

# INDIAN PUNJAB: Impact of the COVID-19 Pandemic on the Narcotic Drug Epidemic

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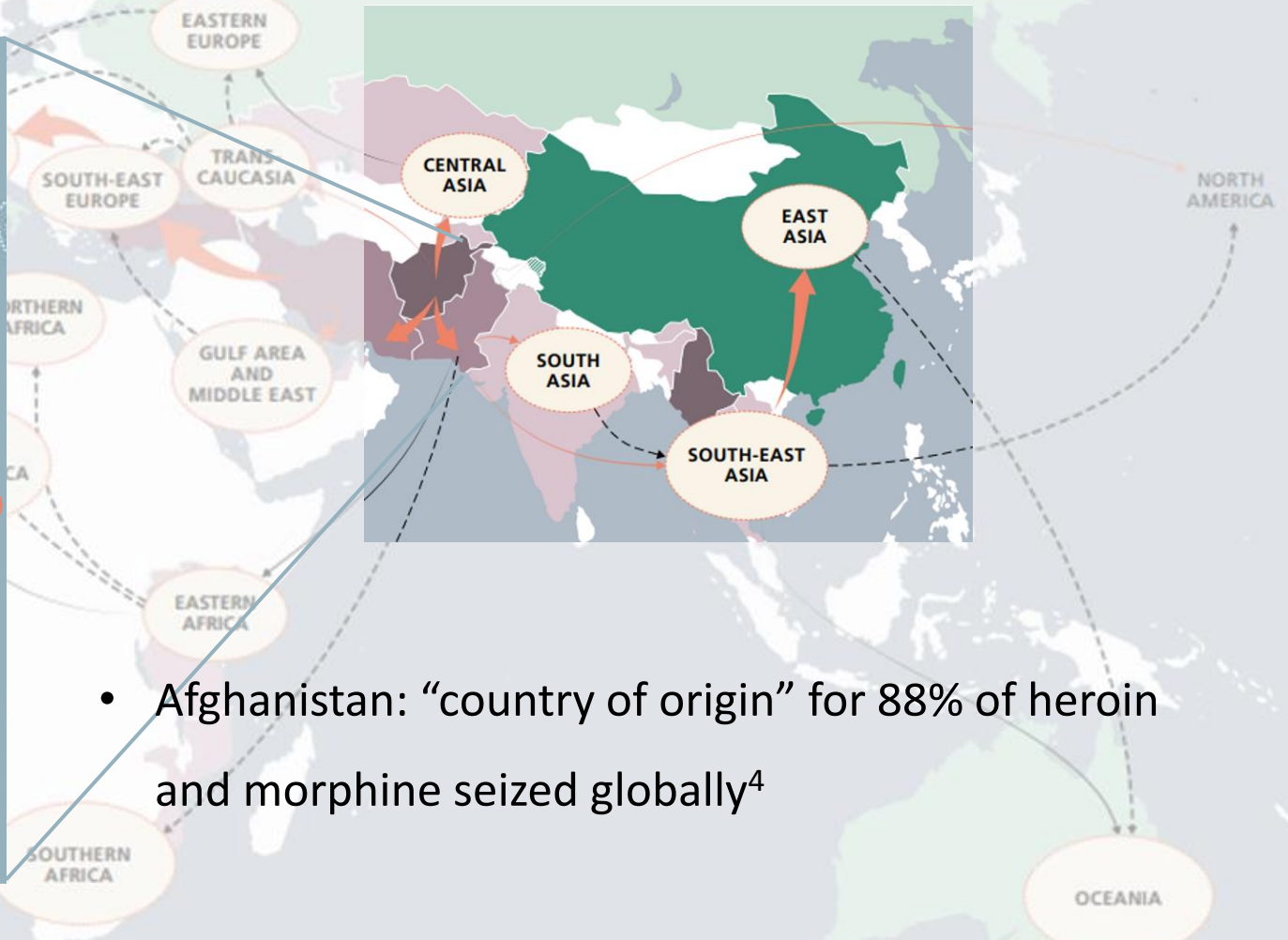
# Background: Punjab's Narcotic Drug Epidemic

