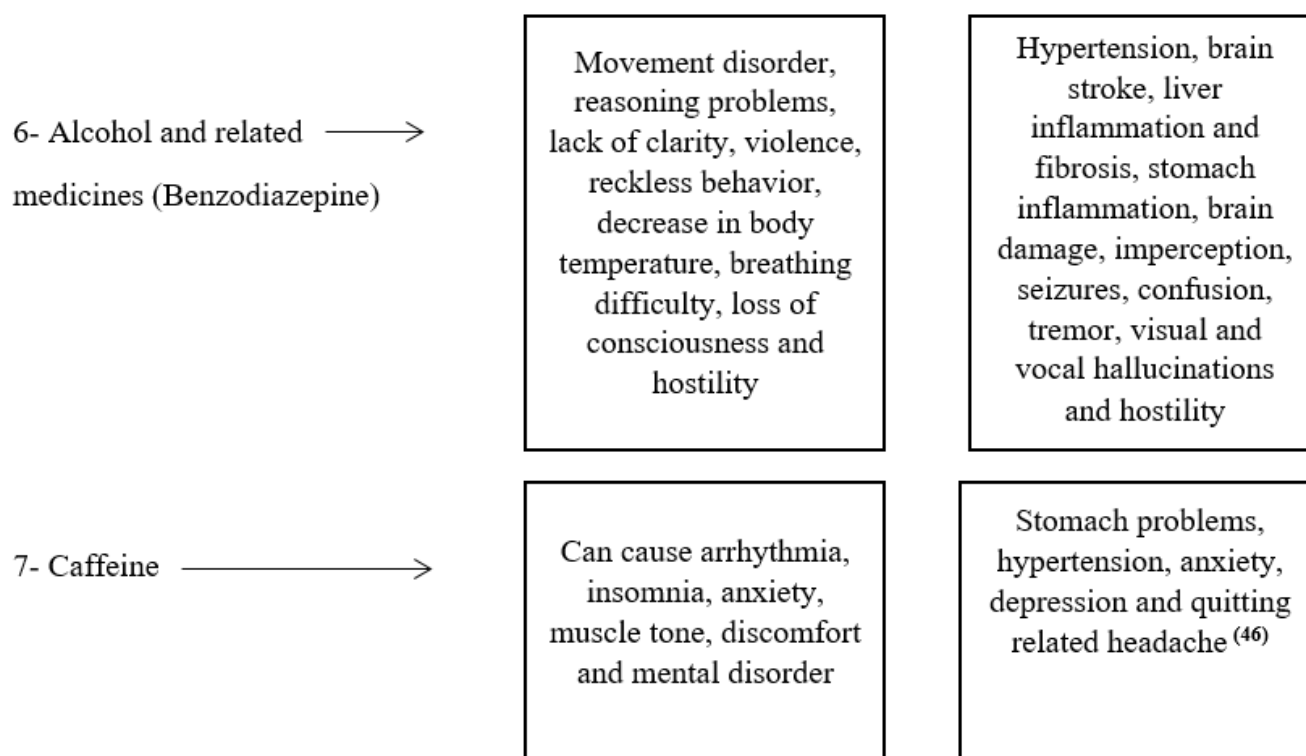
The social nature of human beings makes group therapy an effective treatment method for drug abuse. This method can be as good as individual therapy and sometimes can be even more successful because it reduces loneliness and enables patients to see other patients' recovery journey; these aspects draw patients to the recovery culture. Group therapy provides additional support for patients through dealing with challenges associated with addiction, like depression, loneliness, and stigma.

Although there are a lot of groups that provide therapeutic benefits, this advice targets groups whose leaders have been trained and who were formed to enhance recovery from drug addiction. Special emphasis has been laid on groups that discuss personal matters and help individuals deal with problems related to others, which are the issues they tried to escape from, and resort to drugs. This text is not a training guide aimed at persons who train to be group therapists, but it can provide drug addiction counselors with ideas and information that can improve their capacities in managing the groups they want to guide [45].

