



3 TYPES OF DRUGS:

1. C.N.S.D: (Central nervous system depressants)

Known as downers as they slow down the users' system. The pulse and heart rate drops, breathing becomes shallow and the user becomes slow, drowsy and has diminished reflexes. Users build up a tolerance to these drugs and require more and more to get the same effect. The following are types of C.N.S.D:

- Alcohol,
- Narcotics,
- Opium (O's, oupa),
- Heroin (Horse, H, Herries/ Smack),
- Morphine (Morph, Miss emma),
- Pethidine (Pinks),
- Wellconal (Welkies),
- Mandrax,
- Codeine & Hypnotics (sleeping pills, barbiturates & tranquilisers, analgesic / pain killers),
- Inhalants, and
- Amyl nitrate (poppers).

Users who stop using these drugs start to experience withdrawal. Such symptoms include:

- Tremors,
- Shakiness or Convulsions,
- Vomiting and Sweating,
- Abdominal cramps,
- Diarrhoea,
- Muscle pains, and
- Extreme cases include mental confusion, delirium and malfunctioning of the circulatory system.

2. C.N.S.S (Central Nervous System Stimulant)

Known as uppers, as they speed up the user's biological system. The pulse rate increases and breathing becomes more rapid. Users display irritable reflexes, rapid continuous movement and marked weight loss. An upper also put a terrible strain on the user's heart and over long periods of usage destroys the nerves and causes insomnia. The following are types of C.N.S.S:

- Amphetamines (Benzedrine, Dexedrine),
- Appetite suppressants,
- Ritalin,
- Cocaine,
- Ephedrine, and
- Ecstasy.

Users who stop using C.N.S.S. will experience severe withdrawal symptoms, which include the following:

- Severe depression,
- Psychotic episodes,
- Paranoid delusions,
- Visual hallucinations, violent and homicidal behaviour.

3. C.N.S.H (Central Nervous System Hallucinogens)

Abuse of these substances by an individual, results in hallucinations of a visual, auditory and tactile nature. Pupils become dilated and mouth and lips become dry and cracked. Users do not build up a tolerance to these drugs but rather a psychological addiction.

The most common C.N.S.H. is the following:

- Dagga (grass, zol, joint, skyf, boom, tree of knowledge),
- LSD,
- PCP,
- And various plants and seeds that grow in South Africa, such as malpitte, and Morning glory.

