

মাদকদ্রব্যের অপব্যবহার ও অবৈধ পাচারবিরোধী
আন্তর্জাতিক দিবস ২০১৮

মাদক নয়, মৃত্যু নয়
মাদকমুক্ত জীবন চাই



মাদকদ্রব্য নিয়ন্ত্রণ অধিদপ্তর
সুরক্ষা সেবা বিভাগ, স্বরাষ্ট্র মন্ত্রণালয়



সুভেনির
সম্পাদনা পর্ষদ ২০১৮

উপদেষ্টা

মো: জামাল উদ্দীন আহমেদ
মহাপরিচালক

আহ্বায়ক

সঞ্জয় কুমার চৌধুরী
অতিরিক্ত মহাপরিচালক

সম্পাদক

মু. নুরুজ্জামান শরীফ এনডিসি
পরিচালক (নিরোধ শিক্ষা)

সদস্য

এ এ এম হাফিজুর রহমান
অতিরিক্ত পরিচালক
বিভাগীয় কার্যালয়, বরিশাল।

মো: রবিউল ইসলাম
উপপরিচালক (নিরোধ শিক্ষা)

মো: মানজুরুল ইসলাম
উপপরিচালক (ভারপ্রাপ্ত)
জেলা মাদকদ্রব্য নিয়ন্ত্রণ কার্যালয়, কুমিল্লা।

মোঃ মেহেদী হাসান
সহকারী পরিচালক (বোর্ড)

মো: হাসান জামিল
নির্বাহী পরিচালক
পপুলার লাইফ ইস্যুরেন্স কোম্পানি লিমিটেড

ড. পিটার হালদার
জাতীয় পরিচালক
বাংলাদেশ ইয়ুথ ফাস্ট কনসার্ন

সদস্য সচিব

দীপজয় খীসা
সহকারী পরিচালক (গবেষণা ও প্রকাশনা)

Souvenir
Editorial Board 2018

Advisor

Md Jamal Uddin Ahmed
Director General

Convener

Sanjoy Kumar Chowdhury
Additional Director General

Editor

Md. Nurruzzaman Sharif ndc
Director (Preventive Education)

Member

A A M Hafizur Rahman
Additional Director
Divisional Office, Barishal

Md. Rabiul Islam
Deputy Director (Preventive Education)

Md. Manjurul Islam
Deputy Director (In charge)
District Narcotics Control Office, Cumilla.

Md. Mehedi Hasan
Assistant Director (Board)

Md. Hasan Jamil
Executive Director
Popular Life Insurance Co. Ltd.

Dr. Peter Halder
National Director
Bangladesh Youth First Concerns

Member Secretary

Dipjoy Khisa
Assistant Director (Research & Publication)

প্রকাশকাল : জুন ২০১৮

প্রকাশনায় : মাদকদ্রব্য নিয়ন্ত্রণ অধিদপ্তর
৪৪১, তেজগাঁও শিল্প এলাকা, ঢাকা-২১০৮
E-mail: dgdncbd@gmail.com, www.dnc.gov.bd

প্রচ্ছদ ও পরিকল্পনা : এ এ এম হাফিজুর রহমান, অতিরিক্ত পরিচালক, বরিশাল।
মো: মানজুরুল ইসলাম, উপপরিচালক (ভারপ্রাপ্ত), জেলা মাদকদ্রব্য নিয়ন্ত্রণ কার্যালয়, কুমিল্লা।

গ্রাফিক্স এবং প্রিন্টিং : পানগুছি কালার গ্রাফিক্স
১৭৭, ফকিরাপুল, ঢাকা-১০০০, ই-মেইল-panguchicg@yahoo.com
মোবাইল : ০১৭১৬৮৩৯৩৯৬, ০১৭১১৯৯১২১১

