

SOCIAL AND ECONOMIC PROBLEMS OF ALCOHOL CONSUMPTION IN INDIA

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Abstract

Alcoholism is one of the major social problems globally. It has remained as a taboo in the Indian society, yet per capita consumption in the country kept rising. Alcohol, if consumed in limited quantity has proved to be effective for mental growth. It is often associated to pleasure and merry making. High consumption of alcohol poses threat to the harmonious family life. It adversely effects the reputation at the workplace creating misery for the co-workers and results into loss of social reputation at the workplace. The United Nations has catalogued it as a major impediment for the fulfillment of the targets set under the Sustainable Development Goals. The agendas set to be accomplished till the year 2030 or the Sustainable Development Goals contain 17 goals for sustainable human development involving the social, environmental and economic dimension. 13 out of these 17 Sustainable Development Goals are hit by the problem of alcohol consumption. Alcohol consumption poses major concern towards achievement of these development goals. Non effective implementation of prohibition policies, different sales practices, lack of awareness, alcoholism and health threats associated with it are prevalent in the community. False mass media propoganda about alcohol, through cinema and television programs present drinking as a social habit. Diversionary tactics aimed to serve commercial greed needs to be addressed to curb this menace. Stringent alcohol policies and regulatory measures should be implemented to reduce harmful alcohol consumption.

This descriptive study discusses the social and economic problems of alcohol in India and its regulatory framework.

Keywords: Alcohol, Sustainable Development Goals, Liver Cirrhosis, Alcoholism, India, etc.

1. Introduction

The use of drugs is as old as the history of mankind. No one knows when the first alcoholic beverage was brewed. Was it through natural process or it was artificial? Anthropologists have tried to answer this question by various literary works, but none of such essays could present a specific date or area marking its advent. An analysis of a few of such literary works reveals that there have been scattered occurrences of distillation throughout the globe.¹²³ Drugs, along with alcohol has played essential role in the rise and decline of every culture, throughout the history. Drugs and Alcohol, though categorized as intoxicants, were together used for medicinal, religious or recreational purposes. The history of drugs exposes the dark side of the history of humanity. It explores the long relationship between mind altering substances and its use by man, and often a few animals. Records claim that cannabis were also used widely thousands of years ago. Records of cannabis use dates back to thousands of years. Hallucinogenic drugs were frequently used in religious ceremonies conducted worldwide. The story continues to remain same in the cases of opium consumption and chewing coca leaves (done mostly by labour class). The societies, be it primitive or modern, have always used some mood enhancing liquor or drugs. In some case, it was mood enhancing - modified drugs and alcohol in the other cases. Globalization has led to intermingling of cultures and so the growth of alcoholic beverages has also grown manifolds.

During the last century, advancement in physics, biology and chemistry, especially the pharmacology (the science of drugs) has led to invention of new drugs from the old sources. Opium has been processed to extract morphine and heroin. Cocaine and crack

¹ Patrick E. McGovern, "Uncorking the Past: The Quest for Wine, Beer and Other Alcoholic Beverages", 38-39 (University of California Press, Berkeley), 2009

² Robert Dudley, "Evolutionary Origins of Human Alcoholism in Primate Frugivory", 3-15 *Quarterly Review of Biology* vol. 75, number 1 (March 2000); 3-15

³ Rod Phillips, *Alcohol a history* 06 (The University of North Carolina Press, 1st New Edition, 2014)

had been processed from coca leaves. Amphetamine, a new class of stimulant has been synthesized in laboratories to produce hallucinogenic drugs, such as LSD, Ecstasy, and MDA. These newly discovered drugs, along with refined vintage drugs produce a class of more powerful and addictive drugs than their primitive variants.

All types of mood-altering drugs distract the user from reality. As more and more addicts use them, they come near the more danger. When people are intoxicated with alcohol, cannabis, or heroin then the ability of understand becomes weak and they take such risky steps, they are vulnerable to road accidents, falls and other accidental injuries. Even small amounts of drugs like tranquilizers or alcohol can affect their ability to drive or operate machinery. While the other drugs are treated as high intoxicant because their comparative low amount stimulates the mind, alcohol is a comparatively lower intoxicant. As such societies have allowed the regulated consumption of alcohol.