8. Effects of Drugs and Pharmaceuticals Abuse



2- Opium, Morphine, Heroin —————→ and Codeine derivatives	Numbness, decreased sense of pain, derealization, feeling of sickness, vomiting, hypopnea and loss of consciousness upon alcohol and painkillers consumption	Constipation, diarrhea, dermatitis, runny nose, gangrene and HIV
3- Hallucinogens —————→	Sympathetic nervous system agitation, vocal imaginations, personality disintegration, very high body temperature, increased hostility and convulsions	Acid reflux, hypotension, extended psychotic episodes, liver fibrosis and death
4- Cannabis (Marijuana) —————→ Hashish	Psychosomatic disorder, spasms, increased heart rate, mouth dryness, paralysis and visual and vocal hallucinations	Brain fog, disruption of memory and learning ability, brain damage, immune system dysfunction, gangrene, violence and hostility
5- Nicotine —————→	Nausea, trembling, increased heart rate, hypertension, slow heart rate, diarrhea, muscular contractions and respiratory paralysis	Coronary and brain blood vessels damage, heartburn, difficulty in attention and concentration, intrauterine growth retardation and recurrent abortions



9. Drug Use Prevention Theory and Psychological Factors

9.1. Emotional Cognitive Theory

This theory shows what people know about drugs, especially their impact on their health and behavior, which affects their family relationships, education, work skills, and productivity, in addition to the impact on society. Also, a deep understanding of these substances and the temporary joy they bring powerfully influences individuals' thoughts and decisions regarding taking them.

Therefore, this theory takes into consideration what teenagers think regarding the results of taking certain substances and how these thoughts influence their decision to take them. It indicates that information, opinions, and thoughts of teenagers on the health and behavioral risks regarding taking drugs play a huge role in influencing their decision to take or to try these substances, teenagers who have beliefs that contradict taking drugs, usually have less interest in using them, while others who don't have clear information about the risks and dangers have more tendency to using them.

Protective and guiding methods used in this scientific approach aim to strengthen teenagers' convictions on the negative effects of taking drugs; they also show the benefits of quitting them and aim through their programs to adjust the understanding or the exaggerated perceptions regarding taking these drugs [47].

9.2. Committing to Tradition and Social Bonding Theory

This theory believes that emotions shared among teenagers and their addicted friends are the reason behind them using these substances; therefore, prevention and awareness programs that tackle

this concept aim to strengthen and enhance the bonds between teenagers and their positive peers, in addition to the unofficial social institutions that carry positive values. These groups must have standards that help teenagers avoid bad behavior and prevent them from taking drugs.

These prevention programs focus on enhancing the professional and academic life of teenagers and offer them job opportunities; they also educate parents on how to raise their children and strengthen the values and skills that protect them from drugs [48].

9.3. Physiological Theory

This theory was developed by researchers in physiology. It considers that alcohol is oxidized, and this process accelerates when a person constantly consumes alcohol, leading to a faster metabolism, which forces them to take even more alcohol, resulting in addiction. This theory clarifies that the liver of an alcoholic releases chemicals that contribute to habituation and consumption.

In addition, there is a theory about the endocrine glands that states that addiction happens due to a disorder in the said glands that are responsible for regulating body functions; the symptoms of the disorder are similar to those the alcoholics [49].

9.4. Risk and Protective Factors Theory

More than 20 years ago, Dr. David Hawkins and Dr. Richard Catalano, two researchers from the University of Washington, conducted specialized studies by which they reached a comprehensive perspective of the risk and protective factors that contribute to increasing or reducing the dangerous behavior of young people.

After years of data collection and analysis, they discovered that certain conditions contribute to limiting or motivating the taking of drugs or psychotropic drugs, in addition to engaging in dangerous behavior. They called these conditions “risk factors” and “protective factors”.

Studies show that risk and protective factors are related to five key areas of dangerous behavior which are: drug abuse, violence, deviation, teenage pregnancy, and skipping school; the factors are also involved in important areas of the lives of young people like: the individuals themselves and their peers (family, school, neighborhood, society), and to address these problems, it is necessary to identify the factors that limit or motivate them. This scientific method shows the importance of the environmental and social aspects in shaping the youth and children’s awareness of addiction risks and their negative effects on health, making prevention a vital step.

The factors of this theory are similar to the medical model that identifies the risk and protective factors affecting human health, like those related to heart attacks, etc. Hawkins and Catalano developed this theory that tackles behavioral problems as per a perspective similar to the one adopted by physicians in treating diseases, the medical model analyses internal variables of the individuals and the surrounding environmental conditions to predict possible diseases or disorders development; upon the onset of a health problem, physicians intervene to mitigate the causative factors through medications or surgery. Similarly, this model can be used in predicting possible drug abuse intentions, which paves the way to take proactive steps that contribute to giving the upper hand to the protective factors over the risk factors for individuals, especially young ones.