সূচিপত্র

	সম্পাদকীয়		
	বাণী		
১৩-২৮	মাদকদ্রব্য নিয়ন্ত্রণ অধিদপ্তর ও মাদকবিরোধী কার্যক্রম মো: জামাল উদ্দিন আহমেদ মহাপরিচালক মাদকদ্রব্য নিয়ন্ত্রণ অধিদপ্তর	৬৪-৬৬	মাদক, সম্ভ্রাস ও জঙ্গিবাদ উন্নয়নের অন্তরায় নামঃ ফারিয়া রহমান তুলতুল শ্রেণীঃ দ্বাদশ
২৯-৩২	মাদকাসক্তিঃ বর্তমান প্রেক্ষাপট অধ্যাপক ড. অরুণ রতন চৌধুরী	৬৭-৭৩	Colonial Hangover in the Global Anti-narcotics Drive Professor M. Emdadul Haq MA PhD
৩৩-৩৪	CHILDREN AND ADOLESCENTS ON STREETS Brother Ronald Drahozal, CSC Executive Director APON	৭৪-৭৭	অবৈধ মাদকদ্রব্যের চাহিদা হ্রাসে এনজিও-র করণীয় ড. পিটার হালদার জাতীয় পরিচালক (বিওয়াইএফসি)
৩৫-৩৭	সর্বনাশা ইয়াবাঃ 'সামাজিক যুদ্ধের' সঙ্গে সমতাও জরুরি এস এম আজাদ	৭৮	মাদক সমস্যা নির্মূলে প্রতিরোধমূলক কার্যক্রম ডঃ ফারাহ দীবা ও মেহজারীন বিনতে গাফফার
৩৮-৪০	মাদকের আশ্রাসন রুখতেই হবে আফতাব চৌধুরী	৭৯-৮১	কাউন্সেলিং মাদকাসক্তি নিরাময় ক্ষমতাকে উজ্জীবিত ও ত্বরান্বিত করে পিয়ারা বেগম শিক্ষক (অবঃ), কথা সাহিত্যিক ও প্রাবন্ধিক
৪১-৪৮	SUBSTANCE USE AND TREATMENT APPROACH Prof. Dr. Mahadeb Ch. Mandal Professor of Psychiatry National Institute of Mental Health, Sher-e-bangla Nagar, Dhaka	৮২-৮৮	UNGASS ২০১৬ সফলতা ও ব্যর্থতাঃ আন্তর্জাতিক মাদক নিয়ন্ত্রণে জাতিসংঘ রাজনৈতিক ঘোষণা ও কার্যপরিকল্পনা লক্ষ্য ২০১৯ পর্যালোচনা হুমায়ুন কবির খন্দকার
৪৯-৫৩	Precursors and Chemicals Control Measure in Bangladesh Dr Dulal Krishna Saha Chief Chemical Examiner Dept. of Narcotics Control, Bangladesh	৮৯-৯০	ইয়াবা নিয়ন্ত্রণে আপান মোহাম্মদ ওবায়দুল কবির ইস্পেক্টর, জেলা মাদকদ্রব্য নিয়ন্ত্রণ কার্যালয়, নারায়ণগঞ্জ
৫৪-৫৫	একজন জেল পরিদর্শক জাগিয়েছে জীবনবোধ মাদকাসক্ত জীবন থেকে সরে দাঁড়িয়ে কাজ খুঁজছে পাবনার কাশীপুরের শোভা ছিফাত রহমান সনম	৯১-১০৬	মাদক অপরাধ দমন ও জনসচেতনতামূলক কার্যক্রমের আলোকচিত্র
৫৬-৬৩	Is Cannabis going to be legalized worldwide? Md.Manjurul Islam Deputy Director Department of Narcotics Control, Cumilla		

Is Cannabis going to be legalized worldwide?

Md.Manjurul Islam

Deputy Director

Department of Narcotics Control, Cumilla

Cannabis is derived from the cannabis plant (*cannabis sativa*). It grows wild in many of the tropical and temperate areas of the world. It can be grown in almost any climate, and is increasingly cultivated by means of indoor hydroponic technology. Cannabis exhibits a combination of stimulant, depressant, and hallucinogenic properties. The main active ingredient in cannabis is called delta-9 tetrahydro-cannabinol, commonly known as THC. This is the part of the plant that gives the "high." There is a wide range of THC potency between cannabis products. Cannabis is also known as marijuana, grass, pot, dope, Mary Jane, hooch, weed, hash, joints, brew, mull, buddha, ganga, hydro, yarndi, heads, green, stick, chronic, cone, choof, dabs, dabbing, BHO etc. According to the World Health Organization (WHO), About 147 million people which are 2.5 percent of the world population consume cannabis. The plant is believed to have originated in the mountainous regions northwest of the Himalayas. Cannabis has been in use for thousands of years. Until the 1980s, few drugs were consumed in Bangladesh except cannabis. This was a traditional, recreational, religious, spiritual, and medicinal practice that saw government-registered shops selling pot over the counter. After banning on cannabis in the 1988, heroin flooded the drug market. As a result of the cannabis ban, Bangladesh is replaced cannabis with heroin and, latterly, yaba.