Normally, people drink alcohol for either positive or negative reasons in their life. A highly delicious meal either preceded or followed by a glass of wine or any other alcoholic beverage which is occasionally seen at social gathering or a romantic event or while relaxing with family or friends is a sign of positivity. Alcohol as a tool for escaping from family problems or any emotional setback is not a cure from fear. It does not block painful feelings, rather it can lead to over consumption, owing to sense of guilt and may raise a possibility of other allied activities which may further lead to embarrassment, sorrow and guilt. Hence, this is a sign of negativity. Many psychologists believe alcoholism to be a disease, which needs cure by employing medicinal and psychological methods. It may progress to uncontrollable drinking of any or every kind of alcoholic beverage, which is easily or readily available to the alcoholic. It not only affects the consumer, but also has adverse impact on his or her family and society. Chronic alcoholism is the root cause for many health problems, personality disorders and personal safety. Reports from all over the globe suggest that chronic alcoholism has an association with urge to commit crimes and suicidal tendencies, which a sane person would generally not even think of.

2. What is Alcohol?

Chemically speaking, the term Alcohol is associated with 'ethyl alcohol'. Consumable Ethyl Alcohol is diluted to make different kinds of alcoholic beverages, whose nomenclature often depends on the concentration of ethyl-alcohol. The ethyl-alcohol concentration in beer and ale is 4-7%, in wine and champagne is 9-14%, and the concentration may increase to 40-50% in other hard liquors such as Vodka, whiskey and rum etc. Alcohol is prepared as a byproduct of natural process of fermentation. This chemical reaction occurs when sugar reacts with yeast, which is the major active ingredient in wine, beer, and other distilled spirits. It is a psychoactive or mind- altering drug and a depressant, which acts by slowing the activities of brain and the spinal cord. This is the root cause of chronic alcoholism is that it has capacity to alter mood, cause changes in body and may lead to habit formation. Alcohol rapidly enters the bloodstream. It gets circulated to various parts of the body within a few minutes of consumption. The Blood Alcohol concentration level may be detected upon smell (which is released through air pockets in lungs) and by the test of blood, as it circulates to various parts of the body within a few minutes. Depending upon the amount and manner in which alcohol is getting into the body, it may produce mixed feeling of wellbeing, sedation, intoxication and / or unconsciousness.⁴ It acts as a "downer" as it depresses the central nervous system. It is often believed that the average person with 150 pounds of weight should consume his drinks after a gap of one to one and a half hour in order to avoid intoxication as maintaining of gap results in non-accumulation of alcohol in the blood. Consuming alcohol with empty stomach or in a hurry certainly leads to faster intoxication.

Alcohol affects the brain so it has the potential to be abused. It accelerates the heart- beat, urination and perspiration. It often leads to vomiting. It has absolute harmful effect on liver and kidney. A person need not be an alcoholic to have problems related to alcohol. For example, a huge number of young people lose their life owing to road accidents, drowning and suicide. Chronic stages Serious health problems can and do occur before drinkers reach the stage of addiction or chronic use. Serious diseases associated with chronic alcoholism, includes alcoholism, carcinoma in the liver, stomach, colon, larynx,

⁴ J.R. Williams, Multiple Drug use Among the Persons with Alcohol Related Problem (Washington 1995) P. 68

esophagus and breast. Its abuse may also lead to much serious physical problems as:⁵ Damage to the brain, pancreas and kidneys. Nonetheless, people have been relishing it as a beverage throughout the history. It is used with meals, at social gatherings, in religious ceremonies, in celebrations, for medical purposes, and during other occasions.

