



HEB

**Journal of Research in Indian Medicine**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
(Constitutionally Entitled As Health-Education, Bureau)

JRIM

## **Epidemiology of Substance Abuse and Associated Disorders: A Review**

*<sup>1</sup>Kiran Bala, <sup>2</sup>Dr. Rakesh Bhooshan Sharma <sup>3</sup>Dr. Rajni Sushma*

<sup>1</sup>Research Scholar, School of Public Health, SunRise University, Alwar, Rajasthan.

<sup>2</sup>Professor, School of Public Health, SunRise University, Alwar, Rajasthan.

<sup>3</sup>Professor, School of Public Health, SunRise University Alwar, Rajasthan.

**Email Id:** [Kiran1538@yahoo.com](mailto:Kiran1538@yahoo.com)<sup>2</sup>[rakeshbhooshansharma@gmail.com](mailto:rakeshbhooshansharma@gmail.com)<sup>3</sup>[drrajnisushma31@gmail.com](mailto:drrajnisushma31@gmail.com)

Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

### **ABSTRACT:**

Background: Data on Substance abuse, its prevalence, Pattern of use, Risk factors and associated outcomes like Substance Use Disorders and Mental Disorders are extremely limited in India and in Punjab. Nearly 250 million people globally used illicit drugs in 2013. Substance Use and its dependence leads to Substance Use Disorders, other physical and Mental disorders and need comprehensive recognition in India. Objectives: This review strive to consolidate and assess the available research to find out prevalence, pattern and risk factors associated with Substance abuse and Punjab and to assess associated disorders of Substance use. Research Methodology: PubMed, Scopus, Google Scholar, Conference proceedings were searched with suitable keywords to identify relevant epidemiological studies conducted between 2000 and 2022 for review on Prevalence and Pattern and risk factors of Substance abuse as well as associated disorders of chronic substance use in India and Punjab. A narrative analysis was conducted because of the heterogeneity of methods used to assess outcome variables. The databases of abstracts and full text research papers were screened for eligibility and 31 studies were included in this review. Results: 31 studies fulfilled inclusion criteria. Reviewed 9 studies on Prevalence of Substance abuse in Punjab which estimated overall prevalence range of substance abuse 15.8%-73.63%, For Pattern of Substance Abuse 7 Studies reviewed estimating prevalence of Alcohol 10.9%-68.4%, Tobacco 8.1%-47.59%, Opioids 1.9%-88%, Heroin 46%-51.6%. For risk factors, 2 studies (with data) reviewed correlating Socio-Demographic-Economical factors of Substance abuse and found substance abuse in Males 99%, Jat Sikh 51.97%-94.41%, Married 72.93%-93.73%, Elementary educated 51.53%-63.83%, Scheduled caste 45%-92.38%, Non-schedule caste 55%-93.79%, Laborers 26.20%-43.68%, Income range 1000-10000 INR and five studies found family history, peer pressure, educational status, marital status, border areas as risk factors of substance abuse. Six studies found trends of Substance abuse and found Alcohol as the most abused substance in Punjab followed by Tobacco

and then Opioids. 20 studies reviewed highlighted substance use disorders (SUDs) and found high prevalence of Common Mental Disorders (CMDs) which include anxiety disorders, Depression, Bipolar disorders, Attention deficit hyperactivity disorder (ADHD), Psychosis. A pattern of multi-comorbidity of SUD and associated chronic physical health diseases like Hypertension, Arthritis, Diabetes, Chronic kidney disease, Asthma, Chronic obstructive pulmonary disease, Ischemic heart disease, Cancer, HIV and Hepatitis were also found due to chronic use of substances. Conclusion: The prevalence of Substance abuse and its associated disorders is high. Findings show magnitude of problem.

**Keywords:** Epidemiology of Substance abuse, Prevalence and Pattern of Substance abuse, Substance use disorders (SUDs), India.

<b>Access this Article Online</b>	<b>Quick Response Code:</b> 
Website: <a href="http://heb-nic.in/jrim">http://heb-nic.in/jrim</a>	
Received on 24/05/2022	
Accepted on 31/05/2022 © HEB All rights reserved	