Cannabis plants can be male, female, or hermaphrodite. The dried marijuana flowers that humans consume, however, come from the female plant. That's because female plants produce large resin-secreting flowers that are rich in cannabinoids and free of seeds. Male marijuana plants are a requirement for pollination.

The flowers of female cannabis plants grow in large clusters called cola, with the main cola at the top of the plant. These clusters contain the reproductive parts of the flower. Encasing these parts are green tear-shaped leaf-like structures called the bract. Bracts are densely coated with resin-producing glands containing the highest concentration of cannabinoids in the marijuana plant. The entire marijuana flower structure is coated with resinous crystals called trichomes. Trichomes are translucent, mushroom-like glands that form on the entire flowering structure and even the stems of the marijuana plant. These bulb-shaped glands secrete the rich, aromatic essential oils that give cannabis its smells and flavors. Trichomes also contain cannabinoids.

Cannabinoids

Cannabis plants are chemical power houses that produce more than 400 different compounds. But of those 400 compounds, more than 100 of them are totally specific to the plant genus *Cannabis sativa*. Scientists call these special compounds "cannabinoids."

Cannabinoids are chemicals that interact with cell receptors throughout the human central nervous system. This specialized network of receptors, called the endocannabinoid system (ECS), reacts to the presence of cannabinoids to produce a variety of pleasurable and therapeutic effects.

THC (Tetrahydrocannabinol):

Tetra hydro cannabinol (THC) is typically considered the primary active component of the cannabis. It is the main psychoactive constituent of cannabis and through a complex series of reactions; it binds to nerve receptors in the brain and throughout the body. For millennia, humans have taken advantage of these reactions for enjoyment and health. While THC is a potent medicine for cannabis patients suffering from chronic pain, sleep disorders, and inflammation, its popularity and notoriety undeniably stem from its recreational uses.

Cannabis is often used for its mental and physical effects, such as a "high" or "stoned" feeling. Cannabis is mostly used recreationally or as a medicinal drug, although it may also be used for religious or spiritual purposes. Cannabis can be used by smoking, vaporizing, within food, or as an extract. Cannabis is used in three main forms:

Marijuana: It is made from dried flowers and leaves of the cannabis plant. It is the least potent of all the cannabis products and is usually smoked or made into edible products like cookies or brownies

Hashish - Hashish is made from the resin (a secreted gum) of the cannabis plant. It is dried and pressed into small blocks and smoked. It can also be added to food and eaten.

Hash oil - Hash oil, the most potent cannabis product, is thick oil obtained from hashish. It is also smoked.

The effects of cannabis may be felt immediately if smoked, or within an hour or two if eaten. The short-term effects of using cannabis may include:

- Feeling relaxed and sleepy
- Spontaneous laughter and excitement
- Increased appetite
- Dryness of the eyes, mouth, and throat;
- Quiet and reflective mood
- Trouble concentrating
- Blurred vision
- Clumsiness
- Slower reflexes
- Bloodshot eyes
- Seeing and hearing things that aren't there

- Increased heart rate
- Low blood pressure
- Mild anxiety and paranoia

Long-term effects

The long-term effects of using cannabis may include:

- Memory loss
- Learning difficulties
- Mood swings
- Regular colds or flu
- Reduced sex drive
- Difficulty having children
- Needing to use more to get the same effect increased risk of respiratory diseases associated with smoking, including cancer;
- Decreased motivation in areas such as study, work or concentration.
- Dependence on cannabis

Smoking cannabis can also cause:

- Sore throat
- Asthma
- Bronchitis
- Cancer (if smoked with tobacco)

Giving up cannabis after using it for a long time is challenging, because the body has to get used to functioning without it. Withdrawal symptoms may last for only a week, but sleep may be affected for longer. Symptoms include:

- Anxiety
- Irritability
- Aggressive and angry behavior
- Cravings for cannabis
- Loss of appetite and upset stomach
- Sweating, chills and tremors
- Restless sleep and nightmares



Medicinal cannabis



A dried bud of cannabis is sold use drug

Medicinal cannabis

Medicinal cannabis is cannabis prescribed to relieve the symptoms of a medical condition. Medical cannabis use is legal in many more places than recreational marijuana use. From pain to serious neurological diseases, medical cannabis is emerging as a safe and viable alternative to many common prescription medications. Cannabis is used to reduce nausea and vomiting during chemotherapy, to improve appetite in people with HIV/AIDS, and to treat chronic pain and muscle spasms.

Medical cannabis products come in many forms, from flower to concentrates. Products with high cannabidiol (CBD) content are more common among medical cannabis patients. The medical and therapeutic potential of cannabis has made legalizing the marijuana plant. Edible cannabis, however, is quickly making up ground as a go-to method for consuming medical marijuana. Indeed, some states with legal medical marijuana laws still forbid smoking marijuana. Instead, medical forms of the drug are only available in pill or capsule form. Oils and tinctures, which are made from extracting cannabinoids from herbaceous material, are also commonly prescribed in the form of cannabis edibles. There is a strong perception that smoking cannabis for medical use is contradictory, due to the health risks associated with smoking. Smoke-free methods of cannabis consumption, including vaping, are rising in popularity among medical marijuana users. Cannabinoids can be absorbed through the skin for certain therapeutic benefits without any psychoactivity. Additionally, the essential oils in hemp and cannabis provide many benefits for skin health. From moisturizers to shampoos and deodorants, medical cannabis products continue to diversify. Topicals represent a newer emerging market in medical marijuana products geared toward health and beauty.

Medical Cannabis Uses and Treatments

Many of the medical benefits of cannabis stem from its capacity to act as an anti-inflammatory. Inflammation is a contributing and aggravating factor in a range of diseases, including chronic pain and neurological illnesses.

Cannabis, especially the cannabinoid CBD, has also demonstrated its abilities as a powerful anti-convulsing. This property is what accounts for cannabis' ability to reduce the severity and frequency of seizures, especially for people with epilepsy. In the United States, epilepsy is the most widely adopted qualifying condition for medical cannabis use, especially for children. Cannabis can act as a "neuro-protectant," shielding nerve cells from degenerative diseases like Alzheimer's, Multiple Sclerosis and Parkinson's.

Cancer

According to researchers, 25 percent of all cancer patients use medical marijuana. Cancer patients are finding relief from medical cannabis. The two most common cannabinoids in marijuana, tetrahydrocannabinol (THC) and cannabidiol (CBD), weakened the ferocity of cancer cells and made them more susceptible to radiation treatment. Medical marijuana treatments can slow the growth of cancer cells and halt their spread to other parts of the body.

Diabetes

Medical marijuana could become an effective treatment for diabetic neuropathy. Diabetics suffer from high blood sugar due to insulin resistance, and this damages nerve cells in the body, causing severe pain. Patients who consumed THC, they experienced less pain.

Glaucoma

Cannabis lowers the pressure in the eye that causes optic nerve damage leading to glaucoma. Marijuana users experience lower internal eye pressure while the body metabolizes THC.

Recreational Cannabis

Marijuana is the most popular illicit drug in the world for its psychoactive chemical called tetrahydrocannabinol. Consuming this THC induces euphoric and stimulating sensations commonly referred to as a 'high'. These sensations are pleasurable and enjoyable. The consumption of cannabis is for the purposes of achieving these pleasurable effects. Other common uses include improving mood, increasing creativity, easing social anxiety or other stresses, and relaxation.

Recreational marijuana use is steadily becoming more and more legal, both in the United States and abroad. Recreational cannabis cultivation and consumption continue to enter the mainstream as a legal, regulated industry. The industry is the fastest-growing in the world. New and exciting trends have emerged in the commercial marketplace.