3. Alcoholism

Alcohol Use Disorder (AUD), is commonly known as alcoholism. It is a comprehensive term for habitual consumption of alcohol resulting in deterioration of mental or physical health.⁶ Alcoholism can be classified under two heads, namely (a) alcohol abuse and (b) alcohol dependence.⁷ Alcoholism, also called alcohol dependence, is a passive addiction disorder that is characterized as the compulsive and uncontrolled alcohol addiction, while the peanut has a negative effect on the health of the person and to see negative social consequences in his life. See you here. Alcoholism, like other drug addiction, has been defined as a treatable disease in terms of therapy.⁸ It was called alcoholism before alcohol dependence replaced by the word alcoholism.⁹ Many people ask, “What is alcoholism?” The word "Alcoholism" symbolizes a disease which causes temptation to drink alcohol at frequent intervals so as to interfere with physical or mental well- being impeding the normal social life. It is a disease which results into addiction, both physical and psychological. A central nervous system depressant, alcohol reduces the feeling of anxiety, neglect and guilt to an extreme level in an alcoholic person. This reduces his cognitive ability disabling his vigilance and imparity, judgmental abilities and motor coordination. Overuse of alcohol at a single occasion may result in chronic dehydration resulting into death of the person. This is very common among the alcoholics. Alcoholism is a habit. Once a person gets to a certain level of alcoholism, then he can't avoid drinking. ‘Alcoholism’ implies a state of ‘periodic’ or chronic, intoxication.

⁵ Alcoholic Liver Disease - Drug and Alcohol Rehab, alcoholrehab.com

⁶ Understanding and Treating Alcoholism Volume I: An Empirically Based Clinician's Handbook for the Treatment of Alcoholism: Volume II: Biological, Psychological, and Social Aspects of Alcohol Consumption and Abuse. Hoboken: Taylor and Francis. p. 55. ISBN 9781317783145. The World Health Organization defines alcoholism as any drinking which results in problems.

⁷ Hasin, Deborah (December 2003). "Classification of Alcohol Use Disorders". Pubs.Niaaa.Nih.gov.

⁸ American Medical Association. “DEFINITIONS” (PDF). USA: AMA. Archived from the original on. 2010-03-04.

⁹ Tracy, Sarah J. (25 May 2005). Alcoholism in America: from reconstruction to prohibition. Baltimore: Johns Hopkins University Press. P 31–52. ISBN 978-0-8018-8119-0.

Alcoholism is detrimental to individual as well as to the society. Drug addiction and alcoholism seems to be one of the most dangerous social problems today. Alcohol may damage the developing brain of your child. The mixing of drugs with alcohol is extremely dangerous and fatal. In addition to its negative effects on health, alcohol consumption among youth has strong links with violence, risky sexual acts, poor concentration levels, drunk driving and other harmful behaviors.¹⁰ Use of alcohol is also linked to death of youth due to drowning, suicide and homicide.¹¹

4. Global Prevalence of Alcohol Consumption and Drug Abuse

Before discussing the effectiveness of Indian law to investigate illegal drug trafficking, it is necessary to make a brief overview of the global situation in relation to consumption of narcotics and to study the emerging trend in illegal trade. Illegal drug traffic is increasing at a hazardous rate across the country, as well as Pakistan has tried to expand its proxy war for narcotics.

A World Health Organization (WHO) study suggests that the total per capita consumption of alcohol by individuals above 15 years of age is 6.2 L of pure alcohol annually. This amount equates to consumption of 13.5 g of pure alcohol daily. But, the pattern of consumption is not same throughout the globe. A wide variation may be witnessed between the WHO regions and the member states. According to the study almost 5.1% of the global burden of disease is attributable to alcohol consumption. It causes around 3.3 million deaths per year.¹²

7.6 % of male population and 4% of female population succumbs to alcohol says the Global Status Report on Alcohol and Health¹³, 2014 published by World Health Organization. Compared to men, the maximum rate of the total weight of the disease expressed in disability-adjusted life time (DALAI) due to alcohol is higher - 7.4% for men and 2.3% for women. The number of women in men's heavy drinking weekly

¹⁰ National public education campaign Under Way To Reduce Underage Drinking Substance Abuse and mental health.,www.captchasolution.com.

¹¹ The facts about youth and alcohol, www.pubs.niaaa.nih.gov

¹² World Health Organization (WHO) Global Status Report on Alcohol and Health. 2014. [Last accessed on 2021 June 18.]. Available from: http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1

¹³ *Supra*

episodes is one in four due to their high mortality rate and disability rate. The rate of abstinence compared to men is very low in women. Lower socio-economic and educational status / level results into higher risk of death (owing to alcohol, illness and / or injury) a social determinant which is more for men as compared to women. Men are more vulnerable to the harmful effects of alcohol. It contributes as the main cause of death of male adults in the age group of 15 to 59 years mainly due to injuries, violence and cardiovascular diseases. Globally, 6.2% of total male die due to alcohol consumption which is much higher than 1.1% of total female deaths. According to NIMHANS study conducted on Indian population men had high rate of total burden responsible for alcohol which was approximately 3.2% of the total deaths which are attributed to alcohol, and the result is a total of 4% (58 million).¹⁴ For Southeast Asian countries, WHO estimates that a quarter of the male population drinks one-third of the alcohol. This trend is growing rapidly among women.¹⁵

