

# Drug abuse and related law find mention in Gorakhsutras which were Written centuries before the present NDPS Act, 1985, : A fact finding study

MARKANDAY AHUJA<sup>1</sup>, ANJU AHUJA<sup>2</sup>, RENU CHAUDHARY<sup>3</sup>, POOJA VYAS<sup>4</sup>

## ABSTRACT

*It is a matter of grave concern that many people don't understand why and how people get addicted to drugs. It can always be thought those who use drugs lack moral principles i.e. character and will. Actually drug abuse is a complex disease and quitting. It usually takes more than good intentions or a strong will. Drugs change the brain in such a way that quitting becomes harder even if you have will to quit. Character and will definitely are important factors at the time of initiation into drugs. Gorakhsutras are moral principles for life laid down by Gorakhnath, an 11<sup>th</sup> century saint who propagated Hath Yoga. He also warned people about cannabis and other euphoric substances about 10 centuries ago. The present study finds sutras of Gorakh which warn against drug use and abuse and also the punishments which one can get with their usage.*

**Keywords-** Gorakhnath, Gorakhsutras, Hath Yoga, Drug Abuse, NDPS Act. (The Narcotic drugs and psychotropic substances Act. 1985)

## Statement of Problem :

Addiction is a chronic disease characterized by drug seeking and its usage that is compulsive despite the awareness of its harmful consequences. The initial decision to take the drugs is voluntary for most people but repeated drug usage can lead on to changes in brain which affect self-control. It also interferes with the ability to resist the "URGE". The brain changes which continue to persist even after withdrawal are the cause of recurrence. Drug abuse not only affects the personal health but also affects the health care systems, family, local communities and society as a whole. At present it is estimated that around 7.21 crore people are affected due to drugs

1. **Growing problem :** A total of 29, 247 cases under Narcotic Drugs and Psychotropic substances Act 1985, were registered in 2012 showing an increase of 13.4% compared to previous year's 29048 cases. Trend analysis showed 15.7% increase from

2002 and 0.7% increase from the average of last five years (2007-2012)

2. **Type of Drugs :** 89519 kgm of drugs including opium, morphine, heroin, ganja, hashish, cocaine, methaqualone, ephedrine, LSD, acetic anhydride and amphetamine were recovered in 2012.
3. **States with lowest number of cases:** The lowest number of cases were reported from Sikkim (3), Andaman and Nicobar islands (4) Puduchery (6) Lakshdweep (11)

India framed its Drug policy in 1985. The major drug laws of India are the Narcotic Drugs and Psychotropic substances Act (1985) and Prevention of illicit Trafficking in Narcotic drugs and substances Act (1985).

## Narcotic Drugs and Psychotropic Substances Act (India)

The Narcotic Drugs and Psychotropic Substances Bill, 1985 was introduced in the Lok Sabha on 23 August 1985. It was passed by both the Houses of Parliament and it was assented by the President on 16 September 1985. It came into force on 14 November 1985 as THE NARCOTIC DRUGS AND PSYCHOTROPIC SUBSTANCES ACT, 1985 (shortened to NDPS Act). Under the NDPS Act, it is illegal for a person to produce/manufacture/cultivate, possess, sell, purchase, transport, store, and/or consume any narcotic drug or psychotropic substance.

Under one of the provisions of the act, the Narcotics Control Bureau was set up with effect from March 1986. The Act is designed to fulfill India's treaty obligations under the Single Convention on Narcotic Drugs, Convention on Psychotropic Substances, and United Nations Convention Against Illicit Traffic in Narcotic Drugs and Psychotropic Substances. The Act has been amended three times - in 1988, 2001, and most recently in 2014.

The 2014 Amendment recognizes the need for pain relief as an important obligation of the government. It creates a class of medicines called Essential Narcotic Drugs (ENDs). Power for legislation on ENDs has been shifted from the state governments to the central governments so that the whole country now can have a uniform law covering these medicines which are needed for pain relief.

Subsequently, NDPS rules which would be applicable to all states and union territories has been announced by the government of India in May 2015. It also has included 6 drugs namely Morphine, Fentanyl, Methadone, Oxycodone, Codeine and Hydrocodone. According to these rules, there is a single agency - the state drug controller - who can approve recognised medical institutions (RMI) for stocking and dispensing ENDs, without the need for any other licences. The RMIs are obliged to ensure proper documentation and to submit annual consumption statistics to the drug controller of the state. The Act extends to the whole of India and it applies also to all Indian citizens outside India and to all persons on ships and aircraft registered in India.