Industrial use (hemp):

The durable soft fiber from the Cannabis plant is called hemp. The fibers are used due to their long stems. Cannabis for industrial uses is valuable in thousands of commercial products. Hemp is stronger and longer-lasting than cotton. Hemp is used for producing paper, cordage, construction material and textiles in general, to clothing. It is a useful source of foodstuffs like hemp milk, hemp seed, hemp oil and biofuels. During the last 12,000 years, Hemp has been used by many civilizations in the world.



Male *Cannabis* flower buds



Cannabis sativa fruits (achenes) that contain the seeds



Cannabis sativa stem longitudinal section

Cannabis is the most popular illicit drug in the world as a medicine and recreational substance. The legal status of cannabis is changing rapidly. The legality of cannabis for medical or recreational use varies from country to country. Some countries have laws which are not as vigorously prosecuted. Most countries have penalties ranging from lenient to very severe. Some infractions are taken more seriously in some countries than others in regard to the cultivation, use, possession or transfer of cannabis for recreational use. A few jurisdictions have lessened penalties for possession of small quantities of cannabis, making it punishable by confiscation and a fine, rather than imprisonment. Some jurisdictions/drug courts use mandatory treatment programs for young or frequent users and a few jurisdictions permit cannabis use for medicinal purposes. Routine drug tests to detect cannabis are most common in the United States and have resulted in jail sentences and loss of employment even for medical use. In most European countries, privacy and labor laws prevent such testing for job applicants. Simple possession can carry long jail sentences in some countries, particularly in parts of East Asia and Southeast Asia, where the sale of cannabis may lead to life imprisonment or execution

In many countries, marijuana is only legal on a strict basis. In Australia, Greece, Croatia, Israel, Poland, Mexico, Finland, Turkey, the Czech Republic, Switzerland, Macedonia and Italy, consumers need prescriptions for one of just a few medical conditions.

Possession of cannabis is illegal in most countries in the late 1930s. Possession of small quantities of cannabis has been decriminalized in many countries and sub-national entities in several parts of the world. Uruguay became the first country in the world to legalize the sale, cultivation, and distribution of cannabis on 10 December 2013 after a 16-13 vote in the Senate. Under this law, people are allowed to buy up to 40 g of cannabis from the Uruguayan government each month. Users have to be 18 or older and register in a national database that tracks their consumption. Cultivators are allowed to grow up to 6 crops at their homes each year and must not surpass 480 g. Registered smoking clubs are allowed to grow 99 plants annually. Buying cannabis is prohibited for foreigners, and it is illegal to move it across international borders.

In the Netherlands, the Opium Law of 1976 enables consumers to buy marijuana in legal "coffee shops" if certain rules are followed, but large scale production and trade remain illegal. Possession of cannabis in Canada for recreational use is planned to be legalized by the government in 2018. The medicinal use of cannabis is legal in a number of countries, including Canada, the Czech Republic and Israel. In the United States, legalization varies greatly state-by-state. In the United States, federal law prohibits possession or sale of marijuana for any purpose. Medical cannabis in the United States is legal in 29 states. A number of states have legalized recreational cannabis, including California, Colorado and Washington.

Russia, as a whole, has more liberal drug laws than the U.S. In Russia, the possession of six grams of flower or two grams of hash has been decriminalized. Russia has a long history of growing industrial hemp for fiber. At the end of the nineteenth century, Russia was producing 40 percent of Europe's hemp.

In 2009, Mexico decriminalized the "personal use" possession of five grams of flower, half a gram of cocaine, and 50 milligrams of heroin. If folks in Mexico are caught with that much or less, they are supposed to be offered drug treatment rather than be arrested. Mexico also passed its first medical cannabis bill last year, but many activists are fighting for the full legalization of the plant.

In Italy, small personal use amounts of cannabis are considered an offence, resulting in a fine and suspensions of documents, like driver's license or passport. Medical cannabis was legalized in 2013 and is available to purchase from licensed state-run pharmacies with a prescription. It is illegal to

cultivate cannabis at home or use it "recreationally, many Italian lawmakers are looking to change that.

Colombia has also suffered from drug cartels, drug trafficking. It has been legal for Colombians to cultivate up to twenty plants at home since 1986. In 2012, the Colombian government officially endorsed decriminalization of the possession of up to twenty grams of flower. In 2015, Colombia legalized medical cannabis and awarded the first medical cannabis business licenses last year. Cannabis is illegal in Ukraine, but the possession of five grams without intention to sell is decriminalized.