Currently we are facing twin problems (drug trafficking and drug abusing). Drug trafficking is not a new phenomenon. Many countries like India is suffering from these problems. India's specific geographical location makes it vulnerable to smuggling narcotic. The northern border of the countries forming Golden Crescent (Pakistan, Afghanistan and Iran) produces heavy quantity of heroin which is supplied to European markets through the Middle East. Supply of illegal drugs from the Golden Triangle (Myanmar, Thailand and Laos) is being made in India since the late eighties. Golden Hexagon continues to influence India by increasing the illegal transit traffic of heroin, which acts as an illegal source of opiates. Geographically situated in the middle of the Golden Crescent, Golden Triangle and Golden Hexagon, India has become a destination and a transit route for opiates produced in these areas. In India, there is a traditional source of cannabis, which are also trade to both herbal (marijuana) and resin (charas) in Nepal. The money generated in this illegal business is also weaned off to fund terrorism. Smuggling of narcotics and weapons across the border state of Punjab started in the late eighties when the tendency towards illegal drugs was growing at fast pace in the Punjabi

¹⁴ Alcohol and injuries: India, Vivek Bengal - national institute of mental health and neurosciences Bangalore, Karnataka, India

¹⁵ Global status report on alcohol and health (WHO) 2014.

youth. Illegal flow of these drugs and chemicals in two ways not only violates the boundaries of India, but also remains a major threat to our national security.

In present era the athletes is also using drugs for best performance. Sportsman are the pride and wealth of nations, know that drug is responsible for the damage of their health (Doping). Yet they are forced to come in touch with different types of drugs. In sports, the drug use is more common among athletes for realizing the dream of becoming world champions.

5. Problem of Alcohol Consumption in India

On 05th September 2017¹⁶ the Prime Minister of India Narendra Modi while addressing a religious gathering expressed his fear that in the next twenty- five years the vibrant Indian society would be devastated owing to the rising alcoholism in India. This was not the first time the prime minister was showing his concern on the open platform. Earlier, in the year 2014 he had hosted his Mann ki Baat program on the social menace of substance abuse, including alcohol. In the month of December, 2014¹⁷ the mass leader of the nation told the youth that taking drugs is not cool and the money flowing from it is being used in to fuel the terrorism by financing weapons to be used by the terrorists to kill the security personnel. Earlier, a committee led by the then Director General of the Indian Council of Medical Research examined the extent of alcoholism and drug abuse in India. The committee held alcoholism to be a a growing menace. It suggested measures to the Government to take serious steps to confine it¹⁸.

In 1947, as India became independent, a strong movement developed against alcohol distribution and consumption in the whole country. As such, Prohibition was laid down in the Directive Principles of State Policy of the Indian Constitution.¹⁹ Since independence, the central and also many state governments passed the prohibition laws, two states

¹⁶ <https://ndtv.in/india-news/pm-narendra-modi-expresses-concern-over-alcohol-drinking-1759045/amp/1> [Last accessed on 30/06/2021]

¹⁷ <https://indianexpress.com/article/india/india-others/drug-addiction-leads-to-darkness-destruction-devastation-pm-narendra-modi/> [Last accessed on 30/06/2021]

¹⁸ Kar.P.K., “Drug Abuse: A Perspective of the National Problem” (Dr. B. N. Ghosh Memmorial Oration), Hyderabad, Indian Pharmacological Society XXI Annual Conference, December 29-31, 1988.