#### **Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act**

The Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances Act is a drug control law passed in 1966 to pharmacognosy app & other relevant by the Parliament of India. It was established to enable the full implementation and enforcement of the Narcotic Drugs and Psychotropic Substances Act of 1985.

Gorakhnath in Gorakh Sutras says

**vo/kw ekal Hkjor n;k /kje dk ukl]  
en ihou rgka fujklA  
Hkkafx Hk[kar X;kau /;ku  
[kksoar]  
;e njvkjh rs izk.kh jksoarAA**

js vo/kwrks ekal [kkus ls n;k vkSj /keZ dk fouk'k gksrk gS] efnjk ihus ls izk.k esa fujk'kk Nk tkrh gS] Hkkax dk iz;ksx djus ls Kku vkSj /;ku [kks tkrk gS vkSj ,sls izk.kh ;ejkt ds njckj esa jksrs gSaA

Meaning that Gorakhnath ji calls upon to tell that if you eat meat then you loose religion and compassion, if you drink alcohol you weaken your life energy and if you use HEMP then you loose both your knowledge and meditation and such persons weep at the time of death.

**tksh gksbZ ijfuUnk >[kS] en  
ekal v# Hkkax tks Hk[kS  
bdksrj lks iqj[kk ujd fg tkb] lfr lfr  
Hkk"kr Jh xksj[k jkbZ**

;ksxh gksdj tks ijkbZ fuUnk djrk gS] 'kjkc ihrk gS] ekal vkSj Hkkax [kkrk gS mlds bdgÜkj lks iqj[kk ujd pys tkrs gSa] xksj[kukFk ;s IR; IR; cksyrs gSaA

Gorakh says to his Yogi's that if you involve yourself in back-biting, you continue to take alcohol; eat meat and hemp then your 7100 generations will go to hell.

**/kksrjk u ihoks js vo/kw] Hkkax u  
[kkaokS js HkbZ  
xksj[k dgs lq.kks js vo/kw ;k dk;k  
gks;sxh ijkbZ**

Gorakhnath warns, "Don't drink HAREBELL, Don't eat hemp; and if you do so, you will loose this body.

**lwdS daB v# Hkw[k larkiS] nsg fclj  
vj fuanzk O;kiS  
cqf/k fcu yds fody gks; tk;] rkrSa  
xksj[k Hkkax u [kk;**

xksj[kukFk dgrs gSa Hkkax [kkus ls d.B lw[kus yxrk gS] Hkw[k lrkus yxrk gS] nsg dk foLej.k gksdj uhan O;kirh

gS] cqf¼ O;kdqy gksus ls vFkkZr~  
psrukghu o tM+ gksus ls euq"; cdus  
yxrk gS blfy, bldk lsou u djsaA

Elaborating further on the symptoms and side effects of hemp (Bhang) Gorakh says, "If you eat hemp your throat gets dried up, hunger overpowers you, you tend to forget your body and you feel sleepy. You start to speak irrelevantly as your intellect dampens due to staleness of your consciousness.

**vkiQw [kk; Hkkafx HkldkoS] rka  
eSa vdfy dgka rS vkoSA  
c<+rk fiÜkk Årjrk ckbZ] rkrSa  
xksj" k Hkkafx u ckbZAA**

tkS viQhe [kkrk gS] Hkkax dk Hk{k.k  
djr k gS] mldks cqf¼ dgkÍ ls vk,!  
Hkkax [kkus ls fiÜk p<+rk gS vkSj  
ok;q mrjrh gS] blfy, xksj[k us Hkkax  
ugha [kkbZA

One who takes opium and hemp cannot have intellect. By eating them bile increases and air/ether decreases, therefore, Gorakh never ate them.

#### CONCLUSION :

Thus we see that centuries ago Gorakhnath mentioned in his sutras about drugs, their abuse; their signs, symptoms; their physical, mental, social and spiritual effects. He also warned mankind and his yogi's against the usage of such substances. He also mentioned about the punishment i.e. if you use them your seventy one hundred ancestors will go to hell (the severest form of warning he could give). The ancient Indian wisdom is full of such knowledge. We need to explore this wisdom further and try to build humanity on the basis and principles mentioned in this priceless wisdom.

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