In 2001, Portugal became the first country in the world to decriminalize the use of all drugs. During the 1980s, Portugal was suffering from a massive heroin epidemic with one in ten people using the deadly opioid; HIV infection rates were out of control as well. Now, overdose deaths, heroin use, and HIV infection rates have dropped dramatically, proving Portugal's decriminalization strategy makes for few drugs. Norway is following Portugal's successful lead to treat drug use and addiction as a public health concern rather than criminal matter.

Paraguay is the second largest producer of black market cannabis in the world after Mexico. Paraguay has recently legalized medical cannabis and decriminalized person use possession. In Paraguay, citizens can carry up to 10 grams for personal use since 1988, but they still can't cultivate their own plants. Even though their first medical cannabis bill was just passed last December, activists are still fighting for the right to grow their own plants.

Costa Ricans are allowed to have a "small amount" of marijuana. Peru allows possessing marijuana without repercussions as long as it's for personal, private, and immediate use. In Germany, Recreational users may face a fine if caught, but no criminal penalties. Their medical marijuana program requires insurers to cover the cost of products for patients with severe conditions.

Jamaica has decriminalized cannabis and introduced medical marijuana program in the country. Visitors to Jamaica who have legitimate medical prescriptions from their place of residence can acquire a cheap permit to purchase and use medical marijuana while visiting the island. In Argentina, consumption of cannabis is legal, but it's illegal to sell, transport or cultivate the herb.

Some Australian states have decriminalized marijuana while others enforce strict punishments for possession. Recently legislation has been passed in Australia to facilitate access to medicinal cannabis for certain medical conditions. Medical marijuana is allowed in very limited cases and the criteria vary by region. Personal use is decriminalized in the Northern Territory, South Australia and the Australian Capital Territory.

Ecuador has decriminalized the personal use of up to 10 grams. In Italy, medical and religious consumption is legal. Up to 5 grams of cannabis is decriminalized in Austria while in Belgium, it is 3 grams. Other countries that have decriminalized small amounts of cannabis include Bolivia, Brazil, Croatia, Georgia, Greece, Luxembourg, Malta, Moldova, Slovenia, and the Virgin Islands.

In Czech Republic, Cannabis is still illegal; the plant was decriminalized in 2010. Folks can carry up to 15 grams of flower and five grams of hashish for personal use and cultivate up to five plants at home. They also decriminalized personal possession of other drugs, including 1.5 grams of meth and heroin, and five ecstasy pills. The Czech Republic legalized medical cannabis in 2013. Patients can receive up to 180 grams of flower per month prescribed by a licensed physician. Cannabis possession of up to 7.5 grams has been decriminalized and is only punishable by a fine in Estonia. In Switzerland, it's been decriminalized to possess less than ten grams of cannabis since 2012. Since 2017, cannabis

that contains 1 percent of THC or less is no longer considered an illegal substance. The low-THC, high-CBD "legal cannabis" is also gaining popularity in France, in the UK.

The sale of marijuana is technically illegal in Spain, but the country is home to hundreds of cannabis clubs. Cannabis clubs operate as collectives where people can consume marijuana on the club's property. In Chile, the Latin American country with the highest per capita marijuana use, all public production and consumption cannabis is illegal, but Chilean Congress is debating a bill that would make it legal to grow up to six plants in a private home for medical, recreational or spiritual reasons.

Cannabis is illegal in India but is tolerated in several provinces, due in large part to its close association with Hindu spirituality and traditional medicine. Worshippers in Hindu holy cities like Varanasi can purchase bhang (a cannabis-infused beverage) and other marijuana edibles from government-authorized stores. In November 2015, Uttarakhand became the first state of India to legalize the cultivation of cannabis for industrial purposes.



A staff member recommends different strains of marijuana to a member of a cannabis club in Barcelona, Spain.

Today, the legal landscape that has prohibited cannabis for much of the twentieth century is giving way to decriminalization and full legalization. Many people advocate legalization of cannabis in the world, believing that it will eliminate the illegal trade and associated crime, yield valuable tax and reduce policing costs. The rest of the world is moving on to fully legalize and regulate cannabis. Legal, commercial cannabis businesses are already making an enormous economic impact in the world.