- **Highest prevalence (2.5%)** of non-tobacco, non-alcohol substance use disorder in India<sup>1</sup>
- Opioids: most commonly used illicit substance<sup>2</sup>
- Heroin (injected or inhaled) most commonly used opioid<sup>2</sup>
- **1 in 120** currently dependent on opioids<sup>3</sup>



PUNJAB

# Punjab: On Asia's Drug Trafficking Route



- Afghanistan: “country of origin” for 88% of heroin and morphine seized globally<sup>4</sup>
- Pakistan: source of 53% of all heroin seized in India<sup>4</sup>



# The Tribune

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## COVID-19 blessings: Over 5 lakh drug addicts treated in Punjab

As many as 86,000 new patients seek help

Posted: May 11, 2020 08:37 PM (IST) Updated: 1 month ago

> 10% of estimated drug users in Punjab

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# The “Punjab Model”

1. Comprehensive model of de-addiction service
2. Focused on **demand reduction strategies**
3. Success of model relies on integration of services within each tier

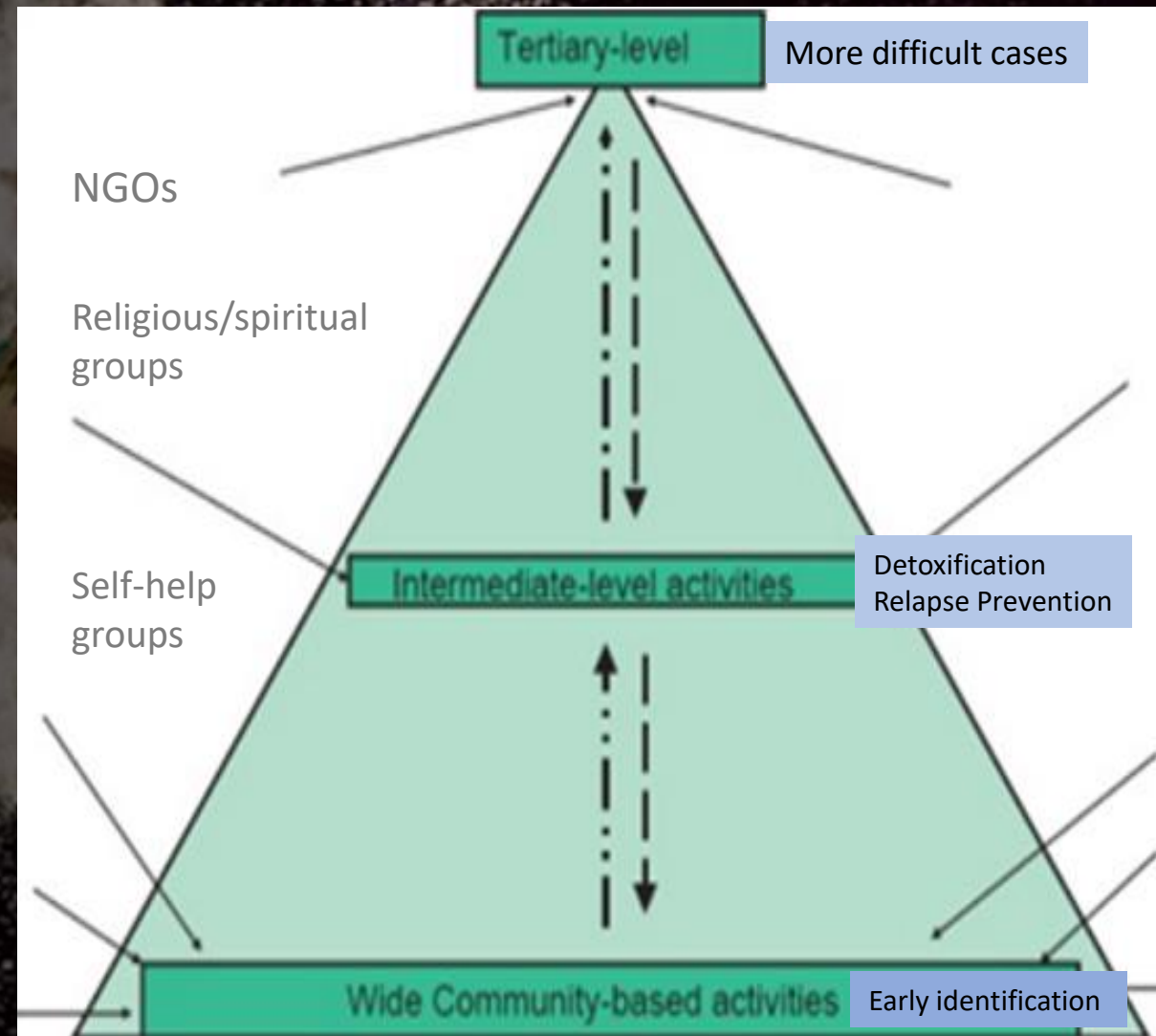


Figure 1: “Punjab Model”<sup>6</sup>

# Weaknesses identified

1. Inadequate rehabilitation services
2. Poor coordination amongst organisation and agencies
3. Need for community education and outreach programs