¹⁹ Fundamental rights and Directive principal of state policy, constitution of India, by J.N. Pandey 2010.

namely, Bombay and Madras, introduced abstinence laws by 1951 other states also passed the same legislation.²⁰

However, we look at the change in government approach. Changes in Indian liquor policy began from 1960, resulting in a sharp increase in the production of alcohol. In another study in Punjab State showed the rate of increase of 74.2 percent in alcohol consumption.²¹ It has shown that drinking was prevalent among 10.4 percent of the working- class families.²² Another study indicates that, the percentage of alcohol users among high school students was identical with that of the university students, mean 12.7 percent. An interesting feature of Indian alcoholic consumption is that the use of alcohol is primarily a male privilege and it is believed that men drink too much alcohol compared than women, but if we study deeply, the percentage of women is equal to males Only get it. If the figures are gathered in metro cities today, then we also get to see this.

The "Mann Ki Baat" program dated 05th September 2017²³ was used by the Prime Minister Narendra Modi to invite people and non-governmental organizations (NGOs) to deal with the problem of drug abuse. Mr. Modi also mentioned that huge number of persons have written to him about the problem in a series of tweets on his official Twitter account. He said that youth are the asset of the country and the nation cannot afford to see them falling pray in the hands of drug cartel.

He said, "The government is coming to the issues which I have to touch, but for how long will we hide things, for good intentions, we have to speak the truth and I will do it." He had said that the government is keen and committed towards addressing the social menace of drug addiction and hosting such program would create an environment in this regard.²⁴

Statistics show, at least 25,426 people committed suicide owing to drugs and addiction related problems across India in a decade. It comes to an average of 2,542 suicides each

²⁰ Ibid

²¹ A. (1978). "A study of drug use among industrial workers". Gangrade, K.D. & Gupta, A Project report of Delhi School of Social Workers, New Delhi: University of Delhi.

²² Ibid

²³ <https://ndtv.in/india-news/pm-narendra-modi-expresses-concern-over-alcohol-drinking-1759045/amp/1> [Last accessed on 30/06/2021]

²⁴ Substance Abuse, 5 major treatment and issues and approaches, www.ncbi.nlm.nih.gov

year, 211 suicides per month and a startling average of 7 suicides per day.²⁵ Appalling truth is that suicides due to drug related problems exceed the death caused by dowry, poverty and money related suicides in India in the last decade.²⁶

According to official figures of the Ministry of Social Justice and Empowerment, there are approximately 11 million drug addicts in the country.²⁷ Out of these 11 million drug users, while only 1.4 million registrations have been done at the de-addiction centers, which is mere 10.4% of the total figure.²⁸

The Prime Minister wisely chose the live broadcast medium to express his concern and to further discuss this issue with common people, especially the drug abusers and youths, who could get influenced easily. Proper guidance of youth, whose physical and mental health may pave way for India's demographic dividend, if properly worked on.

6. Does Media Promote Alcoholism?

Advertising has a strong effect on our lives. It provides information and creates awareness about the market. We choose to buy or consume a product based on advertisement and other promotional activities, but it would be wrong to say that we are completely influenced by the promotional activities of related companies. Therefore, due to adverse effects of alcohol, the Government of India has put a ban on the advertisement of alcohol applying appropriate laws, orders and instructions.²⁹ But, the companies have resorted to surrogate advertising. Over the Top series, television series and cinema are being used by the alcohol barons to influence people, generally the youth.

There are many reasons for the use of drugs by the juveniles, in which the media plays an important role. Alcohol represents the hazards of the most important drug in adolescence.³⁰ More than \$25 billion per year is being spent on surrogate advertisement

²⁵ Youngistaan better yoath better tomorrow, www.youthjustonestep.wordpress.com

²⁶ *supra*

²⁷ India on a 'high' with 7 drug addiction related suicides every day, Nov 05, 2014, www.hindustantimes.com

²⁸ The Integrated Rehabilitation Centre for Addicts (IRCA), ssep.gov.in

²⁹ Evaluation of surrogate advertising and its legal measures with special reference to India. By Chandra Shekhar Singh

³⁰ Youth Substance abuse and media. www.infogr.am

of alcohol and such advertisements have proven to be effective in diverting the mind of the youth. Digital media is being used to advertise alcohol and other drugs.³¹

7. Economic Effects of Alcohol and Drug Abuse

Alcohol and drug abuse or addiction is harmful for the country's economics. It affects the physical and mental health of families, communities and people of all ages. It further creates law and order problems. Consumers below the permitted age of drinking are not only breaking the rule, but are also prone to go do other criminal acts as their mental status is not balanced. It further affects the development of children, thereby affecting the nation's ability to respond to the economic challenge in the future. The college going crowd are easily influenced through advertisements and it is most difficult to educate them about the harmful effects of alcohol.