Knowledge of duty bearers on awareness, upbringing, and education on these factors and their effect on the children and youth in the society is considered crucial in reducing drug abuse rates and improving protection levels to the said segments of the society, as mentioned in the report of the National Board for Narcotics Control in 2016 [50].

9.5. Personal Motivations Theory

This theory tackles the effects of teenagers' personality traits and their life and behavioral skills aspects on their attitude toward taking drugs, including various matters like diligence in school, self-confidence, skills related to social interaction, and addressing challenges and emotional disorders they might suffer from. Preventive interventions supported by this theory are based on targeting a wide array of personal traits in children, instead of relying on assumptions about drugs and behavior, and then these strategies aim to support their positive traits which are believed to mitigate the risk of taking drugs; in the same time, these efforts seek to change the negative traits that might contribute in increasing the tendency towards taking them, as mentioned in the report of the National Board for Narcotics Control in 2016 [51].

10. General Effects and Problems Associated with Addictive Substances

Clark believes that there are four aspects of alcohol addiction:

- Overuse
- Inability to control consumption
- Psychological disturbances from consumption
- Behavioral, social, and economic problems

11. Behaviorism of an Alcoholic Person

- Inability to control the amount of drinks
- Comprehension disorder
- Higher mental processes problems (memory, thinking, perception, imagination)
- Hostility and hatred
- Social relations problems
- Speaking difficulty
- Excessive chatter, movement disorder, and brain fog [52].

12. Ethyl Alcohol and Addiction Problem

Also known as ethanol and considered to be the active component in alcoholic drinks, it has a significant negative impact on the central nervous system it resulting in the following effects and harms:

- Can cause acute poisoning and might lead to coma upon the consumption of large amounts.
- Skin and body coldness, and slowed breathing
- Sometimes it causes a rattle in the throat
- Dilated pupils and increased heart rate
- It rarely causes death, but if the coma lasts more than 12 hours, it might lead to serious complications
- It can cause acute inflammation in the liver and stomach.

Drug abuse is considered one of the biggest modern tragedies and a source of suffering for the coming generations. It is a worrying phenomenon that causes harm to addicts and their families, whether they

are parents or young individuals, as well as the communities and countries. It is known that addiction is the abnormal and continuous desire for toxic or narcotic substances that the addicts know about either by chance or by will.

Researchers believe that medications like morphine, which is one of the best painkillers, and codeine, which treats cough and eases pain, are used incorrectly; all of them are extracted from opium and known as the phenanthrene group.

Hippocrates, also known as “the father of modern medicine”, referred to opium traits and its uses in easing pain. Muslim physicians like Abi Bakr Al-Razi and Ali Ibn Sina also tackled its medical benefits with the indication of addiction in case of misuse.

Morphine, which was discovered by the Sumerians in Mesopotamia, is one of the substances used in treating fractures and burns during times of war or accidents[53].

13. Conclusions and Recommendations

The harm to the psychological and physical health of individuals, families, and society as a whole drug abuse and addiction is one of the most pervasive problems in the world, it crosses borders and touches all people around the world, therefore, although enormous human and financial efforts are being made to eliminate it, this problem is difficult, it is a normal crime, one that has left the criminal framework and is now considered organized crime, so all countries have criminalized its perpetrators and assigned severe penalties to them.

Iraq was one of the countries that paid attention to the fight against this scourge and issued harsh penalties for drug dealers that could reach the death penalty. If we want to get rid of this danger that threatens the safety and security of society and spreads anxiety about its future, we must eradicate the disease from its roots and eliminate its causes, and this can only be done by several things:

- Based on scientific research the most important dangers arising from drug use Educating young people about the most important dangers, keeping them busy with many things, and striving to leave them no free time.
- Promote moral and religious teachings, develop educational programs appropriate for all age groups, and include information about the dangers of drugs and drug addiction.
- Demonstrate the dangers of drugs by all means and methods, including television, radio, newspapers, and magazines.
- Increase educational interest and include awareness lessons on the harms and dangers of drugs in school curricula.
- Treat drug addicts medically, psychologically, and socially, and deal with them as patients, not as criminals.
- Stay away from bad friends, as they play a major role in the fall into the abyss or bad things.
- Observe and vilify drug smugglers and punish them by applying Shariah justice.

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