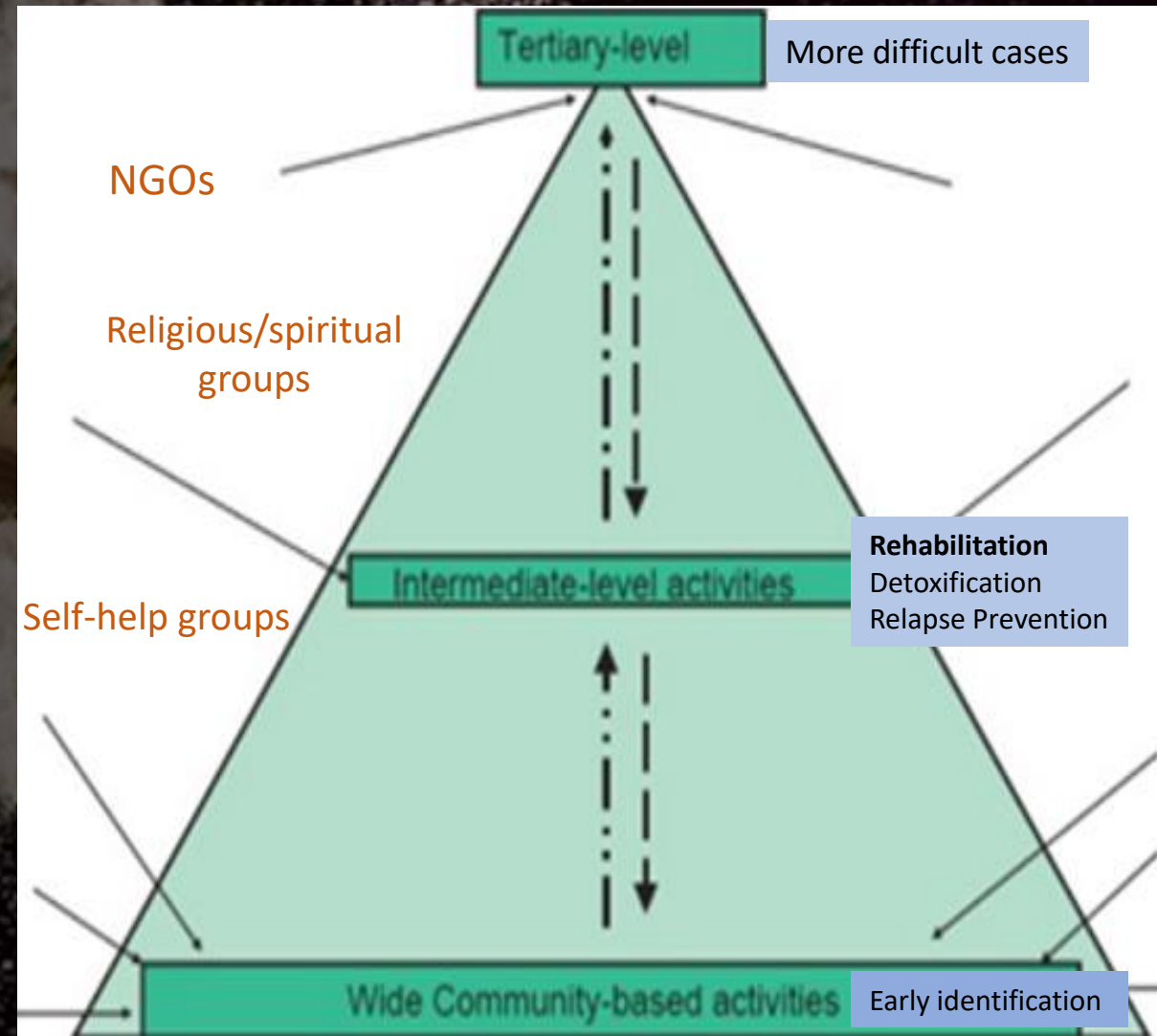


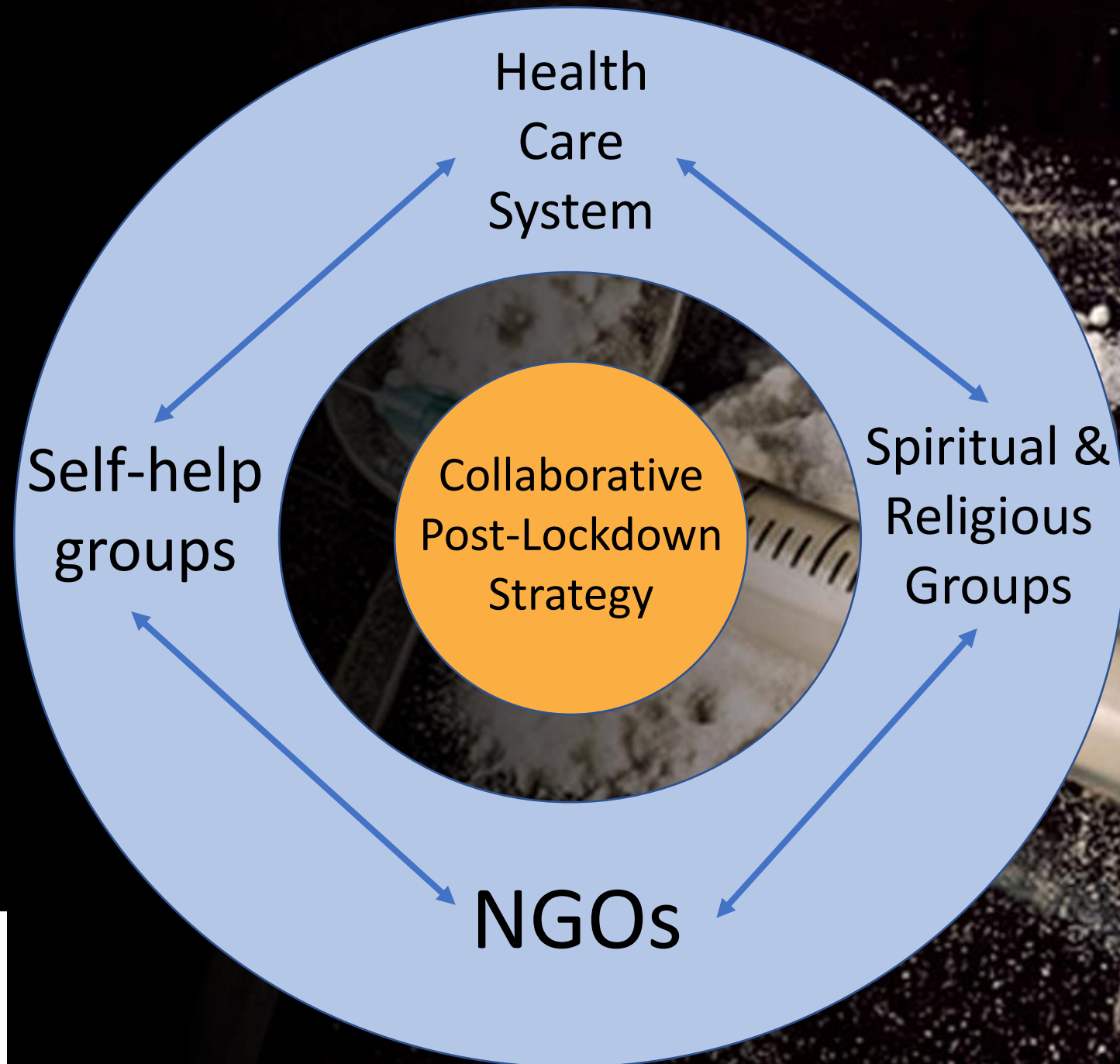
Figure 1: "Punjab Model"<sup>6</sup>



# Recommendations

- A cohesive coordinated post-lockdown strategy needs to be developed to minimise risk of widespread relapse
- Specifically focused on:
  1. Treatment follow up
  2. Rehabilitation