According to a study³² in USA, if all the alcohol dependent of the nation were to receive treatment in the year 2010, the cost of such treatment would have come to an estimated amount of \$200 billion- \$250 billion. It is equal to 0.3-0.4 per cent of the global GDP. Research findings clearly indicate that investment in treatment is cost-effective compared to the cost of untreated people who continue with such abuse. Research conducted in the United States of America reveals that every \$1 invested in treatment yields a return of between \$4 and \$12 in reduced crime and health-care costs.³³

8. Social Concern

The adverse impact of substance abuse and alcoholism can be easily seen and felt on many levels in the Society, such as effect on marriage and other relationships, home / family life, education, employment, health, personality, economics, law and order and so on. Some drugs can even change a person's body and brain or mood in ways that last long after the person has stopped taking drugs, maybe even permanently.³⁴ Most drugs have directly or indirectly targeted the brain's reward system with a flood in the circuit with

³¹ Organizational Principles to Guide and Define - Pediatrics - AAP News. www.pediatricsaappublication.org

³² Drug use and abuse, Stephen A, Maisto, Mark Galiziov, Page 18

³³ *Supra*

³⁴ Effects of drug abuse and addiction, www.recovergateway.org

dopamine. Dopamine is a neurotransmitter present in the areas of the brain, which regulates the feeling of movement, emotion, sensation, inspiration and pleasure.³⁵ When drugs enter the brain, they can actually change how the brain performs its jobs. These changes are led to habitual drug use, the sign of addiction. Drug addiction changes the user's brain, body, and spirit. People are addicted to not only street drugs such as heroin, cocaine, crack, meth, and marijuana but also prescription drugs including Valium, Percocet, OxyContin, Vicodin, Xanax, and Ritalin etc. (bhang charas gaanja etc).

Scientists have determined that most addictive drugs initially affect the brains reward system. This part of the brain rewards us when we do the things necessary to survive--eating, drinking, having sex to perpetuate our species, and so on. Cells in this part of the brain release chemicals that make us feel good (reward us) when we engage in these behaviors and teach us to repeat them.

The effect of alcohol with motor control and are factors in many automobile accidents. Users of marijuana and hallucinogenic drugs may experience³⁶ flashbacks, unwanted recurrences of the drug's effects weeks or months after use. Sudden abstinence from certain drugs results in withdrawal symptoms. For example, heroin withdrawal can cause vomiting, muscle cramps, convulsions, and delirium. Many drug users engage in criminal activity, such as burglary and prostitution, to raise the money to buy drugs, and some drugs, especially alcohol, are associated with violent behavior.³⁷

There are many negative physical health effects of drug addiction, in which minor issues such as digestive problems or respiratory infections are used for potentially fatal diseases. The effect depends on the drug and its amount, method and frequency. The result of this is that regular drug abuse or drug intervention can have physical dependence, which means that when a person stops taking drugs, then he experiences symptoms of physical withdrawal and for medication feeling craving.

³⁵ Drugs and the brain, National Institute Of Drug Abuse (NIDA), www.drugabuse.gov

³⁶ Drugs and their effects, www.infoplease.com

³⁷ Smoke and Mirrors: The War on Drugs and the Politics of Failure (1996); M. Massing, The Fix (1998); J. Jonnes, Hepcats, Narcs, and Pipe Dreams

The use of alcohol plays an important role among the youth for general and brain injury. It is estimated that 1.5-2 lakh people are injured every year in India and 10 lakhs are victims of death. Road traffic injuries are the major causes (60%) of TBI, followed by falls (20% -25%) and violence (10%). Wine participation is known for being present between 15% -20% of TBI. The need for rehabilitation of injured persons in the brain is quite high and is increasing year after year. To cope with the major challenges of prevention, pre-hospital care and rehabilitation in their rapidly changing environment in India and other developing countries, they have to reduce the burden of injured brain injuries (TBI)³⁸ And due to the risk of disease and death at an early age, mainly due to suicide and violent accidents.³⁹