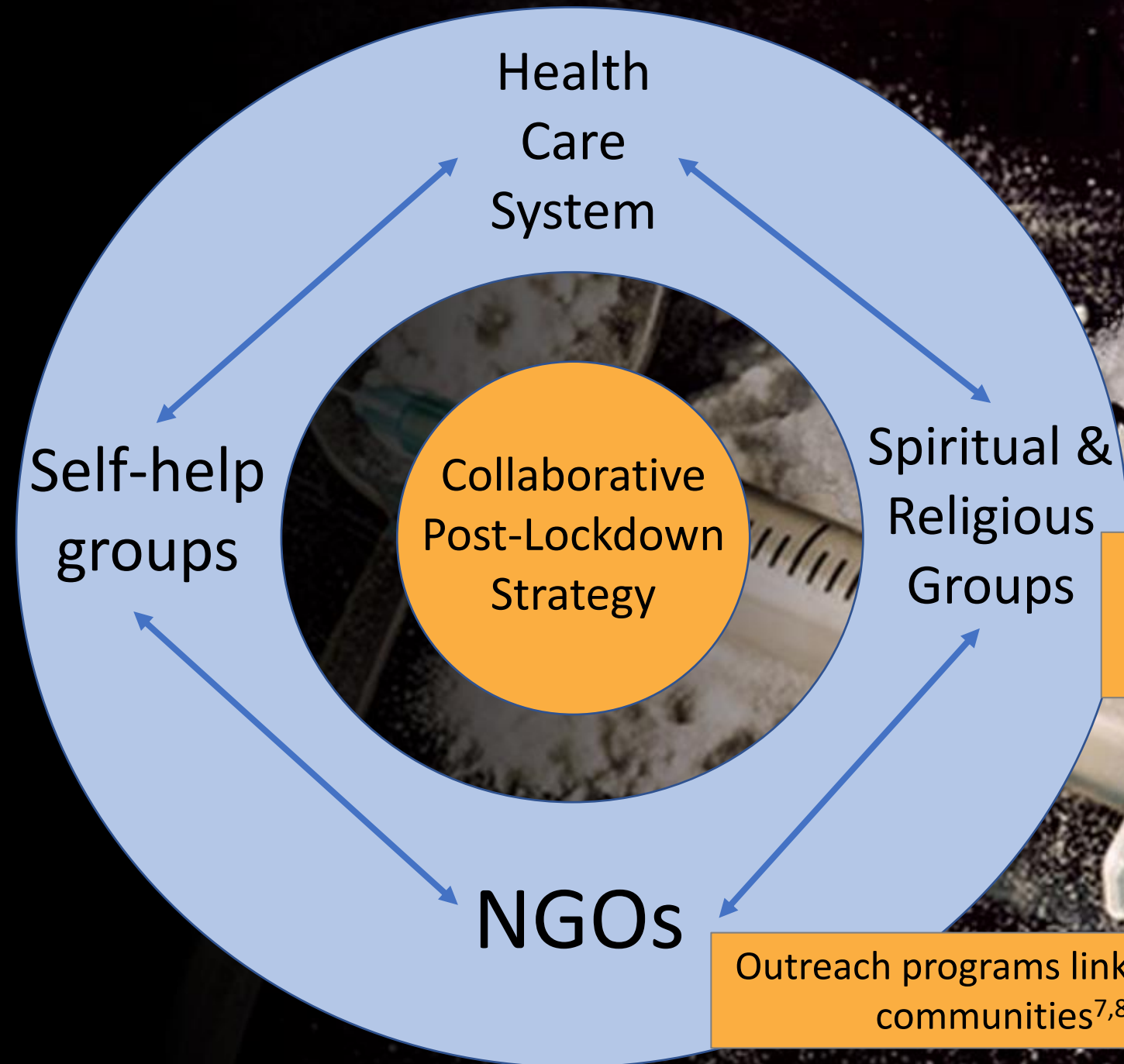




NJAB







Educational programs focused on reducing the stigma

Outreach programs linking rural communities<sup>7,8</sup>

# References

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