Alcohol abuse is linked to drinking partners and many negative consequences for children. Many women consume alcohol during pregnancy, so this can be the result of fetal alcohol syndrome in children, and if parents are excessive alcohol, then it is related to child abuse and many social, psychological and economic Methods have an impact on the child's atmosphere. Drinking, drinking as a parent, in the form of a husband or wife, and as a contributor to the functioning of the house can spoil the performance. There are other aspects of drinking which may fail to function like a family member. Mainly drinking out of the family can be home and in many societies. In this separation, spend time while spending time, often competing with the time necessary to run the family's life. Drinking is also used to spend money and may affect the resources of a poor family, so that other family members leaving unfounded. Apart from this, it is worth noting that in specific addictive incidents, there may be permanent consequences through domestic accidents and family violence.⁴⁰

9. Criminal Laws, Policies and Law Enforcement Approaches

The other most important area where complications arise is the alcohol or drug abuser is in conflict with law. Intoxication leads to commission of crimes, including sexual /

³⁸ Rogers PD, Harris, J, Jarmuskewicz, J. Alcohol and adolescence. *Pediatric Clinics of North America*. 1987;34(2):289-303.

³⁹ Thunstrom M. The alcohol intoxicated child and its prognosis. *Acta Paediatrica Scandinavica*. 1988;77(1):3-9.

⁴⁰ Global status report on Alcohol, World health organization, Department of mental health and substance abuse, Geneva 2004

physical assault or abuse, rape, molestation, exploitation of women employed in commercial sex activities and homicide etc. The National Crime Records Bureau data classifies crimes in India related to alcohol consumption under four major Acts namely, The Prohibition Act, The Gambling Act, Psychotropic Substance Act and Excise Act. However, the major cause of public nuisance and other allied crimes related to alcohol abuse is the chance of getting with such acts unnoticed as they are classified under petty crimes and are generally overlooked by the society for not falling under heinous category.⁴¹

Under International law, governments are duty bound to check the demand and supply of the controlled drugs. In doing so, they must ensure that these efforts are balanced with obligations to ensure adequate availability of controlled drugs for medical purposes. Unfortunately, punitive approaches have taken priority in law rather than practicing with human rights approach in the matter of drug use and dependence all over the world. Criminal law enforces disproportionate penalties and punishments and as such it has resulted into negative health outcomes and have affected a wide range of other human rights.

In almost every criminal jurisdiction, possession as well as consumption of drugs has been classified as a crime. The implication for those with chronic dependency and relapsing tendency is much more serious. Individuals have right of pursuing life- saving health services without fear of punishment or discrimination. People tend to inject drugs without sterile syringe in apprehension of being incarcerated in few jurisdictions. In such jurisdictions, AIDS and other diseases are prevalent. Even possession of syringe and other allied equipment used for drug abuse may mark an individual as a drug user and expose him or her to punishment on other grounds in some jurisdictions.⁴² A large number of such persons do not seek any medical treatment for fear of persecution. Fear of getting bad antecedent, incarceration and persecution can have considerably harmful

⁴¹ World Health Organization. Burden and socio-economic impact of alcohol: The Bangalore study. WHO Regional Office for South-East Asia; 2006. Available from: http://www.searo.who.int/entity/mental_health/documents/9290222727.pdf

⁴² A survey of drug users in five Russian cities, for example, found that 40 percent routinely did not carry injection equipment, in part out of fear of attracting police attention. Jean-Paul C. Grund, 'Central and Eastern Europe', in HIV AND AIDS: A GLOBAL VIEW.

effect on the life of a person in any country depriving him of reputed social life, chance of employment and other social benefits.

10. Conclusions

Abuse of alcohol and other harmful drugs is emerging as one of the major public health problems in India. Scientific community around the globe has based its research studies to understand the pattern of drug abuse and its solution. But, a certain target towards eradication of drug and alcohol abuse cannot be achieved till our policymakers, media, professionals and society see it as a taboo and illegal act, rather than seeing the problem as a physical and mental problem. Educational and health campaign should employ efficient pedagogy to educate the youth and other likely abusers so that they refrain from consumption of alcohol beyond limit. Consumption of alcohol should be regulated to the level where people consume it to make merry rather than over consumption leading to health problems. Educating the people about how to drink would rather pave way towards healthy society.